

# The Pipeline

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

## In This Issue:

**Step 11:**  
Improving  
Conscious  
Contact

**Slogans and  
Acronyms:**  
To Use This  
Holiday  
Season

**On Day At A  
Time:**  
Alateen-  
Style

**Gratitude  
Dinner:**  
Fun, food,  
fellowship!

**District  
Elections:**  
New Panel  
Results

## Step 11

I often hear in meetings that this is the only step that can be worked out of order.

I started working Step 11 the second I walked into the rooms. I said little but listened intently.

There is something so powerful about a group of people sharing their experience, strength, and hope. In the beginning, I saw the group as my Higher Power. Now, I see the group as an extension of my Higher Power, a channel through which my Higher Power communicates to me.

--Anonymous

**Step 11:  
Sought  
through  
prayer and  
meditation  
to improve  
our  
conscious  
contact  
with God,  
praying  
only for  
knowledge  
of his will  
for us and  
the power  
to carry it  
out.**

"Many of us came to Al-Anon with hardly a spark of hope left. It's not uncommon to find new members who are angry and disappointed with the God of their understanding. They are angry and disappointed about their life situation. They blame God. Our personal concept of a Higher Power often evolves and develops in a way that we cannot anticipate when we first arrive in Al-Anon, when our lives are unmanageable. As we work the program and the steps, we can gradually establish a broader foundation to stand upon. Anxiety and fear need not play so large a part in our daily experience as it once did. We can become more confident and trusting in our relationship with a Power greater than ourselves." --Discovering Choices p. 199



## Upcoming Events

### November 18

Gratitude Dinner  
Sat @ 6 PM  
\$ 8.00 at the door  
Trinity Lutheran Church  
400 N Swinton Ave  
Delray Beach FL 33344

Al-Anon, AA, and Alateen Speakers. Bring the whole family! Each adult attendee please bring a dish to share that serves 12. Fun, food, fellowship, and gratitude!

Please consider arriving at 4PM to help set up!

### February 10-11

Camp Al-Anon  
The Duncan Center  
15820 S. Military Tr  
Delray Beach, FL 33484

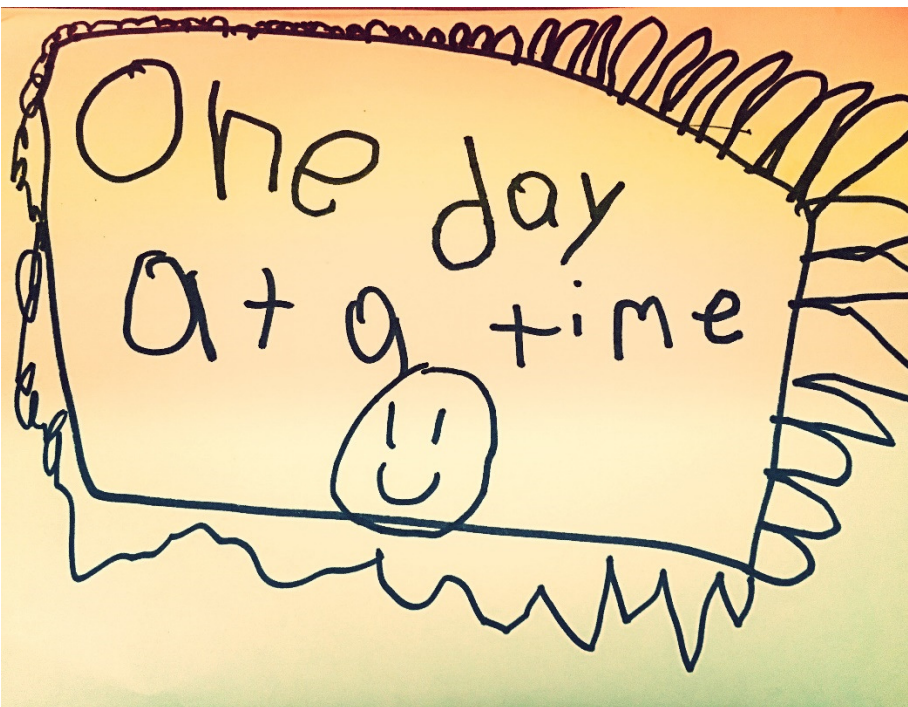
Fliers circulating at meetings. More details to come. Fun, food, and fellowship. And it's not *really* camping!

## Acronyms & Slogans That Help Get Me Through The Holiday Season!

Just a few to keep in mind:

- HALT: Am I Hungry? Angry? Lonely? Tired?
- JADE: I don't need to Justify, Argue, Defend, or Explain anything.
- MYOB: Reminds me to mind my own business
- QTIP: Helps me to Quit Taking It Personally
- And expectations are pre-meditated resentments.

### One Day At A Time...



### Camp Al-Anon 2018: Save the Date!

February 10-11, 2018 at  
the Duncan Center. No  
tents actually involved.



**Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.**

**Concept 11: The World Service Office is composed of selected committees, executives and staff members.**

"In recovery, we learn to keep the focus on ourselves, to detach with love, and to work our Alateen program. In this way, we find peace of mind and happiness whether or not our family is in recovery. We are reminded to live *one day at a time*. Every 24 hours we receive new opportunities to apply the principles of our program. Each day we go out into the world knowing that a Power greater than ourselves can restore us to sanity. As each day passes, we see ourselves living in the solution, not in the problem." –Alateen 4<sup>th</sup> Step inventory. Art by EG, Alateen

Al-Anon District 170

# Gratitude Dinner

Saturday Nov 18, 2017  
6:00 PM

## Trinity Lutheran Church

400 N. Swinton Ave  
Delray Beach, FL 33444

It's Potluck! Every adult attendee,  
please bring a dish that serves twelve  
people.

Al-Anon, AA, and Alateen speakers—  
bring the entire family!

**\$8.00 at the door**

Fun, food, and fellowship...  
**And gratitude.**

# NEW DISTRICT PANEL!

District Elections were held in October. Starting in January 2018, those listed below will be filling district service positions for the new panel. We are grateful for their predecessors, and grateful for those who will serve on the new panel! Please consider doing service by filling an open position or co-chair spot, also listed below. ☺

- District Representative: Sharon
- Alternate District Representative: Devon
- Al-Anon Information Services Liaison: Carole
- Secretary: OPEN POSITION
- Treasurer: Deb
- Alateen: Maura
- Archives: OPEN POSITION
- Public Outreach: Rick A. (needs a co-chair)
- Institutions: Robyn
- Group Records: Mandy
- Literature Distribution Center: Larry
- Pipeline: Erin K.
- Where & When: Karen D.
- Webmaster: Barbara F. (needs a co-chair)
- Sunshine: Lillian
- Speaker List: Luci
- Telephone Answering Service: Lillian



## 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.

### Save the Date!

Area 10's next Annual Convention will be August 3-5, 2018, in West Palm Beach.

Discount registration rates available until Dec 31<sup>st</sup>.

Keep an eye out at meetings for fliers!

This year, our District will be responsible for the convention's Alateen program. Interested in helping out? Let your GR know!

## DISTRICT REMINDERS

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

**Group Records** Needs new GR-1 Forms submitted for incoming Panel 58 GRs. Find forms online at: <http://www.al-anon.org/members/pdf/GR1.pdf>

**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

---

## 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>

---

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

---

---

Page 4 of 4

---