

SCAAN

2905 South Federal Hwy ~ Building C, Suite 15 & 16
Delray Beach, FL 33483 ~ Telephone 561-276-4581

Email: southcountyyaa@bellsouth.net & visit: www.aainpalmbeach.org
Also visit: www.alcoholics-anonymous.org & www.aagrapevine.org

Happy New Year

to all the members in South Palm Beach County

I am responsible...

When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that; I am responsible.

If alcohol is costing you more than money, call us today in complete confidence. (561) 276-4581

January 1 ~ reading from Daily Reflections, the book of reflections by AA members for AA members.

"I AM A MIRACLE"

The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

Alcoholics Anonymous, page 25

This truly is a fact in my life today, and a real miracle. I always believed in God, but could never put that belief meaningfully into my life. Today, because of Alcoholics Anonymous, I now trust and rely on God, as I understand Him; I am sober today because of that! Learning to trust and rely on God was something I could never have done alone. I now believe in miracles because I am one!

The Step & The Tradition

Step One

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

PRINCIPAL - HONESTY



Tradition One

Our common welfare should come first; personal recovery depends on A.A. unity.

One Among Many

My home group is a Big Book discussion group where we read a chapter aloud each week and then share our experience. A few weeks ago we had read chapter three and were talking about the First Step, when I heard myself say: "I can pick up the first drink, and get drunk. I can pick up the First Step, and get sober. Or, I can just sit in the middle and do nothing."

The words came out of my mouth, but what I heard was a totally new idea to me--that we alcoholics aren't just drunk or sober, but that we have *three* alternatives: drunk, sober, and uncommitted. I remembered with a chill that phrase from "How It Works," "We stood at the turning point," and thought back over my own recovery.

I have been a slow learner in AA, and most of what I have learned I have had to hear myself say aloud, as I did that night. Somehow, when a thought or feeling goes out of my mouth and back in through my ears it becomes real, but when it stays in my brain, going around in circles, it becomes more and more confusing. I suppose that's why we share the Fifth Step aloud with another human being as well as with God and ourselves: one by one we can hear our secret faults admitted aloud, and one by one we can acknowledge them as real and as our own.

I was a compliant member of AA from my very first meeting. I had no reservations about saying I was an alcoholic. I acknowledged the power of alcohol and the unmanageability it brought to people's lives. My problem with the First Step was the very word: I didn't include myself as one of the "we" of "we admitted."

I sat--almost paralyzed--at that "turning point" for five months, during which I was fired from the best job I had ever had, spent a total of eleven weeks (in four separate visits) in an alcoholic ward, destroyed the trust of everyone around me (by being untrustworthy), and battered myself physically until it required an immense effort just to get up out of a chair.

All the while, I was going to meetings. I didn't want to, but people kept taking me! First it was the counselors in the hospital who bussed us to local meetings several times a week. Then--during that dangerous time after the hospital, when it would have been so easy to "take a break"--the man who later became my sponsor showed up in my driveway every meeting night, and somehow, I just couldn't refuse to get into the car.

During that time I lived in that special dark loneliness that un-recovering alcoholics know. I was still very close to drinking. I was still afraid to give up completely what I had come to think of as "mine," because I didn't know who I would become if I did. If I didn't like the fearful, lonely, angry Bill, at least I was familiar with him!

The people around me at meetings had something I didn't have. Did I want it, too? I didn't know. I only knew that

they had it and I didn't, and I interpreted that to mean, "I don't belong here." I had admitted, finally, that I was an alcoholic, but *I didn't yet believe I could be a recovering alcoholic.*

I was at a turning point.

What got me "off the mark"? Something simple, of course (not the lightning flash I was looking for) and something from outside myself. One night, someone asked me if I would become assistant secretary/treasurer of our group, to fill in when the regular secretary or treasurer couldn't make it to the meeting.

I was elated! Within moments, I felt a part of that group and of AA as I had never before. I became instantly part of the AA "we"--the *recovering* we. My spirits and my involvement in AA soared together, and my growth in the program dates from that night.

As an alcoholic, I will always be without defense against the first drink, against life and against myself. At those moments, I am back at that "turning point" between sobriety and relapse--sometimes just for an instant. Help has to come from outside myself, from a power I can't command but which I have learned--thank God!--to turn to and ask for help. And the asking can be as simple as being at a meeting where the help can be brought to me.

