

STEP 2 IN EARLY SOBRIETY

Albert Einstein said, “The definition of insanity is doing the same thing over and over again and expecting different results.” That pretty much sums up my relationship with alcohol, especially in the past 5 years. I’d drink moderately, then get drunk, then beat myself up, then quit drinking, then decide I could control it because I’d been able to stop, then start drinking again, then get drunk, then quit, then start all over. It was insane. I was insane.

But there was something about A.A.’s Second Step – the idea that I had to buy into this “Higher Power” thing in order to get sober — that made me a bit uncomfortable. Not because I didn’t believe – I was raised Catholic, I converted to Judaism in 1996, I certainly believe in God. It just sounded a little too much like “Jesus Saves” which totally freaked me out. Because I had been “saved” once before — and it was scary.

When I was 12, my friend Roberta invited me to Wolf Mountain, a weeklong sleep away camp located near the small Northern California town where we lived. She told me it was co-ed so we could meet boys (not like the all-girls Catholic camp from which I had recently returned). She told me it was “Indian Camp” so we would sleep in giant tee-pees. She did not tell me, however (maybe she didn’t know) that the camp was run by fundamentalist Christians. Every night at the campfire, Running Bear or Spotted Wolf (all the staffers had Indian names) would announce the campers who had accepted Jesus Christ as their “personal savior” that day. I had no intention of adding my name to the list. I’d had my First Communion, I went to confession regularly, I was going to be Confirmed in the coming year. I assumed I was on the fast track to Heaven. Then on the last night, all the campers were herded into a barn-like auditorium to watch a film about the Rapture. The film depicted, in terrifying detail, the moment when all of the “true Christians” would be gathered together to meet Christ upon His return, leaving all of us fakers behind to die a lonely, miserable death on Earth. It scared the crap out of me. Afterward, I sprinted back to my tee-pee, dropped to my knees and begged my counselor, Little Duckfeet, to save me, too.

Rationally, I knew that A.A.’s traditions were nothing like Wolf Mountain’s salvation-by-intimidation approach. Still, around my 40th day of sobriety when my sponsor wanted to meet to review the Second Step, visions of Little Duckfeet danced in my head. I told her I needed more time.

That same week, I was invited to an event at the very trendy Standard Hotel in New York City’s Meatpacking district. Some of

my former Conde Nast colleagues had rented the terrace overlooking the skyline of downtown Manhattan. As we got off the elevator, a young, good-looking waiter greeted us with a tray full of champagne. I watched enviously as my friends lifted the gold-filled flutes, clinking, toasting, and drinking. Then my insanity came knocking.

- *I can have one drink.*
- *I have been so good, I deserve it!*
- *How can I not have a glass of champagne?*
- *Everybody else is drinking, why shouldn’t I?*

I walked toward the bar.

“Champagne?” the bartender said as he popped the cork on another bottle.

I imagined the bubbles in my mouth, tickling my palate at first and then becoming sweet and smooth as my troubles melted away with each sip. I wanted to say “Yes” so badly, and had I been trying to get sober on my own, I probably would have. But I thought of all those people I had met in my A.A. meetings — unfailingly honest, day after day, sharing their experience, strength and hope with me. They’d given me their phone numbers, invited me for coffee, clapped and cheered when I announced my sober day counts: 12 days...23 days...36 days...41 days. As the waiter filled up the glass, I imagined calling my sponsor to tell her that I’d have to forfeit those hard-earned days of sobriety and start over. I pictured myself telling all those people who had been rooting so hard for me that I “went out” over a glass of champagne. I couldn’t do it.

“Just a Perrier with lime,” I finally said. The waiter handed me the unfamiliar drink and I winced as the bubbles stung the inside of my mouth. It was a lot to swallow – this unsatisfying champagne substitute, this strange state of sobriety, this saying no when I wanted to say yes, this Second Step. But I did it. While physically I was at a glamorous Conde Nast event, mentally I was in a church basement with these strangers I’d come to know, trust and rely on for help. Together, they formed a power that was greater than myself. Together, they helped rescue me from my own insanity.

