



The Pipeline Spring 2026



Steps 1, 2, 3

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

Traditions 1,2,3

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

Concepts 1, 2, 3

1. The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.
2. The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.
3. The right of decision makes effective leadership possible.

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Contact Us

We APPRECIATE your submissions

Pipeline170@gmail.com

"Participation is the Key to Harmony!"


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



~From the Editor~

Happy Spring Everyone!

Last week was Spring Break vacation for our family. We usually do a cruise or a trip somewhere fun. This year, I waited to hear my Higher Power's guidance before finalizing any plans. I finally settled on a semi-local getaway to the Florida Keys. As luck would have it, the weather made for a frightfully dreary trip, and my attitude was just as gloomy about the whole situation.

I tried to make the best of it, but let's just say it was VERY relaxing. I planned two activities on the best weather days; a glass bottom boat tour and a snorkel trip. After taking a Dramamine, I fell asleep halfway through the glass bottom boat ride and missed sighting a sea turtle and a shark! Our snorkel trip was cancelled because of high winds an hour before the tour. We made the best of it by soaking in the sun during breaks in the weather, and enjoying beautiful sunsets and fresh seafood every night! It just wasn't the trip I was expecting.

I became resentful to God that my precious time off was being wasted, or so I thought, and was frustrated to say the least. Why would He have guided me to this lovely destination in such dreadful weather? I felt I wasted good money and figured I would have had a better time skiing the slopes in Lake Tahoe.

But God knew something I didn't. I needed REST. I came back from the trip highly recharged from months of overworking myself and draining my energy to the last drop. I had time to relax and reflect on all the thoughts swirling in my head. I had time to download what my Higher Power was trying to get through to me. It didn't happen right away. I didn't change my perspective until I was home. I just wanted to enjoy the saltwater and the sights of our beautiful state.

Wouldn't you know, I came home to perfect weekend weather and enjoyed two glorious days at the beach! My HP gave me the rest I needed on the trip, and also ended Spring Break with warmth, laughter, and of course, perfect weather. The trip was not a waste, in fact it was time and money well spent. Perhaps if I'd stayed home, I would have been busy doing housework!

I was grateful in hindsight. I was able to see the point of the trip in my Higher Power's eyes. He made me rest so that I could come back and enjoy my life again, and have the energy to continue running the race he set before me with a clear mind. I am learning day by day to let go of the grip of what I think my life should look like and allowing him to guide me, accepting whatever may come, I don't have to control it and I have found my serenity again. Thanks to this program I've got sunshine on a cloudy day.

Gratefully yours,

Ashleigh H.

Member Submission

Dear God Letters

My Dear God letters started years ago, when I was new in program.

In the middle of the night, when my mind raced with fear, the only “thing” I could do was grab a pen and paper. I’m not sure why I addressed my letters to God. My guess is I intuitively knew I needed to get out of my head, and God was my obvious choice for help.

There was no structure to my letters. I wrote whatever wild thoughts were going through my mind. I often wrote as a mad woman, which in fact I was. The insanity of my reaction to someone else’s alcoholism had me in its grasp.

As I wrote, though, that grasp loosened. The fears, the anxiety, the worry, the loss, all the “lovely” things that accompany alcoholism washed away, as I gave them to God. Writing was not magic, though, and nothing in my physical world changed, but I found glimpses of peace. During those moments, the healing influence of surrender entered, relieving my mind, my heart, and my soul.

I was working the steps and didn’t know it.

I can’t . He can. I’ll let Him.

What a blessing!

Just as the disease of alcoholism is insidious, recovery can be insidious. My Dear God letters have been and continue to be a lifeline to my healing and my Higher Power. Perhaps if I was younger, I’d be sending texts and instagrams!?

~Anonymous District 170 Member



STEP ONE

The alcoholic has their hands around a bottle, and I have my arms around the alcoholic. This is my disease. I lose myself in other people and want to control. I want to make everything alright. Unknowingly, I get in God's way. I try to assume the role of someone else's Higher Power. What a mistake that is!

Through the gift of Divine Grace, I now know that the twelve steps are my path to sanity. It is so much easier to see the insanity in other people's lives than in my own. Taking that first step is crucial. Until I hit my bottom, I will continue in my meddling ways. Even if I don't try to get involved in some physical or verbal manner, my mind is plotting their solutions. Perhaps, I should plot my own.

