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[District 170][West Palm Beach,FL][Date:December 2020] Our Three Legacies: The threesfold guides of Al-Anon point the way to a normal,useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.]

STEP 12: RECOVERY

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs. Share: All my life I was looking for guidelines that I could use in order to learn a new constructive way to respond to life and grow as a person. These Steps promised me this - - I do believe that I was in a spiritual coma!!! And the promise of A Spiritual Awakening suggested that I would be able to access another deeper part of myself that I had never reached before. What an adventure and promise. Carrying the message to others and practicing these principles in all my affairs was equally impressive. I decided to carry the message by attending one meeting a day, sharing in meetings, holding service positions, and most of all showing love and acceptance to all I come into contact with. This hasn't been easy but the steps preceding this one helped to define my principles and gave me courage to let go of my destructive actions and trust my higher power to guide me. Life is a process of living and learning!!!

TRADITION 12: UNITY

Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities. Share: When I walk into a meeting, I leave "what I am" at the door and walk in as "who I am." We are all equal in an Al-Anon meeting. As it stated in a recent Al-Anon daily reader, "we are all links in a chain." We are also stronger linked together in that chain. We put the principles first and not our personal opinion. Rather than becoming the

CONCEPT 12: SERVICE

Tradition 12: The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter. Share: In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions: (there are 5,) 3. all decisions be reached by discussion vote and whenever possible, by unanimity; 5. though the conference serves Al-Anon, it shall never perform any act of government; and that, like the fellowship of Al-Anon Family Groups which it serves, it shall remain democratic in thought and action.

CALENDAR

SEE ATTACHED FLYERS FOR MORE INFORMATION ON UPCOMING EVENTS.....

LDate January 2021

New panel for our district begins. SEVERAL POSITION NEED TO FILLED. Please consider serving.

Date: December 27, 2020, Easy Does It Sunday 9:00 a.m. celebrates 2nd Anniversary.



SERVICE

"The meaning of life
is to find your gift.

The purpose of life
is to give it away"

Pablo Picasso

Tradition 7 "Every group ought to be self-supporting, declining outside contributions" tells us that we support ourselves by contributing not only financially, but also by giving of our time and talents. Please help keep our District 170 self-supporting by considering to serve. Contact the following for information on how you can be of service:

Alateen: Maura 561-376-7627

Crossroads Literature: Larry
561-452-8998

Institutions: Robyn 561-251-2160

Pipeline: Becky 719-431-3254

Public Outreach:

Rick 561-414-4423

Speakers for Meetings: Luci
201-913-8543

SPIRITUAL GIFTS OF THE 12 STEPS

The following excerpt reveals special gifts one may enjoy if she/he is willing to surrender to the spiritual discipline of the Twelve Steps.

- 1) We will become mature, responsible individuals with a great capacity for joy, fulfillment and wonder.
- 2) Though we may never be perfect, continued spiritual progress will reveal to us our enormous potential.
- 3) We will discover that we are both worthy of love and loving. We will love others without losing ourselves, and will learn to accept love in return.
- 4) Our sight, once clouded and confused, will clear and we will be able to perceive reality and recognize truth.
- 5) Courage and fellowship will replace fear.
- 6) We will be able to risk failure to develop new, hidden talents.
- 7) Our lives, no matter how battered and degraded, will yield hope to share with others.
- 8) We will begin to feel and come to know the vastness of our emotions, but we will not be slaves to them.
- 9) Our secrets will no longer bind us in shame.
- 10) As we gain ability to forgive ourselves, our families, and the world, our choices will expand.
- 11) With dignity we will stand for ourselves, but not against our fellows.
- 12) Serenity and peace will have meaning for us as we allow our lives and the lives of others to flow day by day with God's ease, balance, and grace. (From Survival to Recovery p. 209)



Hi Al-Anon Members,

District 170, your district, can use your help! Most of our service positions need to be filled for Panel 61 that begins in January. In the spirit of rotation, we would like to share with you the list of positions, their descriptions, and contact information. I can share my experience with you that doing service has been a vital and instrumental part of my recovery. One of the tenets of our program is that "Participation is the key to harmony" (Concept 4). Please consider taking one of these positions.

