



# September 2011 Pipeline

## I looked for love in the wrong places

By Rebekah B.

Growing up in an alcoholic home, I always felt I had to be good enough—that I had to earn my parents love. Every time my alcoholic stepfather would go into a rage, it would be my fault. My mother, severely affected by the disease of alcoholism, would always defend him and tell me to try and do better. I thought they would love me if I were perfect.

As an adult, I searched in all the wrong places to find that perfect love I expected in a mate. I never thought I could be a complete person without the approval and love of a boyfriend. And when I didn't have a boyfriend, I sought that approval from my parents. When that didn't work, I turned to my best friend. When that didn't work, I went back to finding a new boyfriend—and so the cycle continued.

Al-Anon has given me awareness, unconditional love, and acceptance that I never had anywhere else in my world. I listened to my Sponsor's suggestion that I should not date for at least one year. (It took me several years in Al-Anon before I actually listened to that suggestion.)

For this last year, I have been really working the Steps and focusing on myself. This focus has given me the opportunity to see how I transferred my need to be loved onto other sick people in my life, when all along the love I craved so desperately has been right inside of me. It is in the form of my Higher Power and the relationship I am learning to develop with Him. My Higher Power works through other Al-Anon members in meetings, through my Sponsor, and through our literature—showing me that I am loved, and worthy of being loved and loving others.

With this awareness, I am no longer looking for romantic love to fill a void. My void is being filled through working my Al-Anon program.

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Al-Anon Area 10  
District 170

## 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.*

### Next District Meetings:

**September 10th  
October 8th  
10am-Noon**

**Trinity Lutheran, Delray  
ALL ARE WELCOME!**

*Anger is the wind  
that blows out the  
light of reason...*

## AL-ANON CONCEPT 9

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

To learn more about Al-Anon's **12 Steps**, **12 Traditions** and **12 Concepts**, visit:

[www.al-anon.org/the-legacies](http://www.al-anon.org/the-legacies)

***Now is your chance to "Get busy and get better"!***

**During our September 10th district meeting, there will be several opportunities to step up at the district level! All are welcome!**

***If you are interested in being of service at the group and/or district level, or if you have any questions, please do not hesitate to contact Art at [art2899@aol.com](mailto:art2899@aol.com) or 561-386-0327. You won't be sorry!***

**DEADLINE  
FOR OCTOBER  
PIPELINE  
SUBMISSIONS IS  
SEPTEMBER 15TH!**

[Pipeline170@gmail.com](mailto:Pipeline170@gmail.com)

**No situation is really hopeless...**

# WHAT'S HAPPENING?

## FRESH START AFG Celebrates 4 YEARS!

Join fellow Al-Anon members  
for a special Anniversary Meeting...

Monday, September 19th  
2-3pm

Ascension Catholic Church  
7250 N. Federal Highway, Boca

AA & Al-Anon Speakers!  
Bring a treat to share!

For more info, email:  
[adriennesage6304@comcast.net](mailto:adriennesage6304@comcast.net)

## JOT IT DOWN!

Elections for new District Panel:  
**September 10th District Meeting**

**\*\*FALL ASSEMBLY 2011\*\***  
**September 23rd-25th**  
**Ft. Lauderdale Marriott**

## Share the 12 Gifts of Al-Anon

Hosted by  
Wednesday Morning Serenity AFG

**Saturday October 15th, 1-4pm**

**Lake Osbourne Church  
Fellowship Hall**

**2102 6th Ave. South, Lake Worth**

*\$3.00 donation per ticket*

*Please bring a treat to share!*

*If you'd like to speak, contact—*

Doreen: 561.236.9295 Beth: 561.714.5091

## District 169 invites you to a Sponsorship Potluck Workshop!

Saturday, October 1st  
10am-3pm

Fern House  
1958 Church Street, West Palm Bch

### Learn how Sponsorship Works!

\$5 Donation at door  
Raffle Baskets!

