

FIFTH STEP

Resentment ... to feel displeased, indignant about something said or done ... to refeel again and again.
Fear ... unpleasant emotion uneasy feeling ... to be politely regretful.

Sexual misconduct ... to use others for security and pleasure with no concern for their well being.

There it was!

My Fourth Step as described in Webster's Dictionary. The Fourth Step was the beginning of digesting big chunks of truth about me. Now I was ready for Step Five.

"Admitted to God, ourselves, and another human being the exact nature of our wrongs."

Step Five begins in Chapter Six, "Into Action", not "into thinking" ... that's what my sponsor shared with me. We set a date ... it was time to heal.

Step Five is a vital step ... if we skimp on this, we will surely drink again.

There have been many who persevered through the 12 steps and "slipped again". Why? Because they chose not "... to admit the exact nature of our wrongs."

We must lose our egotism and fear. The fearlessness comes from honesty and humility. Our creator does not want our laughter, our kindness, or our love. He wants our pride, our hurt, and our shame so He can

heal our soul. This is where my spiritual experience began. My outlook changed. I was now OK with being by myself in peace. I felt the drink problem disappear; and of this I was convinced.

All of us walk into the rooms of Alcoholics Anonymous with the solution inside. Guilt and remorse blocks us from a spiritual experience. The fear of judgment and self loathing dominates us. Therefore honesty with another human being is necessary if resentment, fear and sexual misconduct are to be removed so the spirit of the universe can find its way inside our hearts and set us free.

I did not lie to my sponsor or hurt him ... I treated him with love and respect. The gift of Step Five for me was to actually have an honest and loving relationship with another human being. And this allowed me to practice this in all my relationships.

The direct result of Step Five in my life is I now have a host of real friends ... I can look the world in the eye instead of over my shoulder.

The Fifth Step started the process.

I developed a loving relationship with a God of my understanding who walks side by side with me "... on the road of happy destiny".

Love and service,

Tommy B.

**"Easy does it!
But do it!"**

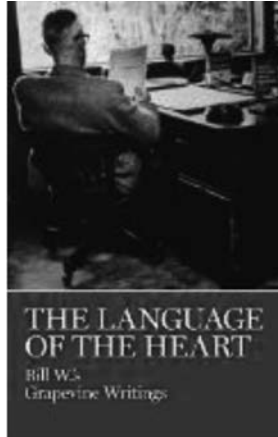
THE STEPS & THE TRADITIONS

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."

THE LANGUAGE OF THE HEART

Available as an AUDIOBOOK
Downloadable MP3 files or CD



Bill W. was the Grapevine's most prolific contributor, writing more than 150 articles, from his first in June 1944 to his last in December 1970. Here in one volume are all of Bill's Grapevine articles, including his first thoughts about the Traditions, his battles with chronic depression and spiritual pride, memories of an all-night drinking spree with Ebby, and a vivid description of how he came to organize the Steps (there were six in the first draft).

Please visit www.aagrapevine.org for additional information

Alcoholics Anonymous 2015 International Convention

July 2-5, 2015 - Atlanta, Georgia



The 2015 International Convention of Alcoholics Anonymous will be held July 2-5, 2015 in Atlanta, Georgia with the theme "80 Years - Happy, Joyous and Free." A.A. members and guests from around the world will celebrate AA's 80th year with Big Meetings held Friday night, Saturday night and Sunday morning in the Georgia Dome. Other meetings, scheduled or informal, will take place throughout the weekend in the Georgia World Congress Center and local hotels.

For the latest information on our 2015 International Convention please consult the Convention FAQ on www.aa.org

We look forward to seeing you in Atlanta!

Memorial Day Holiday

May 25, 2015



OFFICE CLOSED

New Intergroup Reps.
Men with Solutions
Ben S.

