

The Pipeline

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



Upcoming Events

October 18

Highland Beach AFG
6th Anniversary Luncheon
Wed @ 10:30
3618 S. Ocean Blvd
Highland Beach, FL 33487

At the public Library between Linton and Spanish River on A1A. Spillover parking at St. Lucy Church, north of library on A1A. All are welcome! Please bring a little something to share, if just your spirit ☺

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!

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!

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Forgiveness and the 3 C's

Making amends to my loved one took time. Once I accepted that alcoholism is a disease, the process of forgiveness became easier. I came to understand that my loved one was sick, afflicted inexplicably by a disease that did not have the typically outward symptoms I would normally associate with a sickness. No wonder I found it difficult to process this understanding through my head.

Maybe just as important in this process was to forgive myself. I had accepted that alcoholism is a disease, but felt somehow responsible. I felt shame and guilt about the plight of my loved one and all the pain he had inflicted on our family.

My sponsor shared the "Three C's" with me. Now I have the tools to frame situations by asking myself, "Did I cause it? Can I control it? Can I cure it?" Using this tool, I can find peace in just about any situation, forgive my loved one for things that happen, and keep moving forward. -Bill H.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

"The process of making and receiving amends invites new acceptance and respect in all of my relationships."
-Hope for Today p. 259



BOCA BUTTERFLY
Sunday Nights
Beginners Meeting @ 6:45
Regular Meeting @ 7:30

Come support this great meeting in its new location!

Temple Shaarei Kodesh Annex
19805-4 Hampton Dr. Boca Raton, FL 33434
SE corner of Hampton Square Plaza

Submit content! Get The Pipeline electronically!
Email Pipeline170@gmail.com

Attitude of Gratitude

I am grateful for the Al-Anon program and the Al-Anon tools. I have much gratitude for life, and nature. I enjoy seeing the sunrise as well as the sunset. I am grateful for my Al-Anon family, and the unconditional love they give me. I love life and enjoy being creative. I'm grateful for my family and friends. Coming back to the program and learning the tools have helped me cope with my husband's drinking. *I know in the opening it says I can be happy whether the alcoholic is drinking or not. I choose to be happy. Today I have choices.* I am able to take care of myself and remember I am powerless over alcohol. I learned "Q-tip" and not to take things personally. I don't get offended when people are talking, and it doesn't matter what people think of me. I am my very own person and I am comfortable in my own skin. –Anonymous

Camp Al-Anon 2018: Save the Date!

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



Tradition 9: Our groups,
as such, ought never
be organized; but we
may create service
boards or committees
directly responsible to
those they serve.

"If I take on service responsibilities in my group, it does not mean that I now run the show. Today I will remember that the ultimate authority is a Higher Power who works through all of us."

–*Courage to Change* p. 291

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.

"Following my heart and conscience, performing service work, and cooperating with others are all forms of good leadership."

–*Hope for Today* p. 40

Fall Where & When Changes

NEW MEETING:

Steps to Recovery
Open Meeting
Thursdays @ noon
5865 South Congress Ave,
Lake Worth, FL 33462

ADDRESS CORRECTIONS:

New Light Tuesday Night
2475 W. Atlantic Ave. Delray
Beach FL 33445

Friday Hope

Boca Raton Community
Center, Queen Palm Room
150 Crawford Blvd Boca
Raton, FL 33432

MEETING CLOSURE:

TGIF: no longer active

Overheard at a Meeting:

"I go to three or four meetings a week. I like to joke that I probably only need to go to one—except I don't know which one I'm gonna need. So I go to all of them, just in case."

--Anonymous; printed
with permission

The Power of “We”

I am grateful to this program in so many ways. Here’s just one:

When I started to do my steps with my dear sponsor, we naturally began with step one. Among other things, she suggested that I read the step carefully and write down what each of the important words meant to me. I did as she asked, thinking deeply and honestly, and by the time I finished I had discovered some surprising insights about myself and my situation. It was worthwhile work.

