

## How Did These One Liners Find Their Way Into AA Meetings? They Are Not In The Big Book....

### "There are no musts in this program."

Page 99, paragraph 1: "it must be done if any results are to be expected."

Page 99, paragraph 2: "we must try to repair the damage immediately lest we pay the penalty by a spree."

Page 99, paragraph 3: "it must be on a better basis, since the former did not work."

Page 83, paragraph 1: "Yes, there is a long period of reconstruction ahead. We must take the lead."

Page 83, paragraph 2: "We must remember that ten or twenty years of drunkenness would make a skeptic out of anyone."

Page 74, paragraph 1: "Those of us belonging to a religious denomination which requires confession must, and of course, will want to go to the properly appointed authority whose duty it is to receive it."

Page 74, paragraph 2: "The rule is we must be hard on ourself, but always considerate of others."

Page 75, paragraph 1: "But we must not use this as a mere excuse to postpone."

Page 85, paragraph 3: "But we must go further and that means more action."

Page 85, paragraph 2: "Every day is a day when we must carry the vision of God's will into all of our activities."

Page 85, paragraph 2: "These are thoughts which must go with us constantly."

Page 80, paragraph 1: "If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated we must not shrink."

Page 14, paragraph 2: "I must turn in all things to the Father of Light who presides over us all."

Page 62, paragraph 3: "Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us!"

Page 144, paragraph 3: "The man must decide for himself."

Page 89, paragraph 2: "To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss."

Page 33, paragraph 3: "If we are planning to stop drinking, there must be no reservation of any kind"

Page 79, paragraph 2: "We must not shrink at anything."

Page 86, paragraph 2: "But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others."

Page 120, paragraph 2: "he must redouble his spiritual activities if he expects to survive."

Page 152, paragraph 2: "I know I must get along without liquor, but how can I?"

Page 95, paragraph 3: "he must decide for himself whether he wants to go on"

Page 95, paragraph 3: "If he is to find God, the desire must come from within."

Page 159, paragraph 3: "Though they knew they must help other alcoholics if they would remain sober, that motive became secondary."

Page 156, paragraph 3: "Both saw that they must keep spiritually active. "

Page 130, paragraph 2: "that is where our work must be done."

Page 82, paragraph 3: "Certainly he must keep sober, for there will be no home if he doesn't."

Page 143, paragraph 2: "he should understand that he must undergo a change of heart"

.....continued on pg.3

## The Step & The Promise

### Step Eight

"Made a list of all persons we had harmed and became willing to make amends to them all"



### The Promise

"Our whole attitude and outlook upon life will change."

## INTERGROUP MINUTES-JUNE 22, 2005

**Chairperson: Rick G.** opened the meeting with a moment of silence followed by the Serenity Prayer. Susie read the Twelve Traditions. Rick reported May's minutes were approved and welcomed new group reps: Ryan from Easy Does It, Susie from Boca AA Study Group, Shelley from Living Sober Women. Rep from One Day at a Time @ Crossroads regretfully announced that group member, Colette, passed away, June 17. Rick discussed plans for building prudent reserves; also, discussed passing a second basket (blue bucket). Rick also presented the new Birthday Club displays for individual groups.

**Treasurer: Rick G.** reported for John S. that he is resigning as Treasurer. Position is open to someone with these skills. This is a serious position and is very detail oriented. Rick G. announced a \$20,000 prudent reserve goal.

**Office Manager: Pam T.** requested 9 to 5 volunteers for the Intergroup office. Also requesting specific time slot volunteers. Some of the duties needed are basic clean-up, unloading shipments & messenger. Pam announced that as of July 1, all book prices are going up except for Big Books.

**General Service: Jim M.** reported that GSO is still accepting Spanish stories for the new edition of the Spanish Big Book until Sept. 15. Future editions of the 12 & 12 will have a new intro. Also, GSO has a Birthday Club and GSO sells AA literature to non-AA facilities at a slight profit to help with operating expenses.

**Group Information Committee: Myles S.** reported that he is visiting different meetings and informing them about Intergroup and what are group responsibilities.

**Intergroup Gratitude Dinner: Stefan** reported that the Gratitude Dinner on Friday, Nov. 18, 2005 will be held at the Embassy Suites in Boca Raton. 52 tables will be available, seating 10 people at each table. Individual ticket prices are \$30 and will be available starting next month. "Bear" donations or \$10 for each bear from individual groups are being accepted. Remember gratitude is an action word!

