

The Pipeline

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

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Practicing these principles in ALLLLLLL my affairs:

Suddenly, I have all these bugs in my house! **“Courage is fear that has said its prayers,”** that is my mantra with all these bugs! How am I gonna live with all these bugs?! It's ridiculous! I think, “I can't do this.” I get so scared I start shaking and running away. But I need to just deal with it so I can get rid of them. Courage comes in as I face the bugs. The prayer comes in to give me the courage. The courage replaces the fear and allows me to do what I have to do. And? I can't do it alone. I felt silly, but I shared about it with Alapals, I called my sponsor, and then I called the exterminator. He treated the house. MORE BUGS APPEARED! I said more prayers. I cleaned the house. I cleaned the dead bugs. I did the footwork, and I let go of the outcome. I even laughed a little. –Brave Bug Fighter in Boca

New Meeting!

Men's Wednesday Night AFG

Starting on Oct. 3, 2018 there will be a new Men's Meeting on Wednesdays at Temple Sinai at 7:00 PM. 2475 West Atlantic Ave., Delray Beach, FL 33445.



Upcoming Events

Sept 8

District 170 Business Meeting

10-11:30 AM

Unity Church

101 NW 22nd St

Delray Beach, FL 33444

All are welcome to attend!

Sept 21-23

South FL Area 10

Fall Assembly

Doubletree by Hilton

13400 W Sunrise Blvd

Sunrise, FL 33323

Registration Fee \$10

All Al-Anon members are welcome to attend. Get a glimpse of the nuts-and-bolts service work that keeps our meetings going and our doors open.

Calling All Bibliophiles! Volunteer to help The Literature Distribution Center (LDC)

The LDC is always looking for volunteers. At the moment, help is wanted to staff the store in Delray. 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

Get involved with 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! 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.

District 170, Panel 58, Help Wanted:

Archivist Needed! We have some volunteers who meet once a month and they swear everything is in pretty good shape! So if you want to help them, they'd love it. And it sounds pretty painless. They really need someone available to go to monthly District Meetings and represent Archives. Contact your GR if interested.

Co-Chairs Wanted: The Public Outreach Chairperson and the Webmaster Chairperson would each like a co-chair for Panel 58.

Speaker List: Needs volunteers to share their story at a meeting. Contact Luci at 201-913-8543 or email her at RatDog1@aol.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.

Heard At Convention

"Your problem may have my name on it but the solution has your name all over it."

"For those who understand no explanation is necessary; for those who don't understand no explanation is possible."

"Say no, without an explanation."

"Do the stitches, leave the pattern up to your Higher Power."

"Unsolicited advice is criticism."

"God doesn't use periods, he uses commas."

Love in Service, Barbara

GRATEFUL FOR THE HIDDEN TREASURE I'VE FOUND IN AL ANON.

I am very grateful for the many HIDDEN TREASURES I have received since that miraculous day when I crossed the gateway to an Al Anon meeting; determine to look at the elephant in my life. These are some of the HIDDEN TREASURES I have received since that glorious day;

1. Al Anon has given me my heart back because I had buried it. I couldn't love myself & certainly not another being. I can love, me, you, I can even love a stranger on the street. I, now know the difference between love and control.
2. My sanity, because, although I proclaimed I had it before, I was controlling my ways into everyone's life and I didn't have lucidity.
3. My feelings, because I was suffering from alexithymia. I couldn't identify my feelings and relate to others. I was buried underneath fear and shame. Now, my feelings have nametags and they don't control my actions.
4. Myself, because I only "knew" what others wanted, needed, liked or disliked but certainly I did not know my own needs and desires.
5. My soul, because I did not have a Higher Power, I did not trust the God, I grew up with. I now have a HP of my understanding.
6. Hope, love and laughter, because I was hidden behind many masks of my ego. I could not "see" the elephant in my living room. Now I can be silly, kind and no longer have to use humor, sarcasm or wittiness as defense mechanisms to keep people at distance. I can see life and live my life for what it is.
7. Acceptance, because I thought I was free of prejudice and judgment but censure others. Now I can openly accept, my shortcomings and I am no longer a victim. Live life in life terms.
8. Forgiveness, because I can accept the things that I cannot change. I no longer want the past to be different. I don't have to avoid taking responsibility and be accountable for the choices in my past. I have learned to love others for whom they are not my expectations.
9. Choices, because I was miserable in a prison of my very own creation. Today when things do not go as I expected and my serenity is in trouble, I know I have the choice to look at it from different perspective and find my choices.
10. Change, because I did not cause it, cannot control it and cannot cure it. I can be honest with myself and authentic with others. I am no longer live to fulfill others' expectations in fear of rejection and abandonment. Instead I am learning the difference and gaining wisdom to change the things I can.
11. Gratefulness, because I found compassion and courage to be me. I have support love, friendships and a sense of community in Al Anon. I don't have to do it alone.
12. Mindfulness, because when you know better you do better. I am willing to show up and contribute, willing to listen and learn. I am amazed at miracle of awakening, rising in my consciousness. Practicing these principles in all my affairs. -- Liz, Fl.

Step 9:

Made direct amends to such people wherever possible except when to do so would injure them or others.

Tradition 9:

Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9:

Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

A little late for August, but it is never too late for studying the traditions. ☺

Tradition 8: *Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.*

The non-professional nature of the program reminds us that we are all peers. It creates an environment where we can value each other as equals. Each of us has special gifts, and we may get paid for them, but when sharing in Al-Anon, we leave our professions outside and trust that those that have gone before us has the wisdom we need.

Some questions to ponder for tradition 8:

1. Do I believe I can solve everyone's problems?
2. How can trying to solve everyone's problems cause difficulties for me?
3. Can I recognize that I have choices and learn to delegate?
4. Am I willing to ask for help or get professional help if needed?

See you at a meeting,
Chris

NEW BOOK ALERT!

Intimacy in Alcoholic Relationships

Hot off the presses (winky face). ☺ It's out and circulating now. Don't see it at your meeting? Ask your Literature Chair to order some copies from the LDC.

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

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Boynton Beach, FL 33425-0928
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Florida South AFG Area 10

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