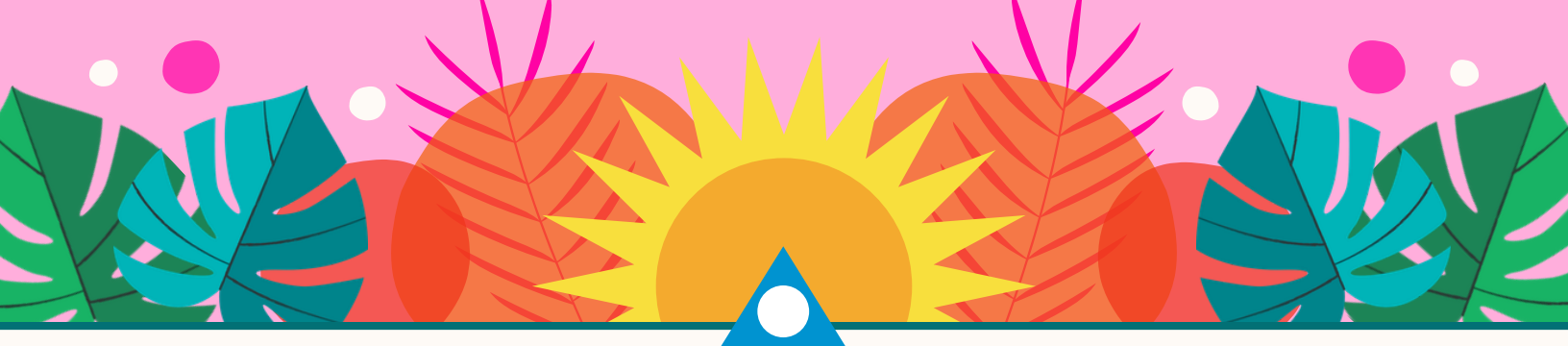




Al-Anon **Family** Groups
Help and hope for families and friends of alcoholics

PIPELINE-SUMMER 2026

ROTATION OF LEADERSHIP

In the spirit of "Rotation of Leadership," we will have General Elections coming up at the Fall Assembly. Our District is in charge of Registration.

We want to thank our trusted servants for their roles in our groups, District, and Area. We express our gratitude for their service.

We look ahead to the future carried on by our members, and remind everyone that "Participation is the Key to Harmony."

REMINDERS

Convention is this month!
You can still register on site! The hotel block is Sold Out. Look for alternative accommodations from your Group Reps.

MEMBER CONTRIBUTIONS

- Page 5: Guilt
- Page 7: The Wrong Side of the Bed
- Page 9: Whatever Comes my Way

CONVENTION DETAILS

Friday - Sunday - August 21-23, 2026, Host Hotel is SOLD OUT.
Rooms available at Hyatt Place, Ft. Myers/ Estero

Convention Location:
Hyatt Regency Coconut Point
5001 Coconut Rd Bonita Springs, FL 34134



FROM THE EDITOR

EASY DOES IT, HARD NEVER DOES

Another summer is almost over, and I am seeing many of my character defects. Some that have roared their ugly heads have been perfectionism, procrastination, and pride.

I am working at a new level of leadership in my business and I have felt very overwhelmed lately. I am trying to get everything to work just perfectly, all at once. Bad idea, I know! This sometimes leads to analysis paralysis and being too prideful to ask for help.

I have found that starting and iterating as I go has proven to bring much more favorable results. I can start something and perfect it as I go, rather than making it perfect before I even start. This way, my higher power has a way of refining what I am doing instead of me trying to control the process and the outcomes.

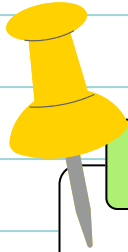
I have found much success in this. It's the easier approach.

When I get frustrated doing something, and I am not able to do it perfectly, I either give up or keep trying to force solutions. I end up irritable and unreasonable without knowing it. Oftentimes bruising those around me as well.

I may also need to just ask for help. Who would have thunk it? I will pray and ask my HP for help to remove these defects of character, perfectionism, procrastination, and pride, and await His guidance in all that I do.

I can relate this to my recovery. I may not know how to handle all situations, but I can live freely knowing that my HP does. He has the answers I need. One Day at a Time, He is refining me into the person He designed me to be!

STEPS, TRADITIONS, AND CONCEPTS



STEPS 4,5,6

STEP 4

Made a searching and fearless moral inventory of ourselves

STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

STEP 6

Were entirely ready to have God remove all these defects of character.

