



[District 170][West Palm Beach, FL] [February 2021] Our Three Legacies: Steps, Traditions and Concepts. 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.] They also are a framework within which the groups

## STEP 2: RECOVERY

Step 2: Came to believe a Power greater than ourselves could restore us to sanity. Share: had very little problem with the "Came to believe" part of the step. I am a Christian and a follower of Jesus. However, I did not always behave as I was in relationship with God at the center. So, I thought once I read all of the Al-Anon literature and went to meetings, God would snap His/Her fingers and I would be restored to sanity! ha ha...Then reality set in and being restored to sanity means that I had to take a look at my life. I had to feel the unresolved anger, sadness, hurt, pain, revenge that I've been so scared to admit. Being restored to sanity now is inviting God into every area of my life, no matter how small I may think it is and accepting God's guidance, even if I don't understand. Being returned to sanity is a life long process and did not happen as I wanted. I see my progress when I use the tools of the program, contact my sponsor, attend meetings and open my mind to the strength and hope of others. Being restored to sanity has been hard but my life is better for it.

## TRADITION 2: UNITY

Tradition 2: For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern. Share: Before Al-Anon I never felt that I belonged to any group. It was as if I was always just visiting. To compensate for my low self-esteem, I usually overcompensated. I volunteered for everything and over did! I felt like I had to justify my membership so I could feel a part of the team. Now, meetings don't belong to anyone except those that show up and participate. No one is in charge, our leaders are but trusted servants.

## CONCEPT 3: SERVICE

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 is a problem of alcoholism in a relative or friend. Share: I believe the founders of AA and Al-Anon learned through trial and error regarding membership in the programs and as a result whenever someone reaches out for help, let the hand of each be there. That hand was there for me and I want to be the hand for others. I am thankful the founders developed this special tradition.

## SAVE THE DATE

### Date 1: District Meeting

Saturday, March 13, 2021 at 10:00 a.m. Meeting #:8405 061 9896 and ID# 472635

Date 2:So You Love an Alcoholic  
Saturday, February 27, 2021 5-7 p.m.  
Meeting ID#: 844 5527 3123  
ID# 006476

Date 3: Discovering and Recovering Intimacy

Saturday, February 27, 2021 12-4 p.m.  
Meeting ID#: 816 7095 6427  
ID#944597

Date 3: Men's Speaker Meeting  
Wednesday, February 27, 2021  
Meeting #:383 519 685  
ID#803178

## SERVICE

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 at the district level. Go to southpalmbeachafg.org for a summary of openings for service and the duties.

Contact the following for information on the following:

Alateen:Maura 561-376-7627

Crossroads Literature: Larry 561-452-8998; available in person Tuesdays from 5 p.m. to 7:00 p.m.

Institutions: Robyn 561-251-2160

Pipeline: Becky 719-431-3254

PublicOut reach: Rick and Becca 561-414-4423

Speakers: Faith 561-703-9647

Meeting Updates: Howard

Web Master: Jill 561-213-7478

## WHAT KEEPS ME COMING BACK?

I completely believe in Step 2. When I first came to meetings and I got some literature, I latched onto it as the most hopeful concept.

It's Superbowl Sunday and all talk seems to be about football. I have little interest in it, and virtually no understanding of it, although I have picked up snippets here and there.

But hearing chatter about it has been unavoidable. And all talk was about which quarterback would win. It sounded like the game of Football, or a quarterback, represented a Higher Power to some fans of the game.

As for me, until I asked the question, I had no idea who was playing.

Now I know they are squads of 22 plus players. They are **Teams**. A quarterback is one player, with 21 plus teammates.

I do have a point, and this is it: It occurs to me that I view Al-Anon as my team. I used to be a quarterback. I had to win the game. I was responsible for making sure everything was right for everybody, and it would be because of my errors if things went wrong. And I even fixed the financial and living situations of my qualifier. Insanity.

But here I am today. A grateful member of Al-anon, part of a squad of teammates I can turn to at any time when I drop the ball. These meetings are like a huddle. But there is no coach instructing me what to do. My Ala-pals are sharing ideas and experiences which contribute to helping me to write my own play book.

And I have a game plan – just for today! My S.O. will watch the game and I will zoom in on a lecture. My S.O. will pig out on Football Stadium Fare, and I will do service by preparing it. And I will partake of it myself, and, just for today, I will not beat myself up for eating the wrong thing. Game day is still game day.

I am a truly grateful member of Al-Anon. I am truly grateful to you all. You are all coaches, and I guess quarterbacks to me.

However, should we get to meet in person one day, I promise not to throw buckets of ice all over you.

Thanks for letting me share.



## ANNOUNCEMENTS

### Announcement 1

District 170 is in need of a District Representative and an Alternate District Representative. Go to [www.alanon.sofla.org](http://www.alanon.sofla.org) for more information.

Announcement 3: Seminar to Turbo Charge Recovery through Service February 21, 2021 12-1:30 p.m.

### Announcement 2

Al-Anon convention Planning for August 3-7, 2022 has begun. The next planning meeting is March 7, 2021 at 12:00 noon via zoom. Contact Barbara for information at 954-579-5661

## WEST BOCA LOST AND FOUND CELEBRATING 38 YEARS

February 23, 2021 at 7:30 p.m. Meeting ID#: 372 960 945 ID#: 112903

New Seminar on Sunday, February 21, 2021 12-1:30 p.m.

"Start Your Year Right! Service Beyond the Group Level"

Find out how service has turbo-charged recover for a WSO delegate, an area chairperson, and an intergroup chair. Sign-in codes on the New York Intergroup News page or Virtual Meeting List. Call **212-941-0094**

## COME JOIN THE PLANNING OF AL-ANON CONFERENCE 2022

The planning meetings have already started for the Al-Anon Program at the 2022 AA Convention which will be held August 3-7, 2022. We are planning a great Al-Anon program for the convention, and can always use more people to help. It's a great way to do service and we have a lot of fun.

If you are interested, the next Al-Anon planning meeting is March 7, 2021 At noon, and the following is the link:

<https://us04web.zoom.us/j/7922256707?pwd=ak1TMTBGTUx1ckJ0QnZkTk14aGdzd09>

NYC Intergroup presents our monthly Al-Anon Workshop

# Discovering and Recovering Intimacy

Explore relationships and discover choices!

**Saturday, February 27th,  
Noon to 4pm (New York Time)**

**ZOOM Meeting ID: 816 7095 6427  
Passcode: 944597**

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

- Hourly speakers
- Time for sharing
- Reading of Conference approved literature

12:00 Relationships and Recovery  
1:00 Communication  
2:00 Letting go of fear  
3:00 Getting close without losing ourselves

All are welcome to share experience, strength and hope!

\$5 suggested donation goes to Intergroup & expenses.



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For access within the app,  
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JOIN US !! Al-Anon Event



Al-Anon Family Groups

# SO YOU LOVE AN ALCOHOLIC



Based on the Al-Anon pamphlet (P-14)

**Saturday February 27, 2021 from 5:00 pm to 7:00 pm EST**

**ID 844 5527 3123  
Password 006476**

*A sprinkle of **red** in your attire is encouraged for group participation and sense of fellowship*

● **Al-Anon Speaker, Alateen Speaker**

● **Skit**

Questions? Contact:

Belkis T. (954-646-8061)

Ana I. (954-980-9600)

Terri M. (786-253-4559)