

T P 10 L T 10



[District 170][West Palm Beach, FL] [January 2022] 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 also are a framework within which the groups can carry on their affairs in harmony.]

GRATITUDE CELEBRATION

GRATITUDE CELEBRATION SEE THE FLYER!!!!!!

Hi All, I am Liz H., the chairperson for the upcoming Al-Anon Gratitude Dinner on March 12, 2022. The following committees in chairpersons:

Food Registration/Raffle

Decoration Advertising

Set UP Clean UP

First meeting - ALL WELCOME:

Saturday - January 15, 2022

Panera Bread, 548 E Woolbright Road, Boyton Beach, FL 33435

Contact Liz at: lkh1178@aol.com

SEE THE FLYER and ADVERTISE!!



AREA 10 TREASURER

There is a new address for all AREA 10 treasury contributions.

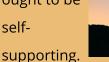
AFG Florida South 10, Inc.

PO Box 955

Port Salerno, FL 34992

SERVICE

Every group ought to be self-



It seems harder than ever for individuals to serve. Self-supporting is financial contributions AND.....so much more. Other acts of service include:

Chairing Meetings;

Sharing during Meetings;

Holding a service position;

Participating in business Meetings.....

CONNECT WITH AL-ANON WSO AT.....

For information regarding Al-Anon's World Service Organization, please go to Al-Anon.org. The site is:

- 1. User friendly easy to find information;
- 2. Has a bookstore and/or easily links to other sites such as Amazon;
- 3. Is FREE and full of information regarding RECOVERY;
- 4. So much MORE!!!!!!!!!!!

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: Agnee 832-754-8626

Archivist: OPEN

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

District Rep: Larry 561-452-8998

Assistant District Rep: OPEN.

Institutions: Faith 561-703-7478

Pipeline: Becky 719-431-3254

PublicOut reach: Rick and Becca 561-414-4423

Speakers: OPEN

Meeting Updates AND Where & When: Keith 843-455-1902

Web Master: Jill 561-213-7478

NEW MEETINGS AND MORE.....

NEW MEETINGS

Live & Let Live: Wednesday 4 p.m. Boca Pines Club, 9910 Sandlefoot Blvd., Boca Raton.

Circle of Hope: 3rd Sunday of the Month 12 noon, The Original Pancake House, 7720 W Boynton Beach Blvd,



The following District 170 positions are still open. Please consider this amazing service opportunity:

- -District Representative
- Assistant District Representative
- -Speaker's List
- Archivisht

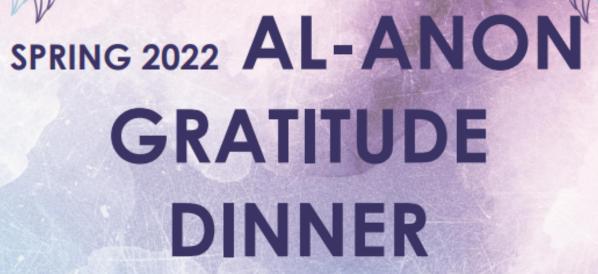
Contact Larry at 561-452-8998

EVERYONE IS WELCOME TO PARTICIPATE IN THE DISTRICT 170 MEETING:

When: 2nd Saturday of each month AT: Unity Church (in the Fellowship Hall on the west side.) 101 NW 22nd Street, Delray Beach, FL 33444

Starts at 10:00 a.m.

All Are WELCOME



Featuring Al-Anon and AA speakers

SATURDAY, March 12th
Boynton Beach Community Church
9515 West Boynton Beach Blvd, Back Entrance

Registration: 6:00 pm

Cost: \$6.00 at the door,

Please bring a side dish or dessert to serve 12 people

Gift Basket and 50/50 Raffles
Raffle tickets are \$1 or 6 for \$5.00

Contact: Liz H. 561-632-0996 LKH1178@gol.com

WHERE AND WHEN

I have prepared a Where and When and Jill has it posted on the website, if you would like to print a couple copies for your groups. I have also attached a copy to this email. You may not want to print too many out as there are some new groups that will be added as soon as the registration completes with WSO.