TRADITIONS 4,5,6

- Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
- Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
- Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

CONCEPTS 4,5,6

- Participation is the key to harmony.
- The rights of appeal and petition protect minorities and insure that they be heard.
- The Conference acknowledges the primary administrative responsibility of the Trustees.

SUBMIT TO US!

Email your contributions to:

Pipeline170@gmail.com



Wednesday Sunset Serenity

Join a New
Al-Anon Group!

Wednesday's 7pm-8pm at
Saint Joseph's Episcopal Church
3300 South Seacrest Blvd
Boynton Beach, FL 33435



Guilt

I never thought I was a “guilty” person. Boy was I wrong!

I feel guilty about someone else’s loss of a loved one.

I feel guilty about someone else’s difficult childhood.

I feel guilty about someone else’s alcoholism or drug addiction.

I have not been “enough” to save the world, and I feel the sorrow of this misdirected world. I somehow experience the guilt of all the wrongs. It brings such a feeling of remorse and responsibility.

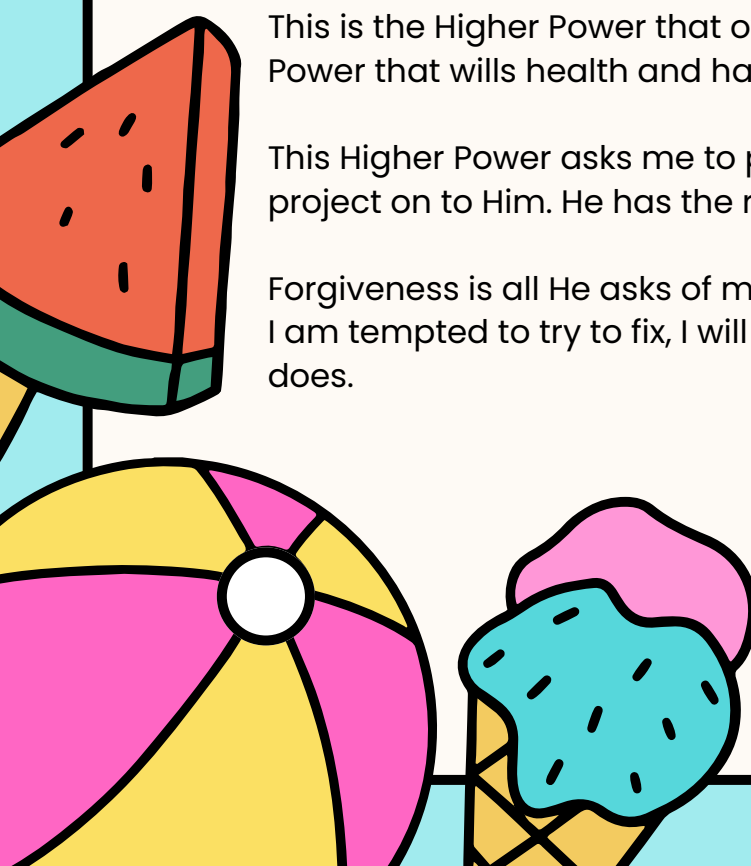
How can I fix this? Can I bear the burden for all the wrongs? I know I cannot and that this kind of thinking is ridiculous, and yet the feelings are there.

There is only one entity that can fix this. This is the Higher Power of all life, all creation.

This is the Higher Power that owns the owner’s manual. This is the Higher Power that wills health and happiness for all.

This Higher Power asks me to please quit trying to fix things, to pass the project on to Him. He has the right tools and skills. My tinkering does not help.

Forgiveness is all He asks of me. Forgiveness for myself and others. Every time I am tempted to try to fix, I will remember, I don’t have the manual and He does.



**CONTRIBUTION
BY ANONYMOUS**

FROM THE FORUM

A Member's Suggested Reading from the Forum

What Happened to Our Group Binder?

As a longtime Al-Anon member who has attended numerous in-person meetings in two states, I was accustomed to the practice of the meeting chairperson using a binder to lead the meeting. Since joining the World Service Office (WSO) Staff and moving to Virginia Beach, Virginia, I have attended several local meetings and encountered an unfamiliar practice. Three of the meetings routinely use Al-Anon and Alateen Groups at Work (P-24), and follow the suggested meeting outline, reading directly from pages 10–19 of the booklet. Multiple copies are available at each meeting, allowing members to follow along and participate in the reading of the materials.