*Bill M. Downers Grove, Illinois - AA Grapevine, June 1991
Volume 48 No. 1*

MEETING UPDATE & CHANGES

NEW – Boca Raton: New Beginnings Women's Big Book Study Group, Wed 7 pm, closed meeting at Congregation B'Nai Israel, 2210 NW 51 St (on Yamato north of Military)
Tell guard at entrance: Room 208.

CHANGE - Boynton Beach: West Boynton Beach Group, meeting format changes: Tues at 7:30 pm "Closed Discussion" – Friday at 7:30 pm "Open Discussion" – Sunday at 7:30 pm WCD (Women's Closed Discussion) and Sunday at 7:30 pm MCD (Men's Closed Discussion)

CHANGE – Boynton Beach: Downtown Boynton Beach Group meeting location has changed to Children's School House Museum, 129 East Ocean Ave, (NE corner of Seacrest and East Ocean)

CHANGE – Boynton Beach: Safe Harbor Group will be returning to their previous location of Temple Torah on Feb 6, 2008. Safe Harbor Group can use our support. (Currently meeting in temporary location: JCC right across from Synagogue)

CHANGE – Delray Beach –Downtown Delray Group meeting format changes: Sun, Literature Lead; Mon, Living Sober; Tue, As Bill Sees It; Wed, Big Book; Thurs, Steps & Traditions; Fri, Speaker; Sat, Literature Lead.

CHANGE – Delray Beach – Young People with a Solution meeting time has changed to Friday at 7:00 pm.

Intergroup Minutes – November 28, 2007

Chairperson: Diane S. opened the meeting with a moment of silence followed by the Serenity Prayer.

Welcome New Group Rep's: Paul M. – Boynton Beach Group; Mimi M. – New Beginnings; Jessica W. – Downtown Delray; Sandy K. – Twelve O' Clock High; Dana - N. Boca Steps & Traditions; Lynda H. – Boynton Beach East Side Women's; Montana R. – All Aboard; John E. – Central House; Susan A. – Boca Study Group; Zach L. – Living in Sobriety.

Vice Chair: Al A. No Report.

Treasurer: Sheryl S. See full report in SCAAN.

Office Manager: Pam T. See full report in SCAAN.

Archives: Pam T. No Report.

General Service: Liz S. reported:

- Next Area 15 Quarterly will be Jan. 2-4 in St. Petersburg
- Founders Day is next big event for District 8 in June '08
- Please contact Liz to view the GS District 8 budget and financials
- Institutions committee position is vacant
- The ad hoc committee currently evaluating sub districts in District 8 hopes to provide an updated redistricting plan for a vote by the first quarter of 2008. The goal of the committee is to provide all sub-districts with DCM or ACM representation and also establish some consistency in the number of groups the district's DCM's and ACM's represent.

Group Information: (Open) Chris C. has fallen ill. Please keep him in your prayers as we are also. Many thanks for his commitment and hard work with this committee.

Hospitals & Institutions: Jay M. reported that Bridge the Gap and H&I will work together to bring meetings into halfway houses. Women speakers are needed, please call Jay at (561) 674-6200.

- \$1,623.84 Account Balance
- Meeting to be held on second Saturday of every month at 12:00 pm at Intergroup office
- 44 institutional meetings being held weekly

Bridge the Gap: Nate No Report.

Public Information: Matt G. Lynda H. joined this committee to assist in information distribution.

SCAAN: Tyler R. No Report.

Speaker Exchange: Jack C. No Report.

Special Events: Lucas P.C. reported on upcoming event "Old Timers Meeting" more details to come.

Telephone Relay: Tyler F. Pat C. reported on the following groups taking the relay phone:
January – All Aboard Steps & Traditions
February – Just for Now

Webmaster: Drew M. No Report.

Where and When: Janet B. Corrections need to be in by December 1st because it goes to press in mid-December.

Old Business: None.

New Business: The Group Information Committee is in need of a chairperson, if anyone is interested please call the Intergroup office.

Meeting adjourned at 8:04 p.m. with the Lord's Prayer.

In Love and Service, Alex k.

Time Is Important

ONE of the greatest truth's, which is seldom realized today, is the importance of time. Every second of time has its effect, good or bad, on each and every individual's life.

For yesterday has already become a memory and tomorrow is only a vision of hope. Today well lived makes every yesterday a memory of happiness. Look well, therefore, to this day. Such is one of the teachings of AA.

Time both well used and unused has results which will someday be added up and show if they add or subtract to the results of our life. This rule of time applies to both the material and spiritual part of everyone's life.

