

# The Pipeline

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

## THANK YOU

FOR CONTRIBUTING TO WHAT MAY BE **OUR** BEST  
PIPELINE YET.

### Keep Coming Back - Four Times

In my first meeting as they asked who was a newcomer, I identified myself and in unison, the room responded "keep coming back". I thought that was sweet of them to say and I felt connected and that they wanted me back. So I did. I came back to the rooms.

A second time I heard it said was at a meeting where a woman who had been in program for 20 years, shared about her hard day and how coming to the meeting had helped her feel better. After her share, others in the room answered warmly, "Keep coming back." I thought that was strange....I mean she comes every week! Why tell her the same thing we encourage newcomers to do?

The third time I heard it was when my sponsor said it to me over the phone after our conversation. I thought it was totally out of context, I mean we were not even in a room. What did she want me to come back to? The meetings? Or was it something else. I stopped and took a few days to ponder about what *keep coming back* meant on a deeper level. Keep coming back to what?

The fourth time I heard it, I heard only two of the three words. A man shared in a meeting that he kept "coming back" to step one every day and how he daily has to realize how unmanageable his life is when he tried to control it.

--Anonymous

### Why I Kept Coming Back

Gosh, it is hard at times to write out what I have going on in my mind. The one thing that comes to mind is what we say at each meeting, "Keep coming back." It sounds simple but it takes courage and strength to keep coming back. So many times I wanted to run and hide. I was scared, vulnerable and truly fearful. I did not want to come back. But I did. I came back because I saw the joy others had in the room. I wanted to see a cheerful face, that was laughing, being friendly, enjoying themselves. All the things I used to be. I came back because I knew if I put in the work, I would slowly get that joy that had left me, the smile on my face would return, and I would be the mother I always knew I could be. That is why I kept coming back.

--Jessie



### Upcoming Events

#### Nov 10

##### Gratitude Dinner

6:00 PM

Boynton Beach Community Church  
9515 W. Boynton Beach Blvd  
\$8 Donation at the door  
AA, Al-Anon, and Alateen Speakers,  
Raffle, Fellowship, and Fun. Please  
bring a dish to share that serves 12.

#### Nov 14

##### Wednesday Morning Serenity 48<sup>th</sup> Anniversary Meeting

10:30 AM

Lake Osborne Presbyterian Church  
2102 S. 6th Ave. Lake Worth, FL  
AA & Al-Anon Speakers, raffle, food,  
fellowship, and fun

#### Nov 15

##### Boynton West AFG Friendsgiving

7 PM in the St Clare Room  
St Mark's Catholic Church  
643 NE St Mark Place  
Boynton Beach, FL 33435  
Friendship, fellowship, speaker, and  
refreshments served.

#### Apr 6-7, 2019

##### Camp Al-Anon

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

## Hope's Harbor

By: Miriam

She descends from a steep mountain  
over rocks that do not interrupt her flow  
like a translucent, charismatic waterfall  
with a sad song that flies down piano keys

Suddenly her lonely cascade is blocked  
caught by jutting rocks  
trapped in her own whirlpool  
her mind frozen and stagnant

Two thoughts free her tired mind:  
sink now beneath the murky sand  
or float above hope's harbor  
with others who rise in the sun



## I am in the City

By: Lloyd

I am in the city that ate your brain with a needle.  
That took your youth and opened your veins  
Like a garbage disposal run amok.  
I am in the city  
You loved,  
You laughed,  
You played,  
Dancer on the high wire.  
Who gave your life to your generation's aberrant message,  
Things are what they seem.  
I am no more than the sum of my environment.  
The young Latino girl walks like you with her shoulders straight  
back and her head straight up  
About to fight her way across the street.  
I thought you were in college  
But you were learning something else  
That would push its way into your life  
Like a hit a run accident.  
An addict no longer waiting  
Are you clean?  
Are your veins free to flow into the Atlantic?  
A mighty big ocean to cast your dreams.  
The city is so hot and dirty  
I thought at one time it would get so hot  
You would run away and find the cool water.  
Now you have.  
I can remember taking you as a baby home from the hospital.  
It was snowing and your mother wrapped you in a blanket.  
Now I can remember taking you to the hospital from your  
home,  
Nodding as Junkies do.  
Your mother checking to see if you were breathing.  
It's all the same a mother's love.

We are so powerless.  
So frightened at times.  
Yet we know it will be your strength  
That will bring you home.  
Back from the dead.  
The hollow eyed-madness  
The edge of Bitch,  
The crux of pain  
We love you.  
If you could feel this and not judge us as strangers  
An accident of birth.  
And see us as naked as a blue sky  
And love us as easily as the song of a bluebird.  
Perhaps there would be a healing in your heart  
And whatever ache you feel would be mended.  
We wish you wellness and kindness and love.  
And hope you surround yourself with the rules  
That allow you the freedom you seek.  
We will see you strong, again  
Pray God is watching you in love.  
Be strong to put meaning and purpose into your life.  
When the spirit burns as an eternal flame  
No darkness can extinguish.  
One day you will walk these noisy streets, again.  
These streets that were your veins.  
These streets that almost killed you.  
These streets where you wrote your name with a needle.  
"R's New York."  
You return so beautiful and free.  
I know you will.

