

## The Shift in Step Five

*“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”* Al-Anon’s Step Five

The first time I did a Fourth Step, I was downright hungry for it. I wanted to learn about myself, and I wanted to do it in a hurry. When it came time to write about my part in things, I definitely didn’t hold back. In fact, I felt a strong responsibility to dig deep enough into my character to uncover all the little nasties that were buried there. It was both painful and enlightening, all at the same time.

Because of all the growth I felt while doing my fourth step, I was convinced that my fifth step would be something straight out of a superhero graphic novel. As I confessed my inventory to another human being, the skies would open up, and a cleansing beam would bathe me in light and immediately relieve me of my neuroses.

You can imagine what a let down it was when after reading through my fifth step with my sponsor, she just looked up, gave me an accepting hug, and said, “How about another cup of coffee?” No cleansing beam. No sparkling shazam from my higher power. I didn’t feel any different, and in the days that followed, I saw that I was still doing questionable things like I always had.

It took me a while to even see that a shift had occurred. It was ever so slight. I still did things

I wasn’t proud of, but now I had a vague awareness as I was doing them. Somewhere in all that confession, I had gained a bit of perspective. Part of it was being able to witness that the admission of my wrongs did not cause the skies to crack open. Part of it was just getting myself into the mindset of keeping a watchful eye on my own behavior. Whatever it was, I seemed to be getting better at processing that kind of information without hiding behind my righteousness. There was a difference, it just wasn’t big and dramatic.

For me, one of the lessons of Step Five was learning that real change takes time. I can’t just confess my sins and expect to be instantly transformed. I remember that blissful shift towards relief when I first stepped into the rooms, and even while I was doing my first fourth step. But after a while, I realized that recovery was less about the sudden makeover than it was about flossing my teeth before bed every night. It may not be very sexy, but it’s what keeps me smiling day after day. Now, if the skies opened up or I happened to catch a glimpse of a burning bush, I’m not sure I would pay it much mind. Those bright shiny lights have a habit of burning out. Instead I think I’ll be content with the slow and steady progress I’ve come to know. It’s more my speed these days.

*A Grateful Sober Alcoholic*

### THE STEPS & THE TRADITIONS

**STEP 5** - “Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

**TRADITION 5** - “Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.”

## COMING BACK FROM THE EDGE

SIXTEEN 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 ½ years. Mentally I drank much earlier. Those first 6 ½ 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 ups and downs are inevitable in life, and the only real control I have is how I react to them.

I've learned that the program of A.A. is one part God realization, 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, FL, Dec, 2011

### Sponsor vs Sponsee

A man in a hot air balloon realized he was lost. He saw a person on the ground and yelled down to him, "Can you help me? I don't know where I am." The man replied, "Sure, I'll help you. You are in a hot air balloon hovering 30 feet above the ground...between 40 and 41 degrees North latitude and between 59 & 60 degrees West longitude."

"Wow, you must be an AA sponsor", said the man in the balloon. "I am", said the man, "but what gave me away?"

"Well", answered the balloonist, "everything you told me is technically right but I am still lost. Frankly you're not much help at all and you might even have delayed my trip."

"You must be an AA sponsee", replied the man. The man in the balloon was amazed and said, "I am, but how did you know?"

The man on the ground said, "Well, you don't know where you are or where you're going. You have risen to where you are due to a lot of hot air. You are expecting other people to solve your problems and the fact is that you are in exactly the same position you were in before we met, but, somehow now IT'S MY FAULT!"

