

April 2005

Newsletter of the South Palm Beach County Intergroup Assn., Inc.

SCAAN

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Also visit: www.alcoholics-anonymous.org & www.agrapevine.org

The Next Frontier: Emotional Sobriety

This article is the substance of a letter Bill W. wrote to a close friend who also had troublesome depressions... January 1958

I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA --- the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent surges that so many of us have for top approval, perfect security, and perfect romance --- urges quite appropriate to age seventeen --- prove to be an impossible way of life when we are at age forty-seven or age fifty-seven. Since AA began, I've taken immense wallops in all these areas because of my failure to grow up, emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse! Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round. How to translate a right mental conviction into a right emotional result, and so into easy, happy and good living --- well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all our affairs. Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious --- from which so many of our fears, compulsions, and phony aspirations still stream --- be brought into line with what we actually believe, know and want! How to convince our dub, raging and hidden "Mr. Hyde" becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones --- folks like you and me --- commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect. I kept asking myself, "Why can't the Twelve Steps work to release depression?" By the hour, I stared at the St. Francis Prayer.... "It's better to comfort than to be comforted." Here was the formula, all right. But why didn't it work? Suddenly, I realized what the matter was. My basic flaw had always been dependence --- almost absolute dependence --- on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression. There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the *absolute* quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed, upon any set of circumstances whatsoever. Then only could I be free to love as Francis had. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing a love appropriate to each relation of life.

Plainly, I could not avail myself of God's love until I was able to offer it back to him by loving others as he would have me. And I couldn't possibly do that so long as I was victimized by false dependencies. For my dependency meant demand ---- a demand for the possession and control of

.....Continued on pg. 3

The Step & The Promise

Step Four

"Made a searching and fearless moral inventory of ourselves."



The Promise

"No matter how far down the scale we have gone, we will see how our experience can benefit others."

Intergroup Minutes, February 23, 2005

Chairperson: Rick G - opened the meeting with a moment of silence followed by the Serenity Prayer. Alex read the Twelve Traditions.

New Intergroup Representatives: Leanie for Spiritual Awakenings; Rolan for Neighborhood, and John for ODAT.

Treasurer: John S - reported that unfortunately, Intergroup experienced a \$688 loss from a volunteer who was to make a deposit and did not. A police report will be filed, the office locks have been changed and new office procedures have been established. A new inventory was completed and the Intergroup office is now fully automated.

Office Manager: Pam T - a new chair for Special Needs is needed.

General Service: Jim M - reported the monthly General Service District meeting was held Sunday, February 13th. Plans are underway for an Activity Fair, possibly in May in Lantana. Flyers should be available shortly. The next Area Quarterly will be here at the Boca Raton Marriott April 8-10th. On the evening of Friday April 8th, the Southeast Regional Trustee will be available to discuss a \$58,000 debt incurred from the 2003 State Convention held in Naples. The Area is considering motions to address this urgent matter. Please notify your General Service reps or go yourself and make your voice heard. The next monthly District meeting is Sunday, March 13th at 5PM at the Triangle Club.

Institutions Committee: Charlie O - twenty-five meetings per week are brought in to facilities in the area. This month, 166 texts, 63 Big Books, 55 Twelve and Twelve's, 48 Living Sober and miscellaneous Grapevines, pamphlets, etc. were distributed. There is still a great need for donated literature. Charlie reported that as of the end of January there is a credit balance of \$481, where six months ago they had a negative balance of \$100. Charlie thanked everyone who contributes with money, time and literature.

Public Information: Bill J - looking to establish a budget for this committee.

Intergroup Gratitude Dinner: Randy - no report at this time.

Telephone Relay and 12-Step List: Albert M- reported that groups are still needed to volunteer for telephone relay in May. Arrangements can be made for groups to share a month with another group if their group does not have enough volunteers to carry a whole month. Guidelines are available.

Where & When: AI A - everything is going great.

SCAAN and Internet Liaison: David R - Website is up-to-date with all meeting listings.

Special Needs: a new chairperson is needed for this committee.

Group Information: Christine H - no report at this time.

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A.A. Announcements

Hospitals and Institutions Committee needs your old literature...any edition, any condition.

\$\$Donations gladly accepted\$\$

Have your Intergroup Representative bring books or cash to the month-end Intergroup meeting or contact the South County Intergroup office.

**Intergroup Office open Saturdays!
10:00 to 3:00 for your convenience.**

New Email: southcountvaa@bellsouth.net

Web Site: www.aainpalmbeach.org

Telephone Relay

Will your group do service work? Will you?

If you or your group would like to volunteer please contact: Intergroup Office 561-276-4581, or southcountvaa@bellsouth.net

New Meetings / Old Meetings

Change: West Boca Beginners is now West Boca Big Book Group Speaker on the last Monday of each month Olympic Height High School, Boca Raton

Change: Boca Hospital Meetings cancelled because of construction. Fri & Sat Afternoon meetings moved to St. Pauls.

Check online meeting list for changes.

South Palm Beach County Intergroup Inventory Questions

April's Question:

Do we set a good example in our money matters and do we encourage group participation in our Intergroup's financial health?

May's Question:

Are we doing our best to attract and hold on to our Intergroup representatives? (Eleventh Tradition)

June's Question:

Do we practice the spirit of rotation in all of our service positions? (Eleventh Concept)

July's Question:

While the least possible organization is our tradition, some are mandatory: are we structured correctly? (Ninth Tradition)

Sponsor to Sponsee: "You may be interested to know that sobriety canNOT be sexually transmitted."

.....Intergroup minutes continued from pg. 2

Speaker Exchange: Barbara McG – reported that they have 44 speakers (22 men, 22 women), but we always need additional names. Contact the Intergroup office for requirements.