Significantly, the first word in the first step is key to my surrender and my path to recovery. That word is admitted. Am I willing to admit I am powerless over other people's alcoholism and lives. So often my disease is so insidious. I don't even realize I've veered into fear, control, and insane thinking. Thankfully, awareness of my lack of serenity can often bring me back to the steps and most importantly, the first step.

I know that I need help. I admit I have a problem. These "other people" in my life get in the way of my recovery. In a way, I place them in the role of my Higher Power. I let their lives and situations "drive the bus" so to say. Talk about insanity. So, I'm going to admit I have a problem and focus on my solution and not theirs. I'm going to admit that I am powerless over alcohol and my life has become unmanageable.

~Anonymous, District 170 Member

Member Submission

PAST~PRESENT~FUTURE

CAMP AL-ANON -YOURS IN SERVICE, CHRIS A

~What is Camp Al-Anon

It is an extended stay of Al-Anon workshops, activities, meals, spiritual speakers, crafts, games, campfire stores, songs, games and more! It is meant as a fun retreat to help us practice the principles in all our affairs.

~Past

Camp Al-Anon has been a District 170 tradition for decades.

~ Present

Since the pandemic, planning for camp has been on hold, but it has been enthusiastically revived and the first one in years was held on January 18, 19, 2026. Thanks to the whole committee for their work and for all those who attended to make it a meaningful event.

~ Future

The overnight accommodations have been difficult to schedule, so look for the next camp to be Camp Al-Anon Day Camp in the fall of 2026. See all you happy campers there!

SEEDS OF GRATITUDE

Celebrating Al-Anon's 75th Anniversary

Join us as we gather in fellowship and gratitude at
District 180's Closed Gratitude Lunch

We will honor 75 years of hope, healing, and growth in
Al-Anon, and enjoy a speaker along with special activities
as part of our celebration.

•••
Saturday, April 25, 2026

Doors open at 11:30 - Potluck Lunch begins at Noon

Location: Royal Palm Christian Church-Fellowship Hall
9600 Royal Palm Blvd, Coral Springs, FL 33065

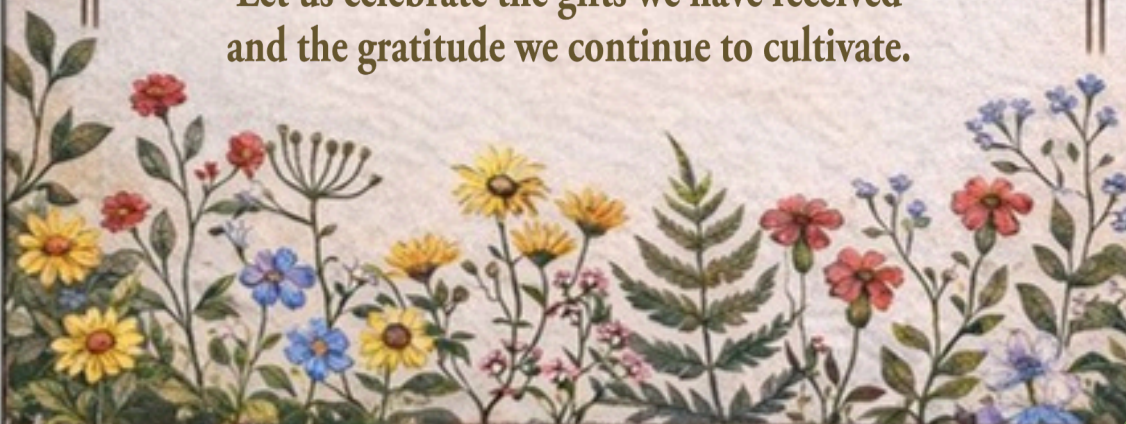
••• **Suggested contribution \$5** •••

*Also, please bring a main dish, appetizer,
salad, fruit, dessert, or beverages*

Coffee and water will be provided

Basket Raffle and 50/50 Raffle

Let us celebrate the gifts we have received
and the gratitude we continue to cultivate.



Countless seeds have been planted, transforming
lives, families and hearts into beautiful recovery.



SEEDS OF GRATITUDE

District 180 Spring Closed
Gratitude Luncheon

We Need Baskets

Please keep in mind for the baskets:

- Do not include religious or holiday items.
- If you want to put literature in your basket, only Conference Approved (CAL) or reference books such as travel, cooking, etc., may be included.
- Please wrap your basket in cellophane (clear plastic) and secure a list of the contents on the outside.