## South Palm Beach County Intergroup - Profit & Loss - March 2014

	Mar 14	YTD Mar 14		Mar 14	YTD Mar 14
<b>Ordinary Income/Expense</b>					
<b>Income</b>					
Interest Income			Insurance	97.50	292.50
Cash Discounts	0.00	39.00	Inventory Adjustment	0.00	0.00
Contribution-Non Group			Quarterlies / Mileage Reimb	0.00	0.00
Anonymous	25.00	233.25	Miscellaneous Expenses	0.00	0.00
Birthday Club	103.00	226.00	Payroll Expenses	3,341.39	10,980.99
Faithful Fivers	75.00	75.00	Postage and Delivery	0.00	2.53
Contribution-Non Group - Otl	0.00	0.00	Printing and Reproduction		
Total Contribution-Non Group	203.00	534.25	SCAAN	191.00	573.00
Contribution Income	4,306.96	15,422.37	Printing and Reproduction - t	0.00	80.00
Fund Raising Income			Total Printing and Reproduction	191.00	653.00
2013 Alcathon Income	0.00	1,100.00	Professional Fees		
2014 Gratitude Dinner	0.00	0.00	Accounting	0.00	0.00
2014 Picnic/Raffle	0.00	0.00	Computer Technology	0.00	0.00
2014 Serenity Scramble	0.00	0.00	Total Professional Fees	0.00	0.00
Total Fund Raising Income	0.00	1,100.00	Program & Committee Expenses	0.00	0.00
Sales			Rent	1,273.58	3,820.74
AAWS Books	4,233.00	13,347.50	Repairs		
AAWS Other	243.73	567.98	Building Repairs & Maintenan	0.00	0.00
AAWS Pamphlets	264.71	632.79	Total Repairs	0.00	0.00
Chips	469.00	1,396.75	Storage	65.00	130.00
Demdaco Gift Items	102.00	385.00	Supplies	752.60	1,520.27
Gift Items	478.30	1,863.50	Telephone	313.52	946.78
Grapevine Books	266.00	606.00	Utilities		
Grapevine Other Material	43.00	78.25	Electric	197.20	591.60
Hazelden Books	512.10	1,581.70	Total Utilities	197.20	591.60
Hazelden Other	0.00	0.00	Total Expense	6,935.23	20,145.90
Medallions	1,571.00	5,162.00	Net Income	683.79	6,221.72
Sale of Books	33.00	98.00			
Where & When	375.00	1,310.00			
Total Sales	8,590.84	27,029.47			
Total Income	13,100.80	44,125.09			
Cost of Goods Sold	5,481.78	17,757.47			
Gross Profit	7,619.02	26,367.62			
Expense					
Advertising	0.00	0.00			
Annual Report Fee	0.00	61.25			
Bank Service Charges	15.00	45.00			
Contributions	500.00	500.00			
Fees Credit Cards	188.44	601.24			
Fund Raising Expenses					
2013 Gratitude Dinner	0.00	0.00			
2013 Picnic Expenses	0.00	0.00			
2013 Serenity Scramble	0.00	0.00			
Total Fund Raising Expenses	0.00	0.00			

### Office Volunteers

Joe H., Randy, Kelly N., Bari, Caryl, Elizabeth,  
Ken, Petti, Michael G., Stan, Dennis, Andrew,  
George, Charlie, Alan, Caitlin, Chris T., Alexandra  
D., Luke, Carol, Joe A., Cathy L., Eleanor, Nancy,  
Linda S.

Operating Acct	\$13,199.06	Accounts Receival	\$15.00	Fixed Assets	3,064.71
Prudent Reserve Act	\$27,975.52	Inventory Asset	28,138.87	Other Asset/Rent Dep	2,769.38
Petty Cash	\$150.00	Other Current Ass	3,427.36	TTL FIXED/OTHER ASSETS	5,834.09
TTL CHECKING/SAVINGS	\$41,324.58	TTL CURRENT ASSETS (Incl. Chk/Sav	72,905.81	TTL CASH & ASSETS	\$78,739.90