**Institutions Committee: Charlie O.** reported that 33 meetings per week are brought in to six facilities in the area.

**Public Information: Tyler F.** reported that he distributed 60 where & when's to DAF, FAU and PBCC, informational handouts to courthouses and attempted to distribute information to Bethesda Hospital and public libraries.

**SCAAN / Web: David L.** reported that the AA website has been viewed 10,000 times and one can locate where & when's in PDF format for letter sized printing. Please view the website and your suggestions or comments are welcomed!

**Speaker Exchange: Alex K.** reported that Lisa P. is designing a new form for the Speaker's Exchange. \_\_\_\_\_

**Special Events: Tara & John** reported that they are in the process of organizing a movie night: *My Name is Bill*. Details will be announced in the future after confirmations have been made.

**Special Needs: Nancey P.** reported receiving 1 special needs call. She is requesting a sign language volunteer & also general volunteers.

**Telephone Relay: Albert M.** No Report.

**Where and When and Internet Liaison: Al A.** reported that all additions and changes must be made in writing and submitted to the Intergroup office. Please be sure to include your contact information.

**Old Business:** No Report

**New Business:** No Report

The meeting adjourned at 8:13 PM with the Lord's Prayer.

In Love and Service, Alex K.

## Literature Price Increase

All World Service literature prices have gone up as of July 1, 2005 (all book prices will increase by \$1.00 with the exception of Alcoholics Anonymous (all versions)).

## June 22, 2005 Office Manager Report

As you will see in last months' SCAAN, we had 940 calls during office hours, plus there were 80 requests for meeting information or Intergroup business via email as well. Of the Intergroups that report call logs, South Palm Beach County seems to have one of the highest volumes of incoming calls in Area 15. I'm not sure why this is, but there is always a need for volunteers to help with phones and other Intergroup business Monday through Friday (9-5). I really need people who will commit to specific time slots. However, if you can only show up occasionally, I can use help unloading shipments and just basic cleaning up in the office as well. We do not have a cleaning service, so you know what that means! Also, I'm putting out the call for a Handyman or Carpenter who is willing to volunteer a couple hours.

Remember! All AAWS book prices, other than the Big Book (all formats) are going up \$1.00 as of July 1<sup>st</sup>. If you or your group would like to prepay and stock up, I can order the books before the end of July and hold the current prices.

SPBC Intergroup office carries all the AAWS pamphlets, and we can assist your group with their literature needs and questions.

SCAANS can be ordered through our office for delivery to your home; and please remember to join our Birthday Club!

Respectfully submitted in love and service,

Pam T.

## South Palm Beach County Intergroup Inventory Questions

### **August's Question:**

Are we mindful of the committee system: that decisions affecting other groups or AA as a whole are not made in the dark or by a single individual? (11th Concept)

### **September's Question:**

Is everyone given a chance to participate in our elections, on our committees and 'at the mike' at Intergroup meetings? (4<sup>th</sup> Concept)

### **October's Question:**

Does Intergroup understand the importance of all points of view being heard before a vote is taken? (Fifth Concept)

Continued from pg. 1.....

Page 69, paragraph 4: *"Whatever our ideal turns out to be, we must be willing to grow toward it."*

Page 69, paragraph 4: *"We must be willing to make amends where we have done harm"*

Page 44, paragraph 3: *"we must find a spiritual basis of life - or else."*

Page 78, paragraph 3: *"We must lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them."*

Page 93, paragraph 3: *"To be vital, faith must be accompanied by self sacrifice and unselfish, constructive action."*

Page 43, paragraph 4: *"His defense must come from a Higher Power."*

Page 66, paragraph 4: *"We saw that these resentments must be mastered"*

Page 146, paragraph 4: *" For he knows he must be honest if he would live at all."*

Page 73, paragraph 5: *"We must be entirely honest with somebody if we expect to live long or happily in this world."*

But Remember... *"When the man is presented with this volume it is best that no one tell him he must abide by its suggestions." page 144, paragraph 3*

### **"Remember your last drunk"**

Page 24, Paragraph 2: *"We are unable, at times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink."*

### **"I choose not to drink today"**

Page 24 Paragraph 2: *"The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink."*

### **"Think through the drink"**

Page 43, paragraph 4: *"Once more: The alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power."*

### **"I will always be recovering, never recovered."**

Title Page: *"ALCOHOLICS ANONYMOUS. The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism"*

Page 20, paragraph 2: *"Doubtless you are curious to discover how and why, in face of expert opinion to the contrary, we have recovered from a hopeless condition of mind and body."*