Later, I re-read the step and realized I had not really considered the first word, “We.” It was such a little word that I had skipped right over it—and was just about to do it again. Then, it hit me! The need for a little healthy “we” in my life was a big reason I came to Al-Anon in the first place. And “we” is a big reason I keep coming back.

When I was just an “I,” alone in the vicissitudes of life, I felt anxious, overwhelmed, indecisive, and ashamed. I was terribly lonely, but afraid that if I confided in others about the circumstances of my life, they would think badly of me, my qualifiers, and my family. Why shouldn’t they? I did!

So, instead, I kept trying to fix things myself until I finally came to Al-Anon, leery but determined to give it a try. To my relief and amazement, I discovered that the rooms were filled with people *like me who understood me*—even better than I understood myself. They were good people who had found a way, *together*, to make their lives and situations better. These people were on a path of self-discovery while at the same time comprising the “we” in step one. They were a source of wisdom, love, and comfort based on their collective experience, strength, and hope.

To be sure, joining Al-Anon has not eliminated all the challenges from my life, or magically given me solutions to every troubling dilemma. However, it has taken me on a journey towards greater and greater healing, and, over time, has helped me immeasurably. When I think of how I used to be, compared to how I am now, I am so thankful that I am no longer alone. To me, that is the power of that little word, “we.”

–Anonymous

Step 10: Continued to take personal inventory, and when we were wrong, promptly admitted it.

“The purpose of my inventory is to get a clear picture of where I now stand, to recognize shortcomings that still need to be corrected, and not to use any self-deceiving means of justifying them.”

–*One Day At A Time In Al-Anon* p.336

Tradition 10: The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

“Today I can be more tolerant of other views as I learn to take what I like and leave the rest. I don’t have to let outside issues distract me from my primary spiritual goal.”

–*Courage to Change* p. 52

Concept 10: Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

“In practicing Concept Ten, we set clear goals and trust each other to accomplish them.”

–*Paths to Recovery* p. 311

NOTES FROM FALL ASSEMBLY

- New GR-1 Forms need to be submitted for incoming Panel 58 Group Representatives. Find forms online at:
<http://www.al-anon.org/members/pdf/GR1.pdf>
- Alateen is celebrating its 60th birthday this year: very cool! Also, AMIAS's wanted! LOTS of information for anyone interested in being an Al-Anon member Involved in Alateen Service (AMIAS) available on Area 10's website at: <http://www.southfloridaal-anon.org/alateen/>
- Public Outreach at the Area level is thinking about ways to get involved in social media. Also very cool. ☺
- Registration is open for the 2018 Al-Anon International Convention July 6-8, 2018, in Baltimore. Info online at:
<https://al-anon.org/al-anon-international-conventions/>
- Save the Date! Area 10's next Annual Convention will be Aug 3-5, 2018, in West Palm Beach. Discount registration rates available until Dec 31st. 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!
- The 2017 Convention had 609 registered attendees and made **\$6,672** for our area. Woo-hoo!
- Please continue to consider taking on a service position at the group, district, or area level for the upcoming new Panel, which will begin in January 2018. Ask a Group Representative for details, read *When I Got Busy I Got Better*, or try taking a look at the Al-Anon/Alateen Service Manual, available online at:
<https://al-anon.org/members/pdf/p2427/P2427.pdf>



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 to get started.

Calling All Book Worms!

Al-Anon members in District 170 with an interest in service:

The Literature Distribution Center (LDC) is looking for volunteers for the next service panel. Current LDC committee members will gladly work with all volunteers until January 1, 2018. Then, panel 59 (that's you!) would take over the services of our LDC. Contact art2399@aol.com or 561-386-0327 if interested. Looking forward to working with you all! —Art & Alex

DISTRICT SERVICE OPENINGS

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

Literature Distribution Center needs volunteers to staff the store. Contact Art at 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

Where & When needs volunteers to help print/distribute quarterly brochure of Al-Anon meetings. Can train until January, and volunteers will assume the position for the next service panel. Contact Betsy at 561-483-8150 for info

CONTACTS:

Literature Distribution Center (LDC)

1700 Lake Ida Rd
Delray Beach, FL 33445
Open Tuesdays 5-7 PM
Contact Art at 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>

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