

Are you affected by someone's drinking?

YOU ARE NOT ALONE!

AL-ANON AND 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.

WHERE AND WHEN

District 170

Lake Worth Road to Boca Raton

June 1, 2024

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 our 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 the all.
9. Made direct amends 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 a 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 conscious. 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.

•MEETING CODES:
 •+ Families & Friends Only MEETING
 CODES: •+ Families & Friends Only
 •++ Families, Friends & Observers Welcome
 ow/c Wheelchair Access
 oE Electronic Online Meeting

MONDAY

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

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

Highland Beach
 10:30 AM – Regular Meeting
 Wednesday Morning Serenity ++
 w/c
 Lake Osborne Presbyterian Church
 2102 6th Ave. S
 Lake Worth
 10:30 AM – Regular Meeting

TUESDAY

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

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

“They asked me to come back. I told them I had to go home and vacuum, that I really didn’t have the time – and, if they had anything to tell me, they should write it down and I would review it. They smiled and said, “Just ‘Keep Coming Back!’” They exchanged hugs – which I did not like or want. I ran out!” (Member Sharing#60), *Many Voices, One Journey* (B-31), p. 191

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w/c Wheelchair Access
E Electronic Online Meeting

Wednesday

Highland Beach AFG

St. Lucy Catholic Church
3510 S Ocean Dr
Highland Beach, FL 33487
Rear Building
10:30 AM

Live and Let Live AFG ++

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

“A mistake a day
keeps my perfectionism at
bay. Today I will endeavor to
enjoy my humanness.” *Hope for
Today* (B-27), p. 335

Wednesday Morning Serenity

Lake Osborne Presbyterian Church
2102 6th Ave. So
Lake Worth, FL 33461
10:30 AM

Men’s Wednesday Night ++ E

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

“My sponsor’s gentle reminder
of ‘Progress, not perfection’
encourages me to give myself
credit.” *How Al-Anon Works for
Families & Friends of
Alcoholics* (B-32), p. 340

Back to Life ++ w/c

Crossroads Club (Board Room)
1700 Lake Ida Road
Delray Beach
12:00 PM – Regular Meeting

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 w/c Wheelchair Access
 E Electronic Online Meeting

THURSDAY

- **Thursday Morning AFG + w/c**
- Unitarian Universalist Church
- (Park Left Side of Church, Thru Breezeway
- Door on Left, Classroom #2)
- 2601 St. Andrews Blvd
- Boca Raton
- 10:00 AM – Regular Meeting
-
-
- **Parents Sunshine ++**
- First United Methodist Church
- (Back of Parking Lot, Look for Signs)
- 625 NE Mizner Blvd
- Boca Raton
- 6:30 PM – Beginners Meeting
- 7:00 PM – 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
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Alateen

St Mark's Church
 634 St Mark Place
 Boynton Beach
 Enter parish office gate, go upstairs,
 turn right to end of hallway, computer
 room.
 7:30PM

FRIDAY

Camino AFG ++ w/c
 Church On the Hill
 251 SW 4th Ave
 Boca Raton
 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

Tapestries of Love AFG
 Temple Beth El
 333 SW 4th Ave
 Boca Raton

“When I count my blessings, I remember to count Al-Anon’s gift of hope.” *Hope For Today* (B-27), p. 366

“If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened.”(Suggested Al-Anon/Alateen Closing), *This Is Al-Anon* (P-32), p. 11

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

•SATURDAY

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- **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
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- **Saturday Morning Serenity** ++w/c E
- Palm Beach Friends Quaker Meeting
- 823 N A St
- Lake Worth
- 9:30 AM – Beginners Meeting
- 10:30 AM – Reg Meeting
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- **New Beginnings AFG** + w/c
- Temple Sinai (Classroom 107)
- 2475 W Atlantic Ave
- Delray Beach
- 10:30 AM – Regular Meeting
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- **Saturday Morning Peace**
- (Local to District 170)
- Regular Meeting - 10:30AM
- Meeting ID: 848 7939 4282
- Password: 552501
-

SUNDAY

- **Libertad** + E
- (Spanish Speaking)
- ZOOM Meeting
- ID: 869 7709 4653
- Password: 630633
- Or Dial 1-929-205-6099
- 8:30 AM – Regular Meeting
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- **Easy Does It AFG** ++
- Unitarian Universalist Church
- (Parking & Entrance to Room in Back)
- 2601 St. Andrews Blvd
- Boca Raton
- 10:00 AM – Regular Meeting
- 9:30 AM Beginners Meeting
-
- **Serenity Step & Study** + w/c
- Palm Beach Friends Quaker Meeting
- 823 N A St
- Lake Worth
- 7:00 PM – Regular Meeting

“Just for today I will look for ways to enjoy life – stop by a garden, try a new hobby, or call a good friend. I can look for humor. I can savor love. I can explore something new. Maybe just for today, I’ll try standing on my head to see if I like the view.” *Courage to Change* (B-16), p. 274

“Just for today I will find a little time to relax and to realize what life is and can be; time to think about God and get a better perspective on myself.” *Alcoholism, the Family Disease* (P-4), p. 17

- **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
- ***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
- **Florida South Area 10** southfloridaal-anon.org

- **Al-Anon Official YouTube Channel**
- <https://www.youtube.com/channel/UCRP2-e3CnVpa-Vg5Praa9Vw>

Millions of people are affected by the excessive drinking of someone close. The following questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
5. Do you blame the drinker's behavior on his or her companions?
6. Are plans frequently upset or canceled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you search for hidden alcohol?
14. Do you ever ride in a car with driver who has been drinking?

15. Have you refused social invitations out of fear or anxiety?
 16. Do you feel like a failure because you can't control the drinking?
 17. Do you think that if the drinker stopped drinking, your other problems would be solved?
 18. Do you ever threaten to hurt yourself to scare the drinker?
 19. Do you feel angry, confused, or depressed most of the time?
 20. Do you feel there is no one who understands your problems?
- If you have answered yes to any of these questions, Al-Anon or Alateen may be able to help. You can contact Al-Anon or Alateen by looking in your local telephone directory or by writing to:
- Al-Anon Family Group Headquarters, Inc.
 Al-Anon Family Group Headquarters (Canada) Inc.
al-anon.org wso@al-anon.org
 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
- For meeting information call:
 1-888-425-2666 (1-888-4AL-ANON)
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