

District 170 | August - September 2024

# THE PIPELINE BACK TO THE BASICS

**AL-ANON**  
*for families & friends of alcoholics*

## EASY AS ABC, STEPS 123!

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

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## SLOGANS TO REMEMBER

- ✓ "Just for Today"
- ✓ "Keep It Simple"
- ✓ "Listen and Learn"

## TRADITIONAL TIDBITS

- Tradition 1 - Our common welfare should come first; personal progress for the greatest number depends upon unity.
- Tradition 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.
- Tradition 3 - The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Alanon 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.

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## CONCEPTS CORNER

- Concept 1 - The ultimate responsibility and authority for Alanon world service belongs to the groups
- Concept 2 - The Alanon groups have delegated complete administrative and operational authority to their conference and its service arms
- Concept 3 - The right of decision makes effective leadership possible.

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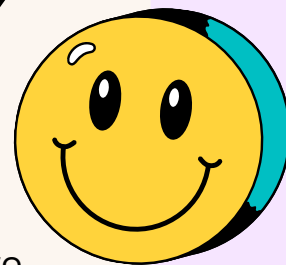




# FROM THE EDITOR

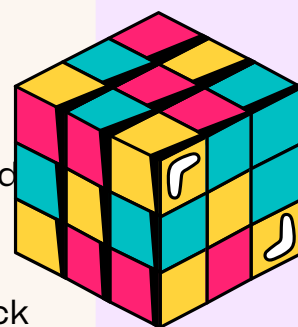
Welcome to this edition of  
the pipeline

Be sure to send submissions to:  
[pipeline170@gmail.com](mailto:pipeline170@gmail.com)



What a wild ride this season of my life has been, my two youngest started homeschooling this year, and my oldest is now a freshman in college. It has been difficult to keep the focus on myself, especially when I had such great plans for my oldest son's life. I guess he and his higher power have plans of their own!

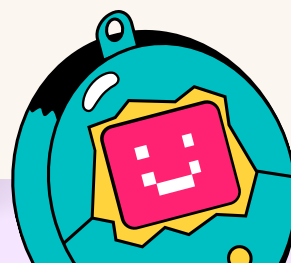
I am so grateful for our program allowing me to come back to the basics, in a gentle way. When life is full of twists and turns, stinking thinking can start to take over. I don't know how I would survive this hectic life without our program. I am excited about life's adventures now, and even after 6 years in Alanon, I continue learning to put my trust in my Higher Power. I know that its progress not perfection, and whatever my Higher Power's plan is, is perfect for me... and for my kids!



I hope you enjoy this edition of the pipeline, bringing us back to the basics, as we sometimes forget the simplest things that attracted us to this program. What did you grasp onto when we first began this way of life? May we always feel like newcomers and remember to begin again!

Love Always,

*Ashleigh H.*



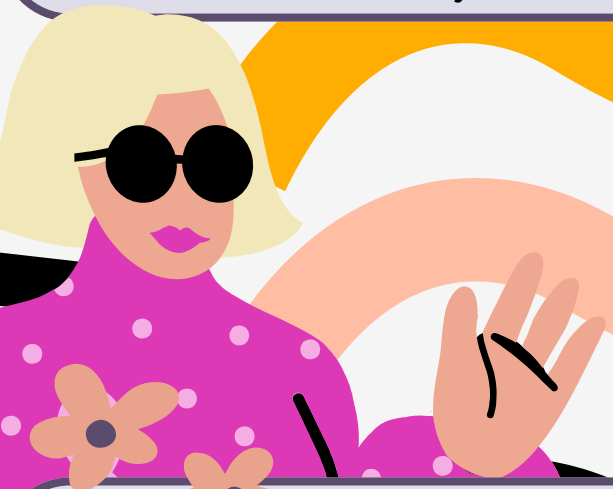
This Edition is Dedicated to:

## *The Loving Memory of Sacha R.*

Roadtrips that made me laugh until I was in tears.

Take notes, organize, read your Service Manual and you are our trusted servant she advised.

