

The Pipeline

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

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Suifing up and showing up

Giving Back to the Program that so Freely Gives to You:
Service opportunities

AFG Florida South 29th Convention:
Nearby and coming soon!

Tradition 7:
Boundaries, Motives, Loving Detachment, And Self-Care

Contact Info:
District, Area, & World Service

Just Another Growth Opportunity

God, thank you for this day and the realization that life, my life, is a continuous flow of opportunities to grow, develop, mature, learn, and experience those things that God deems necessary for my evolution. So my "suifing up & showing up" for life each day is really about my moment-by-moment acceptance of all of this. God has a plan for me, and the "growth opportunities" that show up on my trail are cleverly designed to help me carry out that plan.

Just for today, and every day, my job is to lean into these opportunities with courage, acceptance, trust, and faith that God always knows what he is doing. This disposition is necessary for me to be able to experience the peace and serenity that I desire along the way. God, just for today and just for this moment, help me to make peace with this truth and to chill out about all that happens, because it's just another growth opportunity.

--Derrick L.



Upcoming Events

Aug 3-5

29th AFG Florida South Convention

Hilton West Palm Beach
600 Okeechobee Blvd
West Palm Beach FL 33401

See enclosed flier or get registration info online @ www.southfloridaal-anon.org/convention-2018/ Alateen and AA participation

Aug 11

District 170 Business Meeting
Sat 10-11:30 AM

Unity Church
101 NW 22nd St
Delray Beach, FL 33444
All are welcome to attend!

Aug 15-19

62nd AA Florida State Convention

Marriott Harbor Beach Resort & Spa
3030 Holiday Dr.
Fort Lauderdale, FL 33316

<https://floridastateconvention.com/>
Al-Anon and Alateen participation

Calling All Bibliophiles! Volunteer to help The Literature Distribution Center (LDC)

And the LDC is always looking for volunteers. At the moment, help is wanted to staff the store in Delray, and to assist with book sales at Convention in August. Help is still needed to fill time slots on Friday 8/3 and Saturday 8/4. If you're going to convention and can help, contact Larry at 561-452-8998 or email LabelYosel99@yahoo.com

Institutions: Reaching Out To Families

If you are looking for a way to turn the volume UP on your recovery, Institutions is seeking volunteers to bring an Al-Anon Beginners meeting into a local treatment center. It's easy and FUN! We have handouts, meeting guidelines, and other resources available, so you don't have to wing it! You'll talk a bit about your own story. Discuss the 3 C's, Detachment, and Steps 1, 2 & 3. You'll read a page from *Courage To Change* and give family members a Where & When. Bring an Ala-Pal with you, because we don't have to do it alone! IT'S GREAT SERVICE & many of us have been introduced to Al-Anon in just this way! If interested, please email me, ROBYN B. at institutionsdistrict170@gmail.com Please See Below For Monthly Meeting Days/Times

TRANSFORMATIONS:

1st Friday @ 5:50 pm
14000 Military Trail Delray Beach

WAYSIDE HOUSE:

1st Saturday @ 12:20 pm
378 NE 6th Ave Delray Beach

BEACHCOMBER:

Last Saturday @ 2:45 pm
4493 N Ocean Blvd, Delray Beach

NEXT CHAPTER:

Last Thursday @ 7:20 pm
6646 W. Atlantic Ave Delray Beach

WELLNESS RESOURCE CENTER:

2nd Saturday @ 11:20 am
7940 N Federal Hwy Ste 120 Boca Raton

Help Out with the Convention Aug 3rd – 5th

- The hospitality room needs baked goods.
- The LDC needs help selling books.
- AMIAS's wanted to help with Alateen activities.
- Ask your group to consider donating an Al-Anon or Alateen-themed gift basket for the raffle.
- Contact Luci at 201-913-8543 or Ratdogil@aol.com for more info

Wondering About Alateen? Become an Al-Anon Member Involved in Alateen Service (AMIAS)

Always been curious? Immerse yourself in recovery, and discover what Alateen is all about. Alateen needs you! AMIAS's wanted to assist with the Alateen meeting @ Crossroads in Delray on Saturdays at 10 AM. Help is especially needed over the summer! In addition, our district needs AMIAS's willing to help at this year's convention with the Alateen program. Training is provided and background checks are free. All you need to be an AMIAS is:

- Two years of Al-Anon membership and
- No criminal convictions

If interested, Contact Maura at 561-367-7627 or email her at mrooney5@bellsouth.net. For questions specific to the 2018 Convention, contact Luci at 201-913-8543 or email her at RatDogil@aol.com

District 170, Panel 58, Help Wanted:

Archivist Needed! Who likes scrapbooking?! Or, who's a history buff?! Got any sponees looking for service? Voila!

Co-Chairs Wanted: The Public Outreach Chairperson and the Webmaster Chairperson would each like a co-chair for Panel 58.

Public Outreach: Needs volunteers to make calls and stuff envelopes to send to school counselors and other professionals. Contact Rick at RAlovis@yahoo.com or 561-414-4423

Speaker List: Needs volunteers to share their story at a meeting. Contact Luci at 201-913-8543 or email her at RatDogil@aol.com

Sunshine Chair: Wanted to send cards out! Contact Devin at 561-385-9508 or lakebass2014@hotmail.com

Telephone Answering Service: Volunteers needed to answer calls directing newcomers to a meeting. Contact Lillian at LTF1204@gmail.com or 561-414-5508 if you'd like to assist.