South Palm Beach County Intergroup - Profit & Loss - March 2015

	Mar 15	YTD 2015		Mar 15	YTD 2015
Ordinary Income/Expense					
Income					
Interest Income	0.00	0.00			
Cash Discounts	0.00	3.00			
Contribution-Non Group					
Anonymous	65.00	176.00			
Birthday Club	88.00	251.00			
Faithful Fivers	0.00	0.00			
Contribution-Non Group - Other	0.00	0.00			
Total Contribution-Non Group	153.00	427.00			
Contribution Income	2,568.96	9,184.88			
Fund Raising Income					
2014 Alcathon Income	0.00	1,006.85			
2015 Gratitude Dinner	0.00	0.00			
2015 Picnic/Raffle	0.00	0.00			
2015 Serenity Scramble	0.00	0.00			
Total Fund Raising Income	0.00	1,006.85			
Sales					
AAWS Books	4,344.20	11,638.80			
AAWS Other	123.50	164.00			
AAWS Pamphlets	189.55	619.80			
Chips	600.50	1,570.25			
Demdaco Gift Items	134.96	523.70			
Gift Items	404.15	1,273.90			
Grapevine Books	287.50	805.50			
Grapevine Other Material	77.00	114.50			
Hazelden Books	465.00	1,280.60			
Hazelden Other	0.00	0.00			
Medallions	2,217.00	5,686.00			
Sale of Books	81.00	158.50			
Where & When	493.50	1,299.00			
Total Sales	9,417.86	25,134.55			
Total Income	12,139.82	35,756.28			
Cost of Goods Sold	5,378.48	14,560.89			
Gross Profit	6,761.34	21,195.39			
Expense					
Advertising	0.00	0.00			
Annual Report Fee	0.00	61.25			
Bank Service Charges	15.00	45.00			
Contributions	0.00	0.00			
Fees Credit Cards	215.66	798.25			
Fund Raising Expenses					
2015 Gratitude Dinner	0.00	0.00			
2015 Picnic Expenses	0.00	0.00			
2015 Serenity Scramble	0.00	0.00			
Total Fund Raising Expenses	0.00	0.00			
Insurance	303.25	909.72			
Inventory Adjustment	0.00	0.00			
Quarterlies / Mileage Reimb	0.00	586.61			
Miscellaneous Expenses	0.00	0.00			
Payroll Expenses	3,509.19	11,154.59			
Postage and Delivery	0.00	98.00			
Printing and Reproduction					
SCAAN	191.00	573.00			
Printing and Reproduction - Other	0.00	0.00			
Total Printing and Reproduction	191.00	573.00			
Professional Fees					
Accounting	900.00	900.00			
Computer Technology	0.00	0.00			
Total Professional Fees	900.00	900.00			
Program & Committee Expenses	0.00	0.00			
Rent	1,318.16	3,954.48			
Repairs					
Building Repairs & Maintenance	0.00	0.00			
Total Repairs	0.00	0.00			
Storage	65.00	195.00			
Supplies	386.37	906.30			
Telephone	101.38	811.22			
Utilities					
Electric	177.48	542.30			
Total Utilities	177.48	542.30			
Total Expense	7,182.49	21,535.72			
Net Income	(421.15)	(340.33)			

<u>Intergroup Activity Log</u>	<u>March 15</u>
12th Step Calls	2
First Call to AA	6
Meeting Inquiries	110
Business Inquiries	81
Walk-Ins	275
QB Sales Receipts	338

Operating Acct	\$14,623.07	Accounts Receival	\$15.00	Fixed Assets	2,188.71
Prudent Reserve Act	\$28,000.00	Inventory Asset	30,915.34	Other Asset/Rent Dep	2,769.38
Petty Cash	\$150.00	Other Current Ass	5,565.43	TOTAL OTHER ASSETS	4,958.09
TOTAL CASH	\$42,773.07	TOTAL NONCASH ASSETS	79,268.84	TOTAL ASSETS	\$84,226.93

Office Volunteers

Joe, Nancy, Charlie, Adam, Linette, George, Caryl, Samantha, Stan, Dennis, Jonathan, Erika, Peggy, Meredith, Marianne, Linda, Gabriella (Gabby), Eveline, Norman, Karen, Kirk, Dan, Chris and John C.