If you go to print and your printer handles double-sided printing. Please select the option "Print on both sides of paper flip on short side/edge"

If printing from Adobe Acrobat Reader be sure to select "Actual Size", not "Fit" as it will shrink it a bit and won't line up for the folds if you don't choose actual size or 100%. If you use Foxit Reader it prints just fine as is.

If you find any errors or see any changes that need to be made please let me know.

Keith M bangersc@gmail.com or 843-455-1902

SATURDAY

Sat Morning Serenity ++w/c L,V

First Congregational Church 1415 North J Terrace Lake Worth 9:30 AM – Regular Meeting 10:30 AM – Regular Meeting Meeting ID: 848 7939 4282 Password: 552501

Boca Serenity AFG + w/c L

St. Joan of Arc (Art Room) 370 SW 3rd St-Boca Raton 9:00 AM – Beginners Meeting 10:00 AM – Regular Meeting

Focus on Us + V

9:00 AM – Beginners Meeting 10:00AM – Regular Meeting Meeting ID: 853 7786 1972 Password: 842842

SUNDAY

Serenity Step & Study + w/c L

Common Ground Church 1201 So. Federal Hwy Lake Worth 7:00 PM – Regular Meeting

Easy Does It ++ V

9:30 AM – Regular Meeting Meeting ID: 935 9564 5082 Password: 011305 or Dial 1-877-369-0926

THE TWELVE STEPS

- 1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
- 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.

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

2nd Saturday Each Month 10:00 AM ***All Al-Anon Members are encouraged to attend

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

LITERATURE DISTRIBUTION CENTER

Crossroads Club (LDC Room)
1700 Lake Ida Rd
Delray Beach 33445
Email: labelyosel99@yahoo.com
5:00PM - 7:00PM Tuesdays
EXECEPT HOLIDAYS*

ONLINE SITES

Al-Anon Family Group Headquarters, Inc. al-anon.org

Florida South Area 10 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

WHERE & WHEN

REVISION 11/23/2021

561-278-3481 southpalmbeachafg.org

YOU ARE NOT ALONE

WORLWIDE MEETINGS 1-800-344-2666

MEETING CODES:

Families & Friends Only

++ Families, Friends & Observers Welcome

w/c Wheelchair Access

L Live In-Person Meeting
V Virtual Online Meeting

r omme weeting

Courage to Change ++ w/c L

MONDAY

Beachcomber Outpatient (Children Under 10 discouraged) 115 E Woolbright Rd Boynton Beach 6:30 PM - Regular Meeting

Fresh Start AFG ++ V

2:00 PM – Regular Meeting Zoom Meeting ID: 851 3763 3453 Password: 880208 Or Dial 1-646-558-8656

Grupo Libertad de Al-Anon + V (Spanish Speaking)

6:00 PM – Beginners Meeting Meeting ID: 869 7709 4653 Password: 630633 Or Dial 1-929-205-6099

Beginners Meeting ++ V

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

TUESDAY

Tues Morning Serenity+ w/c L

St. Marks Church St. Francis Center (St Clare Room) 643 St. Mark's Pl Boynton Beach 9:30 AM - Beginners Meeting 10:00 AM - Regular Meeting

Boca Keep in Step + w/c L

Our Lady of Lourdes Church (Upstairs) 22094 Lyons Rd Boca Raton 7:00 PM - Regular Meeting

Hope For Today ++ w/c L

Crossroads Club (Board Room) 1700 Lake Ida Rd Delray Beach 7:00 PM - Adult Child Focus Regular Meeting

Open Step Study ++ w/c L

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

Boca Lost & Found ++ w/c L

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

***NO TUESDAY VIRTUAL MEETINGS

WEDNESDAY

Highland Beach AFG + w/c L

St. Lucy Catholic Church (Rear Building) 3510 S Ocean Blvd Highland Beach 10:30 AM – Regular Meeting

Wed Morning Serenity ++ w/c L

Lake Osborne Presbyterian Church 2102 6th Ave. S Lake Worth 10:30 AM – Regular Meeting