Quick decisions for lunch and dinner arrangements with the Alapal crew at Assembly, District Meetings and our Wednesday/Saturday meetings. Sacha didn't fool around regarding those choices but boy did we have fun no matter where we ended up. The ever present hug when you walked in and she saw you. Patiently listening ear before speaking words of wisdom from her perspective. Take what I like and leave the rest. Many, many gifts and now the tradition of our Mexican Train Dominoes games. Love you and miss you. - Luci P



## *The Loving Memory of P.C. Purple Carol*

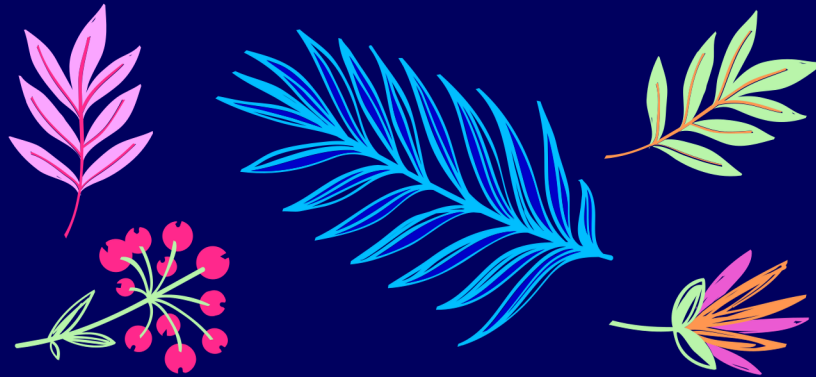
Who didn't know PC? Years of service, presence and wisdom in her sparkly bright purple attire. Our last conversation prepared me for her loss and was a gift that helped lessen the pain of this past year of losses in our District 170 Alanon family. Lilly, Betty and Sacha had her seat ready at their table. As she said Keep coming back.

We are all welcomed. Love you and miss you. - Luci P.



Join Us in Celebrating  
the Life and Legacy of  
Purple "PC" Carol

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Wednesday, OCTOBER 16th, 2024

10:30am- 11:30am Regular Meeting  
11:30am-1:30pm "Potluck" Style Food  
and Fellowship Please bring your  
favorite dish and stories to share!

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Lake Osbourne Presbyterian Church  
2101 6<sup>th</sup>Ave South, Lake Worth, FL 33461  
RSVP to Diana at [Dianamted@bellsouth.net](mailto:Dianamted@bellsouth.net) or 561-727-4473

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# New Beginnings, New Hope, New Choices

The Forum, October 2024

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How many beginnings do I have in my life? As the world changes, as I change, opportunities for new beginnings appear. Accepting that change is a fact and a reality has certainly helped me in my recovery.

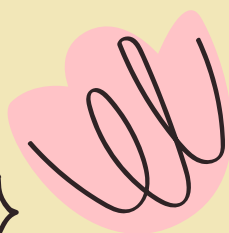

It took time—months, even years of weekly Al-Anon meetings in my rural town before I recognized how powerless I was to change the person I loved and realized I was trying to control his behavior. I wanted him to have the same dreams I had and to want the same family happiness I wanted. I had thought that I could accomplish this dream if I just prayed with all my heart and studied my religious scriptures. I believed we could be happy if he changed.

Then came Al-Anon. Step One says, “We admitted we were powerless over alcohol—that our lives had become unmanageable.” This is written in the past tense. Something has already changed. I am looking back. I am standing on the first Step.

As I continued in the Al-Anon program, each Step I worked on brought me to a new view from a higher position. Over time, as I studied each Step, I finally got to a place where I could “see the future.” I saw new hope and discovered new choices. Now I love waking up to each new day. It may be the usual routine or hold some new experience. But Steps One, Two, and Three always bring renewed hope and new possibilities as I apply them to my life today.


By Rosemarie B.





Get Ready for the...

# GRATITUDE DINNER



As you all know the Gratitude Dinner is fast approaching. The date for the Gratitude Dinner has been updated to November 9, 2024 instead of November 2, 2024. Larry and Stacy are the Co-Chairs for this event.



If you would still like to help out, please contact Larry directly.  
[labelyosel99@yahoo.com](mailto:labelyosel99@yahoo.com)  
or  
561-452-8998

We MAY still need people for flyers, decorations, food pickup, setup, raffle, treasurer, tickets etc.



*Gratitude Dinner*  
**NOVEMBER 9, 2024**  
STAY TUNED FOR MORE INFO

# LET GO LET GOD

## Comfort in a Rough Place

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Virginia Beach, Virginia, USA.