Thanks,

Rick A

Public Outreach Co-Chair District 170

publicoutreach170@yahoo.com

Call or Text 561-414-4423

**BELOW IS A DESCRIPTION OF DISTRICT POSITIONS
WHICH ARE OPEN FOR THE UPCOMING PANEL IN
JANUARY**

**They provide a great opportunity for service. Look them
over!**

1. Alateen
2. Archivist
3. Group Records
4. Institutions
5. Literature Distribution Center (LDC)
6. Pipeline (District 170's newsletter). FILLED
7. Public Outreach. FILLED
8. Speaker List
9. Sunshine Fund
10. Telephone Answering Service (TAS)
11. Webmaster
12. Where and When

If you are interested in any of these positions please contact the Chairpeople listed below or email, call, or text Rick A at publicoutreach170@yahoo.com & 561-414-4423

Group Records

What is involved in the Group Records position? Basically, it is an easy job. It is my job to make sure that all district group information is kept current at the District, Area, and World Service levels. All new group representatives fill out a GR-1 form and give it to their district group records person. After checking the forms for completeness and accuracy, I e-mail them to the area group records person, the district webmaster, telephone answering service, and where and when person if there are meeting changes such as location, time, and/or day.

Then I file the GR-1 form under the day the group meets. I usually check the District, Area, and World Service websites to make sure they are updated. I reach out to Area records when updates have not yet posted. I keep a master list and give a copy to the secretary for roll call at the monthly district meetings (each group's name and GR).

Every few months, I send an updated master list to district representatives. I also remind the groups to fill out the GR-1 form and to only send it to me if they have any changes.

Yours in service,

Mandy

D170qr1@gmail.com

(5610 302-0170)

Speakers chairperson

Hi. I'm Luci P. I have been the speaker chair for this panel and am excited to share information on how it is run. It is an easy position with a nice ready-made list of speakers that will be handed down. I book speakers for a few monthly meetings, the annual Gratitude Dinner in November, this year's Camp Al-Anon, and group anniversaries. Usually, a GR or event chair will text, email, or call me for a specific date and time. I reach to the people on my list to fill the requests.

I attend monthly district meetings (about an hour each).

This is a fabulous way to get involved in service and meet other Al-Anon members. Call me with any

questions.

Luci P.

201-913-8543

Public Outreach (Chair Position Filled but Committee Positions are available)

Hi, I'm Rick A, and I am District 170's Public Outreach (PO) Chair for Panel 58. It's been very rewarding and is a great way to do service. Our goal is to spread the word about Al-Anon to the general public. Our PO committee has successfully reached out to the public at various community events and to area professionals (e.g., therapists, social workers, and psychologists) by mailing out Where and When's and Al-Anon Faces Alcoholism booklets. We've sent out posters and distributed our meeting schedules to the public. These

days during the Covid pandemic, we helped launch a new Al-Anon Zoom beginners meeting and have been mailing out beginners packets to attendees. For about a year, I had a co-chair, and that was very rewarding. I'd be willing to stay on as a committee member or Co-Chair for another year, if requested, to help the new Chairperson get rolling. We're always looking for volunteers to help with our various projects, or bring us fresh ideas. Just let me know.

Thanks In Service , Rick A

561-414-4423

ralovis@yahoo.com

- help spread the word about Al-Anon/Alateen to the general public
- assemble volunteers and committees. Volunteers do not need prior experience to participate in Public Outreach projects. Valuable experience will come as a natural result of willingness.
- share progress and results with the District and Area at our monthly meetings and Assembly (twice a year)
- have a flexible schedule to represent Al-Anon at the public level
 - communicate effectively, and
- take part in preparing mailings to professionals

Telephone Answering Service

The Telephone Answer Chairperson oversees a committee of volunteers who refer phone callers to an Al-Anon meeting. If there are some "missed calls," they come directly to the Chair. The Chairperson returns the

calls, letting the caller know where and when there are local meetings. The service is provided through "Grasshopper." Anyone interested in doing service to the Telephone Answer Service may call me at: 561-495-5508 or 561-414-5508, and I will be happy to give you a complete description of how it is worked. This is the original system used to bring in the Newcomer and has been in use for more than 30 years.

