

JANUARY 2012

In This Issue: "Coming Back From the Edge"

COMING BACK FROM THE EDGE

Fourteen years ago I was a basket case. I literally drank myself sober after 3 decades of binge drinking. My bottom was one of unbearable emotional pain, torment and a distorted sense of reality. God is said to help fools and alcoholics – I was both.

While praying from a pamphlet called "Acceptance", I was transformed into a state of euphoria and peace, the likes of which I had never experienced. The feeling is hard to explain because it was so surreal. My body felt as if it was levitating over the bed. This spiritual experience could have lasted for 10 seconds or 10 minutes. I'll never know, but it was enough to give me hope that I would be okay if I kept praying and embraced certain principles.

The first step was surrendering and accepting that I was powerless over alcohol and my life had become unmanageable and unbearable.

My first experience with A.A. was several years before. I remember picking up a 6 year medallion & six months later taking a drink that lasted for 3 1/2 years. Mentally I drank much earlier. Those first 6 1/2 years are what I call Raving Mad Sobriety. When I made a decision to have just one drink to celebrate the marvelous length of sobriety I had accumulated, in truth, I did nothing to deserve Sobriety. The demons were still within & there was no spiritual force to cast them out. That 2nd white chip I picked up on October 5th, 1997 was the start of a journey of recovery that at times was similar to a roller coaster ride. Some days were high, some low, but I never gave up. Some days I took 2 steps backwards, other days- 3 steps forward. Always with hope, then faith in a power other than my own that would carry the load if it got too heavy.

Today that faith has turned into knowing my spiritual power is there every day if I stay connected to Him by prayer and meditation. There is no greater satisfaction than to help another alcoholic when he asks for help. I have been fortunate to experience that feeling more than once during the last 14 years and what should be on my tombstone is "that I was able to help another alcoholic through the power and will of God." My three sponsors were there exactly when I needed them—a miracle considering my life before A.A. was one of unsuccessfully trying to help myself and keeping my own council.

I've learned to practice being silent, still and listening for God's directions.

I've learned that if I don't drink, I won't get drunk.

I've learned that alcoholism is a physical allergy and a mental obsession.

I've learned that I can never pick up that first drink.

I've learned that to keep what I have, I must give it away to other alcoholics.

I've learned that to keep what I have, I must give it away to other alcoholics.

I've learned that the program of A.A. is one part of God acknowledgement, one part self actualization and one part fellowship.

I've learned that I must never stop learning the language of recovery.

"It is not enough to know, we must apply. It is not enough to be willing, we must do." –Bruce Lee.

R. J.
 Boca Raton

A Message from the Chair

2011 has been an amazing year for SPBC Intergroup. It has been filled with Special Events, Workshops, Revised By-Laws, and our first formal Budget. Listed below are some of the highlights of 2011.

January 2011

- 36 Hour Alcathon on 12/31-1/1
- Addition of a 2nd full time employee-Deanna D.
- Unity Breakfast with North PB County Intergroup on 1/29

February 2011

- Archives Workshop on 2/18

March 2011

- Presented proposed Revised By-Laws to Intergroup Reps for review
- Prepared 1st annual budget projection

May 2011

- 27th Anniversary Picnic on 5/1
- By-Laws Workshop on 5/21
- Group Reps passed our Revised By-Laws unanimously on 5/25.

August 2011

- 12th Step Miracles Workshop on 8/6.

October 2011

- 8th Annual Serenity Scramble on 10/12.

November 2011

- Intergroup Gratitude Dinner on 11/19.

December 2011

- SPBC Intergroup Holiday Open House on 12/3.
- 36 Hour Alcathon on 12/24-12/25.

Without the hard work from the Steering Committee, Office Staff and Volunteers, Committee Chairs, Intergroup Reps and the entire Fellowship none of this could have occurred. It is a perfect example of people working together for a common cause and having fun doing it along the way!

I wish you and yours a very happy, healthy and sober Holiday season and look forward to another blessed and productive year at Intergroup.

– Sheryl S.

THE STEPS & THE TRADITIONS

STEP 1 ~ "We admitted we were powerless over alcohol—that our lives had become unmanageable."

TRADITION 1 ~ "Our common welfare should come first; personal recovery depends upon AA unity."