Royal Palm Christian Church
9600 Royal Palm Blvd, Coral Springs, FL 33065



DISTRICT 170 SERVICE




LET'S TALK ABOUT SERVICE POSITIONS



“When I got busy, I got better!”


Dear Members,

Our district is looking for members to fill service positions to carry on the legacies of our program that has benefited so many of us. We currently have an IMMEDIATE OPENING for a Public Outreach Coordinator. Please consider serving and giving back to the program that has helped so many of us find solutions that lead to contentment and even happiness!



Public Outreach at YMCA on April 11th 10am-2pm
Volunteers needed: Alanon public outreach at the DeVos-Blum YMCA Healthy Kids Day on April 11, 2026 from 10 am - 2pm. in Boynton Beach. Hand out literature and answer questions about Alanon and Alateen with me. Any time you can spare would be greatly appreciated. Contact me via text or call to volunteer or ask questions. ~Alice 973-229-3863

**YMCA Public Outreach
Help Needed,
April 11th, 2026 from 10am- 2pm
Contact Alice: Text or Call
973-229-3863**



Immediate Opening - Public Outreach Coordinator
Contact your Group Representative or attend the next District Meeting to learn more!
See more information on the following flyer for more information!



**New Panel Begins in 2027! - Be sure to learn
about all the District Level positions in case
you'd like to serve!**



Public Outreach Coordinator

Join Al-Anon and play a vital role in sharing hope and recovery with individuals and families affected by someone else's drinking.

• VOLUNTARY SERVICE ROLE — NO PENALTY FOR INCOMPLETE TERM

KEY RESPONSIBILITIES

IMPLEMENT OUTREACH INITIATIVES 01

Develop meaningful outreach projects like Literature Bags to distribute Al-Anon materials and "Where & When" pamphlets to professionals and families.

FOSTER PROFESSIONAL RELATIONSHIPS 02

Connect with healthcare professionals, counselors, and community organizations. Coordinate with the Institutions Chair to complement existing outreach.

INCREASE COMMUNITY AWARENESS 03

Create and distribute outreach posters and Public Service Announcements (PSAs) that communicate Al-Anon's message of recovery and support.

ENGAGE IN COMMUNITY EVENTS 04

Represent Al-Anon at health fairs, conferences, and other community events, offering information and support to those seeking help.

UTILIZE LOCAL ADVERTISING OPPORTUNITIES 05

Partner with local organizations to display community advertising — billboards or public displays — that promote Al-Anon's mission and available resources.

As Public Outreach Chair, you have the flexibility to identify the best outreach opportunities and may form committees to help carry out projects and ideas. Your creativity and leadership directly shape how Al-Anon reaches those who need it most.

PANEL INFORMATION

9
MONTHS REMAINING
IN PANEL 61

64
PANEL OPTION
(3-YEAR TERM)

You may choose to continue into Panel 64 for a full three-year term. All service roles are **voluntary** — there is no penalty if you are unable to complete the full panel term.

INTERESTED? CONTACT YOUR GROUP REPRESENTATIVE AND/OR:

district170AISL@gmail.com

District 170 • Panel 64 AISL

Al-Anon Information Service Liaison
Thank you for considering this rewarding opportunity to serve our community!

REVISED FLYER: Florida South Area 10

Spring Assembly

2026 SPRING ASSEMBLY

\$159 Rm Rate

Saturday May 30 - Sunday May 31

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

Make Hotel Reservations Online by clicking the link below.
Deadline for room rate is 5/16/2026
72-hour advanced notice of cancellation

[Click Here for Hotel Reservation](#)

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"

<https://www.marriott.com/event-reservations/reservation-link.mi?id=174779161852&key=GRP&questreslink2=true&app=resvlink>

*We have contracted with the hotel to offer a meal plan that you may select and pay for when you register online. Using the meal plan will reduce the Area's costs and maximize our time
(If you do not utilize the meal plan, please bring your lunch because this will be a working lunch)

*Each room reservation includes 2 guest breakfasts included in the \$159 room rate.

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!!

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

Online Assembly Registration

[To Register Click Here](#)

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

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.

