

# **PIPELINE**

Our Three Legacies: Steps, Traditions and Concepts. The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They are also a framework within which the groups can carry on their affairs in harmony.

## **WHAT'S INSIDE**

LITERATURE ORDERING ....PG 4

MEETING CHANGES .....PG 9

SERVICE OPPORTUNITIES .. PG 7

SHARE FROM ME TO YOU ...PG 2

THE CONCEPTS .....PG 7

THE TRADITIONS .....PG 6

THE TWELVE STEPS .....PG 5

UPCOMING EVENTS ..... PG 4

WHERE AND WHEN ..... PG 8

WHO'S WHO ..... PG 10

Know someone who could use a copy of the  
Pipeline? Ask them to send an email to  
[Pipeline170@gmail.com](mailto:Pipeline170@gmail.com)  
to get on the list.

## Share from Me to You

It is the end of the year and I am preparing my home for the holidays with family and friends just like you. I am also doing an end-of-year review and looking at all the things I want to accomplish in 2023. All of this while doing all the other things I need to do to keep my life chaos-free. As I do my review, that internal critic points out my failings. I did not have 'perfect' attendance at meetings. I did not always share. I did not call people. So I beat myself up over these and other flaws staring me in the face.

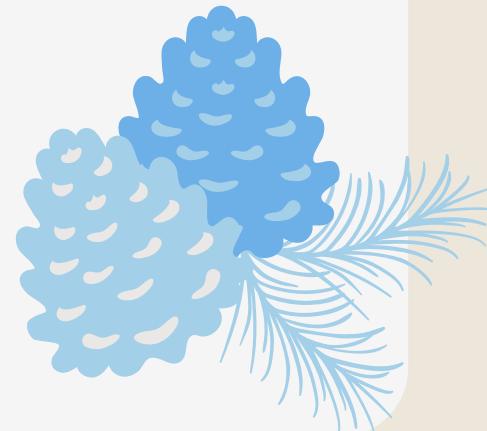
This year, though, rather than hyper-focusing on those flaws and beating myself up for beating myself up, I also acknowledge my accomplishments. True, my attendance was not perfect but I kept going to meetings despite my absences. True, I did not always share but I helped clean up afterwards, if I was able. And, I accepted that I have flaws that I can hand over to my Higher Power.

Al-Anon has taught me to look at the positive as well as the negative aspects of my life; to consider my strengths and my weaknesses. Because, even though I am an imperfect person (\*gasp\*), my flaws are not who I am. Believing that I am able to practice compassion for myself and then for others.

I came to Al-Anon this year for help and I found it in ways I did not expect. That is the most important self-care and mental health accomplishment I can record for 2022. What about you?

In service,

*Rhonni*





Do you seek fun? Do you seek fulfillment? Do you seek friendships nurtured in mutual respect? How about a CONVENTION weekend that offers the cost of half the room charge, meals and transportation cost at a beautiful resort and spa? Do you seek to elevate your self-esteem and worth? All of this is possible with the fun job of helping to be the chair of a wonderful committee already formed to spread laughter and cheer at next year's Convention.

You will need to be available only one day a month from 10-3 pm at Bonita Springs starting in January. The cost of transportation and meals will be paid for by the Convention Treasurer. You can share this obligation with a Co-chair and even some of the volunteers that have stepped up to help our District Committee obligation for Area Convention.

The Convention Chair, Kathy, will give you all the contacts and contract information for the DJs. She has all the contracts and procedures ready to be viewed. You and your committee, which I have a list of those who already volunteered, will meet and decide on any skits or other entertainment you all choose.

As someone who entered this service in Al-Anon a few years ago I can attest to the growth and friendships I gained. I learned as many had shared that "I when I Got Busy, I Got Better." Let's do this together and give back all we have been given.

Thank you,  
Luci  
AISL  
201-913-8543





Conference Approved Literature (CAL) is important to have at all meetings. The Literature Distribution Center (LDC) located at the Crossroads Clubhouse (1700 Lake Ida Road, Delray Beach) is open on Tuesdays between 5:00 p.m. and 7:00 p.m. (except holidays). Or contact Larry at [lablyosel99@yahoo.com](mailto:lablyosel99@yahoo.com)

**Feeling Trapped?  
Broken Promises?  
Scared to Go Home?**

**Are you a teenager  
affected by  
someone else's DRINKING?**

**Alateen can help!**

**Alateen** meetings are a safe place for teens to help each other by sharing their experience, strength and hope. Teens run the meetings with adult sponsors on hand as a resource. If you're hurting because of a friend or family member's drinking or drugging, **Alateen** can help.