Who's Fault?

There is a tide of unrest and apathy rising in our Program of recovery from alcoholism. Singleness of purpose has become a bone of contention, as has having a sponsor and working the Steps of recovery.

Non-alcoholics speak of their rights, yet fail to acknowledge that not being members of AA they have no rights.

I have always believed in and based my recovery from alcoholism on the Program developed by the first 100 members and written down in our Big Book.

As we grow further apart from those first 100, those who contributed to the writing of our Big Book, we allow their teachings to fade into antiquity. Like impudent children we have come to believe that we know better than those who came before us. We mock our own history, as if that history was all a lie. We forget what was written at great expense, and we stumble and sometimes fall over things that are identified in our book.

I have heard newcomers being told from the podium that there is no need for a sponsor or to work our Steps, forget all the tools that are in our AA books, do whatever you want and believe what you will. Just go to meetings and don't drink and all will be well.

There for many younger members, and may not be here at all within the next decade. We may end up with something called AA, but it will be addictions anonymous, and many an alcoholic will then walk down a dark alley looking for the light of recovery. The light will have gone out.

Whose fault is it that our recovery rate is no longer even 50%? Whose fault is it that the mere mention of singleness of purpose brings forth anger and resentment in our meetings? Whose fault is it that what little sponsorship we have, has for the most part fallen silent?

Whose fault? Each and every one of us who believes what is written in our Big Book yet sits mute in the face of its destruction.

– From the Akron Intergroup

"Remember, we recover by the steps we take NOT the meetings we make!" Willie (Bill D. – AA member #3)

Please note these

MEETING CHANGES/UPDATES

Delray Beach:

- ✓ The **Solution Group** no longer meets on Thursday at 8:30pm. They have changed their meeting day to Wednesday @ 7:00pm at Crossroads. Their format is an Open/Big Book meeting.
- ✓ New Group: **Acceptance in the Answer** – Friday, 7:00pm at Crossroads Club. This is a Closed/Chairman Choice meeting. (Gay/Lesbian)

Deerfield Beach:

- ✓ **Deerfield Beach Saturday Night Group** at Zion Lutheran Church, 959 SE 6th Ave, Deerfield, 33441. Saturday at 7:30pm. Closed Speaker meeting.
- ✓ **24 Hour A Day Group** – St Ambrose Church, 380 S. Federal Highway, Deerfield Beach. Monday at 7:30pm. Closed Speaker Discussion.

MOVIE NIGHT:

February 11, 2012 at 7:00 pm

Sober Sister's Group is Sponsoring Movie Night:
**The Lois Wilson Story,
"When Love is Not Enough"**

The movie is based on the true story of the enduring but troubled love between Lois Wilson, co-founder of Al-Anon, and her alcoholic husband Bill Wilson, co-founder of Alcoholics Anonymous.

RAFFLE: The book "The Lois Wilson Story, When Love is Not Enough"
Autographed by Author William Borchert.

Admission: Suggested \$5 donation
Open to all programs and all people.
Bring your friends and family.

Movie will be held at the Boca Raton Community Hospital in the Education Building.
This is a love story and fund raiser to keep the doors of Alcoholics Anonymous open.
All proceeds go to benefit our SPBC Intergroup.

Thanks to these groups for covering the Relay Phone so the Hand of AA is available 24 Hours a Day:

JANUARY – (Saturday Night Live @ 5) ~ FEBRUARY – (Serenity Hour) ~ MARCH – (Boca Speaker)

