

The Pipeline

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

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Self-Honesty:

To Thine
Own Self Be
True

All The Services:

All the info
you need to
give it
away, so
you can
keep it

Wed AM Serenity:

Support it!

Tradition 6:

How it
applies to
our
fellowship,
our groups,
and our
families

Contact Info:

District, Area,
& World

To Thine Own Self Be True

I always thought I clearly understood what that meant. It's kind of, in a way, like when I understood what "Let go and let God" meant. It didn't mean I had to let go and let God handle everything, like raising my kids, or doing my job. I had to take responsibility for what I am responsible for.

My sponsor would say that I'm responsible for the effort, but not the outcome. *I am responsible for the effort.*

The same holds true when speaking about slogans like "How important is it?" This slogan is an amazing tool when it comes to things like, *do I want to be right, or do I want to be happy?* However, it's not a cure-all for **self honesty**. I can be right, and find that it's not all that important to let the entire North American continent know about it. I can be happy with the fact that I know what I know, and then let it go.

However, when it comes to matters of boundaries that have been set, I must pay close attention to "How important is it?" If I set a boundary for myself, then it must be important to me, or I wouldn't have bothered. If I then apply the slogan "How important is it?" I am creating a significant foundation for future frustration and aggravation: Not so much with the offender, but more so for myself, for not being **honest with myself**.

How important is it? It's pretty damn important.

Sometimes, I don't know what my needs are. Often times, there is that gut-wrenching feeling that makes me ill. It's important that I take the time to pay attention to the warning signs. That feeling is the feeling that tells me: **To thine own self be true.**

Self honesty is important. If not handled with care, it leads from denial, to self-loathing.

--Valerie



Upcoming Events

July 2

Last day to register
for AFG Florida South Convention

July 15

District 170 Business Meeting
Sat 10-11:30 AM
Unity Church
101 NW 22nd St
Delray Beach, FL 33444
All are welcome to attend!

July 20-22

Alateen Conference
Orlando, FL
Fliers circulating at meetings or call
Maura at 561-367-7627 for info

Aug 3-5

29th AFG Florida South Convention
Hilton West Palm Beach
600 Okeechobee Blvd
West Palm Beach FL 33401
\$109/night + registration fees.
See enclosed flier or get
registration info online @
www.southfloridaal-anon.org/convention-2018/
Alateen and AA participation

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 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 Participation: Register by July 2nd! See flier for details:



AL-ANON & A.A. REGISTRATION
Must be postmarked by 07/02/18

10/01/17 to 12/31/17 \$25
 01/01/18 to 07/02/18 \$30
 After 07/02/18 - \$35 **ON-SITE ONLY**

ALATEEN REGISTRATION
 Ages 8-17 - includes Sat. Night Pizza Party..... \$15
 Notarized Travel & Medical Release Form Required

EVENTS

Friday Night Social—Get Out of Your Shell..... \$20
 Saturday Night Banquet \$45
 Chicken Beef Vegetarian
 Package Savings—Fri/Social & Sat/Banquet...\$60

Total Amount \$ _____ Check # _____
NO REFUNDS

HOTEL ACCOMMODATIONS
Hilton West Palm Beach
Across the Street from CityPlace
 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

VALET PARKING ONLY
 12.00 daily / 15.00 overnight

Reservations: 1-855-757-4985
 Don't forget to mention **Group Code ZAFG**, to receive the AFG FLS Convention Group Rate!

On-line Hotel Reservations:
<https://aws.passkey.com/event/49382353/owner/14106173/home>
Out-Of Date for hotel registrations is July 1, 2018!

WORKSHOPS SPEAKERS BANQUET DANCE FELLOWSHIP

Program Choice (circle one) Al-Anon Alateen Al-Anon Spanish A.A.

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

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

WEDNESDAY MORNING SERENITY:

Come check out and support this meeting!

10 am Newcomers
 10:30-11:30 am Regular

Lake Osborne
 Presbyterian Church

2103 Sixth Avenue South
 Lake Worth 33460

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

This month's tradition reminds us that Al-Anon's primary aim is a spiritual connection. Our primary spiritual aim is to help families and if we are busy with diversions, it can get in the way of any group's or family unit's spirituality. When I work on self support, generosity, trust, and humility, my group relations heal.

Some questions to ponder this month:

- 1) Do I allow my pride or my insecurities about money to divert me from a group (or family) connection?
- 2) Does the principle of cooperation help me stay spiritual?
- 3) Do I think carefully before I endorse or lend my name to anything?

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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