# GROUP CONTRIBUTIONS: MARCH 2014 AND YEAR-TO-DATE 2014

GROUP NAME(S)	Mar 2014	YTD 2014	GROUP NAME(S)	Mar 2014	YTD 2014	GROUP NAME(S)	Mar 2014	YTD 2014	
1-2-3 Step, Boca	0.00	40.00	KISS Boynton Beach	0.00	0.00	Sober Sisters, Boca	42.66	163.63	
11th Step Group, Lake Worth	0.00	0.00	Lake Worth Tues Nite BBSS	0.00	0.00	Sober Sisters, Lake Worth	32.57	32.57	
12 O'Clock High,W Boca	50.00	175.00	Lake Worth Young People's	0.00	0.00	Sober Sunset Group, Boca Pines	175.00	475.00	
Acceptance is the Answer, Delray	0.00	0.00	Language Of The Heart, Delray	0.00	0.00	Sobriety For Breakfast, W Boca	0.00	304.00	
All Aboard	0.00	0.00	Lantana Group	115.00	115.00	Sobriety In The Wind, Delray	0.00	83.20	
Big Book Adventure, Boca	0.00	208.16	Let's Do Lunch, Boca	0.00	0.00	SOS (10am), Boca	0.00	467.00	
Big Boys, Boca	0.00	0.00	Living Sober Women, Delray	0.00	0.00	Spiritual Awakenings,Boca	90.50	155.00	
Boca Boys, West Boca	0.00	0.00	Lunch Bunch, Boca	0.00	515.10	Step Aboard All Traditions	0.00	0.00	
Boca Men's Recovery	0.00	0.00	Men's Tuesday Solution, Boca	0.00	0.00	Step by Step, Delray	0.00	0.00	
Boca Men's, Boca	0.00	0.00	Men Oh-Track, Boca	24.00	48.00	Sunday Morning Spiritual Group	0.00	0.00	
Boca Women's Group	47.50	47.50	Men With Solutions, Delray	0.00	280.50	Sunday Night Speaker - Boca	0.00	0.00	
Boynton Beach Beginners	0.00	0.00	Midday Miracles, Delray	0.00	208.80	Sunny Isles, Lantana	0.00	412.00	
Boynton Beach Group, Boynton	0.00	0.00	Morning Medicine,Boca	250.00	350.00	Sunrise Beach Meeting, Delray	0.00	3,000.00	
Boynton Beach Men's	0.00	0.00	New Beginnings, Wayside	0.00	0.00	TGF, Delray	100.00	200.00	
Boynton Boat Ramp Group	5.00	5.00	New Life Group	0.00	0.00	The Gathering	100.00	200.00	
Cardinal Lane, Lantana	0.00	62.60	New Life II	100.00	300.00	Too Young to Be Glum	0.00	0.00	
Cheer Up @1013	0.00	0.00	No Matter What Group	0.00	0.00	Tuesday Men's Solutions	0.00	454.00	
Daily Grace	0.00	0.00	North Boca Steps & Traditions	0.00	0.00	We Agnostics, Boca	0.00	40.00	
Delray 11th Step Meditation Grp	0.00	0.00	North Delray Steps & Traditions	888.88	888.88	We are Not Saints, Boynton	128.85	128.85	
Depression and the Alcoholic	50.00	50.00	One Day At A Time, Delray	0.00	0.00	We Believers, Boca	261.00	261.00	
Derailroaded Group	0.00	0.00	One Page at a Time, Delray Beach	0.00	0.00	Wednesday Night Beginners W Boca	0.00	0.00	
Divas at 830 AM	0.00	328.80	Open Your Heart, Delray	100.00	100.00	Welcome Home in Delray	61.00	234.00	
Double Digit Gang, Delray	0.00	0.00	Page 83	0.00	0.00	West Boca Beginners	100.00	200.00	
Downtown Delray Group	568.00	568.00	People With Time	0.00	0.00	West Boca Friendship Group	100.00	460.00	
Downtown, Boynton	0.00	0.00	Primary Purpose, Boca Pines	0.00	0.00	West Boynton Group	0.00	750.00	
East Delray Men's Group	168.00	389.80	Principles and Promises	0.00	50.00	Westside Group, Delray	0.00	31.00	
Eastside Women's Group	0.00	100.00	Principles in Practice	0.00	0.00	Women's Big Book Study, Boca	0.00	0.00	
Experience, Strength & Hope, BB	0.00	0.00	Road To Recovery, Boca	0.00	0.00	Women in Recovery, Boca	0.00	132.26	
Eye Opener's, Lake Worth	0.00	0.00	Romance & Finance, W Boca	0.00	100.00	Women Living Sober, Boca	0.00	40.00	
Fri Night Special/Sat.Eve Post	0.00	0.00	Safe Harbor, Boynton	0.00	125.00	Women's Peace of Mind, Boca	0.00	0.00	
From Steerage	0.00	50.00	Saturday Night Live @ Five,Boca	0.00	0.00	Women's Step by Step, Delray	14.00	14.00	
Inside Out Group	0.00	0.00	Second Chance Women, Delray	0.00	0.00	Young at Heart, Delray	0.00	0.00	
Intergroup Meeting	66.00	190.22	Seniors in Sobriety,Delray	0.00	150.00	Young at Heart, Delray	0.00	0.00	
Journey to Freedom, Boca	0.00	0.00	Serenity Hour, Delray	349.00	673.00	Young People with a Solution	0.00	0.00	
Just Before Dawn	0.00	500.00	Serenity on the Beach , Lantana	320.00	320.00				
Just For Now, Boca	0.00	245.50							
							<b>Total Group Contributions</b>	<b>4,306.96</b>	<b>15,422.37</b>

