



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.

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electronically! Send an
email to
Pipeline170@gmail.com
to get on the list.



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 10

Step Ten is a daily commitment to continue this healing, life-affirming process. We continue to examine ourselves and our lives, focusing not only on our errors and shortcomings, but also on our successes, our improvements, and our gifts. We acknowledge the areas in which we are changing and make adjustments as we grow. This process allows us to connect, to bring ourselves more fully to our relationships. It serves as an ongoing reminder that we are not really so different from one another. As we treat ourselves with honesty and compassion, we become capable of extending such treatment to others. We recognize that change doesn't happen overnight and that, in recovery as in much of life, we often take one step back for every two steps forward.

This Step must be taken with sincere self-honesty but also with great compassion. We are doing our best. We are human, and we will fall short of perfection. Instead of justifying our mistakes and creating new sources of guilt, we can simply admit to ourselves that we were wrong as soon as we realize it, making amends whenever appropriate. It's as if we have cleaned up a badly corroded automobile. Now we are faced with the choice of maintaining it and responding immediately when we see signs of new corrosion, or ignoring the problem until it becomes as unbearable as it was before. Step Ten allows us to maintain ourselves in good working condition, free of unnecessary burdens.

~ Excerpt from How Al-Anon Works, pages 80-81.



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 10

It is essential that Al-Anon remain politically, socially, and philosophically neutral. Otherwise, we might alienate many of those we are here to help. There is room in our fellowship for members with every point of view. Taking sides would have to exclude somebody, and since every one of our members is important and worthy of our help and our respect, such an exclusion would be a great loss to us all.

~ Excerpt from How Al-Anon Works, page 153.

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 10

Carefully defined service authority can help to prevent us from taking over, which can erode the confidence and effectiveness of other people. When we designate both the responsibility and the authority required to perform a task, we make it possible for others to decide the best way to get the job done and to be successful. It also prevents the wasted resources and conflicts that will inevitably occur from double-headed management—when two people or groups of people are doing the same task without communicating with each other.

~ Excerpt from How Al-Anon Works, pages 174-175.

Service Opportunities

Telephone Answering Services needs volunteers for the Tuesday, 8 a.m. to 12 p.m. and Friday, 12 p.m. to 4 p.m. slots. It's very easy; calls are directed to your phone from the service line (561-278-3481) which is the only number the caller will see. 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.

The Pipeline is looking for contributors. If you have a piece you would like to share regarding an Al-Anon Step, Tradition, Concept or topic, please forward to Rhonni at Pipeline170@gmail.com for consideration.

Upcoming Events

November 2022

November 2, 6:30 - 8:00 pm

D160 Sponsorship Workshop, "Hands-Reaching Out-Helping You!"
Tropical Sands Church
2726 Burns Rd., Palm Beach Gardens, FL 33410

November 10, 7:30 pm

Listen and Learn 24th Anniversary Speaker Meeting
St. Vincent Catholic Church, Community Center
6350 NW 18th Street, Margate, FL 33063

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, 2022

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

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



Meeting Changes



AFG- District 160 presents

Sponsorship Workshop

HANDS-REACHING OUT-HELPING YOU!

SPEAKER
PANELISTS
RAFFLE

LIGHT REFRESHMENT & FELLOWSHIP
\$5 DONATION REQUESTED. Or, what you can. Thank you!
EVERYONE WELCOME!

Wednesday, November 2, 2022

6:30-8:00 PM

Doors will open at 6:00 PM

TROPICAL SANDS CHURCH, 2726 BURNS ROAD, PALM BEACH GARDENS
For more info- email-afg160events@gmail.com

Al-Ateen meeting
Tuesdays @ 7:00 p.m.
Crossroads
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



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
Beginners Zoom Meeting Every Monday 7pm EST

1-888-4AL-ANON • AL-ANON.ORG

THE TWELVE STEPS

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
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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: labelyose199@yahoo.com

5:00PM – 7:00PM Tuesdays

EXCEPT HOLIDAYS*

ALATEEN

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

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

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/

1-800-344-2666

If I want to become skillful at applying the Al-Anon program to my life, I need to do more than go to an occasional meeting. I must make a commitment and practice, practice, practice.

**Courage to Change
February 15**

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 6th 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 20th 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 (2nd 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, 2nd 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
 (2nd 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



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 labeledyosel99@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**

832-754-8626

AL-ANON.ORG



@Alateen_WSO

Who's Who

Thank you for your service!

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

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

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

Archivist: Kathy
Email: kkearney409@att.net

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: Rick (**Exiting**)
Telephone: 561-414-4423

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

Subscribe to *The Forum*

The Forum is an international monthly publication of Al-Anon Family Groups, that offers help and hope for the families and friends of alcoholics. Al-Anon and Alateen members share their challenges, insights, and progress along their path of self-discovery and spiritual growth. The magazine also includes topics for discussion at meetings as well as news and information from Al-Anon's World Service Conference and World Service Office.

<https://ecomm.al-anon.org/forum#vaff>