Group Contributions ~ November 2011

Group Contributions	Nov	YTD	Group Contributions	Nov	YTD	Group Contributions	Nov	YTD
12 O'Clock High, W Boca	0	1,225	Lake Worth Tues Nite BBSS	0	8	Sober Fri Night, Boca Pines	0	100
24 Hrs A Day, Deerfield	25	25	Language Of The Heart, Delray	0	427	Sober Sisters, Boca	116	1,054
AA Oldtimers Group	0	150	Lantana Group	0	180	Sober Sunset Group, Boca Pines	175	1,957
All Aboard	0	679	Let's Do Lunch, Boca	0	269	Sobriety For Breakfast, W Boca	93	1,316
Big Book Adventure, Boca	0	355	Living In Sobriety, Boca	0	50	Sobriety In The Wind, Delray	0	1,192
Boca Boyz, West Boca	0	123	Living Sober Women, Delray	0	100	SOS (10am), Boca	132	974
Boca Men's Recovery	100	100	Lunch Bunch, Boca	0	120	Spiritual Awakenings, Boca	43	283
Boca Men's, Boca	330	2,772	Men's Tuesday Solution, Boca	0	408	Sunday Men's Roving BB, Delray	0	26
Boca Raton Speaker Group	0	100	Men On-Track, Boca	0	450	Sunday Morning Spiritual Group	0	200
Boca Study, Boca	0	118	Men With Solutions, Delray	0	105	Sunday Night Speaker, Boca	0	100
Boca Women's Group	0	169	Midday Miracles, Delray	640	1,648	Sunday Serenity Group	0	50
Boynton Beach Beginners	0	100	Morning Medicine, Boca	52	957	Sunny Isles, Lantana	0	471
Boynton Beach Group, Boynton	0	160	New Beginnings, Wayside	0	200	Sunrise Beach Meeting, Delray	0	2,100
Boynton Boat Ramp Group	0	25	New Life Group	300	3,700	TGIF, Delray	0	200
Cardinal Lane, Lantana	40	220	No Matter What, Boca	95	95	Untied Group	50	136
Delray 11th Step Meditation Grp	0	140	North Boca Steps & Traditions,	0	397	We Agnostics, Boca	0	75
Depression and the Alcoholic	0	450	One Day At A Time, Delray	0	1,709	We are Not Saints, Boynton	0	287
Divas at 830 AM	0	1,106	One Page at a Time, Delray Beac	45	252	We Believers, Boca	0	440
Double Digit Gang, Delray	0	88	Open Your Heart, Delray	0	200	Welcome Home in Delray	0	250
Downtown Delray Group	0	1,635	People With Time	259	1,179	West Boca Beginners	0	630
East Delray Men's Group	80	1,220	Principles and Promises	0	212	West Boynton Group	430	1,670
Five Time Losers, Delray	0	550	Road To Recovery, Boca	0	150	Westside Group, Delray	0	811
Fri Night Special/Sat Eve Post	0	700	Romance & Finance, W Boca	100	300	Wine Into Water, Delray	0	300
Friendship Group, West Boca	0	200	Safe Haven	0	450	Women's Fourth Dimension, Lanta	0	93
Happy Hour, Boca	0	258	Saturday Night Live @ Five, Boca	0	186	Women's Peace of Mind, Boca	0	118
Inside Out Group	9	75	Second Chance Women, Delray	0	186	Women In Recovery, Boca	0	251
Intergroup Meeting	53	590	Second Street Sobriety, Delray	0	172	Women Living Sober, Boca	0	469
Journey to Freedom, Boca	0	801	Seniors In Sobriety, Delray	0	150	Womens BBSS, Delray	37	246
Just Before Dawn	0	550	Serenity Hour, Delray	0	1,045	Young At Heart, Delray	0	100
Just For Now, Boca	0	651	Serenity On The Beach, Lantana	0	640	Young People with a Solution	0	647
						Total Group Contributions:	3205	47827

South Palm Beach County Intergroup Financial Reports

FINANCIAL REPORT	Nov. '11	Y-T-D
Income		
Alcathon 2010-2011	-	1,168.64
Anonymous	48.50	3,667.41
Birthday Club	16.00	844.45
Faithful Fivers	30.00	1,629.00
Florida Round Up-7th Tradition	-	378.58
Group Contributions	3,201.94	47,827.14
Intergroup Gratitude Dinner	8,786.00	8,786.00
Journey To Freedom- Movie Night	-	337.00
Picnic Income	-	6,577.22
Serenity Scramble	-	5,839.79
Unity Breakfast:	-	756.98
Total Contribution Income	12,082.44	77,812.21
Insurance Claim: Flood loss	-	500.00
Gross Sales Income - November 2011	7,208.74	87,957.43
Cost of Goods Sold - November 2011	(4,760.38)	(54,576.69)
Net Sales & Other Income	2,448.36	33,880.74
Total Income Through November 2011	14,530.80	111,692.95
Intergroup Office & Program Expenses	(9,297.24)	(117,241.88)
Balance	5,233.56	(5,548.93)
Accounts and Balances at November 30, 2011:		
Operating Account	-	1,355.90
Reserve Account	-	24,020.47
Petty Cash	-	150.00
	-	25,526.37
Detailed Financial Reports / Budget Summary printed Quarterly.		
<i>Thank You for Your Support!</i>		