Back to Life ++ w/c L

Crossroads Club (Board Room) 1700 Lake Ida Road Delray Beach 12:30 PM – Regular Meeting

Live and Let Live AFG ++ L STARTING 12/01/21

Boca Pines Club 9910 Sandalfoot Blvd Boca Raton 4:00 PM – Regular Meeting

Men's Wednesday Night ++ V

7:30PM – Regular Meeting Meeting ID: 383 519 685 Password: 803178 Or Dial 1-646-876-9923

THURSDAY

Thursday Morning AFG + w/c L,V

Boca Raton Swim & Racquet Club 21618 St. Andrews Blvd Boca Raton 9:00 AM – Beginners Meeting 10:00 AM – Regular Meeting Meeting ID: 498 612 352 Password: 797144

Boynton West + w/c L

St Marks Church St Francis Center (St Clare Room) 643 St Mark Pl Boynton Beach 7:00 PM – Beginners Meeting 7:30 PM – Regular Meeting

Grupo Libertad de Al-anon + V (Spanish Speaking)

6:00 PM – Regular Meeting Meeting ID: 869 7709 4653 Password: 630633 Or Dial: 1-929-205-6099

Parents Sunshine ++ V

7:00 PM – Regular Meeting Meeting ID: 480 983 112 Password: 419719 Or Dial 1-646-876-9923

FRIDAY

Friday Hope AFG ++ w/c L

Boca Community Center (Queen Palm West Rm) 150 Crawford Blvd. Boca Raton 12:30 PM – Regular Meeting

Camino AFG ++ w/c L

Grace Community Church (Park in Back, 2nd Floor, Teen Room) 600 W Camino Real Rd Boca Raton 10:00 AM – Regular Meeting

Men's Friday AFG ++ w/c L,V

Boca Community Center (Queen Palm West Rm) 150 Crawford Blvd Boca Raton 7:30 PM – Regular Meeting Meeting ID: 816 8229 4108 No Password

Friday Serenity ++ w/c V

10:00 AM – Regular Meeting Meeting ID: 825 1136 4927 Password: serenity

NEW MEETING?????

CHANGE IN MEETING TIME, DATE, LOCATION????? PLEASE MAKE CHANGES – OFFICIALLY

Good	Morning	Everyone,
uoou	WICHTING	LVEI VOITE,

This is Keith M, the Group Records Coordinator for District 170. I have prepared the Al-Anon Group Change and New Registration Forms with editable text fields for easy completion. Please keep a copy on hand and feel free to share with others.

As a reminder, please send all group change information to me. Completing the change on WSO website does not work to make changes in the WSO database. They send a report to the Area Group Records to enter the information, but when she gets the report, it is missing critical information. So, please be sure to let me know of any changes. If you are registering a new group, that does work on the WSO website, but please forward me any information you submitted so we can update the "Where and When" and our website.

In Service,
Keith M
District 170 Group Records Coordinator
843-455-1902

New Al-Anon Group Registration Form
Please submit this form through your Area Group Records Process or the WSO