Thank you, Lillian F.

INSTITUTIONS CHAIRPERSON POSITION

- Liason between District 170 Al-Anon and local treatment centers and other institutions. Panel position is for 3 years.
- Coordinates Al-anon volunteer members who provide introductory meetings at Family Groups once a month at local institutions.
 - Introductory meetings are described in our Service Manual on p.88
 - Institutions Chair provides member volunteers with: Guidelines for Meetings, Address and Contact person at the Institution and some literature such as "Where & Whens", "Serenity Prayer" cards," Just For Today" bookmarks and pamphlets. such as "Detachment".
- Remind members that we are NOT therapists and that if we are members of another fellowship WE SPEAK ONLY AL-ANON

- **Speakers should have at least 6 months of regular attendance at meetings and preferably should experience an institution meeting with a sponsor or Al-anon friend prior to leading one.**
- **Institution Chairperson must attend monthly District 170 meetings and have a written report for the AISL, and make 30 copies for GRs to hand out at their meetings.**
- **Institution Chairperson needs to be vocal at meetings and invite members to try their hand at this type of service. IT IS SO REWARDING!!!**
 - **AND IT IS FUN!!!!!!!!!!!!!!!!!!!! YOUR RECOVERY WILL SOAR!!! xoxoxoxo**

ROBYN institutionsdistrict170@gmail.com

District Alateen Coordinator

- **Recruits AMIAS (Al-Anon Members in Alateen Service). Helps with the application process and then the training process. To become an AMIAS an Al-Anon Member must 1) have two years continuous Alanon membership, 2) have no criminal convictions and 3) a Willingness to be of service.**
- **Annual recertification of AMIAS. This includes 1) making sure that all AMIAS are abiding by Area Safety Guidelines, 2) that AMIAS are still qualified and willing to serve as AMIAS, and 3) keeping all AMIAS contact information current. This recertification process is done in conjunction with the Area Alateen Process Person (AAPP).**
- **Makes sure that each AMIAS in the District completes training once every three years.**

- Keeps Alateen meeting information current with Group Records Coordinator, with the AAPP and with the District Where and When Coordinator.
 - Answers any questions or phone calls regarding Alateen and give newcomers information for Alateen meetings. Works with District Outreach Coordinator.
 - Makes sure that each Alateen meeting in the District has at least one (1), preferably two (2) AMIAS at the meeting. AMIAS do NOT run the meeting but are there to make are that meetings are run according to Alateen guidelines.
 - Receives information from the Area Alateen Coordination, the Area Alateen Process Person, and the WSO and distributes that information to local groups via the monthly District meeting.
 - Prepares monthly report for the AISL Coordinator detailing monthly events, or news about Alateen.
 - Attends District monthly meeting and gives report on monthly Alateen activities/events/news occurring in the District or in the Area.
 - Provides support at Area Convention for Alateen program.
 - Makes (or finds someone to make) Alateen raffle baskets for Area Convention. Spreads the word throughout the District for groups to consider their raffle basket to be geared to Alateens.
 - Provides Alateen Speakers at Gratitude Dinner and other District events upon request.
 - Is a supporter of and cheerleader for the Alateen program.
 - If you have any questions about this position call Maura at (561)376-7627.

District 170 Webmaster Service opportunity
Being the webmaster is very rewarding, especially with the disruptions caused by Covid-19. The closing of nearly all of the meeting places resulted in the using of the creation of several “ZOOM” meetings. The website became the only place where every person interested in a meeting could get current information on each Zoom meeting and the location of the few meetings which met outside and could meet the social distance requirements dictated by government agencies.

