

The Pipeline

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

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The Icing on
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Happiness Is...

I heard this at a meeting...HAPPINESS IS...*Happiness is the icing on the cake.*

Peace is an inside job. It isn't about my husband, daughter, son, parents, work, dog, house, or cars. It's about my state of mind and my perspective.

Happiness is a choice. It's not about receiving things. It's not about other people. And I deserve to be happy. But, I almost killed myself trying to be happy. Controlling people, places and things, trying to have dominance, everything being contingent on something...

Serenity is good enough. Happiness is like dessert.

Is happiness a lofty idea? Maybe. I've been serene because of my acceptance of my HP's plan for me and for my loved ones. But when I move out of surrender and acceptance, I judge myself and others: How happy am I? What are, or aren't, they doing to *make* me happy? Am I sabotaging myself? How rageful am I? Should I have concern, or turn it over, and try to mind my own business? Am I using a measuring stick to determine my happiness and compare it to others? Am I beating

myself, or others, with a baseball stick, or a feather? Am I suffering from the disease of MORE?

Today is what matters, where I am and what I'm doing... Everything passes—good and bad—am I accepting what is... with gratitude? The difference between happiness and serenity is similar to how I look at my house: happiness is having a clean house, whereas serenity is gratitude for just having a house.

Happiness can be a by-product of gratitude and serenity. --Jessica



Upcoming Events

Mar 9

District 170 Business Meeting
10:00 AM
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!

Mar 23

Day of Workshops
Boynton Beach
Community Church
9515 W Boynton Bch Blvd
Boynton Beach, FL 33472

Apr 6-7, 2019

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

Working the 12th Step through Social Media: Ideas from District 170's Public Outreach Committee

LET'S TALK SOCIAL MEDIA- Did you know that you can 'Carry the Message' on Social Media while still protecting your anonymity?

One of the easiest ways to reach out to families affected by the family disease of alcoholism is on social media. When members share WSO's social media pages and posts, we can reach people around the world. In 2017, Al-Anon reached more than 14 million people, in over 30 countries.

Would you consider making this part of your Twelfth Step recovery in 2019?

It's easy to carry Al-Anon's message of hope on social media **without violating anyone's anonymity**, including your qualifiers, or your own. Here are a few tips:

1. You can follow or like WSO social media pages. Liking or Following an Al-Anon WSO social media page does not constitute membership in the program. Think of other causes you may follow and you are not a member. You can follow a page devoted to a cause and even engage by sharing content regardless of whether you have personally been affected by that person, place or thing.
2. Write your comments without using pronouns like "I," "he," or "she." For example, "People can be helped by going to Al-Anon meetings."
3. Use hashtags to insert your shared message into keyword searches. For example #AlAnon provides support to anyone affected by the #FamilyDisease of #alcoholism.
4. Feel free to create a social media alias but refrain from creating a name that includes Al-Anon or Alateen, for example, Al-Anon Bob.
5. Avoid referring to your direct experience in Al-Anon in first person. Speaking in the "I," and commenting, for example, "**I** have been in Al-Anon for 9 years and it really helped **my family**," does **not preserve anyone's anonymity**. Neither does tagging people, like, "@JaneSmith, we need to share this with Al-Anon members in our district!"

Links to the WSO social media pages can be found below:

Instagram- https://www.instagram.com/alanon_wso/

Twitter- https://twitter.com/AlAnon_WSO

Facebook: <https://www.facebook.com/AlAnonFamilyGroupsWSO>

Al-Anon is now on Instagram in Spanish and French.

Spanish: https://www.instagram.com/alanon_osm

French: https://www.instagram.com/alanon_bsm

And if you have any questions, please send them to Beth Rodriguez, Social Media Specialist, at Beth@Al-Anon.org.

AI-Anon Changed My Life

AI-Anon meetings have changed my life completely. I walked into those rooms at just 19 years old now. I am now 22. I was a naive college kid who thought everyone else was the problem.

My dad has been the person who has been the hardest to deal with in my life. I am very grateful for him. AI-Anon teaches me to always have gratitude because it could always be worse.

I used to fight till the death. My EGO which stands for "edging god out" was taking over my life. I now have realized that, and still am perfecting it, which will be forever. AI-Anon is by no means a quick fix. It's a process, just like anything worthwhile in life.

One of the biggest lessons I take from these awesome rooms of teachers is How Important Is It?! It is better to be happy than right. I get in arguments all the time and then by the end of it I don't even know what the actual fight was about. This saying has brought so much serenity and peace into my life. Please try it once when you are about to get into a heated argument. Ask yourself what do you get from being right?!

Now back to my life: I am in my last year of college, being asked to take more forks in the road. Is there a right choice? I guess if I trust my higher power the plan will be revealed. AI-Anon taught me with step 2 that if I came to believe that a power greater than myself could restore me to sanity, then I would start to accept what is. When I let go and let G-d, my life as a whole becomes so much easier. I know that worrying is praying for something negative to happen and it does not even change the outcome. When my life is becoming unmanageable, it's because I am denying that a power greater than myself can restore me to sanity. A.k.a G-d.

Is it that I am scared of future? 110%. Most individuals are, but remember that fear stands for False Evidence Appearing Real and also stands for Face Everything And Rise. It is ok at this moment be kind and accept those emotions. It is totally normal to feel all of this! I always read quotes that say life has ups and downs. I cannot have a rainbow without a little rain.

Recently I almost lost my life in a car accident. I was reminded that every day is still so precious and I must be NICE to myself and always let it begin with me. I do not have time to be unhappy, sad, or feel sorry for myself. In AI-anon I have learned that every individual has struggles. 10% of life is what happens to me and 90% is how I react.

I look at all the things I do have, and remember how much I have been through, and how far I have come, and I'll end with this: Be in love with the person in the mirror who is still standing, but has been through so much. I always loved to please people so much that I ended up losing myself and what I wanted. I deserve nothing but the best. I can never lose sight of who I am. I remember that whatever choice I do make, my higher power has a plan. I don't fear the future. I think of all the good things that can happen to me. Most importantly, I keep living my purpose, giving back to others. I love myself enough to put myself first.

--Ariella

Updates from District 170

- **Archives:** Needs someone to sit as Chairperson and represent them at District Meetings, the second Saturday of every month. Archives volunteers meet the second Monday of every month at Crossroads in Delray. Volunteers needs!
- **Alateen:** The Florida Annual Alateen Conference will be in the southern half of the state this year. Mark your calendars for Summer 2019 (exact day and location TBD)
- **Institutions:** Needs volunteers to bring a beginner Al-Anon meeting into a rehabilitation facility. Great 12th Step work! Guidelines available. Contact Robyn for details.
- **Public Outreach:** Rick could use some volunteers to do outreach-y stuff. ☺
- **Day of Workshops:** Needs a Chair + Co-Chair- So... think about it!
- **Pipeline:** Always on the hunt for submissions!

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

Sundays @ 9:30 AM

Southwinds Golf Course

19557 Lyons Rd Boca Raton, FL 33434

Ground floor conference room facing the golf course

New Time

Step to Recovery AFG

Thursdays @ St Mark Catholic Church

643 NE St. Mark Place (NE 4th Ave)

Boynton Beach, FL 33435

St. Clare Room

Now meeting at 10:30-11:30 AM

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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