1. Group Record		2. Status				
District Number	Area Name (Abb	previation) New Not Sure If Register				
3. Group/Registration Overview		•				
Group Name*						
*Reflects Al-Anon principles and is inviting to all. See instructions to fill out the form. Please note that group names not in compliance with the Al-Anon policy will delay processing of the registration. Contact your Area Group Records Coordinator or the WSO for further information.						
Mailing Language						
Location						
Meeting Place						
Meeting Address						
CitySta	te/Province Zip/Po	ostal CodeCountry				
Group email						
Phone Contact for the Public						
First Name		Phone Number				
First Name		Phone Number				
4. Meeting Attendees		Additional Meeting				
	□ AM □ PM	Day Time AM □				
Meeting Attendees: Families, Frience		Meeting Attendees: ☐ Families, Friends and Observers welco				
Families and Fr		Families and Friends only				
Spoken Language	Member Count	Spoken Language Member Count				
☐ Beginners* ☐ Introductory**		☐ Beginners* ☐ Introductory** ☐ Limited Access**				
☐ Handicap Access ☐ Child Care		☐ Handicap Access ☐ Child Care ☐ Fragrance Free				
☐ Smoking Permitted ☐ Sign Langu	uage	☐ Smoking Permitted ☐ Sign Language				
Location Instructions		Location Instructions				
*held in conjunction with a regular Al-Anon group	meeting not considered an Al-Anon (roup. Provide newcomers a simple introduction to Al-Anon.				
** Attendance changes frequently; not considered	an Al-Anon group. Attendees are invite	ed to go to regular Al-Anon meetings.				
*** Meeting access is limited due to the facility's entry restrictions. These groups meet at sites such as military bases, institutions, industrial plants, or schools.						
5. Current Mailing Address (WSO m	all for the group is sent to the					
First Name		Last Name				
Street/PO Box		_ City				
State/Province	Zip/Postal Code	Country				
Phone Number	ann an ail addess in castion #2 /5 as is	Email				
CMA email address is entered here. Please enter Gr	oup email adaress in section #3 (See in	structions for more information)				
6. For Area Use Group Rep	Other					
First Name		Last Name				
Street/PO Box		_ City				
State/Province	Zip/Postal Code	Country				
Phone NumberEmail						
The WSO will register any group designating itself as an Al-Anon Family Group with the understanding that it will abide by the Traditions and that meetings will be open to any Al-Anon members. Al-Anon/Alateen Service Manual (P24/27), "Digest of Al-Anon and Alateen Policies"						
Submitted by:	Date: Phon	ne: Email:				
,						

Al-Anon Group Records Change Form
Please submit this form through your Area Group Records Process or the WSO

1. Group Record	2. Status	3. Changes				
WSO I.D. Number	Change	□Group Name □ G	R			
District Number	□Inactive	☐ Current Mailing Address (CN	MA) Meeting Time			
Area Name (Abbreviation)		☐ Phone Contact for the Public	Meeting Day			
4. Group Registration Overview						
Group Name*						
* Reflects Al-Anon principles and is inviting to all. See instructions to fill out the form. Please note that group names not in compliance with the Al-Anon policy will delay processing of the registration. Contact your Area Group Records Coordinator or the WSO for further information.						
Mailing Language						
Location						
Meeting Place						
Meeting Address						
CityState/Province	ž Zip/Po	stal Code Count	try			
Group email						
Phone Contact for the Public						
First Name		Phone Number				
First Name		Phone Number				
5. Meeting Details		Additional Meeting				
Day Time	□ АМ □ РМ	Day Time	AM PM			
Meeting Attendees: 🔲 Families, Friends and Obs		Meeting Attendees: 🔲 Families, Fr				
☐ Families and Friends only			d Friends only			
Spoken Language Member Co	I	Spoken Language				
☐ Beginners* ☐ Introductory** ☐ Limite ☐ Handicap Access ☐ Child Care ☐ Fra	ed Access*** agrance Free	☐ Beginners* ☐ Introducto	-			
☐ Smoking Permitted ☐ Sign Language		☐ Smoking Permitted ☐ Sign Language				
Location Instructions		Location Instructions				
*held in conjunction with a regular Al-Anon group meeting, not c ** Attendance changes frequently; not considered an Al-Anon gr			to Al-Anon.			
*** Meeting access is limited due to the facility's entry restrictions			al plants, or schools.			
6. Current Mailing Address (WSO mail for the g	roup is sent to the	postal and email addresses)				
First Name		Last Name				
Street/PO Box		City				
State/Province Zi	ip/Postal Code	Country				
Phone Number		Email				
CMA email address is entered here. Please enter Group email address in section #4 (See instructions for more information)						
7. For Area Use Group Rep Other						
First Name		Last Name				
Street/PO Box		,				
	ip/Postal Code	Country				
Phone NumberEmail The WSO will register any group designating itself as an Al-Anon Family Group with the understanding that it will abide by the Traditions and that meetings will be open						
to any Al-Anon members. Al-Anon/Alateen Service Manual (P24		_	and that meetings will be open			
Submitted by: Keith McNeal Date:	Phone	e: 843-455-1902 Email: ba	angersc@gmail.com			