After noticing this difference, I wondered, “What happened to the Group Binder, and why do some groups use one while others do not?” The history of the Group Binder service tool dates back to 1997, when the WSO developed the binder and sent it by postal mail to all newly registered groups. Initially, it was mailed to new groups as well as those already established within the World Service Conference Structure. The binder was intended to provide groups with resources and suggestions for conducting meetings. It included sections on Group/Area Records, Suggested Meeting Format, Group Tips & Topics, Literature/Service Materials, and Group Finances. Each section contained resources to support its respective topic.

The Group Binder was discontinued in 2007 when the “Al-Anon & Alateen Groups at Work” section of the 2006–2009 Al-Anon/Alateen Service Manual (P-24/27) was expanded and reorganized. To better serve the groups, the Executive Committee approved discontinuing the mailing of binders to new groups effective January 1, 2008. Newly registered in-person groups now receive three mailings during the first year after registration. These mailings contain basic materials for newly formed groups, such as Al-Anon Guidelines and pamphlets, information about group finances and literature, and table cards. Links to these same resources are sent to new groups meeting electronically.

In addition to being included as the first section of the Service Manual, Al-Anon and Alateen Groups at Work (P-24) has been printed as a separate booklet since 2008. This change made it more cost-effective and provided members with easy access to basic group information and the meeting format. Groups at Work is also available as a free download on the al-anon.org website. The electronic format offers the added benefit of allowing members participating by phone or online to access the familiar format with ease.

While using the meeting format provided in Groups at Work rather than the Group Binder was a change for me, I see the value of having an up-to-date resource that is easily accessible to both in-person and electronic groups. Seeing a stack of Groups at Work booklets on the table when I enter a meeting now brings a comforting sense of familiarity.

By Margie S., Group Services Specialist

The Forum, May 2026

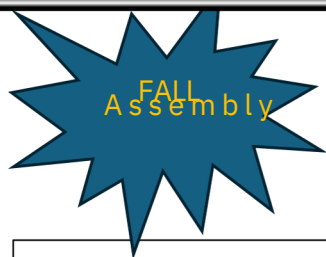
“Inside Al-Anon Family Groups” presents news, policy, and commentary from volunteers, staff and readers sharing experience through service. Please feel free to reprint these articles on your service structure website or newsletter, along with this credit line: Reprinted with permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA.

FROM OUR MEMBERS

The Wrong Side of Bed

CONTRIBUTION FROM NANCY C.

Waking up on the wrong side of bed,
Is what I do every day,
Sad, ungrateful,
to my dismay,
feelings of failure,
hopeless thoughts,
regrets and "should- a- done's", all the old oughts.
How can i live? feeling so down? genetic or learned, not fun to be
around,
negative, schmegative, what can I say? From now on I'll choose,
to start another way: a meeting perhaps, a call to a friend, a
gratitude list, a reading to mend. Not living in the past, living in
today, no future worries, creating only strife, I'm opting to have, a
much calmer life.
Ok... Im feeling better already, having written all this down,
I'm a healing woman,
not a forlorn clown.
Thanks for listening, Nancy C



Florida South Area 10

2026 FALLELECTIONASSEMBLY

Saturday October 10 - Sunday October 11

\$159 Rm
Rate

Fort Lauderdale Marriott North
6650 N. Andrews Avenue
Fort Lauderdale, FL 33309 (954) 771-0440

Room Rate \$159 per night includes free:

2 Breakfast Per room, Wi-Fi, Parking, Snack Breaks

Note: If you choose to call for hotel reservations, mention: "AFG FLS 2026 Spring Assembly"

Make Hotel Reservations Online by clicking the link below.

Deadline for room rate is 10/15/2026
72-hour advanced notice of cancellation

[Click Here for Hotel Reservation](#)

*We have contracted with the hotel to offer a meal plan that you may select and pay for when you register online.

Note: We encourage the meal plan because if we meet our Food and Beverage minimum, we save the Area the \$3000 cost of the meeting room!!

(If you do not utilize the meal plan, please bring your lunch because this will be a working lunch)

The online registration total does not auto calculate, so keep a running total for yourself.

