

# The Pipeline

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

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## Step 6: Entirely Ready & Willing To...?

I am entirely ready to give up the worry over loved ones. A quote that helps me with this is, "I can be concerned rather than be consumed." –Rosemary

I am willing to turn over the fact that I just might not know everything. My teenagers are not babies anymore! –Melanie

I am ready and willing to turn over perfectionistic people-pleasing and let go of the outcomes of any amends I make. –Erin

## The Goal is Inner Peace with Myself

My Goal is to achieve inner peace within myself so that I can benefit in my relationships with myself and with the people I love most in the world.

**Step 6:  
Were  
entirely  
ready to  
have God  
remove all  
these  
defects of  
character.**

I am so happy to know that I am experiencing changes inside myself as a result of the Al-Anon program. The "dead wood" that framed and supported the false sense of myself that I tried all of my life to live up to is being slowly exposed for what it is, and removed.

What remains is my absolute true self, the person that God always intended me to become, the person he made me to be.

Al-Anon is giving me the greatest gift I could ever receive; it is "re-gifting" back the gift God originally gave to me at birth...the gift of me.  
–Derrick L.



## Upcoming Events

### June 24

New Beginnings Al-Anon  
Family Group Anniversary

Sat 10:30 AM – 12:00 PM

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

Al-Anon and AA speakers, and fellowship! Feel free to bring a dish to share; no shellfish or pork.

### July 8

District 170 Business Mtg

Sat 10:00  
Unity Church  
101 NW 22<sup>nd</sup> St  
Delray Beach, FL 33444

### August 18-20

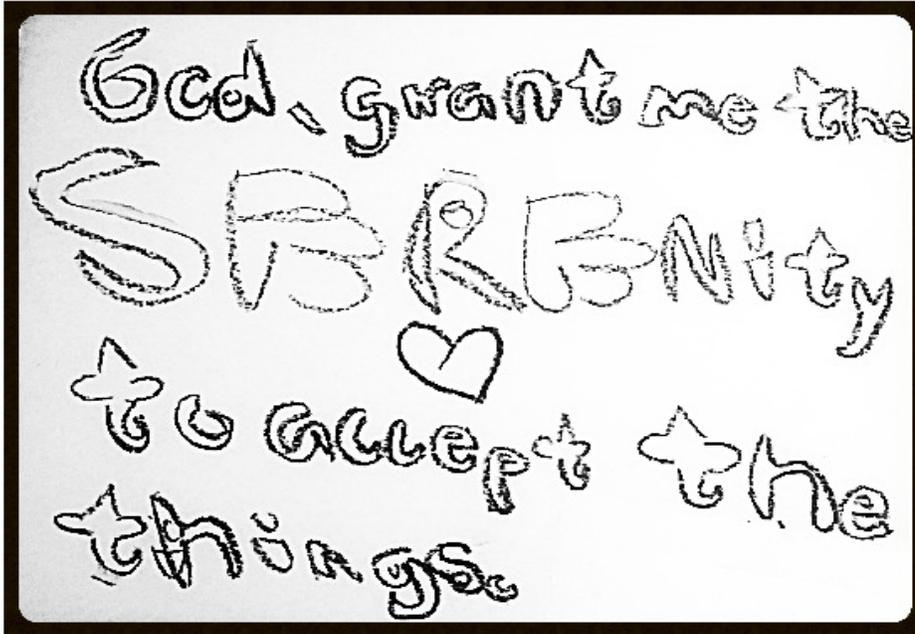
28<sup>th</sup> Annual Area 10  
AFG Convention

Trump Natl Doral Miami Hotel  
4400 NW 87<sup>th</sup> Ave  
Miami, FL 33178

English and Spanish programs for Al-Anons, AAs, and Alateens. Registration is open! Register online! Fliers are circulating at meetings, or find info on the Area 10 website at [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)

## On Being an Al-Anon Member Involved In Alateen Service (AMIAS)

I was a 65 year old widowed woman, a grandmother, and a grieving mother, feeling lost and incompetent. Then I learned to be an AMIAS and I found a new life of excitement being with smart and fun teens who have amazing insights into life. –Margaret



Art by K.S., age 10, Alateen



### Adopt A Coffee Shop

- Help Public Outreach spread the word about Al-Anon!
- Sign up to "Adopt" your favorite coffee shop.
- Every time you stop in, place a few Where & When brochures on their bulletin board.
- Contact Rick at 561-414-4423 or ralovis@yahoo.com to get started.

### Calling All Book Worms!

Al-Anon members in District 170 with an interest in service:

The Literature Distribution Center (LDC) is looking for volunteers for the next service panel. Current LDC committee members will gladly work with all volunteers until January 1, 2018. Then, panel 59 (that's you!) would take over the services of our LDC. Contact [art2399@aol.com](mailto:art2399@aol.com) or 561-386-0327 if interested. Looking forward to working with you all! –Art & Alex

## Book Report: As We Understood

The book that helps me is the 'little blue book' *As We Understood*. Page 214 says, "I cannot control or change my friends or loved ones so I release them to your care...just keep me loving and free from judging them."

–Rosemary

### A Chuckle From The Forum:

"Seven days without Al-Anon makes one week."