In the book, *Twelve Jewish Steps of Recovery*, Rabbi Kerry Olitzky writes, “It doesn’t matter if God has a long white beard, what matters is there’s someone beyond you and beside you. You just have to connect with it.” I realized that day that it’s irrelevant whether I am Catholic or Jewish; Born Again or Atheist. What’s most important is that I’m not alone.

Patty N.

THE STEPS & THE TRADITIONS

STEP 2 - Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2 - For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Our 2011-2012 Intergroup Alcathons

The South Palm Beach County Intergroup would like to take this opportunity offer our gratitude and appreciation to Delray Central House. For 27 years, Delray Central House has hosted our Intergroup Alcathons during the holidays. This year, like all past years, Delray Central House and its members sacrifice their time, energy, resources and use of their facility for the good of the Fellowship in our area. The DCH group graciously lets the Intergroup use their facility for our monthly business meetings and several annual events. We would like to acknowledge that what Delray Central House can not give financially, they more than give spiritually. Our Gratitude to Delray Central House and all the SPBC groups that supported and participated in the 2011 Alcathons, and to our volunteers who helped with serving, greeting, cleaning and sharing.

Boca Men's Recovery
Boynton Beach Beginners
Boynton Beach Group
Boynton Boat Ramp Big Book
Daily Grace
Delray 11th Step Meditation
Delray Central House
Divas Group
Downtown Boynton Group
Downtown Delray
Eastside Women's
Journey to Freedom
Just Before Dawn
Language of the Heart
Lunch Bunch
Men with Solutions
North Boca Steps and Traditions
One Day at a Time
People With Time
Saturday Night Live at 5
Seniors in Sobriety
Serenity Hour
Sobriety for Breakfast
Sobriety On Sunday (SOS)
Sunday Morning Spiritual
Sunny Isles
Tradition 3 Group
Tuesday Men's Solution
We Are Not Saints
Welcome Home in Delray
West Boca Beginners
West Boca Big Book
West Boynton Group
Women Living Sober
Women with a Solution
Young People with a Solution

Nick L.
Archives Chair
SPBC Intergroup Archives Committee
January 4th, 2012

2012 Grapevine Request List

Currently, we are requesting donations of the A.A. Grapevine magazine. Our collection is only partially complete. While we accept all donations of our "meeting in a magazine," we are in specific need of the issues:

• ALL ISSUES PRIOR TO 1991

1991. March
1993. January
1994. January, February, September
1995. April, May
1997. November
1998. February, April, May, August, September, December
1999. February, August
2000. February, March, July
2001. March, June, September
2002. January, March, May, June, July, November, December
2003. February, May, June, December

Did You Know.....??

We are not self-supporting through our own Contributions!

Therefore we must supplement our Income with Sales of literature and other items:

...During 2011 ~ Your Intergroup

- Sold 5,209 AAWS Books
- Sold 3,493 AAWS Pamphlets
- Sold 674 Other AAWS items
- Sold 272 Grapevine Books
- Sold 629 Non-Conference Books
- Sold 18,956 Chips
- Sold 3,769 Bronze Medallions
- Sold 917 Special Tri Plate Medallions
- Sold 12,327 Where & Whens
- Sold 1,003 Newcomer Packets
- Sold \$12,232 in other Gift Items



Total Sales for 2011: \$98,494

Thank you for supporting Intergroup!