*Try a meeting and decide for yourself!*

**Alateen Meeting Tuesdays 7pm**

The Crossroads Club

1700 Lake Ida Rd - Room E  
Delray Beach, FL 33445



## Upcoming Events

### February 2023

District 170 Gratitude Dinner - Date to be determined

February 25-26, 2023

Winter AWSC  
Marriott Coral Springs Hotel & Convention Center – Heron Bay  
11775 Heron Bay Blvd, Coral Springs, FL 33076

### June 2023

June 2-4, 2023

Spring Assembly  
Marriott Coral Springs Hotel & Convention Center – Heron Bay  
11775 Heron Bay Blvd, Coral Springs, FL 33076

June 29 - July 2, 2023

2023 Al-Anon International Convention  
Albuquerque Convention Center,  
Albuquerque, NM

### July 2023

July 21-23, 2023

Summer AWSC  
Marriott Coral Springs Hotel & Convention Center – Heron Bay  
11775 Heron Bay Blvd, Coral Springs, FL 33076

### August 2023

August 18-20, 2023

33rd Florida South Area 10 Convention with AA Participation  
Hyatt Regency Coconut Point  
5001 Coconut Road, Bonita Springs, Florida, United States, 34134

### October 2023

October 20 – 22, 2023

Fall Election Assembly  
Marriott Coral Springs Hotel & Convention Center – Heron Bay  
11775 Heron Bay Blvd, Coral Springs, FL 33076

## Steps

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 the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to 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.
8. Made a list of all persons we had harmed, and become willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out.
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.

## Step 12

Step Twelve speaks to me of a process (that I worked in the previous Steps) through which I have a spiritual awakening. This spiritual awakening helps me to experience an inner peace that is reflected in a more harmonious life. However, I have to maintain my relationship with my Higher Power, seek humility, share with my Sponsor, continue to work the Steps, read Al-Anon literature daily, and attend meetings.

~ Excerpt from Reaching for Personal Freedom, page 65.



The 2023 International Convention will be held on  
June 29 – July 2, 2023

at the Albuquerque Convention Center in Albuquerque, NM

For registration information and more, go to the WSO International Convention website by clicking on the image above.

## NEW HORIZONS OF HOPE

FRIDAY, AUGUST 18 – SUNDAY, AUGUST 20  
33RD ANNUAL AFG FLORIDA SOUTH AREA 10  
CONVENTION

**HYATT REGENCY COCONUT POINT  
RESORT AND SPA**

5001 COCONUT ROAD, BONITA SPRINGS, FL 34134

For registration information and more, go to the Area 10 website by clicking on the image above.

## Traditions

1. Our common welfare should come first; personal progress for the greatest number depends on 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.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
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.
8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

## Tradition 12

For group problems, as well as for our individual ones, we use that helpful phrase in the Twelfth Tradition which ends: "ever reminding us to place *principles above personalities*."

~ Excerpt from One Day at a Time in Al-Anon, December 27, page 362.

## Concepts of Service

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.
4. Participation is the key to harmony.
5. The rights of appeal and petition protect minorities and insure that they be heard.
6. The Conference acknowledges the primary administrative responsibility of the Trustees.
7. The Trustees have legal rights while the rights of the Conference are traditional.
8. The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.
9. Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.
10. Service responsibility is balanced by carefully defined service authority and double-headed management is avoided. (128)
11. The World Service Office is composed of selected committees, executives and staff members.
12. The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

## Concept 12

The Warranties are about prudence. Prudence is not tightfistedness or fear. It is the ability to apply skill and good judgment in the use of resources. It requires balance. When we acquire balance in personal relations, money matters, and in our contact with the world, we are acting prudently.

~ Excerpt from How Al-Anon Works, pages 177.

## Service Opportunities

Telephone Answering Services needs a couple more volunteers. If interested, please contact Kathy B. at 305-333-9390.

Our Public Outreach committee is in need of a new Chair and volunteers to help out. If interested, please contact Rick A. at 561-414-4423.

