

The Pipeline

South Palm Beach County Al-Anon Newsletter
Area 10, District 170

In This Issue:

Hate Mail:
But Also,
Love
Letters

**Hitting the
Snooze
Button:**
And Then
Awakening

**Acronym-
ology:**
Grow Or Die

**Nuts and
Bolts:**
Meeting
Updates &
Contact Info

An Open Letter to Addiction

When you first entered my life, I hated you. I hated everything about you. I hated that you crushed my dreams and rocked my sanity. I hated that you helped to destroy my first marriage. I hated that you created barriers in my relationships with other "untouched" people. But most of all, I hated what you did to the most precious thing in my life – my daughter. I have watched helplessly as you have destroyed my daughter's body, infected her once charming personality, tortured her very soul.

But yet, I can sit here today and feel grateful for the many gifts I have received because you have stormed into my life. I have learned deep humility, compassion, and understanding. The powerlessness I have felt at your hands has opened my eyes to the struggles of others. Where once there was judgment and criticism in my heart, there is now a longing to show love.

You have forced me to let go of relying on others as my "security blanket". I now know that I must believe in myself and stand on my own 2 feet. You have taught me that I have the inner strength to face my fears and deal with life's unexpected challenges and cruelties.

You have brought me to a haven where I have met the most wonderful people who have profoundly touched my soul. They have embraced me in their arms and given me the acceptance that I never knew existed. They have provided me with a truly loving shelter from the storm.

Most of all, you have provided me with the impetus to grow spiritually. My relationship with my higher power has come alive. Where once it was primarily about my complaining, asking, begging for help, with all my energy flowing out, I now experience glimpses of a warmth and love so pure that it allows me to have faith. I have learned that my greatest gift is the now. In fact, that is really all that I have and all that matters.

It is a struggle to maintain this perspective. It ebbs and flows throughout the days. But I know it is there, and if I search for it, I can find peace and tranquility. So while I would never wish for you to be here, I can feel grateful for the lessons you have taught me and for opening my eyes to wonders I may never have known. –Lynne W.



Upcoming Events

Dec 11

West Boca Lost & Found AFG
Holiday Party

7:00 PM

Glades Presbyterialn Church
21121 Judge Winikoff Rd
Boca Raton FL 33428

AA & Al-Anon Speakers, food,
fellowship, free hugs. ☺

Jan 12

District 170
Business Meeting

10:00 AM - Noon

Unity Church
101 NW 22nd St Delray Beach FL 33444

Everyone is welcome to attend. Come
and check out the business side of
service work in Al-Anon!

Apr 6-7, 2019

Camp Al-Anon

See fliers circulating at meetings or
call Barbara for info @ 954-579-5661

Submit content! Get The Pipeline electronically!
Email Pipeline170@gmail.com

A Letter To My Fear

Dear Fear,

I HATE YOU FEAR!

I've allowed you to create negative, untrue, lazy, unproductive chatter in my head- you are there for me & I coddle you- using you & your tools as a comfortable excuse not to take on difficult & uncomfortable, but worthy, challenges.

I allow you fear, to give me the tools to beat myself up- you're a bully to my psyche- you cause me to be insecure about my abilities & decisions- when there is no logical reason- you keep me from reaching out to others to ask for help.

You keep me from helping others- fearful that I won't be able to, or that I may inadvertently harm them- you keep me locked in selfishness & isolation, instead of generosity.

I acknowledge you protect me- but only when there is just cause- true physical danger as opposed to contrived circumstance.

I'm afraid! I'm afraid- of being self-centered: a narcissist, vain, of liking myself... But fear makes me all of these things.

Fear- you have kept me from- no, I have allowed you to keep me from achieving the success I DESERVE- I HATE YOU FEAR! You allow me the facade of being powerful, being centered, and in control.

FEAR. Fear of not being in control of my emotions-
Fear of "what will the neighbors think?"
Fear of being too normal, too middle of the road-
Fear people won't like me for whatever reason- I'm too fat- I'm too thin-
I've got this- I've got that- I'm bohemian- a hedonist...
I hate you fear.

God, Guide me with my fear.
Over the years, I learned when fear rears its ugly head I can choose to seek my higher power, give the fear over to higher power, remember gratitude & the simple saying FAITH IS THE OPPOSITE OF FEAR. Today, I am also aware feelings are not always based on facts.

In Gratitude,
Lisa L

Dear Little Bro

I hated what this disease did to you, your mind, and our family. I may never know my nieces. You may never know my daughter.

But years ago, I accepted that. And more recently, I forgave you. I gave it to God. I let it all go. I ditched the weight of the resentment and sadness I was carrying, and chalked it all up to, "So what?"

