

The Pipeline

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

FALL- 2025
DISTRICT 170



Attitude of Gratitude
Changed Attitudes Aide Recovery
Easy Does It
Let Go and Let God
One Day at a Time
Progress not Perfection



New Meeting Alert!

Come support the newest
Beginners Meeting in District 170,
at 9:20 am on Tuesday's at St.
Marks Catholic Church in
Boynton, followed by a regular
meeting held at 10am weekly.



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FROM THE EDITOR

Grateful for the Alcoholic



I never thought I would say this, but I am grateful for the Alcoholic, I am grateful to see the miracles before me and within me. Without the alcoholic, I would have never found this program. I would have never found a new way of living, I would have never found my friends and chosen family. I am forever indebted to the alcoholics in my life and my Higher Power to bring about these changes in me. I am also thankful for my Alapals, who have helped me through many difficult times. I love you all.

Gratefully yours,
Ashleigh H.





GRATITUDE DINNER

Al-anon District 170

November 8th 2025

Boyton Beach Community
Church

9515 W Boyton Beach Blvd

Speakers, Raffle and
Entertainment

Bring a dish to share

\$10 presale with 2 raffle tickets

\$10 at the door

Doors open at 530 pm

Dinner at 6pm



FROM THE FORUM



Lessening My Character Defects

Growing up around alcoholism, I learned to read rooms and to take on others' feelings and opinions. Drama and gossip felt comfortable. I have carried these character defects with me most of my life, passing on my judgments and negative behaviors to others. Three years ago, I started attending Al-Anon meetings and working the Steps with a Sponsor. I learned about my character defects of being defensive and prideful. Those defects caused me so much pain. I owe an amends to myself, to love myself. With the assistance of God and my Sponsor, my confidence has grown, lessening my character defects. If I'm not careful, I can slip back into my old ways by taking on others' opinions. I can easily entertain irrational thoughts because it feels familiar, and my family is comfortable living in the drama.

Today, I have choices, and it is getting better. I might take the bait for a moment, then walk away with a closed mouth. I hope that as my confidence grows stronger, I will have the courage to verbally decline participating in the conversation. With Al-Anon, I have choices. I will gently remind myself that what someone else thinks of me is none of my business, and I can

"Let Go and Let God."

By Kimberly R.

The Forum, September 2025





AL-ANON IN AUTUMN



GRATITUDE LISTS

Lets remember to write down all the things we are grateful for this season, Having a bad day? Don't dwell on the negative, be sure to take a look around in inside you to recognize all the beauty inthis life that your Higher Power has blessed you with!



NIGHTLY INVENTORY

The Tenth step is "We continued to take personal inventory and when we were wrong, promptly admitted it." Therefore, let us review our actions each day and make note of what weve done right and what we can improve upon. With our Higher Power's help, we can achieve so much!



11TH STEP

WE SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD, AS WE UNDERSTOOD HIM, PRAYING ONLY FOR KNOWLEDGE FOR HIS WILL FOR US AND THE POWER TO CARRY IT OUT.



SUBMIT TO US!

Email Us:

Pipeline170@gmail.com

Participation is the key to HARMONY!



GRATITUDE DINNER INFO

Be sure to look out for the informational flyer on the Gratitude Dinner to be held at Boynton Community Church, tomorrow, November 8th, 2025. Get your tickets and get ready to fellowship and hear from great speakers! We'll see you there!



FROM THE FORUM

Desperate to Change

I once read that 80 percent of people make changes out of desperation, while only 20 percent change due to inspiration. When I attended my first Al-Anon meeting, I was certainly not inspired to change—I was desperate. The truth is that pain can be a great motivator for change. I cannot say that change was easy for me, nor did it happen overnight. Week after week, attending Al-Anon meetings, I found myself seeking the camaraderie, friendship, and serenity I gained from our group.

It wasn't just the people I met, the wonderful slogans I heard (they do make a difference), the shared stories, and the tears we all shed that kept me coming back. While those were invaluable, it was the reconnection to my Higher Power that "sealed the deal." I remember crying at the end of my first meeting when our meeting chair led the closing, saying, "Who loves us?" I had not felt the love of my Higher Power in years, but now I felt a bond with God that I looked forward to each week.

Today, I "Keep Coming Back" to the "club." I jokingly say, "No one wants to be a member at first, but somehow we are glad we are now." I continue to grow into the person I desire to become while also helping those new to Al-Anon find hope when there seems to be none. Pain in life is unavoidable, but suffering is optional. Al-Anon has brought me the peace and serenity I desperately sought simply because I kept coming back. After all, I'm worth it!