"You are in a rough place right now," my Sponsor said as we walked together before our meeting. I had asked him to meet me 30 minutes early to help me find some firm ground. My brother had died four days earlier, and my partner was spiraling into a drunken bottom of her own. Violence and chaos dominated my home life. Neither I nor my son felt safe in our home. I just wanted space for our shared grief and could find none. Even though I'd been in Al-Anon eight years, I now found myself facing a new version of this baffling, cunning, and powerful disease at a time when I had no emotional energy to cope with it.

Still, my Sponsor's simple words helped me find a little light and brought together all I had learned in Al-Anon. Tradition Five states that Al-Anon's one purpose is "to help families of alcoholics" by welcoming and comforting them.

He welcomed me into the conversation by setting aside time on short notice to meet early. I mattered to him. He let me share what I was facing, just like we do at our meetings, without interruption. I rambled and cried, and he just let me. I felt comforted by his listening. He heard my pain and responded with how he saw me: "You are..." But he did not give me advice or tell me what to do. His quiet comfort gave me a little power in a situation where I felt powerless. I felt less alone, too—a key reason why we "Keep Coming Back" to our meetings.

At the time, I did not realize that his last two words were also crucial: "right now." That period of time felt like forever while it was happening. It was overwhelming to feel so much all at once. But feelings aren't facts. My Sponsor knew my feelings would pass eventually. They did. It wasn't easy, but I bounced back better because of my program and its purpose of "welcoming and giving comfort to families of alcoholics."

By Charley B.

The Forum, October 2024



## AFG FLORIDA SOUTH AREA 10 – APPEAL LETTER

September 5, 2024

Dear Al-Anon Members,

The spiritual aim of Al-Anon and Alateen is to help families and friends who are affected by someone's drinking. We do this together ... and that is why Florida South Area 10 is reaching out to ask for your help.

In accordance with Tradition 7 - *Every group out to be fully self-supporting, declining outside contributions.* Our Area donations received in 2024 are much lower than expected and less than what we received last year at this time.

### How can we begin to find ways to save money while attracting new Members?

- Saving printing costs by using a place that is training people how to print. We pay two reams of paper for each ream we use instead of paying ten (10) cents or more per copy.
- Formed a Task Force to research and recommend ways to save time and money at Area World Service Committee (AWSC) Meetings and Assembly Meetings.
- One-night Winter and Summer AWSC Meetings in 2025 instead of having a two-night Summer AWSC.
- One-night Fall Assembly Meeting in 2025 instead of having a two-night Fall Assembly. *Note: Spring Assembly will still be a two-night Meeting in 2025.*
- The Area is considering holding virtual AWSC Meetings.

### Each year the Area unites members in carrying the message to all its members in Florida South by having:

- Two Assembly Meetings. Each Group's Representative (GR) is invited to attend and vote on the business of Al-Anon and to receive information from all our Area Officers and Coordinators that will benefit their meetings.
- Two Area World Service Committee (AWSC) Meetings. Each District Representative (DR) and Area Information Service Liaison (AISL) is invited to attend and vote on the business of Al-Anon, as well as the Area Officers and Coordinators, all of which benefits our Area as a whole.
- One Area Service Event. It is hosted by a District, and Workshops are chaired by Area Officers and Coordinators for all members to attend.
- One Al-Anon Convention. It is chaired by an eligible member of Al-Anon who organizes an Executive Committee and asks each District to participate on Sub-Committees. It is a weekend event with workshops and speakers. Conference Approved Literature (CAL) is available for sale at the Convention as well as Boutique items and Raffle baskets. It is a perfect opportunity for fellowship and entertainment.
- Sending our Delegate to both World Service Conference (WSC) and Southeast Regional Delegates Get Together (SERDGT) meetings annually.

The **Area Officers** (*Chairperson, Delegate, Alternate Delegate, Secretary, Treasurer*), the **Area Coordinators** (*Alateen, Archives, Group Records, Literature, Public Outreach, Spanish & Web*), our **Area Alateen Process Person (AAPP)**, **Convention Chair** and appointed **Committees** each has their own defined responsibilities. We work together and use the links of service to communicate information to the Districts, Groups, and its Members. To do this, we must be self-supporting through our own voluntary contributions.

Attached is a chart showing the average donation in 1951 was \$1.00 per member per meeting; and in 2024 the average donation has not changed, yet our expenses have.

