

# The Pipeline

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

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Ten Best

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WSO Member Site  
Access: Lotsa Goodies  
Await you!

## Top 10 Ways Alcoholism Enriches My Life:

- 10.) Gently points out my habits of Managing, Manipulating, Mothering and Martyrdom and offers me a path to choose different responses
- 9.) Forces me to look myself in the mirror and learn Honesty.
- 8.) Shows me how to implement self -care
- 7.) Offers me the options of solutions instead of self-pity over untenable problems
- 6.) Brings me to my knees and teaches me Humility
- 5.) Makes me dig deep and find forgiveness of self and others
- 4.) Empowers me to "be the protagonist in my own life"
- 3.) Leads me to believe in a Power greater than myself (or anyone else) and trust that that Power can steer my life for the greater good
- 2.) Affords me the luxury and gift of offering unconditional love to the people suffering from this disease which often exhibits unlovable symptoms

And of course, the Number 1 reason I am forever grateful for the alcoholics and alcoholism in my life...

It launched me into the rooms of Alanon, which was perhaps one of the single greatest things I have ever committed to but cannot take credit for as it was no question a Divine Intervention. I am so proud to be a member of a fellowship, the kin of a fellowship that can save "their" lives, because this one saved mine, that I know for sure.

Thank you Thank you Thank you.      -Anonymous

**Step 3:** Made a decision to  
turn our will and our lives  
over to the care of God as  
we understood Him.



## Upcoming Events

### March 10

District 170 Business Meeting  
Sat 10-11:30

Unity Church  
101 NW 22<sup>nd</sup> St  
Delray Beach FL 33444

### April 28

Day of Workshops  
Sat 8 AM-4 PM

Trinity Lutheran Church  
400 N Swinton Ave  
Delray Beach FL 33444

### Aug 3-5

AFG Florida South  
Annual Convention  
Fri-Sun

Hilton West Palm Beach  
600 Okeechobee Blvd  
West Palm Beach FL 33401  
\$109/night + registration fees

Registration info online @  
[www.southfloridaal-anon.org/convention-2018/](http://www.southfloridaal-anon.org/convention-2018/)

## Institutions 2018: Reach Out To Families & Spread the Message

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](mailto:institutionsdistrict170@gmail.com)

*Please See Below For Meeting Days/Times*

### **TRANSFORMATIONS:**

1<sup>st</sup> Friday @ 5:50 pm  
14000 Military Trail Delray Beach

### **WAYSIDE HOUSE:**

1<sup>st</sup> Saturday @ 12:20 pm  
378 NE 6<sup>th</sup> Ave Delray Beach

### **BEACHCOMBER:**

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

### **NEXT CHAPTER:**

2<sup>nd</sup> or 3<sup>rd</sup> Wednesday @ 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

SPRING ASSEMBLY is coming up soon

May 11-13 in Sunrise, FL

Are you going? Want to help?

Volunteers are needed to assist with registration on

Fri May 11 from 6-8 PM

Sat May 12 from 8-9:30 AM.

Contact Sharon, District 170 Representative at [DR170Panel58@gmail.com](mailto:DR170Panel58@gmail.com) if you can pitch in. Great service opportunity!

I have been thinking a lot lately about forgiveness. At a convention workshop I heard "Forgiveness is a decision, NOT a feeling."

And in *How Al-Anon Works* it states, "Forgiveness is no favor, we do it for no one but ourselves."

—Anonymous

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

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## Convention 2018 Update

### Helping Alateens Discover Hidden Treasure

Hello Mateys!

As we head into the seas it is time to explore the treasures in store for our Alateens. Our District is coordinating the Alateen program for this year's upcoming annual convention. Safety is first, so secure and roomy accommodations and meeting rooms have been established. The crew is being assembled **and all certified AMIAS are "all hands on deck" to sign up to help out.** Due to unpredictable sea conditions, please refrain from sending information through a message in a bottle! Text, emails and phone calls to Luci P at [Ratdog1@aol.com](mailto:Ratdog1@aol.com) or [201-913-8543](tel:201-913-8543) are more than welcome. As we move forward on this journey to discover all the treasure out there, let's share our bounty with our Alateens. Join us as we explore the riches found Under The Sea.