**Tradition 6: Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.**



**KEEP  
CALM  
AND  
AL-ANON**

**New Beginnings AFG  
Anniversary Meeting**

**Saturday, June 24, 2017**

Al-anon and AA speakers. Fellowship, and feel free to bring food and/or refreshments to share. Please no shellfish or pork,

**10:30am-12:00pm**

**Temple Sinai, 2475 West Atlantic Ave, Delray Beach**

## My View of Our Al-Anon or Alateen Weekly Meetings:

Taking a periodic **group inventory** helps to keep your group healthy and invigorated. "The harmony and success of each group depends on shared responsibility, a warm spirit of fellowship, and individual self-improvement." –Al-Anon and Alateen Groups at Work [P24]

- Is the meeting location convenient, safe, and welcoming?
- Do members arrive early to welcome newcomers and visiting members?
- Is Al-Anon's principle of anonymity explained when newcomers or visitors are present? Do we emphasize the importance of not repeating who we see and what we hear at the meeting?
- Does the meeting follow the "Suggested Meeting Format Outline" in Al-Anon and Alateen Groups at Work (P-24)?
- Is there a Chairperson scheduled for each week?
- Are our meetings fresh, interesting, and helpful?
- Do we encourage everyone to participate in the discussions by sharing and listening?
- Do we refrain from giving advice?
- Are our meeting topics Al-Anon related?
- Do we make good use of our Conference Approved Literature (CAL) and The Forum for themes and topics for meetings?
- Do we stick to the subject of the meeting or wander off on tangents?
- Are we easily diverted from the topic in order to focus on a member's problem?
- Do we avoid discussions of the alcoholic and his/her shortcomings?

From the Al-Anon WSO Guidelines G8a located online at [al-anon.org](http://al-anon.org)

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Submit content! Get The Pipeline electronically!  
Email [Pipeline170@gmail.com](mailto:Pipeline170@gmail.com)

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## District Service Jobs: From The Top, In a Nutshell

**The District Representative (DR)** leads the monthly district business meetings. They sit at the head of the table ☺. They attend Area Assemblies and World Service Committee Meetings representing our district and voting on Al-Anon business. So, they go to Even Bigger Business Meetings, above the district level, and represent all of us. **The Alternate DR** substitutes for the DR as needed and also goes to Information Services Meetings about once a year. What is Information Services\*? Good question. We'll get to that in a bit. **The Al-Anon Information Services Liaison** (there's that "Information Services" phrase again) represents the district at Area World Service Committee meetings, and coordinates reports from all service chairs for the monthly district meeting. But you have to be a GR for three years before you can hold any one of these three positions, and you cannot be a member of AA.

**The District Treasurer** accounts for monies coming in and out of the district. When your group sends a donation to district? This person gets the check. They keep track of everything on a spreadsheet and give a report at the monthly district meeting about what's been received and paid out, and how much is left in the kitty. Meanwhile, the **District Secretary** takes and reads district meeting minutes (like "old business!" and "new business!"). Any Al-Anon member can be district treasurer or secretary.

Finally, we get to the Service Chairpersons. Together, they make up **\*Al-Anon Information Services**. Basically, all these positions work to conduct the business of Al-Anon and spread the Al-Anon message (i.e. INFORMATION!) throughout the district by doing various jobs. They attend monthly district meetings, and give a brief report on how it's going. They often coordinate with their Area-level counterparts. Any Al-Anon member can do these jobs!

The **Alateen Chair** Coordinates Alateen projects in the district, recruits and supports AMIASs (Al-Anon Members Involved In Alateen Service). Basically, they're the district Alateen boss. The **Archives Chair** Maintains the district's archives. Think: Pro District Scrapbooker. A cool job if you're into history. The **Institutions Chair** Takes Al-Anon meetings into places like rehab centers and recruits/supports volunteers who chair these meetings. The **Group Records Chair** Collects group info, maintains and organizes it, and sends it on up to Area. When your group changes GRs, or adds a beginners meeting, you send this person a form, and notify them of the change. Then they let Area know. And up the chain it goes! The **Literature Distribution Center (LDC) Chair** Orders and maintains a stock of CAL at the LDC. Receives and fulfills orders of CAL from groups. They man the helm of the district literature situation. The **Pipeline Chair** Compiles, assembles, writes and distributes this here newsletter every month. The **Public Outreach Chair** works to spread the word about Al-Anon meetings, via disseminating literature, and/or working with local media. The **Sunshine Chair** is alerted when there is a celebration or loss of a significant person in the district to be honored. The **Speakers Chair** gathers and maintains a list of volunteers willing to speak at meetings. The **Telephone Answering Service Chair** coordinates volunteers to answer the phone, provide information to callers about Al-Anon, and direct newcomers to meetings. The **Where and When Chair** maintains an up-to-date lit of all meetings in the district, and prints and distributes the Where & When brochure quarterly.

All these great jobs will be up for grabs in August with a start date of January 2018!

## Concept 6: The Conference acknowledges the primary administrative responsibility of the Trustees.

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

## DISTRICT SERVICE OPENINGS

**Alateen** needs Al-Anon Members Involved in Alateen Service (AMIAS) contact Maura at 561-376-7627

**Literature Distribution Center** needs volunteers to staff the store. Contact Art at [art2899@aol.com](mailto:art2899@aol.com) or 561-386-0327

**Speaker List** needs members willing to share their story. Contact Betty at 561-266-9160 to volunteer or if you need a speaker

**Telephone Answering Service** needs volunteers to direct callers to meetings contact Lillian at 561-414-5508

**Where & When** needs volunteers to help print/distribute quarterly brochure of Al-Anon meetings. Can train until January, and volunteers will assume the position for the next service panel. Contact Betsy at 561-483-8150 for info

## CONTACTS:

**Literature Distribution Center (LDC)**  
1700 Lake Ida Rd  
Delray Beach, FL 33445  
Open Tuesdays 5-7 PM  
Contact Art at [art2899@aol.com](mailto:art2899@aol.com)  
or text 561-386-0327 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 South Florida, Inc.  
PO Box 110638  
Naples, FL 34108  
<http://www.southfloridaal-anon.org>

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