Floating in my swimming pool that afternoon, I looked at the sky and whispered, "I forgive you."

Days later, when you (miraculously?) reached out to me for the first time in 6 years, I was able to respond in a kind and healthy way. Months later, when you visited for the first time in a decade, I was able to be present. When we took that family photo, the one that made mom cry? First family pic since we were kids? I was able to smile. And when we video-chatted over Thanksgiving dinner, and you said, "I love you," I was able to reply, genuinely, and without fear, "I love you too."

I get it now. And it's OK.

Your Big Sis

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"Religion is for people who are afraid of going to Hell. Spirituality is for those of us who've already been there."

--Author unknown

The Twelve Steps culminate in a spiritual awakening, a concept that sounded a bit vague and far-fetched to me (and way too woo-woo for my tastes) when I first heard it. As I came to redefine my "spirit" simply as the part of me that enjoys participating in life, I realized that after decades of living with the family disease of alcoholism, this part of me had crawled off battered and beaten to hide in some dark place inside where it could no longer be abused and neglected. Essentially, my spirit retreated to the same place my body frequently went to escape the reality of my life - it went to sleep. But sleep was no true refuge and the disease continued to assail my spirit. The damage worsened.

Through the process of working and living the Steps, my spirit started to reawaken. Although I hit the snooze button on that spiritual alarm clock MANY times, I gradually began to participate in my life again, testing the waters a bit at a time to see if it was safe for my spirit to come out and play. Sometimes I stayed outside and stood in the light, other times I ran away and hid in the dark again, but each step forward was a step toward reclaiming my life and recovering from the fearful disease I'd allowed to take it away.

Today I am an active participant in my life - my spirit is awake and alive. I am once again able to enjoy the beautiful gifts that life gives me and, while I sometimes still choose Fear as my Higher Power and retreat into darkness, more often than not I choose Love and bask in the light! The choice is mine to make!

With gratitude in service,
Keith B



G-O-D

As I Understand Him

I was at a meeting about prayer and meditation and the usual acronyms for God were shared: Good Orderly Direction, for example.

I reflected on G-O-D and came up with a few more:

- Going -Onto-Discover
- Getting-Off-the Disease
- Gifts-Of-Deliverance
- Goodness-Omnipresent-Discoveries
- Generally-Out-Of-Defects

--Carmine

Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

We are asked to detach from conflicts related to personalities and gain clarity and understanding about the principles. The Traditions have offered us more than an Al- Anon tool box. We are given a spiritual warehouse of Al- Anon principles.

- 1) Does focusing on personalities hinder my spiritual growth?
- 2) How does gossip distract me from the spiritual principles?
- 3) Can I detach from my own personality and see myself as a spiritual being?

See you at a meeting. --Chris

MEETING CHANGES:

New Location

Serenity Step and Study

New permanent Sunday night location:

Boynton Beach Fire Station #3

3501 N. Congress Ave, Boynton Beach, FL 33436.

SW corner of Congress and Miner Rd. between Hypoluxo and Gateway

New Meeting

Sunday Morning Easy Does it

Starting 12/2/18 on Sundays @ 9:30 AM

Southwinds Golf Course

19557 Lyons Rd Boca Raton, FL 33434

Ground floor conference room facing the golf course

New Times

Finders Keepers

First United Methodist Church

625 NE Minzer Blvd. Boca Raton, FL

Beginners Meeting is now 6:45 -7:25. Regular meeting @ 7:30.

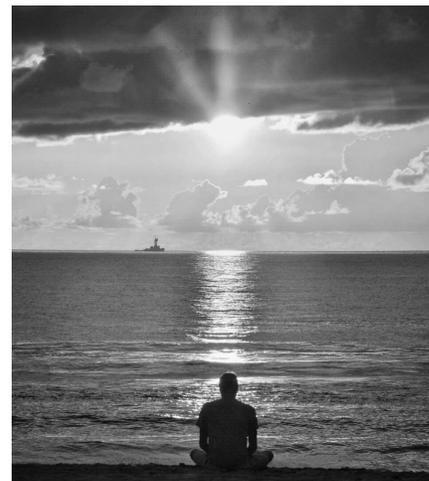
Men's Wednesday Night AFG

Women's Healing Through Surrender AFG

Temple Sinai 2475 W. Atlantic Ave. Delray Beach, FL 33445

Both meetings will now be held from 7:30 – 8:30

And both meetings could use support!



^Photos by Rick A.

CONTACTS:

Literature Distribution Center (LDC)

1700 Lake Ida Rd

Delray Beach, FL 33445

Open Tuesdays 5-7 PM

Contact Larry at

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South Palm Beach AFG District 170 A

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Boynton Beach, FL 33425-0928

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