February Service Meetings

February 12

General Service District 8 Business Meeting
Sunday @ 5 pm-Triangle Club

February 13

SPBC Intergroup Steering Committee
Monday @ 5pm-Intergroup Office

February 18

Intergroup H & I Committee Meeting
Saturday @ 2pm-Intergroup Office

February 29

SPBC Intergroup Business Meeting
Wednesday @ 7pm-Delray Central House

UPCOMING EVENTS

February

February 2-5

***Space Coast Round-Up “Rocking Into The Fourth Dimension”**

Location: International Palms Resort & Conference Center, Cocoa Beach, FL

Room Rates: \$95.00 Reservations call: 321-392-1647

Registration: \$30/pp thru Jan 2nd & \$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”

Location: Boca Raton Community Hospital in the DawsonCenter
7-10pm

February 11

*Valentines Dance ~ sponsored by Delray Central House ~ From 8pm to Midnight. All Welcome! (the 8:30pm and 10pm Central House meetings are cancelled that night)

February 18

Delray Central House will hold a Traditions Workshop from 2pm to 4pm with 3 speakers presenting their experience on Traditions 1, 2, & 3. Refreshments will be served.

April

April 20-22

***Spring Into Sobriety Women’s Conference**

Location: The Helmsley Sandcastle Resort Lido Key, Sarasota, FL

Room Rates: \$109 (mention SIS conference rates) Registration: \$25

For more Info: www.sisconference.com

*******April 15*******

South Palm Beach County Intergroup’s 28th ANNIVERSARY PICNIC

- Beginning at 11 am at John Prince Park. Tickets \$10, Children under 12 are free. All are welcome! Games, raffles, prizes, Bounce House, playground, volleyball, food and lots of fun for everyone!

May

May 4-6

***22nd Spring Conference “The Woodstock of AA”**

Location: International Palms Resort & Conference Center

Room Rates: \$96 reserve by April 5th & mention “Woodstock of AA”

Registration Fee: \$30 For more info call: (321)783-2271

August

August 1-5

***56th Florida State Convention “Always Be There”**

Location: Innisbrook Golf & Spa Resort, Palm Harbor, FL

Phone: 727-942-2000 (convention room rates available)

Speakers, workshop, marathon meetings, & a full Al-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

Opportunity for sober women to experience recovery & fellowship together! For more information please visit:

www.southeastwomantowoman.com

October

October 14

SPBC Intergroup 9th Annual Serenity Scramble Golf Tournament

Location: Delray Beach Golf Club

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 endorsement by SPBC Intergroup.*

South Palm Beach County

Intergroup Association, Inc.

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Delray Beach, FL 33483

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Email: southcountyyaa@comcast.net

Website: 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.

Office Manager - Pam T.

COMMITTEES

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

INTERGROUP MINUTES - DECEMBER 28, 2011

Chairperson: Sheryl S. Meeting opened with a moment of silence followed by the Serenity Prayer. Minutes from November 30, 2011 were approved. Basket was passed according to the 7th Tradition. New Group reps were welcomed. Announced that there would be elections for the position of committee chairs for the SCAAN and Group Service Liaison. Read descriptions and suggested requirements of positions. Thanked Central House for the use of their facility for the Christmas Alcathon and expressed gratitude for the warm and welcoming environment that the Alcathon provides for its AA members.

Welcome New Group Reps: Harry T.-From Steerage To Captain's Table; Kathy B.- Boca Speakers Group; Matt W.- We Believers.

Vice Chair: Liz S. No report.

Treasurer: Sarah P. There will be a full year budget review and detailed financials from December which will include the contributions from the Alcathons in the next SCAAN.

Secretary: Cheryl S. No report.

Office Manager: Pam T. The New Year's Alcathon will begin Saturday 12/31/11 at 12pm and the last meeting will be on Sunday 1/1/2012 at 10pm. Went over group, monitor responsibilities and a brief history of the Alcathon. **Intergroup is looking for volunteers to work in the office on Wednesdays and Fridays. **The All Aboard Group will be hosting a "Bowling for Big Books" on Saturday January 28, 2012 at Strikes Bowl in Boca Raton from 6:30-9pm. \$20.00 includes bowling, shoes, pizza, soda and coffee. There will be a speaker meeting at 9pm. **Intergroup and GSO are looking for AA members who speak foreign languages especially French and Haitian. All foreign language speakers are appreciated. **The Southeast Regional Forum will be hosted by our Area 15 and held in our District 8 this coming November 9-11, 2012 at the Boca Marriot. For more information and volunteer opportunities you can visit the website. **There was a great turn out for the Holiday Open House which was held on December 3, 2011. **The Intergroup office will be closed Saturday December 31- Monday January 2, 2012 for the holiday. The office will be unavailable to receive phone calls on Tuesday January 3, 2012 because it is annual inventory day, but the office will be open.