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

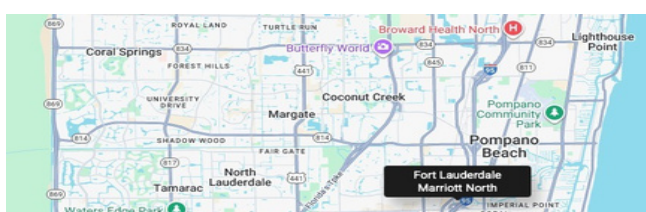
Tolerance

Responsibility

Flexibility

Vision

Electronic Voting!!



\$15 Registration

Together we can make it...Happen!!

AL-ANON'S HISTORY



FROM THE FORUM

Al-Anon's Time Machine: A Journey Back 75 Years

Reprinted with permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA.

Hop aboard the Al-Anon Time Machine and travel back through 75 years of Al-Anon history to our beginnings in 1951!

Al-Anon began as a grassroots fellowship of families and friends of A.A. members. In 1951, Cofounders Lois W. and Anne B. launched the Clearing House, reaching out to 87 groups across the US, Canada, Australia, Ireland, and South Africa to unify the family groups. The Clearing House was more than a name; it was a lifeline of connection and hope.

That year saw the first P.O. box as well as the first pamphlet, the first use of the name Al-Anon Family Groups, and the first Advisory Committee. In June 1951, the Family Forum, published at that time by Ruth G. and the Family Groups of San Francisco, and the A.A. Grapevine told subscribers around the world about the new Clearing House and encouraged them to get in touch.

Did you know? International outreach also began in 1951! And Stepping Stones, home of Lois and Bill W., served as a spiritual and organizational hub.

Whether you've been in Al-Anon for a day or decades, you are part of this legacy. Join us in celebrating 75 years by attending the World Service Office (WSO) Open House on Saturday, April 25, 2026, and visiting the WSO Archives for more stories and photos. Go to **[Al-Anon's 75th Anniversary](#)** event page

for more information.

The Forum, March 2026

FLORIDA SOUTH'S HISTORY

FROM THE DELEGATE

1961 - 35 groups in the state of Florida **and** the 1st World Service Conference (WSC).

1975 - Delegate from the State of Florida attended the 1st Southeast Regional Delegate's Get Together (SERDGT) in Atlanta.

1985-1987 - Panel 25 - Ad Hoc Committee worked on plans to split Florida into 2 Areas. Plan A & Plan B were presented by the Committee, and a Motion was passed at the Fall Assembly at the end of Panel 25.

1988 - Panel 28 began as **South** Florida, Area 10, with: Districts 13, 14, 15, 16, 17, 18, 19, 20

A zero (0) was added to District #s - 130, 140, 150, 160, 170, 180, 190, 200

Some Districts were too large, so a few of them split -159, 169, 189, 209

1990 - 1st **South** Florida Area Convention.

2004 - Alateen Safety & Behavior Requirements were put in place.

2005-2006 - **South** Florida Area incorporated: **Al-Anon Family Groups Florida South (Area 10), Inc.**

2014 - After a 3-year trial in Panel 52, FL-S Assembly approved Motion for District 130 to leave FL-S and become part of FL-N.

2025 - Panel 64 Delegate attended the 50th SERDGT in GA; and visited the home of Bill & Lois Wilson – known as “Stepping Stones” in New York.

2026 - **Al-Anon celebrates 75th Anniversary (1951-2026).**

*Information researched and put together by:
Kathy Donnell, District 140 – Delegate – Panel 6
4 (2024-2026)*

FLORIDA SOUTH'S HISTORY

FROM THE DELEGATE

Our Area is part of the **SOUTHEAST REGION** consisting of the following Areas:

WORLD SERVICE OFFICE (WSO) - Headquarters - Virginia Beach, VA

There are currently **68 Areas** in the World Service Structure – U.S. (including Puerto Rico and Bermuda), Canada, and the Global Electronic Area (GEA).

FL-S AREA is comprised of 11 Districts - Key West north to Sebastian, west to Fort Myers & Naples.

We currently have @ 210 Active Groups, plus @ 25 Electronic Meetings.

- Alabama/NW Florida
- Florida North
- Florida South
- Georgia
- Kentucky
- Mississippi
- Puerto Rico
- North Carolina-Bermuda
- South Carolina
- Tennessee
- Virginia
- West Virginia

WORLD SERVICE OFFICE (WSO) - Headquarters - Virginia Beach, VA

There are currently 68 Areas in the World Service Structure – U.S. (including Puerto Rico and Bermuda), Canada, and the Global Electronic Area (GEA).