### **"Don't drink and go to meetings."**

Page 34, paragraph 3: *"Whether such a person can quit upon a non-spiritual basis depends upon the extent to which he has already lost the power to choose whether he will drink or not."*

### **"This is a selfish program"**

Page 20, paragraph 1: *"Our very lives, as ex-problem drinkers depend upon our constant thought of others and how we may help meet their needs."*

Page 62, paragraph 2: *"Selfishness, self-centeredness! That, we think, is the root of our troubles"*

### **"I'm powerless over people, places and things"**

Page 132, paragraph 3: *"We have recovered, and have been given the power to help others."*

Page 89, paragraph 2: *"You can help when no one else can. You can secure their confidence when others fail."*

### **"I haven't had a drink today, so I'm a complete success today."**

Page 19, paragraph 1: *"The elimination of drinking is but a beginning. A much more important demonstration of our principles lies before us in our respective homes, occupations and affairs."*

### **"Take what you want and leave the rest"**

Page 17, paragraph 3: *"The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news ."*

*If it can't be reconciled by the Big Book, should it be said in an AA meeting ????*

PPGDT

**INTERGROUP COMMITTEE**

Chairperson, Rick G.  
 Vice-Chair, Diane S.  
 Treasurer, John S.  
 Secretary, Alex K.  
 Office Manager, Pam T.  
 General Service Liaison, Jim M.  
 Group Information, Myles S.  
 Institutions, Charlie O.  
 Intergroup Dinner, Stephan C.  
 Public Information, Lisa P.  
 SCAAN/Website, David R.  
 Speaker Exchange, Tyler F.  
 Special Events, Tara H. & John W.  
 Special Needs, Nancey P.  
 Telephone Relay, Albert M.  
 Where & When, Al A.

**BIRTHDAY CLUB**

Feb:	Rick R	Boynton Beach Group	16 yrs
Mar:	Ray P	Central House	14 yrs
June:	Garry F	Central House	2 yrs
	Ali M	Central House	2 yrs
	Michele L	Boca Pines	4 yrs
	Lori R	Central House	5 yrs
	Rick G	Friday Night Special	16 yrs
	Bob M	Boynton Beach Group	21 yrs
	Larry S	The Friendship Group	24 yrs
	Carl S	Sunny Isles	27 yrs
July:	Julie B	Central House	5 yrs
	Paula E	Central House	8 yrs
	Ben T	Just For Now	26 yrs

**JOIN THE BIRTHDAY CLUB**

If you or your group is celebrating an A.A. anniversary and would like to be added to the list of celebrants, please fill out this form and mail to the Intergroup office. Suggested donation is \$1.00 for each year of sobriety. This money is used to help the sick and suffering alcoholics in South Palm Beach County.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Home Group \_\_\_\_\_  
 Sobriety Date \_\_\_\_\_  
 Donation \$ \_\_\_\_\_

Clip and mail to:

South Palm Beach County Intergroup  
 75 NE 6 Ave, Delray Beach, FL 33483

**MARK YOUR CALENDARS**

- Aug 3 - 7**      **49<sup>th</sup> FL State Convention**  
 Orlando Wyndham Palace Resort  
[www.flstateconvention.com](http://www.flstateconvention.com)
- Aug 14**        **General Service District 8**  
 @ Triangle Club, WPB 5pm
- Aug 19**        **Moon Dance on Delray Beach**  
 Hosted by Sunrise Beach Meeting
- Aug 31**        **SPBC Intergroup Meeting**  
 @ Central House 7pm  
**H&I Meets at 6:30**
- Sept 1 - 4**     **ICYPAA48 "Raise the Bottom"**  
 Young People in Alcoholics Anonymous  
 New Orleans – Sheraton Hotel  
 Information: [www.icypaa48.org](http://www.icypaa48.org)
- Oct 16**        **South Palm Beach County Intergroup**  
**2<sup>nd</sup> Annual SERENITY SCRAMBLE**  
 Reservations/Tickets @ Intergroup office
- Oct 20-23**    **61<sup>st</sup> Southeastern Conference**  
 Atlanta, Georgia  
[www.aageorgia.org](http://www.aageorgia.org)
- Oct 28-30**    **6<sup>th</sup> West Coast**  
**SPONSORSHIP WEEKEND**  
 Holiday Inn Riverfront  
 Bradenton, FL 941-747-3727  
 Dick L. 941-922-5226
- Oct 28**        **The Naples Area Intergroup**  
**Gratitude Dinner**            6-12PM  
 \$35/person 239-262-6535
- Oct 30 -**  
**Nov 6**        **Gratitude Cruise**  
**Mariner of the Seas (561-477-5580)**  
[Cruise@sobercelebrations.com](mailto:Cruise@sobercelebrations.com)
- Nov 18**        **South Palm Beach County**  
**Intergroup**  
**GRATITUDE DINNER**  
 Reservation/Tickets @  
 Intergroup Office