Office Assistant: Deanna D. Announced that there is a monitor position available for Sunday January 1st from 4-8pm. She has received phone calls at the office giving positive feedback regarding the Christmas Alcathon.

Archives: Nick L.- excused absence. Michael G. gave report. An archives workshop sponsored by District 8 archives committee will be held on January 7, 2012 at the NPBC Intergroup office from 10am-12pm. There will be a slide show of AA from its beginning. CDs from the Gratitude Dinner will be available around the end of January. Donations are greatly appreciated to cover the costs. Special thanks went out to Nick L., Fred, Jeannie, Teresa and Pam for their dedicated service that they provided during the year.

Bridge the Gap: Willie B. Volunteers are needed. Asked reps to go back to their groups and announce the need for volunteers. Duties would include taking the new comer to meetings and helping them establish a support group of their own.

Group Information: Jim S.- excused absence.

Hospitals and Institutions: Carey A. All positions are currently filled. If any openings become available and you want to volunteer, it is best to attend the monthly meeting which is held on the 3rd Saturday of every month at 2pm at the Intergroup office.

Public Information: Kathleen H. The libraries in Delray Beach, Boynton Beach and Boca Raton have been restocked with AA literature. The Delray police department has been given AA pamphlets to hand out to the community. Bethesda Hospital has AA literature in their waiting areas. It was recommended that Delray Medical Center be approached in regards to providing AA literature.

Liaison to NPBC Intergroup: Andrew H. Attended the NPBC Intergroup meeting on December 14, 2011. Upcoming events include an Old Timers Speaker Panel/Spaghetti Dinner scheduled for March/April 2012. For further details of the meeting, contact the Intergroup office.

Telephone Relay: Zach S. Phone commitments are filled until June 2012. Need groups for July to the end of the year.

Where and When: Todd L. New W&Ws will be available by the end of January at the Intergroup business meeting. The deadline for new information is the second week in January.

12th Step Committee: Bill J.- excused absence. Bari W. Many calls were received at the Intergroup office for 12 step calls this month. Volunteers are needed. Call the Intergroup office to sign up.

General Service Liaison: Jerry W. has resigned citing personal reasons. Elections for the position will be held at today's meeting.

SCAAN: Elections for the position will be held at today's meeting.

Old Business: None.

New Business: Elections for the position of SCAAN and General Service Liaison committee chairs were held. Maryann T. was elected as the new SCAAN committee chair. The position for General Service Liaison is still open.

Meeting ended with the Lord's Prayer.

Respectfully submitted by Cheryl S.

FAITHFUL FIVERS

With Gratitude for their support for this year:

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.; Mary M.; Michael G.; Dennis F.; Sandi E.; Christopher T.; Carolyn W.; KJ. F. Suzy V.; Chris E.; Chris E.; Bette H.; Jeanne McT.; Stan R.; Kathryn S.

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

Bari W.; Simon C.; Rich W.; Andrew H.; Michael G.; Fred O.; Danny F.; Nick L.; Stan R.; Susan K.; Clark A.; Steve S.; Michael S.; Zach T.; Theresa C.; Lynn E.; Mr. Bo Jangles; Jeannie G.; Bob K.; Fred L.; Richard M.

BIRTHDAY CLUB

Ray R. - Big Book Adventure - 11/17/90 - 21 yrs.

Michele H. - Lantana Group - 1/1/91 - 21 yrs.

Sharon R. - Big Book Adventure - 1/23/92 - 20 yrs.

Ray F. - Boynton Beach - 12/18/94 - 17 yrs.

John T. - Just Before Dawn - 2/16/11 - 1 year