Our Speaker List committee is in need of a new Chair. If interested, contact Luci at 201-913-8543 for information.

A Chair and Co-chair are needed for the Entertainment Committee for the 2023 Convention. Must be able to attend monthly meetings on Florida's west coast. Please contact Luci at 201-913-8543 for detailed information.



## THE TWELVE STEPS

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.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to 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.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
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.

## THE TWELVE TRADITIONS

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.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
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 cooperate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

## ANONYMITY

Whom you see here, What you hear here, When you leave here, Let it stay here.

## THE SERENITY PRAYER

God, Grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference.

## DISTRICT 170 BUSINESS MEETING

2<sup>nd</sup> Saturday Each Month 10:00 AM

*All Al-Anon Members  
are encouraged to attend*

Unity Church (Fellowship Hall)  
101 NW 22<sup>nd</sup> Street  
Delray Beach, FL 33444

## LITERATURE DISTRIBUTION CENTER

Crossroads Club (LDC Room)  
1700 Lake Ida Rd  
Delray Beach 33445  
Email: [labelyosel99@yahoo.com](mailto:labelyosel99@yahoo.com)  
5:00PM – 7:00PM Tuesdays

\*\*\*EXCEPT HOLIDAYS\*\*\*

## ALATEEN

[Al-anon.org/teen-info](http://Al-anon.org/teen-info)  
1-888-4AL-ANON  
Agnee 832-754-8626 (local contact)

## ONLINE SITES

**Al-Anon Family Group Headquarters, Inc.**  
MORE MEETINGS AVAILABLE WORLDWIDE  
[al-anon.org](http://al-anon.org)  
**Florida South Area 10**  
[southfloridaal-anon.org](http://southfloridaal-anon.org)  
**Al-Anon Official YouTube Channel**  
<https://www.youtube.com/channel/UCRP2-e3CnVpa-Vg5Praa9Vw>

## ARE YOU AFFECTED BY SOMONE'S DRINKING?

### AL-ANON & ALATEEN FAMILY GROUPS

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.

## DISTRICT 170

Lake Worth Road – Boca Raton  
PO Box 928, Boynton Beach, Florida 33425

## WHERE & WHEN

Meeting Schedule  
**REVISION 10/20/2022**

Check online for latest meeting information

**southpalmbeachafg.org**  
Electronic/Phone Meetings Available

**561-278-3481**

24 hours – 7 days a week

## YOU ARE NOT ALONE

**WORLDWIDE MEETINGS**  
[al-anon.org/al-anon-meetings/](http://al-anon.org/al-anon-meetings/)  
**1-800-344-2666**



## NOT EVERYONE TRAPPED BY ALCOHOL IS AN ALCOHOLIC

Families and friends are suffering too.

Do you worry about how much someone drinks?

Al-Anon and Alateen can help.

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

Find a Local AL-ANON Meeting  
Virtual (Zoom), Telephone, & In-Person Meetings  
(561) 278-3481  
[SouthPalmBeachAFG.org](http://SouthPalmBeachAFG.org)  
Beginners Zoom Meeting Every Monday 7pm EST

**1-888-4AL-ANON • AL-ANON.ORG**

**MEETING CODES:**  
+ Families & Friends Only  
++ Families, Friends & Observers Welcome  
w/c Wheelchair Access  
E Electronic Online Meeting

## **MONDAY**

**Fresh Start AFG ++ E**  
ZOOM Meeting ID: 851 3763 3453  
Password: 880208  
Or Dial 1-646-558-8656  
2:00 PM – Regular Meeting

**Beginners Meeting ++ E**  
ZOOM Meeting ID: 837 3059 6643  
Password: 021146  
Or Dial 1-929-205-6099  
7:00 PM – Beginners (Open to all)

**Courage to Change ++ w/c**  
Beachcomber Outpatient  
(Children Under 10 discouraged)  
115 E Woolbright Rd  
Boynton Beach  
6:30 PM - Regular Meeting

**Sunshine Parents II +**  
Chabad House  
9406 Boynton Beach Blvd  
Boynton Beach  
7:00PM – Regular Meeting

## **TUESDAY**

**Tues Morning Serenity+ w/c**  
St. Mark Church  
St. Francis Center (St Clare Room)  
643 St. Mark Pl  
Boynton Beach  
10:00 AM - Regular Meeting