The 29th Annual AFG Florida South Convention with AA and Alateen Participation is swiftly approaching! See flier for details:

UNDER THE SEA
"Discovering Hidden Treasures"
 29th Annual AFG Florida South Convention with A.A. Participation
August 3, 2018 - August 5, 2018

<p>AL-ANON & A.A. REGISTRATION <u>Must be postmarked by 07/02/18</u></p> <p>10/01/17 to 12/31/17 \$25 <input type="checkbox"/> 01/01/18 to 07/02/18 \$30 <input type="checkbox"/> After 07/02/18 - \$35 ON-SITE ONLY</p> <p>ALATEEN REGISTRATION Ages 8-17 - includes Sat. Night Pizza Party \$15 <input type="checkbox"/> Notarized Travel & Medical Release Form Required</p> <p>EVENTS</p> <p>Friday Night Social—Get Out of Your Shell..... \$20 <input type="checkbox"/> Saturday Night Banquet \$45 <input type="checkbox"/> Chicken <input type="checkbox"/> Beef <input type="checkbox"/> Vegetarian <input type="checkbox"/> Package Savings—Fri/Social & Sat/Banquet...\$60 <input type="checkbox"/></p> <p>Total Amount \$ _____ Check # _____ NO REFUNDS</p>	<p>HOTEL ACCOMMODATIONS Hilton West Palm Beach <i>Across the Street from CityPlace</i> 600 Okeechobee Blvd. West Palm Beach, FL 33401 King / Queen (per night + tax)\$109 Check-in 3:00 p.m./Check-out 11:00 a.m. All rooms equipped with mini-fridge & in-room WIFI Complementary Airport Shuttle</p> <p>VALET PARKING ONLY 12.00 daily / 15.00 overnight</p> <p>Reservations: 1-855-757-4985 Don't forget to mention Group Code ZAFG, to receive the AFG FLS Convention Group Rate!</p> <p>On-line Hotel Reservations: https://aws.passkey.com/event/49382353/owner/14106173/home Out-Of Date for hotel registrations is July 1, 2018!</p>
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WORKSHOPS
SPEAKERS
BANQUET
DANCE
FELLOWSHIP

Program Choice (circle one)	Al-Anon	Alateen	Al-Anon Spanish	A.A.
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Checks/Money Orders Payable to: AFG Florida South Convention, 2697 SW Fair Isle Rd., Pt. St. Lucie, FL 34987

Complete One Form for each person: _____ Date: _____

Name: (First & Last) _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Badge Name: _____ District/Group: _____

Credit Cards Accepted for On-Line Convention Registration — www.southfloridaal-anon.org

Step 7:
 Humbly asked Him to remove our shortcomings.

“When I take the Seventh Step, I pray that whatever interferes with my Higher Power’s will for me may be removed. I don’t have to have all the answers. I need only be willing.”
 –*Courage To Change*
 p. 249

Concept 7:
 The Trustees have legal rights while the rights of the Conference are Traditional.

“Concept 7 notes that relationships often have legal and financial responsibilities as well as other aspects. It is especially easy to understand when applied to the relationships within a family. While everyone in the family is equally important, it is the parents or adult guardians who sign contracts and pay the bills. They are legally accountable for actions of the family as a whole.” –*Discovering Choices*, p. 264

Tradition 7: Every group ought to be fully self-supporting, declining outside contributions.

Short and sweet, we are reminded to be supportive. This tradition is about independence and self-care. It helps us form guidelines for boundaries and helps us clarify our motives. It asks the members of our group to contribute to the whole. If we are dependent on others, we compromise our primary spiritual progress.

Questions to contemplate this month:

- 1) *Can I work on supporting my own happiness?*
- 2) *Can I care for others without overriding my own needs?*
- 3) *Can I practice loving detachment and love myself at the same time?*

In the spirit of the 6th tradition: Page 92 of the Al-Anon Service Manual gives "permission" to announce the upcoming Alcoholics Anonymous Convention. In the spirit of cooperation, Al-Anon announces these events provided they have Al-Anon participation.

The 62nd Florida State AA Convention with Al-Anon and Alateen participation will be held in the Fort Lauderdale Marriott Harbor Beach Resort & Spa on August 15-19, 2018.

The full schedule of AA, Al-Anon and Alateen programming is available online at <https://floridastateconvention.com/>

Volunteers are needed to cover shifts at the Al-Anon Literature table during the Convention. If anyone is interested in helping out, contact Elaine F. at elainefaust@gmail.com to sign up for a time slot.

The Marriott Harbor Beach is sold out, but there are 2 nearby hotels (within walking distance from the Marriott) with availability. More info available on the website.

Two offsite parking garages (\$5/day) will shuttle convention attendees back and forth to the Marriott daily from 7 AM – 12 AM.

If you have any questions, please call 954-980-9600

In love of service,
Len O. and Ana I., Chair and Co-Chair, Al-Anon Program
62nd FL State Convention

CONTACTS:

Literature Distribution Center (LDC)

1700 Lake Ida Rd
Delray Beach, FL 33445
Open Tuesdays 5-7 PM
Contact Larry at
LABELYOSEL99@yahoo.com or text him
at 561-452-8998 to place order

South Palm Beach AFG District 170 A

PO Box 928
Boynton Beach, FL 33425-0928
<http://www.southpalmbeachafg.org>

Florida South AFG Area 10

AFG FL South Area 10, Inc.
P.O. Box 1676
Jensen Beach, FL 34958-1676
<http://www.southfloridaal-anon.org>

World Service Office

1600 Corporate Parkway
Virginia Beach, VA 23454-5617
<http://www.al-anon.org>

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Email Pipeline170@gmail.com

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