## AA HOTLINE – RELAY PHONE



The Hand of AA is Available 24 Hours a Day!

May - Big Book Adventure Group

June - All Aboard!

July - Boynton Beach Group

August - Welcome Home in Delray

## FAITHFUL FIVERS

With Gratitude for their support:

Stan R. – Just Before Dawn

Michael G. – Sobriety for Breakfast

Bari W. – Welcome Home in Delray



## BIRTHDAY CLUB

Lyn W., 4/24/73 - 41 yrs  
Step Into the Solution

Paul F., 12/19/09 - 4 yrs  
The Tuesday Men's Solution Group

Karin K., 4/10/87 - 27 yrs

*Congratulations!*  
from SPBC Intergroup

### BIRTHDAY CLUB

SOUTH PALM BEACH COUNTY INTERGROUP

#### CONGRATULATIONS ON YOUR ANNIVERSARY!

Your donation goes to help the valuable services provided by Intergroup including the AA hotline, meeting schedules, 12 step work, literature inventory, SCAAN newsletter and hospital/institution meetings.

Name \_\_\_\_\_ Anniversary Date \_\_\_\_\_

Home Group \_\_\_\_\_ Contribution\* \$ \_\_\_\_\_

\*Recommended contribution is \$1 for every year of sobriety.

If you would like a reminder notice next year, please fill out the address portion below or provide an email address.

Address \_\_\_\_\_ City \_\_\_\_\_

State/Zip \_\_\_\_\_ Email \_\_\_\_\_

## INTERGROUP BUSINESS MEETING MINUTES - MARCH 26, 2014

**Chairperson:** Ed T. Meeting opened with a moment of silence followed by the Serenity Prayer.

Minutes from the February 26, 2014 meeting were approved. The Twelve Traditions were read.

New group reps were welcomed. The need for a chairperson for the Serenity Scramble and a group to sponsor the Gratitude Dinner was announced. The Where and When chair, Hannah F. will be stepping down from her position in May and a new chair will be needed. Ed gave a brief description of the duties of the position.

**New Group Reps:** 12 O'Clock High- Sue Ellen S.; Men With Solutions - Chet W.; Men's Spiritual Meditation - Jon M.; The League of Extraordinary Gentlemen - Zachary M.; Sobriety On Sunday - Annie G.; Language Of The Heart- Jake F.

**Office Manager:** Jeannie G. Reviewed the progress for the Annual Intergroup Picnic. The total raffle ticket sales as of March 26th is \$170. 430 picnic tickets have been distributed to the Intergroup reps. The raffle prize of a 50 inch TV is on display at the office. \$5 raffle tickets can be purchased at the Intergroup office and on April 27th, the day of the picnic.

**Treasurer Report:** John S. The financial report can be found in the SCAAN. If there are any questions regarding the finances of Intergroup, please contact the office.