**Boca Keep in Step + w/c**  
Our Lady of Lourdes Church  
(Upstairs)  
22094 Lyons Rd  
Boca Raton  
7:00 PM - Regular Meeting

**Hope For Today ++ w/c**  
Crossroads Club (Board Room)  
1700 Lake Ida Rd  
Delray Beach  
7:00 PM - Adult Child Focus  
Regular Meeting

**ALATEEN Meeting (Name TBD)**  
Crossroads Club  
1700 Lake Ida Rd  
Delray Beach  
7:00 PM – ALATEEN

## **Open Step Study ++ w/c**

Unity Church of Delray  
(Fellowship Hall)  
101 NW 22 St  
Delray Beach  
7:00 PM – Step Meeting

## **West Boca Lost & Found ++ w/c**

Glades Presbyterian Church  
21121 Judge Winikoff Rd  
Boca Raton  
7:30 PM – Regular Meeting

## **WEDNESDAY**

**Men's Wednesday Night ++ E**  
ZOOM Meeting ID: 383 519 685  
Password: 803178

Or Dial 1-646-876-9923  
\*\*\*ONLY TEMP ZOOM

Temple Sinai (Classroom)

2475 W Atlantic Ave  
Delray Beach

7:30PM  Regular Meeting

## **Highland Beach AFG + w/c**

St. Lucy Catholic Church  
(Rear Building)  
3510 S Ocean Blvd

Highland Beach  
10:30 AM – Regular Meeting

## **Wed Morning Serenity ++ w/c**

Lake Osborne Presbyterian Church  
2102 6<sup>th</sup> Ave. S  
Lake Worth

10:30 AM – Regular Meeting

## **Wednesday Back to Life ++ w/c**

Crossroads Club (Board Room)  
1700 Lake Ida Road

Delray Beach

12:30 PM – Regular Meeting

## **Live and Let Live AFG ++**

Boca Pines Club  
9910 Sandalfoot Blvd

Boca Raton

4:00 PM – Regular Meeting

## **Alegria de Vivir +**

(Spanish Speaking)

250 NE 20<sup>th</sup> Street, Apt 3

Boca Raton

7:00PM – Adult Child Focus

## **Delray Women's Healing Through Surrender++**

Temple Sinai (Large Classroom)  
2475 W Atlantic Ave

Delray Beach

7:00PM – Regular Meeting

## **THURSDAY**

### **Thankful Thursday ++ E**

ZOOM Meeting ID: 84626189953

Password: thankful

Or Dial 1-845-216-9077

9:00AM – Beginners Meeting

10:00AM – Regular Meeting

## **Thursday Morning AFG + w/c**

Boca Raton Swim & Racquet Club  
21618 St. Andrews Blvd

Boca Raton

10:00 AM – Regular Meeting

## **Boynton West + w/c**

St Mark Church

St Francis Center (St Clare Room)

643 St Mark Pl

Boynton Beach

7:00 PM – Beginners Meeting

7:30 PM – Regular Meeting

## **Parents Sunshine ++**

First United Methodist Church (2<sup>nd</sup> Floor)

625 NE Mizner Blvd

Boca Raton

6:30 PM – Beginners Meeting

7:00 PM – Regular Meeting

## **FRIDAY**

### **Friday Serenity ++ w/c E**

ZOOM Meeting ID: 825 1136 4927

Password: serenity

10:00 AM – Regular Meeting

### **Friday Night Men's Fellowship ++ w/c E**

Boca Community Center

(Queen Palm West Rm)

150 Crawford Blvd

Boca Raton

ZOOM Meeting ID: 816 8229 4108

No Password

7:30 PM – Regular Meeting ZOOM & In-Person

## **Camino AFG ++ w/c**

Grace Community Church

(Park in Back, 2<sup>nd</sup> Floor, Teen Room)

600 W Camino Real Rd

Boca Raton

10:00 AM – Regular Meeting

## **Friday Hope AFG ++ w/c**

Boca Community Center

(Queen Palm West Rm)

150 Crawford Blvd.

Boca Raton

12:30 PM – Regular Meeting

## **SATURDAY**

### **Focus on Us + E**

ZOOM Meeting ID: 853 7786 1972

Password: 842842

9:00 AM – Beginners Meeting

10:00AM – Regular Meeting

## **Boca Serenity AFG + w/c**

St. Joan of Arc

(2<sup>nd</sup> Floor Across from AA Room)