2011 Intergroup Gratitude Dinner	
Income:	
Ticket Income	\$ 19,725.00
7th Tradition	\$ 497.00
Raffles	\$ 2,209.00
Gross Income	\$ 22,431.00
Intergroup Expenses:	
Embassy Suites - Costs	\$ 13,445.00
Tickets purchased by Intergroup	\$ 200.00
	\$ 13,645.00
Net Proceeds	\$ 8,786.00
<p>With Gratitude to the members of "Women Living Sober" Group for their service, dedication to this project, creativity and hard work!</p>	

Did You Know?

The Twelve Concepts for Intergroup Service have been adapted from The 12

Concepts for World Services with permission. For a detailed account of the 12

Concepts please visit the A.A. Service Manual.

Concept One: Final responsibility and ultimate authority for our Inter-group should always reside in the collective conscious of our groups.

a. The Groups elect an Intergroup Representative whose responsibility is to act on behalf of his/her group at all Intergroup meetings.

b. Those services, which cannot be performed by the groups alone, are carried out by our Intergroup Central Office under the guidance of the Office Manager and Board.

INTERGROUP MINUTES – NOVEMBER 30, 2011

Chairperson: Sheryl S. Meeting opened with a moment of silence followed by the Serenity Prayer. Minutes from October 26, 2011 were approved. Basket was passed according to the 7th Tradition. New group reps welcomed. Announced that Intergroup will have a business meeting in December this year because the date does not conflict with the holidays.

Welcome New Group Reps: Stan R.-Just Before Dawn; Kenny S.-Monday Night One Page At A Time; Matt H.-Lost Marbles; Dann T.-Five Time Losers; David B.-Inside Out Group; Dean Z.-Double Digits Gang; Barbara C.-Second Street Sobriety; Chris T.-One Day at a Time.

Vice Chair: Liz S. The Holiday Alcahthons are on December 24-25 and December 31- January 1. Asked for volunteers for the monitor position to fill in the open time slots. Position description: 4 hour time slot. Help set up, clean up and reach out to the newcomer. Schedule for available hours-call the Intergroup office.

Treasurer: Sarah P. Went over the financial report for the month of November which included the figures from the Serenity Scramble. According to the monthly and yearly accounting of expenses, we are operating close to the budgeted financial projections for 2011. After year end, we will be able to evaluate overages and short falls in order to better structure the projected budget for 2012. Overall, the 2011 budget has been very helpful as a starting point for the process of creating an accurate, working budget for Intergroup. Restated the need for increased group contributions and explained that without the various events that contribute financially, the Intergroup office would not be able to function and assist our AA members as effectively as it should. The special events help cover the costs when group contributions are not enough. Reps were asked to explain this issue with their home groups.

Secretary: Cheryl S. No report.

Office Manager: Pam T.-excused absence. Deanna gave the report. Holiday Open House- December 3, 2011 from 11am-3pm. Food, fellowship, holiday gift items for sale and half-price sale of "Big Books for Beginners". All are welcome to attend.

Archives: Nick L. The Archives committee completed many projects and is working hard on preserving the Grapevine magazines and converting the recorded cassettes to MP3. The committee also set up a wonderful display at the Gratitude Dinner. Special thanks were given to Jeannie, Chris, Theresa and Fred. Recordings of the two speakers from the Gratitude Dinner are available on CD's. Contact the Intergroup office for details. There is no charge, but donations are graciously accepted.

Bridge The Gap: Willie B. There was one female request for assistance this month. Male and female volunteers are needed. The committee serves an important role in helping the transitioning alcoholic by driving them to meetings and introducing them to others so they may create a support group for themselves.

General Service Liaison: Jerry W. Unexcused absence.

Group Information: Jim S. Unexcused absence.