Al-Anon **Family Groups** Welcome **Adult Children** of Alcoholics Al-Anon Family Groups Help and hope for families and friends of alcoholics

Al-Anon Family Groups Welcome Adult Children of Alcoholics

Alcoholism is a family disease. Every alcoholic affects at least four other people, including children, siblings, parents, spouses, partners, friends, and coworkers. Many people who were exposed to alcoholism in childhood find difficulties with relationships in their adult life. There are often problems with handling fear, anger, guilt, shame, and self-esteem issues.

"The painful misery that alcohol causes almost had the best of me. It has been with me all my life. Yet I never confronted it. I never understood it. I hoped I'd outgrown it. I was afraid of it and terribly ashamed, always hiding. I was pushing everything under the rug, and sometimes there was even room for me under there."

"I grew up in an alcoholic home. The environment was erratic, dangerous, tension-filled. At times there were shows of affection, but I could never trust them. I saw anger displayed violently by my father and in the icy coldness of a mother who refused to talk to me. I'm afraid of my own anger and of how much violence is in me. I learned a lot of negative patterns from my role models."

If you grew up affected by someone else's drinking, Al-Anon is a safe place to bring your concerns, your questions, and your desire to lead a better life. Whatever your problems, there are those in Al-Anon who have had them too. Together, we learn to face the past, to let go of it, and to lead happy, productive lives in the present.

"Al-Anon was a safe haven for me. For the first time in my life I belonged and was accepted for who I was. Al-Anon taught me to take the emphasis off the alcoholics and put it on me. I began to change old behavior patterns and learn new ways to resolve my problems. I learned from the spouses of alcoholics why they react the way they do. For the first time in my life I realized that everyone in the family is affected by the drinker."

"The feelings I heard around me in the meeting room sounded like my own: the mistrust, anger, aggression, resentment, uncertainty, and protectiveness. These people were comfortable with nerve-wracking, hard-to-accept emotions. I felt relaxed and less of a misfit. I carried away encouragement and a commitment to accept myself."

Some Al-Anon meetings are designated as "Al-Anon adult children" meetings and focus on the effects of having grown up with alcoholism—however, every Al-Anon group is open to all families and friends of alcoholics, and offers help and support to all people affected by someone else's drinking, whatever their relationship to the alcoholic.

"At my first meeting I was the only child of an alcoholic. It didn't matter. I had hoped for a better future, and these people gave me hope from the very first day. They understood my pain. I was no longer alone. I was given tools to deal with alcoholism. My parents' drinking was no longer interfering with my life."

"After six months, I have finally realized I belong. At first I felt I was different from the other members who were married to alcoholics. I never realized I had just as much resentment, anger, hatred, etc. as the wives or husbands of alcoholics. Being 25 years of age makes no difference; in fact, age has no meaning in Al-Anon. We are never alone in this program."

There are no "experts" or professional counselors in Al-Anon. In informal discussion groups and by sharing one-on-one, members learn to face their fears, to feel their feelings, to share them with others, and together recover from the scars of the past.

"Al-Anon meetings saved my life. I found many things, especially love and insight I couldn't find anywhere else. We'd been through the same war, fought the same battles, and shared the same scars. We are all walking miracles. We love and support each other. I am learning to live 24 hours at a time. I'm not afraid to reach out. Life is more serene. By changing what I can—myself—I find happiness."

In Al-Anon we learn to be kind to ourselves, and give ourselves the time we need to recover. We carry a lifetime of baggage into our meetings, and it takes time to recover from the effects of the past. We learn that alcoholism truly is a disease, that we didn't cause it, can't cure it, and can't control it.