The proposed 2025 budget of \$49,836 will be presented and voted on at the Fall Assembly. If all 200+ Groups were able to donate \$249.18 next year, the Area would be able to support this budget number. *(See donation mailing address and digital information below)*

In comparing year-to-date donations through August, our 2024 donations are less than the same period in 2023 by \$2,639.76.

### How can you help?

- Ask your Districts and Groups to review their Area donations.
- Consider a special collection for a Group or District donation to the Area.
- Consider a personal donation.

We will continue searching for ways to be good custodians of the resources provided and to be thankful for the abundance we are blessed to have. The Area would like to thank all its Members, Groups, and Districts for their donations in the past and for your continued support in the future. We are here to serve and support each other as we all carry the message of hope. In Service,

Sandy Crawford, Area 10 Treasurer

[treasurer@afgfls.com](mailto:treasurer@afgfls.com)

**Donations by mail:** Checks should be made out to: AFG FL S, Area 10, Inc.

Address: AFG FL South, Area 10, Inc., PO Box 955, Port Salerno, FL 34992

*It is important to include the Group name, Group number, and District number on the check.*

### **Donation via Zelle to TRUIST Bank:**

1. Log into your bank account.
2. Click on Zelle
3. Add recipient: **AFG FL S Area 10 Inc**
4. Add email address: **[treasurer.area10@gmail.com](mailto:treasurer.area10@gmail.com)**

*Please note that this email address has changed for Zelle and is ONLY used at Truist.*

1. *It is important to enter the amount of the donation, Group name, Group number, and District number.*



# INTIMACY

## "In-To-Me-I-See"

Name

Sponsor

Anniversary

Home Group

My Hobbies



My Favorite ...

Color: .....

Food: .....

Pet: .....

Music: .....

Movie: .....

Season: .....

Place: .....

Sports: .....


Subject: .....

Fun Facts About Me



Three things I love about myself are:





God grant me the  
**SERENITY**  
to accept the things  
I cannot change, the  
**COURAGE**  
to change the things  
I can, and  
**WISDOM**  
to know the difference



ALANON EDITION

# AL-ANON "IS" THE PLACE FOR ME

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Some people can remember the exact date they first came to an Al-Anon meeting. I do not. I remember, though, the exact situation that caused me to follow through on actually walking into my first meeting. It was the day I had to drive my son to the center of town, tell him that he could no longer live at home, and drop him off. He seemed far more at ease with this than I felt. As I drove off, his parting look seemed to imply, "What took you so long?"

I was warmly welcomed to my first meeting and every meeting thereafter, yet I was always questioning whether I really belonged. Every time the meeting leader would ask if there were any newcomers, I would start to raise my hand, then tell myself, Stop! Don't raise your hand. This is your fourth, twelfth, sixteenth meeting.

Honestly, it was only after I'd been to quite a few meetings that I finally listened closely and actually heard the final sentence of Tradition Three: "The only requirement for membership is that there be a problem of alcoholism in a relative or friend." At that point, I was finally able to relax and feel that, yes, if that is all that is required, I actually do belong here, and this is the place for me.

I also learned how important it is to actually listen carefully to the Twelve Steps and Twelve Traditions each time they are read, as I never know when a Higher Power will allow me to hear something in a new way that will bring me closer to self-understanding and that slippery idea of serenity.

By Michael M.

The Forum, October 2024

\*Published in The Forum under the title "I  
'Do' Belong in Al-Anon"



ONE DAY AT A TIME

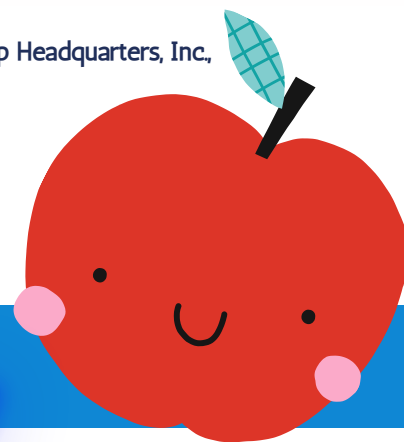
# There Was Al-Anon



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Virginia Beach, Virginia, USA.



*Easy Does It!*



Looking back on the years of chaos with my son, I like to believe that everything happened for a reason. I used to drive past familiar places that would bring back sad memories, and my heart would begin to ache. I now realize that everything had to happen the way it did in order for my son to reach the point where he chose his path to recovery.