Hospitals and Institutions: Carey A. All volunteer positions are currently filled, but the committee is always looking for more volunteers. One year of sobriety required. Meetings are held on the third Saturday of the month at 2pm at the Intergroup office.

Public Information: Kathleen H. The Delray Beach library and police department has been replenished with pamphlets and Where and Whens. Both libraries in Boynton Beach have been stocked with pamphlets and W&W's. The Boca Raton library now has AA information on its public information table. The Boynton Beach police department did not want to take any AA information. Anyone who might have leverage with this department, please contact the committee chair. The AA group that was offered to start at Atlantic High School has not begun yet. There has been no response after many attempts to reach

them. Continued attempts will be made.

Liaison to NPBC Intergroup: Highlights from the November meeting: NPBC Intergroup office is holding their Holiday Open House and Bake Sale on December 19, 2011 from 10am-3pm. The Bridge the Gap committee chair position is open. For further details, contact the Intergroup office.

Telephone Relay: Zach S. Excused absence.

Where and When: Todd L. Please notify the Intergroup office of any meeting schedule changes.

12th Step Committee: Bari W. and Bill J. Bill J.- no report. Bari W.- received many calls this month. Described the details of a 12th step volunteer and stressed the importance that it has on the suffering alcoholic who needs help. Group reps were asked to take sign-up sheets back to their homegroups. A written description of what a volunteer does will be emailed to all group reps.

Gratitude Dinner: The committee chair was absent. Sheryl S. and Sarah P. gave report. The event was a huge success with lots of fun and great fellowship. The archives display was well done and very much appreciated. Net profits were approximately \$9400.00.

Old Business: None.

New Business: The Journey to Freedom Group is sponsoring their holiday movie night on December 10, 2011 at 7pm at the Boca Raton Regional Hospital. Details can be found in the SCAAN.

Meeting ended with the Lord's Prayer at 7:45pm.

Respectfully submitted by Cheryl S.

FAITHFUL FIVERS

An Individual commitment to our A.A. Service Office -
South Palm Beach County Intergroup. A way to say -
I'm glad you were here when I needed you!
I'm grateful you are here now!
I want to be a part of the *FAITHFUL FIVERS* by
Pledging my time and/or money...

With Gratitude for their support:

Anonymous; Tony F.; Willie B.; Barbara S.; Christine M.; Diane S.;
Bari W.; Hank M.; Lisa M.; Archie W.; Lyn W.; Marie L.; Jim S.;
Melissa C.; Randi S.; Gerald M.; Stephanie; Tom W.; Liz S.;
Maggie D.; Tevie K.; Chris E.; Mary M.; Michael G.; Dennis F.;
Sandi E.; Christopher T.; Carolyn W.; K.J. F.; Suzy V.; Chris E.;
Bette H.; Jeanne McT.

With Gratitude for their service at the Intergroup Office during the month of November:

Bari W.; Jim S.; Rich W.; Andrew H.; Michael G.; Fred O.; Dennis
F.; Nick L.; Stan R.; Scott G.; Clark A.; Steve S.; Michael S.; Zach
T.; Theresa C.; Kris S.; Lynn E.; Jeannie G.; Dana C.;
Mr. Bo Jangles; Richard M.; Fred L.

BIRTHDAY CLUB

Tom M. – 28 years (12/9/1983) ~ *Boca Men's Group*

Diane S. – 20 years (1/1/1992) ~ *Sober Sisters*

Mike M. – 5 years (12/5/2006) ~ *Romance & Finance*

Michael S. – 1 year (12/17/2010) ~ *Deerfield Sat Night*

JANUARY Service Meetings

Sunday, 8th General Service District 8 Business Meeting
@ 5 pm – Triangle Club, West Palm Beach

Tuesday, 10th SPBC Intergroup Steering Committee
@ 5 pm – Intergroup Office

Saturday, 21st SPBC Intergroup H&I Committee Meeting
@ 2 pm – Intergroup Office

Wednesday, 25th SPBC Intergroup Business Meeting
@ 7 pm – Delray Central House

WHAT'S HAPPENING

January

January 1

South Palm Beach County AA Alcahon (final day) 12:00am to 11:00pm at Delray Central House. Participating South County Groups bring in AA meetings on the even hours and provide food and fellowship on the odd hours – All Day New Year's Day!