GROUP CONTRIBUTIONS: MARCH 2015 AND YEAR-TO-DATE 2015

GROUP CONTRIBUTIONS: FEBRUARY AND YEAR-TO-DATE 2015					
GROUP NAME(S)	Mar 2015	YTD 2015	GROUP NAME(S)	Mar 2015	YTD 2015
			KISS Boynton Beach	0.00	200.00
1-2-3 Step, Boca	0.00	0.00	Lake Worth Tues Nite BBSS	0.00	0.00
11th Step Group, Lake Worth	0.00	0.00	Lake Worth Young People's	0.00	375.00
12 O'Clock High/W Boca	0.00	250.00	Language Of The Heart, Delray	0.00	0.00
AA History Group	0.00	0.00	Lantana Group	20.06	20.06
Acceptance is the Answer, Delray	0.00	87.00	Let's Do Lunch, Boca	0.00	0.00
All Aboard	0.00	150.00	Living Sober Women, Delray	0.00	0.00
Beach Bums	0.00	320.00	Lunch Bunch, Boca	0.00	354.00
Big Book Adventure, Boca	0.00	70.00	Men's Tuesday Solution, Boca	0.00	0.00
Big Boys, Boca	0.00	0.00	Men On Track, Boca	31.09	63.09
Boca Boys, West Boca	0.00	0.00	Men With Solutions, Delray	0.00	0.00
Boca Men's Recovery	0.00	0.00	Midday Miracles, Delray	0.00	0.00
Boca Men's, Boca	0.00	0.00	Morning Medicine, Boca	100.00	300.00
Boca Women's Group	100.00	100.00	New Beginnings Women's BB	68.29	68.29
Boynton Beach Beginners	0.00	0.00	New Beginnings, Wayside	0.00	81.00
Boynton Beach Group, Boynton	0.00	0.00	New Life Group	0.00	0.00
Boynton Beach Men's	0.00	0.00	New Life II	100.00	300.00
Boynton Boat Ramp Group	0.00	0.00	No Matter What Group	200.00	300.00
Cardinal Lane, Lantana	51.00	100.80	North Boca Steps & Traditions	0.00	0.00
Cheer Up @1013	0.00	70.47	North Delray Steps & Traditions	0.00	0.00
Daily Grace	0.00	100.00	One Day At A Time, Delray	0.00	0.00
Delray 11th Step Meditation Grp	0.00	0.00	One Page at a Time, Delray Beach	0.00	0.00
Depression and the Alcoholic	60.00	60.00	Open Your Heart, Delray	0.00	100.00
Derailroaded Group	0.00	0.00	Page 83	0.00	0.00
Divas at 830 AM	0.00	0.00	People With Time	0.00	166.10
Double Digit Gang, Delray	240.00	240.00	Primary Purpose, Boca Pines	0.00	0.00
Downtown Delray Group	500.00	500.00	Principles and Promises	0.00	50.00
Downtown, Boynton	0.00	0.00	Principles in Practice	0.00	0.00
East Delray Men's Group	0.00	295.00	Promises, Lambda North	0.00	0.00
Eastside Women's Group	0.00	75.00	Road To Recovery, Boca	25.00	50.00
Experience, Strength & Hope, BB	0.00	68.00	Romance & Finance, W Boca	0.00	175.00
Eye Opener's, Lake Worth	0.00	0.00	Safe Harbor, Boynton	0.00	200.00
Five Time Losers Delray	0.00	0.00	Safe Haven	0.00	0.00
Fri Night Special/Sat Eve Post	0.00	0.00	Saturday Night Live @ Five, Boca	47.25	339.25
From Steerage	0.00	0.00	Second Chance Women, Delray	0.00	242.07
Inside Out Group	0.00	0.00	Seniors In Sobriety, Delray	100.00	100.00
Intergroup Meeting	60.00	185.00	Serenity Hour, Delray	0.00	0.00
Journey to Freedom, Boca	0.00	0.00	Serenity on the Beach, Lantana	0.00	0.00
Just Before Dawn	0.00	250.00	Sober Sisters Boca	0.00	108.47
Just For Now, Boca	0.00	54.31	Sober Sisters, Lake Worth	0.00	0.00
Keep It Simple	0.00	0.00	Sober Sunset Group, Boca Pines	260.00	410.00
			Total Group Contributions	2,568.96	9,184.88

AA HOTLINE – RELAY PHONE

The Hand of AA is Available 24 Hours a Day!

May - Sobriety For Breakfast

June - Boynton Boat Ramp Big Book Study

July - Carry the Message

BIRTHDAY CLUB

Erika D. - June 5, 1998 - 17 years!

Sober Sisters

Stan R. - March 29, 1999 - 16 years!

Just Before Dawn

Monica B. - June 1, 1994 - 21 years!

Just Before Dawn

FAITHFUL FIVERS

With Gratitude for their support:

Linda P. - West Boca Friendship Group

MEETING UPDATES

Too Young To Be Glum

Boca Pines Clubhouse, West Boca Raton
Saturday 2:00 PM - ODL - Cancelled

Keep It Simple

Church of Our Saviour, Boynton Beach
Mon/Tues/Thur 10:30 AM - O(+) - Cancelled

Boynton Beach Beginners Group

Church of Our Saviour, Boynton Beach
Mon/Tues/Thur 10:30 AM - OD(+) - New Meeting

2nd Street Sobriety

Alternatives MC Clubhouse, Delray Beach
Wednesday 7:00 PM - OB - New Meeting

Practicing These Principles

Boca Pines Clubhouse, West Boca Raton
Sunday 7:00 PM - CT - New Format

Boca Steps & Traditions

Congregational Church, East Boca Raton
Thursday 7:00 PM - OT - New Time

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 25, 2015

Chairperson: John S. Meeting opened with a moment of silence followed by the Serenity Prayer. John called for approval of last month's minutes. Bari W. made a motion to approve the February 25, 2015 minutes; motion was seconded and passed unanimously. New group reps were welcomed.