My favorite part of the book How Al-Anon Works for Families & Friends of Alcoholics (B-32) is the chapter called “The Family Disease of Alcoholism.” One section describes the entire family holding the alcoholic above water. When one person lets go, the alcoholic falls. At that point, the alcoholic may become so uncomfortable that he chooses recovery. I truly believe that my letting go had something to do with my son seeking recovery. When my well-meaning efforts ended in failure, I had to turn our futures over to a Higher Power. While I was powerless over my son’s drinking, I wasn’t helpless or alone. There was hope; there was Al-Anon.

By Ruth O.

The Forum, September 2024



# INTERNATIONAL AA CONVENTION

WITH ALANON PARTICIPATION

**Save  
the  
Date!**

2025 A.A. International Convention  
July 3-6, 2025



Scan here!



Language of the Heart  
Lenguaje del corazón  
Le langage du cœur

[AA.org/International-Convention](https://AA.org/International-Convention)



# Live and Let Live

## Shifting My Focus to Myself

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Before I came into Al-Anon, my focus was on anyone but me. It was mostly on my husband, who had just entered an outpatient rehab program. My sole purpose was to be supportive to him and to ensure he never drank again. He had just been released from the hospital after having spent a month in the intensive care unit. He had become critically ill from drinking and nearly didn't survive. Therefore, I focused on what I could do to ensure he stayed sober.

In one of the outpatient family sessions I attended, I expressed my fear of my husband drinking again. The counselor looked at me and said, "You need to go to Al-Anon." I thought that was great, because now I had a place to go where someone would tell me how to keep my husband from drinking.

I went to an Al-Anon meeting, and when I got there, everyone was smiling, laughing, and seemed so happy. I felt terrified, but also excited, because I was going to learn the secret to keeping my husband sober. When it was my turn to share, I told my story and asked what I needed to do to keep him from drinking. At that point, the whole room laughed. I was horrified. But they all smiled and said I was in the right place and to "Keep Coming Back."

I wasn't happy that I didn't get the answer I wanted, but I did keep going back. The more Al-Anon meetings I attended, the less I focused on my husband's recovery and the more I focused on mine. I learned the importance of self-care, and I shifted my focus to myself. I had never really done that before or imagined it was something I should be doing. I started eating healthier and taking better care of myself. In doing so, I found I wasn't trying to control my husband's behavior so much; I was paying more attention to mine.

I've been in the program now for six years, and Al-Anon has helped me begin to figure out who I am and realize that it's alright to focus on myself. My feelings matter. I am a happier person today because of the Al-Anon program.

By Debie R.

The Forum, September 2024

# Al-Anon News

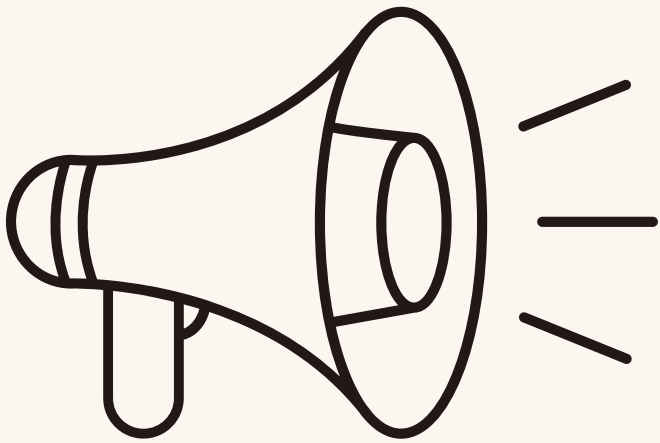
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30th September

Breaking News

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## WE NEED YOUR SUBMISSIONS!



### ***AN ATTITUDE OF GRATITUDE!***

Please send in your submissions for our next edition of The Pipeline!! We need to hear from you! Thank you to those members who have submitted to our last few editions. Please send in your story of gratitude or ANY OTHER Al-Anon related materials to [pipeline170@gmail.com](mailto:pipeline170@gmail.com)

## TOGETHER WE CAN MAKE IT!!

### ***THANK YOU!***

Thank you all for being a part of this chosen family of ours, remember, though you may not like all of us, you'll love us in a special way, the same way we already love you. So talk to each other, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the love, understanding, and peace of the program grow in you, one day at a time. Take what you like and leave the rest!