January 1

All Aboard's Speaker Extravaganza! ~ 12:01am~ "First meeting of New Year" with party hats to celebrate! Additional meetings at 10am, 2pm, 5:30pm & 7:30pm. Food and Fellowship offered all day.

January 7

Archives Workshop sponsored by District 8 Archives Committee ~ at the North Palm Beach County Intergroup, 1371 Okeechobee Rd, WPB ~ 10:00am to 12 Noon. All are welcome.

January 13-15

South Florida Area 15 General Service Quarterly Assembly
Hosted by: District 1 & 15
Location: Hilton St. Petersburg Bayfront, St. Petersburg
Room Rate: \$89 Room Code: SFA. Deadline for registration: Dec. 28.
727-894-5000

January 28

*Bowling for Big Books
Hosted by the All Aboard Group to benefit SPBC Intergroup H&I Committee.
Location: Strikes Bowl, Boca Raton ~ 6:30 to 9:00pm ~ Tickets \$20 covers bowling, shoes, "all you can eat" pizza, soda/coffee. Stay for the Speaker meeting at 9pm following the event. For more information, call Jay: 561-674-6200.

February

February 2-5

*Space Coast Round-Up "Rocking Into The Fourth Dimension"
Location: International Palms Resort & Conference Center, Cocoa Beach
Room Rates: \$95.00. Reservations call: 321-392-1647
Registration: \$30/pp thru Jan. 2 & \$35/pp thereafter.
Visit website for more info: www.aaspacecoast.org, click on "events" link & go to SCRU Space Coast Round-up.

February 11

*Movie Night – Hosted by Sober Sisters, Boca Raton
"When Love is not Enough: The Lois Wilson Story" ~ Saturday, Feb. 11, 2012 ~ 7 – 10PM
Location: Boca Raton Community Hospital in the Dawson Center

April

April 20-22

*Spring Into Sobriety Women's Conference
Location: The Helmsley Sandcastle Resort Lido Key, Sarasota
Room Rates: \$109 (mention SIS conference rates). Registration: \$25
For more info: www.sisconference.com

WHAT'S HAPPENING (CONTINUED)

August 2012

August 1-5

*56th Florida State Convention "Always Be There"
Location: Innisbrook Golf & Spa Resort, Palm Harbor
Phone: 727-942-2000 (convention room rates available)
Speakers, workshop, marathon meetings, & a full AI-Anon family groups program!
Visit website for more info: www.56.flstateconvention.com

August 17-19

*17th Annual SE Women To Women Conference
Location: Marriott Beach Hotel, Delray Beach. \$109/night/two people.
Banquets \$, Speakers Friday & Saturday nights. Opportunity for sober women to experience recovery & fellowship together! Visit website for more info: www.sewomantowoman.org

November 2012

November 9-11

Southeast Regional Forum "Sunlight of the Spirit"
Hosted by: Area 15
Location: Boca Raton Marriott
Visit website for more info: www.area15aa.org

**These listed solely as a service to SCAAN readers, not as an endorsement by SPBC Intergroup.*

South Palm Beach County Intergroup Association, Inc.

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Delray Beach, FL 33483

24-hours: 561.276.4581

Email: southcountyaa@comcast.net

Web-site: www.aainpalmbeach.org

Office Hours

Monday-Friday: 9am - 5pm

Saturday: 10am - 3pm

STEERING COMMITTEE

Chair – Sheryl S.

Vice Chair – Liz S.

Treasurer – Sarah P.

Secretary – Cheryl S.

Officer Manager – Pam T.

COMMITTEES

Archives.....Nick L.
Archivist.....Michael G.
Bridge the Gap.....Willie B.
General Services Liaison.....Jerry W.
Group Information.....Jim S.
Hospitals & Institutions.....Cary A.
Liaison to North County Intergroup.....Andrew H.
Public Information.....Kathleen H.
SCAAN.....Vacant
Telephone Relay.....Zach S.
Twelve Step Committee.....Bill J./Bari W.
Webmaster.....David R.
Where & When.....Todd L.
Serenity Scramble.....Sarge
Intergroup Gratitude Dinner.....Melissa C./Women Living Sober