

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

The Pipeline

Summer 2025

Steps 5, 6, & 7

Write out your steps! Take a quick minute to jot down your thoughts on the steps below:

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

6. Were Entirely Ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings

What's Inside?

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Services Positions

Public Outreach
and AMIAS
Volunteers Needed!

Contact Us:

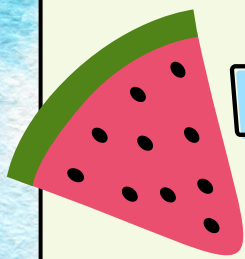
Email:
pipeline170@gmail.com

FROM THE EDITOR

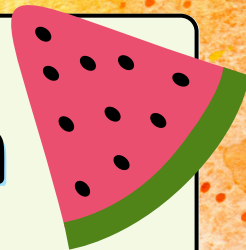
To All My Alapals:

I hope you all have had an amazing Summer so far! Its been a busy one for me, I have re-joined my weekly home group meetings, I have obtained a Sponsee, and I am re-working the steps myself! Life moves in mysterious ways and I am so thankful that I have the program to rely upon in all times: good, bad, and indifferent! I can find contentment and even happiness no matter what! I can say without a doubt that we never graduate, just when I think I've got it all figured out, life throws another curve ball at me, and I have a chance to practice the program in all of my affairs! No matter whats going on, my Higher Power is always there for me. I continue to strive to do my HP's will in my life, although I dont do it perfectly, I try to remember, Progress not Perfection! I pray for all of our continued growth in recovery and wish you the best!

XOXO - Ashleigh H.



What's Happening in Alateen?



Current Alateen Meeting!

St Marks Catholic Church
634 NE 4th Ave -St. Mark's Place
Room 205, Boynton Beach
Thursdays 7:30 pm

**WE NEED NEW
ALATEEN GROUP
SPONSORS
(aka AMIAS)!**



We have a new approved AMIAS. Thank you Alice :) for stepping forward to help the teens. Yay!
We may have another Al-Anon willing to join the AMIAS in District 170.
We would love to have more.
PLEASE ask for volunteers in your groups.
It is easy to get certified and I am available to help you through the process.



**WE WERE APPROVED
TO CONTINUE AT ST.
MARK'S UNTIL
FURTHER NOTICE**

**Check out the ONLINE WSO APP for
ONLINE Alateen Meetings!**



THE TRADITIONS

The Traditions

5. 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.

6. 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.

7. Every group ought to be fully self-supporting, declining outside contributions.

Reminder

**Changed
Attitudes
Aid
Recovery!**

Reminder

**We
Keep the
Focus
on
Ourselves!**

Reminder

**Easy
Does
It!**

Ode to My Sponsor



I walked into the Alanon room confused and alone

I wasn't sure if I belonged

I kept coming back as the group would chant

But I thought I was too old to change

Once I got a sponsor I knew it was within range

I was filled with trepidation to start climbing the Steps since I wanted to do it right

But a caring sponsor reminded me just truth will bring the light

It seemed progress meant much reflection

But I was reminded Progress not Perfection

My sponsor worked with me to get through those feelings of abandonment and resentment

and

showed me the way to let go and acceptance.

Along the way as we climbed the Twelve Steps together there were times I felt I would never

reach the spiritual awakening referenced in Step Twelve But despite my doubts she kept

moving me forward and showed me once I restored my faith in God I was never alone

My sponsor came into my life to give back what Al-Anon had given her.

Al-Anon and my sponsor are two of the best gifts I could ever receive. Without giving back

the future of this program could never work.

Although I still have some rough times I know I always have the support and love from my

sponsor and now live in gratitude instead of negative attitude.

May the love joy and blessings she has given me and to others always remain in her heart ❤️



PUBLIC OUTREACH

Past Events!

Public Outreach hosted a table at 2 events, both on May 28, 2025.

One was at the YMCA in Boca for a Senior event and the other was in Delray Beach for a Mental Health event.

Information was provided to many people including someone with the Palm Beach County Schools who indicated they would pass it on. Also learned a bit more about possible access into schools.

We spoke with a representative of Palm Tran Bus about posters inside the buses and have found it to be very expensive.

A representative with Pathways to Prosperity (they have a number of community programs in Boynton Beach) asked if we offered educational meetings and I advised him I would be happy to do so.

Volunteers Needed!

Come Volunteer with Us!

We need your help!

Upcoming Events

- **Each event we participate in opens more opportunities!**


Contact Kathy B

Email:
Kboutreach170@gmail.com



AREA MEETING!