**OFFICE ACTIVITY LOG FOR JUNE 2005**

✓ Meeting Requests	279
✓ Email Requests	94
✓ Intergroup Business	92
✓ Visitors to Office	103
✓ Sales	239
✓ Other Calls (Alanon etc)	49
✓ First Calls to AA	46
✓ 12 Step Referrals	<u>10</u>
✓ TOTAL JUNE ACTIVITY	

**SOUTH PALM BEACH COUNTY INTERGROUP  
FINANCIAL REPORT ~ JUNE 2005, YEAR-TO-DATE**

I NCOME	JUNE	YEAR-TO-DATE
BIRTHDAY CLUB	62	496
GROUP CONTRIBUTIONS	2,748	20,120
LITERATURE/OTHER SALES	4,345	23,550
OLD TIMERS MEETING	0	0
ALCATHON	0	900
SPECIAL EVENTS	0	0
<b>TOTAL INCOME</b>	<b>7,155</b>	<b>45,066</b>
EXPENSES		
ADVERTISING	0	0
BANK SERVICE CHARGE	0	80
ELECTRIC	69	341
EMPLOYEE EXPENSES	3,152	16,209
INSURANCE (LIABILITY)	75	464
LITERATURE (BOOKS,CHIPS,MEDALLIONS, ETC)	3,499	18,551
OFFICE EXPENSES	100	2,554
OFFICE REPAIRS	75	301
PRINTING (SCAAN / WHERE & WHEN)	283	1,904
QUARTERLIES & MEETINGS	0	169
RENT	617	3,704
TELEPHONE (OFFICE & CELL)	282	1,774
SPECIAL EVENTS	0	0
<b>TOTAL EXPENSES</b>	<b>8,152</b>	<b>46,052</b>
<b>INCOME MINUS EXPENSES</b>	<b>(\$ 998)</b>	<b>(\$ 986)</b>
PETTY CASH BALANCE 6/30/05	\$ 150	
PRUDENT RESERVE BALANCE 6/30/05	\$ 6,000	
OPERATING ACCOUNT BALANCE 6/30/05	\$ 1,612	

Inventory Balance	\$ 8,188
(inventory balance is not included in figures above)	
Keep those H&I donations coming!	

<b>HOSPITAL &amp; INSTUTIONS</b>	
BALANCE 5/31/05	\$ 233.27
GROUP DONATIONS	83.00
INTERGROUP DONATION	100.00
PERSONAL DONATIONS	105.00
EXPENSES	(442.00)
BALANCE 6/30/05	\$ 79.27
<b>THANK YOU</b>	

SOUTH PALM BEACH COUNTY INTERGROUP  
75 NE 6 AVENUE ~ SUITE 208 ~ DELRAY BEACH, FL 33483  
PHONE - 276-4581 ~ email [southcountyyaa@bellsouth.net](mailto:southcountyyaa@bellsouth.net)  
OFFICE HOURS ~ MONDAY ~ FRIDAY 9am to 5pm ~ SATURDAY 10am to 3pm