Skills required:

Basic knowledge of a good word processor such as Word”.

Our platform is “Go Daddy”. With a little practice, and use of the online help available on “Go Daddy” allows anybody with basic computer skills to create and maintain a friendly and usable Website. Of course, I will be available to help for a few months.

The Webmaster will be a member of a new Panel which is a three year commitment.

Howard..d170webmaster@gmail.com

AI-Anon Information Services Liaison (AISL)

Job Description

The district AISL oversees the following 12 information services:

- 1. Alateen**
- 2. Archivist**
- 3. Group Records**
- 4. Institutions**
- 5. Literature Distribution Center (LDC)**
- 6. Pipeline (District 170’s newsletter)**
- 7. Public Outreach**
- 8. Speaker List**
- 9. Sunshine Fund**

10. Telephone Answering Service (TAS)

11. Webmaster

12. Where and When

This is probably one of the easiest district positions. Each of the 12 chairs emails the AISL a brief report a week before each monthly district meeting. If the chair cannot attend the district meeting, the AISL reads the report at the meeting.

Each year, the AISL goes to the two Area World Service Committee (AWSC) meetings and brings information back to the district. She also goes to the two Assembly meetings each year. Before each meeting for AWSC and Assembly, the AISL compiles a brief summary of what's happening in each of the 12 district information services using the monthly reports sent by the chairs. This summary is emailed to the Area secretary to be included in the meeting folders.

In service,

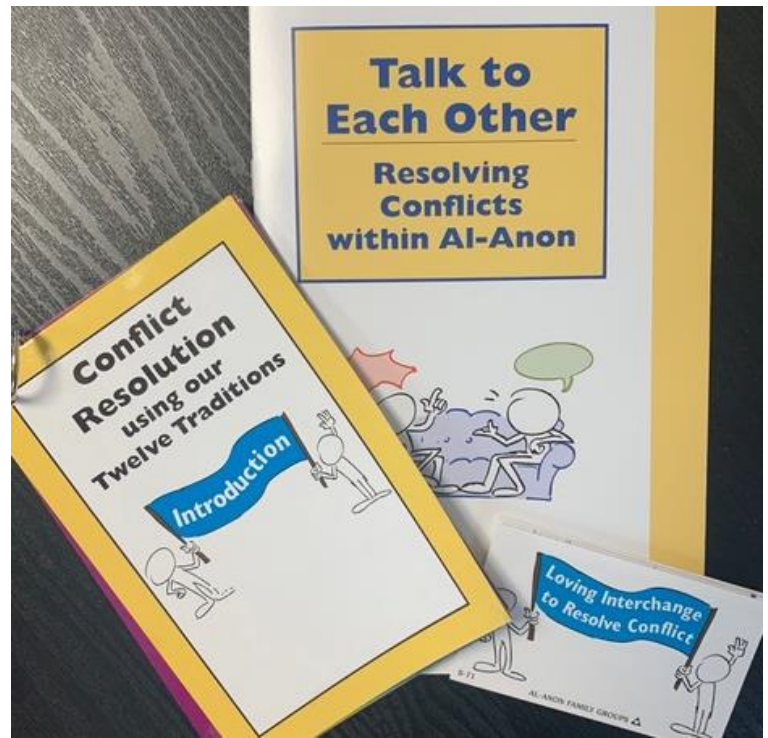
Carole D., District 170 AISL

(561) 901-0558 (the easiest way to contact me is a text)



Presented by Al-Anon
District 189 (South
Broward)

Sat., December 19th
5 pm to 7 pm (EST)



How to Manage Conflict Using Al-Anon Tools

*** PRESENTATIONS IN ENGLISH AND SPANISH ***



Featuring . . .