"Attending Al-Anon meetings gave me a new understanding about the disease of alcoholism and how it affected my loved ones. It was a relief to finally understand I didn't cause my family members to drink, and that I could not somehow control their desire to drink. Al-Anon taught me that the only person I had control over was myself. Accepting this allowed me to recover from the effects of growing up in an alcoholic home. When I stopped interfering with what the alcoholics were doing, I discovered me."

"The behaviors and attitudes I learned as a child were killing my life, my creativity, and me. After two Al-Anon meetings, I began to understand my anger, their anger, and I knew that I wanted more than the freedom to be angry. Al-Anon gave me that something more. Al-Anon gave me tools to harness that incredible energy I had so long blocked, which would be wasted merely as anger. Al-Anon gave me a healthy understanding of love—for others and myself!"

It is suggested that you attend six meetings before deciding if Al-Anon is for you. We encourage you to talk to others before and after meetings, and to read Al-Anon literature. To locate a meeting, please look in the business white pages of your local telephone directory for "Al-Anon," visit our Web site, www.al-anon.alateen.org, or call 1-888-4AL-ANON (1-888-425-2666) between 8:00 a.m. and 6:00 p.m. (ET) Monday through Friday.

"I am not always right, I am not always wrong. My life is not my sister's, my brother's, my parents', or grandparents'! It has become deliciously my own. My recovery is new, but coming to Al-Anon is a beginning. Al-Anon is a place to stop running, a place from which to start, to continue, to grow."

Al-Anon Books that may be of interest

How Al-Anon Works for Families & Friends of Alcoholics (B-22)

From Survival to Recovery: Growing Up in an Alcoholic Home (B-21)

Hope For Today (B-27; large print/soft cover, B-28) Alateen—Hope for Children of Alcoholics (B-3)

One Day at a Time in Al-Anon (B-6; large print, B-14) Courage to Change—One Day at a Time in Al-Anon

II (B-16; large print, B-17)

Courage to Be Me—Living with Alcoholism (B-23)

Paths to Recovery—Al-Anon's Steps, Traditions, and

Living Today in Alateen (B-26)

Twelve Steps

Concepts (B-24)

Because of their proven power and worth, A.A.'s Twelve Steps have been adopted almost word for word by Al-Anon. They represent a way of life appealing to all people of goodwill, of any religious faith or of none. Note the power of the very words!

- We admitted we were powerless over alcohol that our lives had become unmanageable.
- Came to believe that a Power greater than ourselves could restore us to sanity.
- Made a decision to turn our will and our lives over to the care of God as we understood Him.
- Made a searching and fearless moral inventory of ourselves.
- Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- Were entirely ready to have God remove all these defects of character.
- Humbly asked Him to remove our shortcomings.
- Made a list of all persons we had harmed, and became willing to make amends to them all.
- Made direct amends to such people wherever possible, except when to do so would injure them or others.
- Continued to take personal inventory and when we were wrong promptly admitted it.
- 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.
- 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 Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Suggested Al-Anon Preamble to the Twelve Steps

For meeting information call: 1-888-425-2666 (1-888-4AL-ANON)

Al-Anon/Alateen is supported by members' voluntary contributions and from the sale of our Conference Approved Literature.

Al-Anon Family Group Headquarters, Inc. 1600 Corporate Landing Parkway Virginia Beach, VA 23454-5617 Phone: (757) 563-1600 Fax: (757) 563-1656

> 275 Slater Street, Suite 900 Ottawa, ON K1P 5H9 Phone: (613) 723-8484 al-anon.org wso@al-anon.org

Al-Anon may be listed in your telephone directory

17-9 S-69 Printed in U.S.A.

*********** ********** ************ Join us to Celebrate Lake Worth Wednesday Morning Serenity 50th Anniversary Wednesday, January 19, 2022 10:30 am - Regular Meeting Anniversary Potluck following the meeting Please bring a dish to share & spread the word. Lake Osborne Presbyterian Church 2101 6th Ave. S., Lake Worth, FL 33461 We will be raffling off a Serenity Basket! Speakers, Delectables, & Fellowship ************

SPEAKER MEETING

MEN'S WEDNESDAY NIGHT

AL-ANON

The Fourth Wednesday of Each Month

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