New Group Rep: Men with Solutions: Ben S.

Vice Chair: Cheryl S. No report.

Treasurer: Elizabeth B. According to the 7th tradition baskets were passed. The Intergroup is continuing to do well thanks to the office and all who bought items or contributed. Intergroup had a net revenue of \$62.00 for the month of February; the comparable figure for 2014 was a net revenue of \$5,538.00. If your group is able to, monthly contributions are encouraged. A detailed report can be found in the SCAAN. Secretary: Sarah B. Thanks to all the reps and committee chairs, please be sure to verify your contact information when you sign in.

Office Manager: Jeannie G. Welcome to all Intergroup Reps and Alternate Intergroup Reps.

Thank you to the SPBCI office Volunteer Staff, always willing to serve and "carry the message"!

Tickets for our April 26th Picnic at John Prince Park are available. We ask all Intergroup Reps to be responsible for one package of 10 tickets. Any money collected can be turned in tonight, to the office or the day of the event. Joe A., chair for the 2015 picnic, will provide a full report. The 2015 Gratitude Dinner will be held at the Embassy Suites on November 7, 2015. The deposit check in the amount of \$2,513.50 and the contract have been processed. BBQ Buffet tickets for the upcoming AREA 15 GSO Assembly are still available. The cost is \$35. All are welcome to attend the Assembly on April 10-12 at the Boca Marriott. The 2015 International Convention of Alcoholics Anonymous will be held in Atlanta July 2-5. Please visit www.aa.org for complete details.

Committee Reports:

Archivist: Michael G. No report. Excused absence.

Archives: Michele T. The Archives committee has not had much going on in the past month. We continue, of course, to archive all materials that come into the office that pertain to our history.

We have hit a snag with the computer we have been using to do the speaker tapes to mp3 files, as it is not functioning very well. The Archivist, Michael is doing well and we have had a couple of phone calls with him to keep him abreast of the situation.

Bridge the Gap: Bari W. (women): If you work in treatment, please remind clients of us. If someone is moving away we can help get them connected to the AA community in their hometown, spread the word this committee is available. Dave F. (men): Unexcused absence.

General Service Liaison: Molly B. No report, no motions made this month. Reminder the GSO Assembly will be held on April 10-12th at the Boca Marriott, all are welcome to attend.

Group Information: Position Open.

Hospitals and Institutions: Kitty B.: Excused absence. Emily L.: Excused absence.

Cheryl S. gave report. We currently have 52 meetings that we bring in 19 facilities. Since last month we have had a few people leave different meetings and are in need of help. If you're interested in taking meetings into facilities. Requirement to chair a meeting is one year of sobriety.

Public Information: Stuart M. Excused absence. Cheryl S. gave an update on the Boynton Beach Wellness Fair, no space was available so we will continue to look for new ways of getting information to the community.

SCAAN: Maryann & John T. Sarah B. gave report, Articles are always welcomed and can be emailed to the Intergroup office by the 15th.

Telephone Relay: Joe M.: Excused absence. Jeannie G. gave report, The telephone relay currently has volunteers through the month of July, thank you for all the groups who have taken on this service. I ask that all reps go back to your groups and speak about this service from your intergroup. I am available to attend any group's business meeting, so I can discuss the phone and responsibilities if a group is interested in taking the relay for a month.

Where & When: Kaely L.: Excused absence. Daniel L.: Unexcused absence. Jeannie G. gave report. We have no updates to report to the Where & When. The April 2015 Where & When has been sent to the printer, all changes submitted through March 15th were included. Any changes or additions please submit them to Intergroup office via email at (southcountyaa@comcast.net).

12th Step Committee: Ginger G. (women): No report. Scott K. (men): Unexcused absence.