- Special Slide Show With Al-Anon Material
- Interactive Discussions and Spanish Sessions

Click Here to Register

<https://bit.ly/3mPUIpS>

Registration required

Tuesday High Noon AFG
14th anniversary and
New Year's Celebration



Theme:
New Beginnings
in Recovery
AA and Al-Anon Speakers

Tuesday December 29
12:00-1:30 PM EST

Meeting ID: 925 859 290
Password: 428859



HOLIDAY AL-ANON - a - thons

sponsored by

Watertown Saturday Morning Beginner's Waltz Meeting

Thursday, November 26th

Friday, December 25th

Friday, January 1st

10 a.m. – 5 p.m. EST

50-minute meetings begin on the hour

Last meeting begins at 4 p.m. EST

Connect via ZOOM:

<https://tinyurl.com/y5huy8xb>

Meeting ID: 859 1293 2941

Passcode: Serenity

Dial in: 929 436 2866

Meeting ID: 859 1293 2941

Passcode: 42807666

One Holiday At A Time

SPEAKER MEETING

MEN'S WEDNESDAY NIGHT

AL-ANON

WEDNESDAY DEC 23, 7:30PM

SPEAKER

KEN T ZOOMING IN FROM PA

*If You Know a Guy
Please Share*

ZOOM INFO

WE MEET EVERY WEDNESDAY
AT 7:30PM - PLEASE JOIN US

MEETING ID 383 519 685

PASSWORD 803178

**Public Outreach is
looking for volunteers,
they can contact
Public Outreach Co-
Chair's Becka and Rick
at [publicoutreach170@
yahoo.com](mailto:publicoutreach170@yahoo.com) or call or
text us at 561-414-
4423**

Al-Anon Intergroup Share-a-day

The Holiday Season, Recovery & Active Alcoholism



Saturday, December 19th, 2020 noon to 4pm

ZOOM Meeting ID: 833 7561 6908 • Passcode: 881886

Dial by your location: +1 929 205 6099 US (New York)

Some members have shared, often with humor, that alcoholism is a three-fold disease because it predictably takes place during Thanksgiving, Christmas, and New Years. However you do (or do not) celebrate the holidays, you may find that at this festive time of year there is increased potential to be around active alcoholism/drinking.

At this workshop/share-a-day, there will be Al-Anon and AA speakers and tie for member sharing as well look at the challenges in our own recovery that we may face this season, with focus on a different relationship each hour. New comers to Al-Anon are welcome, and all members are encouraged to share their experience, strength, and hope.

Active alcoholism and...

12:00 pm – Intimate Relationships

1:00 pm – The Workplace

2:00 pm – Friends

3:00 pm – Relatives



DONATE BY VENMO
For access within the
app, use name: **nyc-afg**
Phone Code: **5042**
Other Donation Types
see: **nycalanon.org**



All are welcome to show up and share experience strength, and hope!

Sharing of Service

WORKSHOP

Saturday, January 16, 2021

Hours: 9 am - 3:30 pm (Pacific Time)

9:00 am - 12:00 pm

"Using the Concepts in Our Personal Lives" Concepts 1-6
Ric B., Fort Lauderdale, Florida (With Audience Participation)

12:00 pm - 12:30 pm LUNCH

12:30 pm - 1:15 pm *Speaker*

Jud L., Past Delegate, New Mexico/El Paso

1:30 pm - 3:30 pm

"Using the Concepts in Our Personal Lives" Concepts 7-12
Ric B., Fort Lauderdale, Florida (With Audience Participation)

FREE ZOOM EVENT!

English Speaking Information

Meeting ID: 928 2635 9560

Passcode: 219770

Para Audencia en Español

Codigo de Sesion: 930 6503 4920

Contraseña : 886041

Contact: Jayme C., Past Delegate

Cell: 714-349-5171

Email: jayme1127@aol.com



*Let's Celebrate
Easy Does It AFG is TWO
years old !!*

9:30AM: AA SPEAKER

PAULA P. (CHAMPAIGN, IL)

SUNDAY, DECEMBER 27

2020

10AM: AL-ANON SPEAKER

JOSE F. (SPAIN)

ZOOM

ID: 935 9564 5082

PASSWORD: 011305