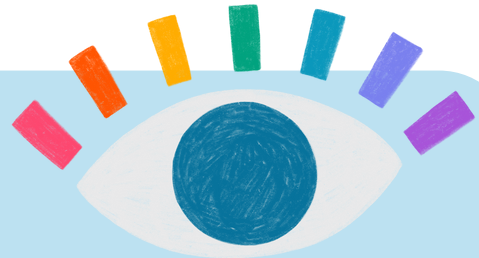
DISTRICT 170 MONTHLY MEETING
SECOND SATURDAY OF THE MONTH - 10AM



ALL ARE WELCOME
St. Marks Catholic Church
643 NE 4TH Ave
Boynton Beach, FL 33435
St Francis Center

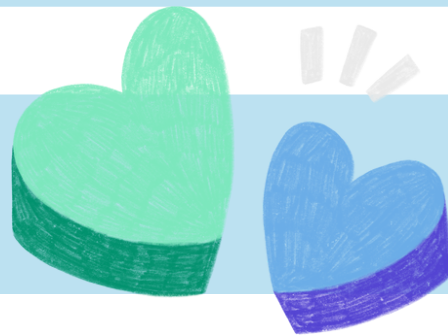


Participation is the Key to
Harmony!



When I got Busy, I got BETTER!

Good personal leadership
at all service levels is a
necessity



The right of decision makes
effective leadership possible.



FROM THE FORUM

Opportunities for Peace

When I first arrived in Al-Anon, I wanted a list of ways to keep my alcoholic loved one sober. I was surprised when no one gave me a list of what to do. What I heard over and over were the slogans. I came to understand that any list I found in Al-Anon would be for me to follow, not to keep the alcoholic sober.

I was able to use the slogans to take my mind off his behavior and to help me focus on my own. “Live and Let Live,” “How Important Is It?” and “Let Go and Let God” were the beginning of my recovery and gave me a way to get the crazy thoughts and ideas out of my head. When I wanted to tell the alcoholic, or anyone else I wanted to control, how to live their life, I went to the slogans to quiet my mind and give me something else to think about.

As I grew in recovery, I realized I had come to Al-Anon to fix the alcoholic, but I stayed to fix me. I am not fixed yet; however, I now have so many tools I can use to help myself live a peaceful, serene, and joyful life whether the alcoholic is drinking or not. By Lorna F.

The Forum, August 2025



We Don't Have to Be Perfect

Before I was in Al-Anon, I was sure it was my job to get my alcoholic husband to stop drinking. I thought it was my job to control everything: the household and the finances. I made excuses for him. I knew everything would be great if he just stopped drinking. He finally hit bottom, and so did I. He went to rehab and took recovery seriously.

Thanks to Al-Anon, I discovered I was handling it all wrong and that by taking control of everything, I had made him feel worthless. I had hurt his feelings. We both started working on our programs, and what a difference it has made to use the tools of the Twelve Steps, the slogans, and the literature. We are continually growing through our programs now. We are both so glad to know we don't have to be perfect. I love the slogan “Progress Not Perfection.” Alcoholics Anonymous and Al-Anon have saved our lives.

By Leslie R.

The Forum, August 2025

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At the District 180 Sponsorship Day of Workshops

Saturday
September 20, 2025
9:00AM – 3:00PM
Doors open at 8:50AM

Church Of Perpetual Life
950 S Cypress Road,
Pompano Beach, FL 33060

Everything you wanted to
know about Sponsorship
but were afraid to ask



Sponsorship Workshops



Service Sponsorship
Workshops



Speed Match with
a Sponsor or Sponsee



Open Sharing



Writing Workshop
for the new CAL
book on Sponsorship

*Sponsorship
Day of
Workshops*

Breakfast
pastries will
be provided



Potluck lunch -
Please bring a
dish to share



Coffee, soda
& water

will be provided



50/50 Raffle



\$5 Suggested
Contribution

AFG Florida South (Area 10)

2026 Calendar of Events

February 7-8	<u>Winter AWSC Meeting</u> Hampton Inn Clewiston 305 W. Sugarland Hwy. Clewiston, FL 33440 (863) 301-5403	(One night)
March 20-22 Delegate	Southeast Regional Delegates Get Together (SERDGT) Virginia Beach, VA	
April 20-24 Delegate	World Service Conference (WSC) Newport News City Center, VA	
April 25 Delegate + Interested parties	Al-Anon 75 th Anniversary/Celebration Newport News City Center, VA	
May 29-31	<u>Spring Assembly</u> Fort Lauderdale Marriott North 6650 N Andrews Avenue Fort Lauderdale, FL 33309 954-771-0440	(2 Nights w/ Meal Plan) (could be 1 night)
July 10-12	<u>Summer AWSC</u> Fort Lauderdale Marriott Coral Springs Hotel & Convention Center 11775 Heron Bay Boulevard Coral Springs, FL 33076 Tel (954) 753-5598	(Two Nights)
August 2026	<u>AFG FLS Convention</u> Theme/Name TBD Location TBD	
October 9-11	<u>Fall Election Assembly</u> Fort Lauderdale Marriott North 6650 N Andrews Avenue Fort Lauderdale, FL 33309 954-771-0440	(2 Nights w/ Meal Plan) (could be 1 night)
November 21	<u>Turnover AWSC</u> Location TBD	