Bring a dish for 4-6 people

**More info?** Call Nadine at  
561.239.5516

*Save the Date...*

Alateen Conference 2012

July 13th - 15th Lake Placid

*I sit at a meeting until the  
bus of sanity comes by.  
Then, I climb aboard.*

*Please save the date...*

District 170's annual  
**GRATITUDE DINNER** is  
Saturday November 5, 2011

It is possible for us to find contentment

# Need to get out of your own way? DO SERVICE!

## Speak at a local Treatment Center!

### Volunteer Speakers Needed at:

**Alternatives in Treatment; Saturdays at 10am**  
7601 N. Federal Hwy; #100B; Boca Raton, 33487

#### **Beachcomber**

4493 N. Ocean Blvd; Delray Beach, 33483

**Interested in Speaking??**  
**Call Pat E. @ 561-434-0431**

***Note:** In keeping with Al-Anon's Traditions, District 170 neither endorses, opposes, nor has an opinion about the facilities cited above (or elsewhere in this publication). Entities above are referenced to help members carry Al-Anon's message of hope to families of alcoholics receiving services or in contact with the above center(s). See pp. 98 and 99 in the 2006-2009 Al-Anon/Alateen Service Manual for World Service Conference Approved definitions of cooperation & attraction.*

**\*\*Thank you to Al-Anon World Service for supporting our continued efforts to cooperate with the Professional Community and for providing this disclaimer!**

Need a  
Speaker for  
your  
Group?



Ready to  
Step Up &  
Speak?

Contact Ann H  
Speaker Coordinator

954-675-6884  
memeach@yahoo.com

Volunteer your time at District 170's  
**LITERATURE DISTRIBUTION CENTER (LDC)!!**  
**Tuesdays 5-7pm and Thursdays 11:30a-1:30pm**  
CONTACT ART FOR MORE INFO: 561-386-0327



*Finally, being perfect  
just got a little easier.*

### How Al-Anon Works

*Now available in paperback format  
for only \$5!!*

*Hurry over to pick up your copy and some  
humility at the LDC.*

*Do you have time in  
your day to help  
someone find an  
Al-Anon meeting?*

### **TELEPHONE ANSWERING & VOICEMAIL SERVICE**

**Time slots are available!**

*To volunteer, please call  
Mary Anne: 561.310.5620  
Bettye: 561.266.9160*



*Service puts feet on my prayers.*

And even happiness...

# MEETINGS, LITERATURE, INTERNET, ETC.

Buy Al-Anon Literature at the  
**Literature Distribution Center**  
Crossroads Club, Delray Beach

Tuesdays 5-7pm  
Thursdays 11:30am-1:30pm

Email your order to: [district170ldc@yahoo.com](mailto:district170ldc@yahoo.com)

## INACTIVE MEETING NOTICE:

Friday Night Early Bird AFG, which met Fridays, 6pm at Patch Reef Park in Boca Raton is no longer active.

**IT'S HERE!**

### MANY VOICES, ONE JOURNEY

~The story of the growth and recovery of the fellowship and its members over the past 60 years.

*Get it at the LDC or through your Group Rep!*

**FIRST 10,000 COPIES INCLUDE A COMMEMORATIVE BOOK PLATE!**

## THE LEGACIES...

*Al-Anon's program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous.*

*The **Steps** are the foundation for personal recovery in Al-Anon, and the **Traditions** help Al-Anon groups sustain their unity and fellowship.*

*The Twelve **Concepts** of Service provide guidance for service in the Al-Anon fellowship.*

*Serenity isn't freedom*

*from the storm.*

*It is peace within the storm.*

Subscribe to **THE FORUM**,  
Al-Anon's monthly magazine  
and a meeting in your pocket!

See your Group Rep or Go Online!

[www.al-anon.alateen.org/forum](http://www.al-anon.alateen.org/forum)

Receive Pipeline ONLINE!

Email: [Pipeline170@gmail.com](mailto:Pipeline170@gmail.com)

**Need a MEETING LIST??**

**GET it ONLINE!**

Click on the link below, or enter it into your address bar!

[www.southpalmbeachafg.org/meeting\\_list.html](http://www.southpalmbeachafg.org/meeting_list.html)

**CHECK OUT OUR DISTRICT ONLINE FOR TONS OF INFO!**

[southpalmbeachafg.org](http://southpalmbeachafg.org)

**Al-Anon Family Groups'**

**Official Website:**

*New and improved!*

WWW.AL-ANON.ORG

Whether the alcoholic is drinking or not.