Online Assembly Registration

Clicker to Register
Registration is \$15

OR



- 1-Register and Pay Online
- 2-Bring QR Code
- 3-Check in with Reg. Desk
- 4-Wear Name Badge
- 5-Bring Service Manual
- 6-Be patient/tolerant

Walk-in Registration is Available: Saturday 8-10:30

Electronic Voting

*Please bring a laptop, tablet or smartphone to vote electronically:

- Establishing Quorum
- Confirmation of Quorum
- Motions.

live.voxvote.com PIN: 69804

*We will have a short tutorial on Electronic Voting.

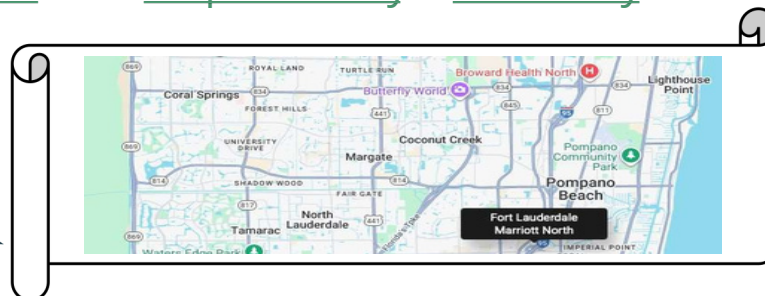
*If you have attended an Assembly where we used Electronic Voting, please help someone that hasn't.

Tolerance

Responsibility

Flexibility

Vision



Together we can make it...Happen!!

Electronic
Voting!!

WHATEVER COMES MY WAY

Whatever Challenge Comes My Way

I attended my first Al-Anon meeting as I was nearing my 40th birthday. Over the years, I have diligently worked through the Steps both for my own growth and alongside those I have sponsored. My commitment to the program has included many years of service, primarily in Colorado, and more recently, in south Florida. Through this journey, I have developed a deep and meaningful relationship with a Higher Power. Collectively, these experiences have equipped me to face whatever challenges come my way.

Approximately three years ago, I received a diagnosis of Parkinson's disease. Just as the Al-Anon community has become an extended family to me, the Parkinson's community has also taken on a central role in my life.

In connecting with others living with Parkinson's, I have met many who experienced significant depression upon receiving their diagnosis. My response was different. Instead of falling into despair, I found that the Serenity Prayer resonated even more deeply within me, reminding me that my Higher Power knows what is best.

While this trust in my Higher Power brought me comfort, it did not absolve me of the responsibility to educate myself about Parkinson's disease.

Through my research, I discovered that exercise is the only intervention known to slow the progression of the disease. As a result, I made regular exercise a priority in my life.

I currently serve as Group Representative (GR) in Al-Anon. I participate in formal Parkinson's exercises three times a week and exercise independently on other days. I attend a Parkinson's support group once a month. While Parkinson's changes my life, it doesn't shorten it. I appreciate having Al-Anon principles to guide me through this experience.

by Chuck N., Florida



FROM THE *Forum*

A DISEASE OF COMMUNICATION AND RELATIONSHIPS

I believe that alcoholism is a disease of communication and a disease of relationships. When my husband offered to help me around the house, I didn't expect him to volunteer to wash my daughter's expensive sports gear. I cringed. Would he do it "correctly" (aka my way)? I always hand wash the items in question. I wanted to tell him how to do it when, all of a sudden, I heard my Sponsor's voice in my head. She would have said, "He is a grown man. If he wants to wash his daughter's gear and messes it up, you let him." I didn't say anything to him.

But, seconds later, when he pulled out her white uniform and red uniform from the gym bag, I cringed again. Would he separate the colors? Again, I didn't say anything. At that moment, I decided that if we ended up with a pink jacket instead of a white one, the worst-case scenario was that he would have learned something, and we would have to replace the jacket. It is better to replace the jacket than risk damaging my marriage with petty arguments. No one likes being nagged. No one likes someone hovering over them, making sure they "perform" correctly. I certainly don't.

When he finished washing and pulled it all together out of the machine, I was shocked. "Oh! Did you wash all of that at the same time? And it didn't turn the white jacket pink?" I asked.

"Oh, they don't make red dye that bleeds anymore," he said. I couldn't believe it. I would have made that laundry load much harder on myself than it needed to be. Ultimately, I was the one who learned something. Finally, I have learned in Al-Anon to stop nagging people and to stop needing everything done my way. I want people to love me for who I am, and thanks to Al-Anon, I can offer to others what I want for myself. I'm able to "Live and Let Live."

By Kimberly M-P.

The Forum, October 2025

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