A man who has a very successful life materially, without a doubt has respected and applied his time and mind to using the right principles for success. The unsuccessful man has not applied the right principles nor has he respected these rules. As a result he has become powerless over habits and his life has become unmanageable.

The true or spiritual values of life are not those that can be measured in dollars and cents. It's good to have money and the things that money can buy. But it's good too, to check up once in a while and make sure you haven't lost the things that money can't buy.

If you have doubts that trouble you, that bring discouragement and despair; if you think there is no chance for you--*stop*, for each day we see our fellow man gaining new heights to some goal he has set for himself. Why couldn't you be this person? You must rise above present discouragement. Let's never join the "I Could Have Club." Let's accept disappointments courageously that they may become a challenge for greater effort. If our ambitions are worth having they are worth sacrifice. Sometimes the price may be high.

So let us seek for today, not tomorrow, the real and lasting values of life. Some of which are, a clear conscience, a peaceful heart, the knowledge of having given happiness to others.

The contentment we gain from a duty well done, Faith in the outcome of all things that are good. These are some of the things that make today well lived.

M.M.M. Ft Wayne, Indiana

*AA Grapevine June 1950
Volume 7 No 1*

MARK YOUR CALENDARS

JAN 4-6 AREA GENERAL SERVICE QUARTERLY HOSTED BY DISTRICT 1
St Petersburg Hilton
Reservations 727-894-5000
Refer to South Florida Area General Service Quarterly for room rate of \$99
www.area15aa.org/M/Jan_2008_Quarterly_Flyer

JAN 12 HOSPITAL & INSTUTIONS MEETING
South Palm Beach County H&I
Committee meets at 12 Noon the second Saturday of each month at the Intergroup Office 2905 South Federal Highway, Building C, Suite 15.

JAN 12 ACTS OF RECOVERY - Noon to 5pm
FOUR SPEAKER MINI CONFERENCE.
St Gregory Episcopal Church
100 Mizner Blvd, Boca Raton
No registration fees and all are welcome.
Contact Matt 561-866-1158 or Nate 561-441-2219

JAN 13 DISTRICT 8 GENERAL SERVICE
Meets at the Triangle Club the second Sunday of each month at 5:00 pm.
Visitors are Welcome.

JAN 27 ALL ABOARD GROUP ANNIVERSARY PINIC. Live music, games, raffle, benefiting SPBC Intergroup. Drinks, grills and chefs provide, BYOM (bring your own meat) or favorite dish.

JAN 30 INTERGROUP BUSINESS MEETING
starts at 7:00 pm on the last Wednesday of each month at Delray Central House.
All Intergroup Rep's are encouraged to attend or send your alternate Rep.
Visitors are Welcome.

AUG 13-17 52nd FLORIDA STATE CONVENTION
Harbor Beach Marriott & Spa, 3030 Holiday Drive, Ft Lauderdale
www.52flstateconvention.com

INTERGROUP OFFICERS & COMMITTEES

Chairperson, Diane S
Vice Chair, Al A
Treasurer, Sheryl S
Secretary, Alex K.
Consultant, Bob M
Office Manager, Pam T
Archives, Pam T
Bridge the Gap, Nate S
General Service Liaison, Liz S
Group Information, OPEN
Hospitals & Institutions, Jay M.
Public Information, Matt G
SCAAN, Tyler R.
Speaker Exchange, Jack C
Special Events, Lucas H.
Telephone Relay, Tyler F
Website, Drew M.
Where & When, Janet B

BIRTHDAY CLUB

Karen P ~ 12/15/06 ~ Women's Fourth Dimension
Mike J ~ 1/19/07 ~ Journey to Freedom
Kevin D ~ 1/3/06 ~ North Boca Step & Tradition
Chris H ~ 1/23/06 ~ Young People with a Solution
Carl F ~ 1/3/04 ~ Sobriety on Sundays
Diane S ~ 1/1/92 ~ Just For Now
Ray F ~ 12/18/94
Diann H ~ 12/13/82 ~ Serenity Hour
Linda P ~ 10/28/77 ~ Boca Friendship

CONGRATULATIONS

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 mail the following information to the Intergroup Office with a suggested donation of \$1 for each year of sobriety. This money is used to carry the message to all alcoholics in South Palm Beach County.

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

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INTERGROUP OFFICE HOURS

Monday through Friday 9:00 am to 5:00 pm
Saturday 10:00 am to 3:00 pm
Literature, Medallions, Chips, Meeting Lists, etc.