## Book Report: Intimacy in Alcoholic Relationships

I finished reading *Intimacy in Alcoholic Relationships* and couldn't wait to chair a meeting on our newest piece of literature. Heading out to my Saturday meeting I threw a few books in my bag. When I arrived, it turned out that no one had signed up to lead the meeting. Normally I like to take a few days to prepare when I lead a meeting, but when I looked in my bag and realized *Intimacy* was in there (who did that...God??) I decided to take a chance and offered to do the meeting.

I read a few passages from the book that I had highlighted and then opened the meeting for discussion, not knowing if anyone would share. Instead, it was one of the most powerful meetings I have attended. The honesty was amazing.

From reading the book and the sharings I learned that intimacy is not just about sex. In fact, none of the chapter headings are titled sex! I learned that "into me I see" is where intimacy starts, with a loving and intimate relationship with myself. And God. And then others. How can I have intimate relationships with others unless I trust myself? The foundations of the Al-Anon program such as communicating effectively, setting boundaries, having a spiritual program, and practicing gratitude all contribute to having intimate relationships.

I now have a new perspective on intimacy, and am again reminded how grateful I am for this program.

## We Can't Do It Alone

Between the dishonesty, denial and disappearance into the darkness of disease, living with active alcoholism (and/or other addictions) can be endlessly frustrating, challenging and confusing... this is why I've come to believe that it's critical to have as much support as one can - to share with, lean on and learn from - as our recovery journey takes us out of darkness and despair and back into light and love.

As I've heard many times over the years, without the spiritual help available in Al-Anon, "living with an alcoholic is too much for most of us". That was true for me even though I was unable/unwilling to recognize it at the time. My denial ran deep and was well-defended, but the Twelve Steps offer me a much-needed path to serenity... and that's a path I gratefully continue to walk today in the company of a fellowship of equals.

**Dear son,**

*I brought you into this world, but  
your life is not mine.  
I raised you with all my love, but you  
owe me nothing back.  
I want the very best for you, but I  
have no saying on what you do.  
As much as I love you,  
God loves you even more.  
As much as I want to help you,  
I understand that I must not.  
As much as I'm tempted to design  
and redesign your life,  
I'm going to just stay back.  
I'm going to tie my hands.  
I'm going to strap my tongue.  
I'm going to stop my thoughts.  
I'm going to restrain my heart.  
I'm going to truly let go  
And just let you find your own path  
Because  
This is the ultimate proof of my  
motherly love.  
I'm going to let you be who you are  
meant to be.  
I'm going to let you fall as many  
times as you need.  
I'm going to let you figure it out on  
your own.  
I'm going to set you free from my  
control.  
I'm going to love you from afar,  
Praying for you at all times.*

**Love, Mom**

As we wrap up the year of Traditions, have we been able to apply any principles to our meeting, families or work life? Keep it up and share your experience, strength and hope.

**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."**

This tradition is about attraction. We can examine what it means to be attractive, certainly not controlling, cajoling and arguing. Tradition 11 reminds us again to mind our own business and focus on ourselves. When our actions reflect our commitment to an Al-Anon way of life, the program is attractive.

- 1) How can my actions attract others to seek recovery?
- 2) How can my personal anonymity show attraction to the program?
- 3) How is the Al-Anon program attractive to me?

"There is something precious and sweet about offering an opportunity to someone without being attached to whether they accept it or not." From Reaching for Personal Freedom (P-92)

See you at a meeting. --Chris

## MEETING CHANGES:

### New Location

*Serenity Step and Study*

New permanent place to meet starting 11/4/18 on Sunday nights

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*

Starting 12/2/18 on Sundays @ 9:30

Southwinds Golf Course

19557 Lyons Rd Boca Raton, FL 33434

Ground floor conference room facing the golf course

### New Times

*Finders Keepers*

First United Methodist Church

625 NE Minzer Blvd. Boca Raton, FL

Beginners Meeting is now 6:45 -7:25. Regular meeting @ 7:30.

*Men's Wednesday Night AFG*

*Women's Healing Through Surrender AFG*

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

Both meetings will now be held from 7:30 – 8:30 and could use support!

*Today's reading on Oct 15 of Courage to Change touched me deeply. Detachment. Forgiveness. Bitterness. Revenge. So many words describing feelings when the result is me taking an action.*

*If I tighten the noose around someone else's neck, I am only choking myself.*

--MG

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## CONTACTS:

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### 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 Office

1600 Corporate Parkway

Virginia Beach, VA 23454-5617

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