

## 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

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/](http://al-anon.org/al-anon-meetings/)

**1-800-344-2666**

## MEETING CODES:

- + Families & Friends Only
- ++ Families, Friends & Observers Welcome
- w/c Wheelchair Access
- E Electronic Online Meeting

## MONDAY

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### 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

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### 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

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### Men's Wednesday Night ++ E

**ZOOM Meeting ID: 833 519 685**

**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

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### 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

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### 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

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### 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

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### 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