Yours in Service,  
Luci P  
District 170 Convention Chair

**Tradition 3:** The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

"...a shared purpose helps to keep our relationships on track. Tradition 3 helps us determine the mutual goals of our relationships and to support each other in attaining these goals."

*Discovering Choices, p. 262*

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## ~ HISTORY LESSON! ~

**Concept 3:** The right of decision makes effective leadership possible

"At the end of January 1970, Lois sent a copy of the 12 Concepts of Service to Delegates and Conference members, for study and consideration prior to a vote on the Concepts at the 1970 World Service Conference in April ... In a draft of the introduction to the Concepts sent to Conference members, **Lois wrote:**

*There will be seen in the concepts a number of principles which have already become traditional to our services, but which have never been clearly enunciated and put into writing. For example, "Right of Decision" gives our service members proper discretion and latitude; the "Right of Participation" gives each world servant a voting status commensurate with his responsibility and further guarantees that each service board or committee will always possess the several elements and talents that will ensure effective functioning. The "Right of Appeal" protects and encourages minority opinion; and the "Right to Petition" makes certain that grievances will be heard and properly acted upon. These general principles can, of course, be used to good effect throughout the entire structure."*

--Many Voices, One Journey  
p. 154-155

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## DISTRICT 170 CLASSIFIEDS

- **Alateen Meeting Needs Support:** Saturday @ 10 AM at Crossroads in Delray
- **Alateen Needs AMIAS:** Become an Al-Anon Member Involved in Alateen Service! Two years of time in Al-Anon & no criminal convictions required. Contact Maura @ 561-376-7627
- **Co-Chairs Wanted:** The Public Outreach Chairperson and the Webmaster Chairperson would each like a co-chair for Panel 58.
- **Convention Chair Needed:** To help with Alateen program for the 2018 Area 10 convention
- **Contribution Checks:** When sending in a donation check, please include the group name/group number in the memo field
- **District Representative email:** Sharon, our new District 170 DR, can be reached at DR170Panel58@gmail.com
- **Group Records:** Please submit new GR-1 forms for your new Panel 58 GRs. Find forms online at: <http://www.al-anon.org/members/pdf/GR1.pdf> and submit to [D170GR1@gmail.com](mailto:D170GR1@gmail.com)
- **Open District Positions:** Attention history buffs! The District is in need of an Archives Chairperson. It's like Al-Anon scrapbooking!
- **Literature Distribution Center:** Has a new chair! Larry can be reached at 561-452-8998 or [LABELYOSEL99@yahoo.com](mailto:LABELYOSEL99@yahoo.com) Literature can be ordered through him and picked up at the LDC at Crossroads in Delray on Tuesdays from 5-7 PM or at the monthly district meeting. Volunteers needed to help staff the store.
- **Meeting Closure:** The Boca Pines Meeting on Wednesdays @ 4 PM is no longer active
- **New Service Manual:** The new Service Manual is available! It can be downloaded for free on the Al-Anon WSO member site.
- **Speaker List:** Contact Luci at 201-913-8543 or [RATDOG1@aol.com](mailto:RATDOG1@aol.com) if you would like to do service by adding your name to the list of available speakers willing to tell their story, and share their experience, strength, and hope, at a meeting. She is especially in need of speakers who are available for daytime meetings.

**Humility: not  
thinking less of  
ourselves...  
thinking of  
ourselves less.**



**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](mailto:ralovis@yahoo.com) to get started.

Rick is planning some innovative Public Outreach strategies for 2018. Contact him if you are interested in helping others find Al-Anon! He is planning on holding phone conferences soon to discuss new ideas. Get involved! Have fun! Call him at 561-414-4423.

### **Tech Support: How To Log into the Al-Anon WSO Member Site!**

When you visit the WSO website, <http://al-anon.org/members/user-login> type the name of your home group followed by "AFG" in the password box (e.g. bocaserenityafg) for access to all kinds of program goodies including the Service Manual, events, announcements, literature, and more.

## CONTACTS:

### **Literature Distribution Center (LDC)**

1700 Lake Ida Rd  
Delray Beach, FL 33445  
Open Tuesdays 5-7 PM  
Contact Larry at [LABELYOSEL99@yahoo.com](mailto: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 AFG**

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

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