Each year, Area Delegates attend a 5-day World Service Conference (WSC) in April with the largest group conscience. AI-Anon worldwide business is presented, discussed, and voted on. Delegates report back to their Areas to keep members informed about matters that affect AI-Anon worldwide; and the GRs share information back to its members.

*Information researched and put together by:
Kathy Donnell, District 140 – Delegate – Panel 6
4 (2024-2026)*



FROM THE FORUM

Reprinted with permission of Al-Anon Family Group Headquarters, Inc.,
Virginia Beach, Virginia, USA.

Facing My Struggles with Intimacy

Having grown up with alcoholism, I learned very early on that it was not safe to talk openly and honestly or to trust what people told me. To survive, I shut down and ignored or denied my feelings. Under those circumstances, it's no surprise that by the time I found Al-Anon, I had serious problems with letting anyone know the real me. Eventually, I didn't even want to know who I was, which is why I put so much focus on everyone around me!

My struggles with intimacy didn't magically vanish in Al-Anon, but the program certainly increased my awareness of how little connectedness I felt with others. Every aspect of our fellowship helped me begin learning how to talk, trust, and feel.

While no one insisted I speak at meetings, they gently encouraged me to share myself with them. For the first time in my life, I felt that there were people who wanted to listen to me. As they opened their hearts to me and shared intimately about their own lives, both in meetings and in one-on-one conversations, I began to trust them. My progress was slow (sometimes painfully so), but as I gradually began to reveal more of myself and no one at the meetings criticized or rejected me for it, my trust grew. Feeling my feelings took a little longer, but as I listened to others share their feelings, I began to relate.

One of the main reasons that Al-Anon increases my ability to be intimate is that I'm not doing it in a vacuum, or in the case of my childhood, in an environment where intimacy was discouraged or mocked. Everyone else is learning to be intimate too. We're all at different stages of growth, but that's a plus. Those further along give me hope. Those just beginning the process remind me how far I've come and give me the opportunity to pass on the encouragement that I've already received.

My path to intimacy may have its ups and downs, but by practicing "Progress Not Perfection," today I appreciate how connected I feel to the world I live in and to the people around me. It is so much better than I ever thought possible!

By Tom C.

The Forum, February 2026



From the Forum

Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA.

The Reason I Came to Al-Anon

While I was having lunch with a new Al-Anon friend, she asked me, “Who brought you to Al-Anon?” It took me just seconds to respond. I brought myself to this program. You see, I have learned that no alcoholic, nor any other person, caused my actions, reactions, or responses to the people, places, and things in my life.

When I first came to Al-Anon, like many of us, I came because of someone else’s drinking. I naively thought that if only the drinking would stop, I would be okay, and my problems would be over. That way of thinking led me to leave Al-Anon after only being in the program for a couple of years. My marriage had ended and so, I thought, did my problem.

It turned out that not living with active alcoholism did ease some of my problems initially, but I hadn’t yet realized the effect of multi-generational alcoholism in my life. The way I looked at things, the way I responded to situations, and the way I felt and thought were all distorted by being raised in the disease of alcoholism.

Years later, I returned to Al-Anon for a different reason: to save myself. I now work this program for me, to the best of my ability on any given day, and I walk through it with a loving Higher Power and a Sponsor who helps guide me through the difficult situations life continues to throw at me at times. I am a very grateful member of this worldwide fellowship, and I deserve to be here because I know now this is where I belong.

By Monique R.

The Forum, March 2026

My Quiet Half-Hour

“Just for today I will have a quiet half hour all by myself and relax.” I had somehow lost track of this wonderful suggestion from Al-Anon’s Just for Today bookmark (M-12). It’s not that I don’t have quiet half hours; I live alone. Rather, I had lost sight of the message, “During this half hour, sometime, I will try to get a better perspective of my life.”

I hadn’t even noticed that it only needed to be “sometime,” not the whole time. Isn’t that our beautiful Al-Anon way of doing things? I can try too hard, forgetting that the half hour is meant for relaxation rather than the (possible) hard work of getting a better perspective. Even if the “sometime” is meant to occur during that half hour, obviously I don’t have to spend those full 30 minutes working out my perspective on life.

Now, I feel forgiven for what I considered my backsliding. Most of my quiet time can be devoted to “Easy Does It.” While I practice “Easy Does It,” my perspective on life will change for the better without any additional effort on my part. Thank you, Al-Anon.

By Beryl S.

The Forum, March 2026