By Anonymous

The Forum, September 2025

THE 7TH TRADITION

When I work the seventh tradition - Each group should be fully autonomous, declining outside contributions. - I give others the respect and dignity to be themselves. This may mean other people, that I often love, may struggle.

My disease then kicks in as I perceive someone struggling. My character defect of people pleasing comes out loud and clear. Thank heavens for Al Anon. I'm Happy Our Program Exists. It gives me the hope and courage to do things differently.

At the present time, I'm using this tradition because I perceive others' financial situations. No one has asked me for money, but the desire for financial assistance has been strongly implied. I know giving them money is not the solution. I can encourage and support them in other ways, but the truth is they want to do it their way. Really, they need to do it their way. I need to live and let live.

In the back of my mind though, lurks a resentment. I want everyone to live in a happily ever after, never, never land where no one struggles. Their living their lives "as is", does not give me the luxury of this fairy tale.

However, it does give me the opportunity to grow spiritually. First, I can take my people pleasing defect up the steps and ask God to remove for me what I can not remove myself. Second, I can continue to love them and change me, recognizing I cannot change other people. When I try to change other people, I get in God's way. Third, I can remember the seventh tradition. And last, but not least, I can call my sponsor because only together can we make it! - Anonymous, A Grateful Member of Al-Anon



FROM THE FORUM



My Life, His Choices

I have never been a drinker, but I have had to face the fact that I was powerless to stop my young son from drinking. What was it like for me to admit I was powerless over alcohol? It was sickening and terrifying. There was so much damage, and some continues today. I have had to learn how to live with the possibility that my worst fears might come true. I mean truly live, not just spend my time hunkered down in dread or trying to protect him. I love him, but I do not owe him the sacrifice of the rest of my life.

He is the only one who can decide to change his drinking, and my involvement in that distracts him from facing reality. I did feel I was to blame and that my inadequate parenting contributed to his drinking, but I could not control or cure it. However, he makes the decision every time he buys and drinks alcohol. Every time he deals with the results of drinking, it is up to him to decide how his priorities might change. Accepting my powerlessness was hard, but this is my reality as a parent. The wording of Step One, "We admitted we were powerless over alcohol—that our lives had become unmanageable," encourages me and helps me to recognize that I am not the only one facing this situation and finding a way to live fully despite it.



By Anonymous
The Forum, October 2025



CAMP AL-ANON
CELEBRATES

WINTER WONDERLAND

JANUARY 18 -19 4PM

CASA SAN CARLOS RETREAT CENTER

9600 W ATLANTIC AVE DELRAY BEACH

3 Meals, Double Room \$200.
bring your own sheets and towels

Name _____
Phone _____ Email _____
Roommate _____

Venmo : campalanon@gmail.com

mail check to:
Camp Al-anon @11769 Grove Ridge Lane,
Boynton Beach 33437



FROM THE FORUM



Patient with the Process

Just weeks after a milestone birthday, I broke my hip in three places. I'd been shooing a lizard off my front porch, and when the lizard leaped, I reacted to its sudden movement and hit the floor. I exited my house on a stretcher and spent months recovering.

During the mending period, I had time to think about how Al-Anon applied to my current circumstances. Step Twelve tells me that I can practice program principles in all my affairs, and this affair was no different. "Gratitude" surfaced first. A top orthopedist performed my emergency surgery because he was on call. My body now has mobility since I was approved for extended rehab. Family and friends were unwavering in their care and encouragement. There were reasons to be hopeful.

I had time on my hands but could do little. Whenever my brain switched into fix-it mode, I was reminded of my wobbly legs and weakened body. I was unable to be of service by bringing a meeting to someone who may need it, drive my granddaughter to soccer, walk the dog, or rescue a distraught friend. Bound by my body's limitations, I was forced to focus on myself like never before. I thought of the slogans "First Things First" and "Let It Begin with Me."

I was often impatient with the process. I resented carefree runners breezing by my door and felt frustrated by my slowness and uneven gait. Recovery was taking too long, and it hurt too much. Then I would remember, "One Day at a Time," "Easy Does It," and "Keep It Simple." These slogans that had sustained me through the many crises of active alcoholism and beyond were very useful in this situation too.

I see daily proof that "this too shall pass." I am healing, moving forward, and embracing existence. Once again, Al-Anon principles have enhanced my life.

By Thea J.





30 Days of Gratitude

ADD ONE THING YOU ARE GRATEFUL EACH DAY OF THE MONTH OF NOVEMBER

1. _____

16. _____

2. _____

17. _____

3. _____

18. _____

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