**Archivist:** Michael G. No report.

**Archives:** Derek L. No report.

**Bridge the Gap:** Jacob K.(men)- No report. Trish C.(women)- Excused absence. No report.

**General Service Liaison:** Andy D. The March 9, 2014 District 8 meeting focused on the agenda items for the 2014 General Service Conference. Committee reports were emailed. Highlights include the upcoming Area Quarterly in Tampa, April 4th-6th. The Traditions and Concepts committee is offering to do a Traditions skit or a Concept panel at anyone's homegroup. A Traditions workshop is scheduled for May 24th from 10am-2pm at the NPBC Intergroup office. The Treatment committee is looking for volunteers for this committee for help with the NCPB H&I meetings. For further details of the report, contact the Intergroup office.

**Group Information:** Bari W. Bari is available to come to anyone's homegroup if they are interested in getting information about Intergroup.

**Hospitals and Institutions:** Phil P. and Kitty B. Kitty gave the report. H&I is bringing 46 meetings a week into 17 facilities. South County Mental Health has requested a new meeting for Monday starting next week and the chairperson position has been filled. There are two openings for chairperson positions. Tuesday 8pm meeting at the Watershed facility in Boca and Friday 7:30pm meeting at Lifestyles College of Development in Delray. Both meetings are co-ed. The committee needs volunteers to chair meetings. The monthly H&I meeting is held on the 3rd Saturday of the month at 2pm at the Intergroup office.

**Public Information:** Linda C. No report.

**SCAAN:** Maryanne and John T. Articles are always welcomed and can be emailed to the Intergroup office.

**Telephone Relay:** Willie B. The relay phone is covered up until the month of August. Volunteer groups are needed for the remainder of the year.

**Where and When:** Hannah F. Hannah will be stepping down from the position at the end of May and states that she is truly grateful to have had the opportunity to serve the AA Intergroup community and gives special thanks to Jeannie G. for her help and support. Until a new chair is elected, she will continue to update the W&W to insure that changes can be found on our website. Please email any changes or additions to Intergroup.

**12th Step Committee:** David C. (men)- No report. Sarah B. (women)- The women's list is up to date and new women are always welcome to be added.

**Liaison to NPBC:** Pam T. The NPBC Intergroup meeting was held on March 12, 2014. The office manager distributed "Frequently Asked Questions Regarding Housing, Transportation and Volunteering" for the upcoming 2015 International Convention. Updates will be sent to Intergroups throughout 2014-2015 for distribution to their groups. The information will also appear in the publication "Box 459". For a detailed report, contact the Intergroup office.

**Annual Intergroup Picnic:** Joe A.- Excused absence. Cheryl S. gave the report. The volunteer meeting is scheduled for April 12th and there are approximately 20 volunteers. Ticket sales are ongoing. The menu has been discussed and children's activities which include face painting, bounce house and music are being arranged. If you are interested in volunteering, contact the Intergroup office.

**By-Laws Limited Committee:** Bob M. The committee has finished the review of the comments and suggestions that were received. Bob M. went over these questions and comments at the Business meeting. A binder with this information can be reviewed at the intergroup office. As a result of the suggestions received, the committee made one change to the previous presented proposed By-Laws and a final version was emailed to group reps.

**New Business:** John S. gave a brief explanation of the roles and responsibilities of the Intergroup rep.

The meeting ended with the Lord's Prayer.

Respectfully submitted by Cheryl S.

## MEETING UPDATES

### Thursday Night Big Book Workshop

Zion Lutheran Church - Thursday 7:30-8:45  
CB (format update)

### East Delray Men's Group

Crossroads Club - Tuesday 5:30 PM  
CSM (Format update)

### Our Club - New Address

640 S. Dixie Highway, Lantana, FL 33462  
561-568-6920

### Sunrise Beach Meeting - Atlantic and A1A

Effective March 31, 2014 - 7:00 AM meeting will also be held on FEDERAL HOLIDAYS:

May 26, July 4, September 1, October 13, November 11, November 27, December 25

### Promises - Lambda North Clubhouse

Monday thru Friday 12:00 Noon - OD

## UPCOMING EVENTS

### May 2-4

24th Spring Conference - The Woodstock of AA  
Orlando, [gyeldell@cfl.rr.com](mailto:gyeldell@cfl.rr.com)

### May 8-11

36th Big Book Seminar  
Ft. Lauderdale, [www.bigbookseminar.com](http://www.bigbookseminar.com)

### June 6-8

Founders Day  
79th Anniversary of Alcoholics Anonymous - Akron  
[www.foundersdayregistration.akronaa.org](http://www.foundersdayregistration.akronaa.org)

### July 4-6

33rd FCYPAA - PGA National Resort & Spa  
Palm Beach Gardens, [www.pbfcypaa.com](http://www.pbfcypaa.com)  
[info@wpbfcypaa.com](mailto:info@wpbfcypaa.com)

### July 16-20

58th Florida State Convention  
Ft. Lauderdale, [www.58.flstateconvention.com](http://www.58.flstateconvention.com)

### August 15-17

The Women in Recovery Conference  
Delray Beach, [www.thewomeninrecovery.com](http://www.thewomeninrecovery.com)

### August 21-24

56th ICYPAA - San Antonio  
[56th.icypaa.org](http://56th.icypaa.org) [www.icypaa.org](http://www.icypaa.org)

### September 26-28

Intergroup/Central Office/A.A.W.S./Grapevine  
Seminar, Chicago, [www.ChicagoAA.org](http://www.ChicagoAA.org)

### October 8-12

18th National AA Archives Workshop - Philadelphia  
[www.aanationalarchivesworkshop.com](http://www.aanationalarchivesworkshop.com)

### July 2-5, 2015

2015 International Convention of Alcoholics  
Anonymous  
Atlanta, [www.aa.org](http://www.aa.org)

## May Service Meetings

### May 17

SPBC Intergroup H&I Committee Meeting  
Saturday, 2:00 PM - SPBCI Office

### May 18

District 8 General Service Business Meeting - Triangle Club,  
4:00 PM: GSR/DCM SHARING  
4:40 PM DISTRICT 8 BUSINESS MEETING

### May 24

SPBC Intergroup Steering Committee Meeting  
Saturday, 9:00 AM - SPBCI Office

### May 28

SPBC Intergroup Monthly Business Meeting  
Wednesday, 7:00 PM - Delray Central House

## South Palm Beach County Intergroup Association, Inc.

2905 South Federal Highway • Building C, Suite 15-16  
Delray Beach, FL 33483

**24-hours: 561.276.4581**

Email: [southcountyyaa@comcast.net](mailto:southcountyyaa@comcast.net)

Website: [www.aainpalmbeach.org](http://www.aainpalmbeach.org)

### Office Hours

Monday-Friday: 9am - 5pm

Saturday: 10am - 1pm

### STEERING COMMITTEE

Chair - Ed T. Vice Chair - Sarah R.  
Treasurer - John S. Secretary - Cheryl S.  
Office Manager - Jeannie G.

### COMMITTEES

Archives ..... Derek L.  
Archivist ..... Michael G.  
Bridge the Gap - Men ..... Jacob K.  
Bridge the Gap - Women ..... Trish C.  
General Services Liaison ..... Andy D.  
Group Information ..... Bari W.  
Hospitals & Institutions ..... Phil P.  
Hospitals & Institutions ..... Kitty B.  
Liaison to North County Intergroup ..... Pam T.  
Public Information ..... Linda C.  
SCAAN ..... Maryanne & John T.  
Telephone Relay ..... Willie B.  
Twelve Step Committee - Men ..... David C.  
Twelve Step Committee - Women ..... Sarah B.  
Webmaster ..... David R.  
Where & When ..... Hannah F.

### SPBC INTERGROUP EVENT CHAIRS

Anniversary Picnic (April) ..... Joe A.  
Serenity Scramble (October) ..... OPEN  
Intergroup Gratitude Dinner (November) ..... OPEN