370 SW 3rd St

Boca Raton

9:00 AM – Beginners Meeting

10:00 AM – Regular Meeting

## **New Beginnings AFG + w/c**

\*\*\*NEW TIME

Temple Sinai (Large Classroom)

2475 W Atlantic Ave

Delray Beach

10:00 AM – Regular Meeting

## **Saturday Morning Serenity ++w/c E**

First Congregational Church

1415 North K Street

Lake Worth

9:30 AM – Beginners Meeting In-Person

10:30 AM – Reg Meeting In-Person

10:30 AM – Separate ZOOM Meeting

ID: 848 7939 4282 Password: 552501

## **SUNDAY**

### **Life is Good Sunday AFG ++ E**

ZOOM Meeting ID: 844 2638 4236

Password: sunday

or Dial 1-877-369-0926

9:30 AM – Regular Meeting

## **Easy Does It AFG ++**

Unitarian Universalist Church (Parking in Back)

2601 St. Andrews Blvd

Boca Raton

10:00 AM – Regular Meeting

## **Serenity Step & Study + w/c**

Common Ground Church

1201 So. Federal Hwy

Lake Worth

7:00 PM – Regular Meeting

## **Grupo Libertad de Al-Anon + E**

(Spanish Speaking)

ZOOM Meeting ID: 869 7709 4653

Password: 630633

Or Dial 1-929-205-6099

8:30 AM – Regular Meeting

## Meeting Changes

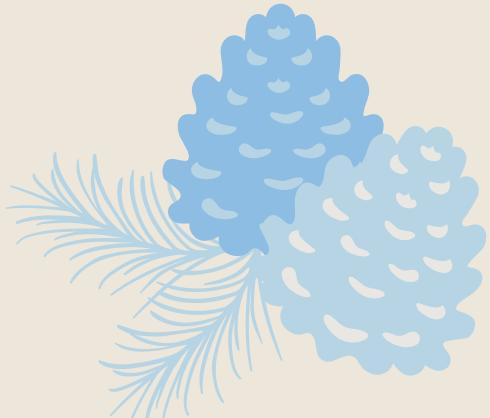
Al-Ateen meeting, Crossroads  
Tuesdays @ 7:00 p.m.  
Only active meeting at this time

Temple Sinai New Beginnings AFG  
Saturday @ 10:00 a.m.  
Time change only

Temple Sinai Men's  
Wednesday Night AFG  
Wednesday @ 7:30 p.m.  
Temporary ZOOM Only;  
Meeting ID #: 385 519 685  
Password: 803178  
Change from hybrid to ZOOM



## Who's Who



These are the trusted servants serving District 170 and their contact information:

District Representative: Larry (Acting)  
Telephone: 561-452-8998

Alternate District Representative: OPEN

Secretary: Lisa  
Telephone: 561-716-0082

Treasurer: Diana  
Telephone: 561-727-4473

AISL: Luci  
(Al-Anon Information Service Liaison)  
Telephone: 201-913-8543

Al-Ateen: Agnee  
Telephone: 832-754-8626

Archivist: Kathy  
Email: 561-665-0721

Group Records: Keith  
Telephone: 843-455-1902

Institutions: Faith  
Telephone: 561-703-9647

Literature: Larry (Acting)  
Telephone: 561-452-8998

Pipeline: Rhonni  
Telephone: 561-703-9358

Public Outreach: OPEN

Speaker List: OPEN

Sunshine Fund: Cathy  
Telephone: 561-670-5354

Telephone Answering Service: Kathy  
Telephone: 305-333-9390

Webmaster: Jill  
Telephone: 561-213-7478

Where and When: Keith  
Telephone: 843-455-1902

Events/Committees: Gail  
Telephone: 305-978-1879

Thank you for your service!

Al-Anon has many treasures for me if I am willing to accept them, but none can do more for me than learning really to live in the present. That means being more aware of myself and of small happy things that often dramatize themselves into importance as I observe them with enjoyment.

No matter how grim the situation may be that has troubled all my waking thoughts, there are shining nuggets of pleasantness all around me to distract my mind from its cares. But I must be on the lookout for them so they will no be lost to me!

~ One Day at a Time in Al-Anon, December 22, page 357.