Liaison to North County Intergroup: Gary K. (selected updates included in this summary) North Palm Beach County Intergroup met on March 11, 2015. 49 People were in attendance. *Chairman:* limited reports will be given to allow time for the process to select new trusted servants. *Treasurer:* Group operating expenses were less this year and overall finances are strong. *Office Manager:* Volunteers are needed for the "Old-Timers" meeting, there is a sign-up sheet in the office. *Public Information:* There is an open event on the 17th of March from 10-3 sponsored by the office that coordinates the recovery events at the Fairgrounds every year. Event to be held at the Awareness Council office on High Ridge and Gateway in Boynton Beach. *Institutions Committee:* As the result of the closing of CARP the Institutions Committee brings 61 meetings a week to 38 facilities, with one new one in the past month. *Old Business:* None. *New Business:* Motion: A disbursement of \$5,000 of excess funds be contributed to AAWS (Alcoholics Anonymous World Service). Passed without discussion. Elections were held in accord with the Third Legacy *Upcoming Events:* Old Timer's Speaker Meeting on March 28th.

For a detailed report, contact the Intergroup office.

2015 Intergroup Annual Picnic: Joe A. Event will be held at John Prince Park on April 26th, 2015. Scheduled meeting for volunteers on April 12th at 1pm at the Intergroup office. Committees include: food, serving, set up, clean up, and games, please attend the meeting or contact me directly to get involved. Ticket sales are going well, if you need more, contact the Intergroup office. Any money collected after tonight, please bring to the office, this will allow for a more accurate budget for food. There will be a 50/50 raffle, as of today no donations have been received. This is a wonderful event, \$10/per person and children under 12 are free.

Old Business:

Group Information: No one stood, position remains open.

Office Inventory: John announced the first quarterly inventory of big books: 1300 books, 12 over. Jeannie will continue to remind volunteers the importance of accuracy.

Website: Webmaster David, along with Stephanie, continues to work to make the website mobile friendly, additional suggestions are welcome.

2015 Gratitude Dinner: Event will be held at the Embassy Suites on November 7th, 2015.

Hillari, member of the Saturday Morning Beginners Meeting has stood to chair the event.

Speaker Exchange Meetings: Burt R., member of Boca Sunday Speaker Discussion meeting, came forward last month to discuss the possibility of SPBCI holding speaker exchange meetings. We will hold a trial run on April 29th at 6:30pm prior to the Intergroup business meeting at Central House. A full description will be sent to all reps in the Friday reminder email.

New Business:

Serenity Scramble: Chair position is open, please spread the word. Ideally we need to reserve the event date by next month.

Intergroup Volunteer's Computer: The current computer used by volunteers is quite dated and needs to be replaced, donations will be accepted, please contact the Intergroup office.

Closed meeting with the Lord's Prayer.

Respectfully submitted, Sarah B.

May Service Meetings

May 16

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

May 17

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

May 27

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

AA EVENTS

June 12-14

Founders Day, 80th Anniversary of AA - Akron www.akronaa.org

July 2-5, 2015

2015 International Convention of Alcoholics Anonymous
Atlanta www.aa.org

July 24-26

Area 15 GSO Assembly

Sanibel Island - Harbour Marriott www.area15aa.org

October 2-4

Area 15 GSO Assembly

Ft. Lauderdale - Marriott www.area15aa.org

OTHER EVENTS

The Other Events listed below are presented solely as a service to SCAAN readers, not as an endorsement by SPBCI.

May 1-3 - The Woodstock of AA - 25th Spring Conference

Orlando gyeldell@cfl.rr.com

August 12-16

59th Florida State Convention

Orlando www.59.flstateconvention.com

September 18-20

The Women In Recovery Conference

Delray Beach www.thewomeninrecovery.com

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

Website: www.aainpalmbeach.org

Office Hours

Monday-Friday: 9am - 5pm

Saturday: 10am - 1pm

STEERING COMMITTEE

Chair - John S. Vice Chair - Cheryl S.
Treasurer - Elizabeth B. Secretary - Sarah B.
Office Manager - Jeannie G.

COMMITTEES

Archives Michele T.
Archivist Michael G.
Bridge the Gap - Men Dave F.
Bridge the Gap - Women Bari W.
General Services Liaison Molly B.
Group Information OPEN
Hospitals & Institutions Emily L.
Hospitals & Institutions Kitty B.
Liaison to North County Intergroup Gary K.
Public Information Stuart M.
SCAAN Maryanne & John T.
Telephone Relay Joe M.
Twelve Step Committee - Men Scott K.
Twelve Step Committee - Women Ginger A.
Webmaster David R.
Where & When Kaely L.
Where & When Danny L.

SPBC INTERGROUP EVENT CHAIRS

Anniversary Picnic - April 26, 2015 Joe A.
Serenity Scramble - October 2015 OPEN
Gratitude Dinner - November 7, 2015 ... West Boca Beginners Group