**SOUTH PALM BEACH COUNTY INTERGROUP ~ 2005 GROUP CONTRIBUTIONS**

	Jun	YTD		Jun	YTD		Jun	YTD
<b>BOCA RATON - EAST</b>			<b>BOCA PINES (Cont.)</b>			<b>CROSSROADS (Cont.)</b>		
1-2-3 Step	2	502	Steps On Sat	0	20	Second Chance Women	0	0
Boca Friendly	0	450	Sunday Morning Spiritual	0	135	Serenity Hour	0	877
Boca Men's Recovery	0	20	Sunday Serenity Group	0	133	Serenity On Saturday	0	50
Boca Men's	200	600	Wed. Night Beginners	129	129	Sober Solutions	0	0
Boca Women's Group	0	15	We're Just Beginners	40	90	Sobriety In The Wind	0	401
Break the Chains	0	0	West Boca Serenity	0	0	Step By Step	0	0
Easy Does It	0	145	<b>BOCA RATON - WEST</b>			TGIF	0	100
Happy Hour	0	310	9th Chapter Group	0	0	Young At Heart	0	0
Inner Voice Candlelight	0	0	Boca Boyz	0	251	<b>LAKE WORTH / LANTANA</b>		
Journey to Freedom	270	270	Friendship	75	350	Good Guys Group	0	0
Just For Now	10	1,031	Sunday Night Speaker	0	0	Cardinal Lane	0	23
Keep It Simple	50	50	West Boca Big Book Study	0	50	Lake Worth Serenity	0	0
Living In Sobriety	100	100	<b>BOYNTON BEACH</b>			Lake Worth Tues Nite BBSS	0	0
Men's Boca Central	0	200	Boynton Beach Group	0	130	Lantana Group	52	114
Men On-Track	0	1,140	Boynton Beach Men's	0	0	Recovery First	0	0
N Boca Steps & Traditions	0	429	Delray Thurs BBSS Grp	45	45	Serenity On The Beach	0	0
Road To Recovery	0	40	Downtown Group	0	204	Sunny Isles	0	0
Saturday Night Live @ Five	0	301	Experience, Strength & Hope	0	0	Women's Fourth Dimension	0	0
Saturday with Bill W	0	200	Friday Night Special	0	100	<b>LAKE WORTH - OUR CLUB</b>		
Steps&Traditions (St.Joan)	0	0	KISS Group	0	0	11th Step Group	0	0
We Agnostics	15	45	Neighborhood Group	40	75	Daily Dozens	0	0
We Believers	0	130	Re-Entry Group	0	107	Eye Openers	0	0
Women's Big Book Study	0	0	Safe Harbor	0	150	Feelings Women's Grp	0	0
Women Living Sober	0	0	Sat. Boynton BBSS Group	0	100	Friday Night Live	0	0
<b>BOCA - LIONS CLUB</b>			Saturday Evening Post	0	0	Right to Sobriety	0	0
Big Book Adventure	45	372	We are Not Saints	0	305	Sobriety & Thunder	0	0
Boca AA Study	35	180	West Boynton Group	0	0	Steps to Freedom	0	0
By The Book	0	0	<b>DELRAY BEACH</b>					
Let's Do Lunch	0	0	Beach Meeting	0	0	Intergroup Meeting	53	279
Lunch Bunch	0	644	Bridge Back to Life	0	0	Personal/ Anonymous	31	95
SOS (10am)	400	1,400	Central House	100	800	<b>Total Donations</b>	<b>\$2,742</b>	<b>\$20,083</b>
Spiritual Awakenings	125	545	Delray Step & Tradition	202	202			
Step Into The Solution	0	0	Five Time Losers	0	100			
To Thine Own Self Be True	0	0	Language Of The Heart	0	0	<b>H&amp;I Contributions</b>		
Today Not Tomorrow	0	100	New Beginnings	0	0	Boca AA Study Group	7	82
Women In Recovery	0	222	North Delray Steps & Trad	0	0	Boca Men's Recovery		20
<b>BOCA PINES CLUB</b>			Oceanside Step Group	0	5	Boynton Beach Grp		15
12 O'Clock High	0	300	One Page at a Time	0	125	Easy Does It, Boca		15
Hardcore Sobriety	0	0	Open Your Heart	0	0	Intergroup	100	600
Just Do It	0	25	Pool Side Beach	0	0	Lake Worth Serenity		20
Last Chance Group	0	0	Sunrise Group	0	260	Personal/ Anonymous	105	1170
Living Sober	0	0	Westside Group	534	886	Sobriety on Sunday		109
Morning Medicine	0	150	Wine Into Water	0	200	Sunny Isles	26	302
Peace of Mind	0	125	Womens BBSS	0	0	Today Not Tomorrow	50	232
Primary Purpose	0	50	Young People w/ Solution	0	43	We Believers		56
Romance & Finance	0	170	<b>CROSSROADS</b>					
Saturday Beginners	0	240	Depression and the Alcoholic	0	75	<b>Total H&amp;I Donations</b>	<b>288</b>	<b>2,446</b>
Singleness of Purpose	50	175	Double Digit Gang	0	120			
Sober Fri Night	0	200	Downtown Delray Group	100	100			
Sober Sunset Group	0	200	East Delray Men's Group	0	110			
Sobriety For Breakfast	38	72	Living Sober Women	0	197			
Spiritual Saturday	0	0	Midday Miracles	0	800			
Steps & Tradition	0	0	One Day At A Time	0	600			

**ATTENTION ALL GROUPS – Please check your group contributions and if you have any questions please call or email Intergroup. Phone 276-4581 or email [southcountyaa@bellsouth.net](mailto:southcountyaa@bellsouth.net)**