Events: No Report

Old Business: No old business.

New Business: 1. A vote was taken to re-name the Speaker Exchange committee. Vote did not pass and it was agreed to keep the same name and format. 2. A vote was taken to give Public Information \$100 for literature. Vote passed. 3. A vote was taken to establish a new committee to review all non-AA literature before purchasing. Vote did not pass.

The meeting adjourned at 8:00 PM with the Lord Prayer.

In Love and Service, Nancey P.

January 2005 Daily Office Activities Log

Total Meeting Inquires	404
Intergroup Business Calls	91
12 Step Calls:	13
Other Calls (Alanon, etc.):	56
H&I Volunteer Calls:	4
Speaker Requests:	3
Sales:	178
Visitors:	146

Total Activity January 895

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the people and the conditions surrounding me. While those words “absolute dependency” may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God’s creation and his people, by means of which we avail ourselves of his love for us. It is most clear that the real current can’t flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is. Spiritual calculus, you say? Not a bit of it. Watch any AA of six months working with a new Twelfth Step case. If the case says “To the devil with you,” the twelfth-stepper only smiles and turns to another case. He doesn’t feel frustrated or rejected. If his next case responds, and in turn starts to give love and attention to other alcoholics yet gives none back to him, the sponsor is happy about it anyway. He still doesn’t feel rejected; instead he rejoices that his one time prospect is sober and happy. And if his next following case turns out in later time to be his best friend (or romance), then the sponsor is most joyful. But he well knows that his happiness is a by-product --- the extra dividend of giving without any demand for return. The really stabilizing thing for him was having and offering love to that strange drunk on his doorstep. That was Francis at work, powerful and practical, minus dependency and minus demand.

In the first six months of my own sobriety, I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn’t a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive.

Thus I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God’s help, continually surrender these hobbling demands. Then we can be set free to live and love; we may then be able to Twelfth Step ourselves and others into emotional sobriety. Of course I haven’t offered you a really new idea --- only a gimmick that has started to unhook several of my own “hexes” at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity, or depression, I have been given a quiet place in bright sunshine. *Bill Wilson*

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One Day At A Time
Keep It Simple
Live And Let Live
Let Go, Let God
But For The Grace Of God

INTERGROUP COMMITTEE CHAIRS

- Chairperson, Rick G.
- Vice-chair, Diane S.
- Treasurer, John S.
- Secretary, Nancey P.
- Office Manager, Pam T.
- Events Chair, Ray D.
- General Service Liaison, Jim M.
- Group Information, Christine H.
- Intergroup Dinner, Stephan C.
- Institutions, Charlie O.
- Public Information, Bill J.
- SCAAN / Website, David R.
- Speaker Exchange, Barbara Mc.
- Special Needs, Jerry W.
- Telephone/12 Step List, Albert M.
- Where & When/Internet Liaison, Al A.

Going Through The Steps By Clarence Snyder

Before beginning the steps the sponsor must first qualify the person who has requested to follow the path. Find out if they really are alcoholic and, just as important, if YOU feel that they are willing and ready to go to any lengths to change their lives and not drink forever. (Page 142, Big Book: "Will he take every necessary step, submit to anything to get well, to stop drinking forever?")

Ask your prospect 3 qualifying questions:

- (1) Do you think you have a drinking problem?
- (2) Do you want to do anything about the problem?
- (3) What are you willing to do about it?

If you get the answers: (1) yes, (2) yes, and (3) anything, and you feel that the person is ready to follow directions without question, you both are ready to continue all the way. If you feel that they are not ready, tell them so and go on to the next person. (Page 96, Big Book: "To spend too much time on any one situation is to deny some other alcoholic an opportunity to live and be happy.") The program and your own recovery are not dependent upon winning friends and influencing people.

If you feel that they are ready, then you start. There are five phases to the Steps:

- STEP 1: ADMISSION,
- STEPS 2 and 3: SUBMISSION,
- STEPS 4, 5, 6, and 7: CONFESSION,
- STEPS 8 and 9: RESTITUTION,
- STEPS 10, 11 and 12: THE LIVING STEPS, CONSTRUCTION AND MAINTENANCE

BIRTHDAY CELEBRANTS●●●BIRTHDAY CELEBRANTS

- Lois P., Women In Recovery March 8.....45 years
- Lyn W., Boca AA Study Group April 24..... 42 years
- Liz T., Road To Recovery April 26..... 30 years
- Snow P., Just For Now March 7..... 30 years
- Greg P., Men's Boca Central March 1..... 10 years

Birthday Club•Birthday Club•Birthday Club

If you or your group is celebrating an A.A. anniversary and would like to be added to the list of celebrants, fill out the form below and mail to Intergroup Office. Support your Intergroup with a donation of \$1.00 or more per year to help them help the sick and suffering alcoholics in South Palm Beach County.

Name _____

Address _____

Home Group _____

Sobriety Date _____

Donation \$ _____

HELP US

HELP OTHERS

Clip & mail to Intergroup Office/75 NE 6th Ave, Suite 208/Delray Beach, FL 33483

Birthday Club•Birthday Club•Birthday Club

MARK YOUR CALENDARS

- Apr 8 - South Florida Area 15 Quarterly**
10 Marriott at Boca Raton Center
- Apr 24 Annual Bottom Line Picnic**
Quiet Waters Park (Hillsboro Blvd & Powerline Rd) - Pavillion #1
- Apr 29 Serenity Weekend Womens Spring**
-May 1 Conference 2005
Holiday Inn Town Center
Boca Raton
Contact: (561) 368-5200 or
Ann P. (407) 876-4430
- May 27 Daytona 15th Spring Conference -**
- 30 Memorial Weekend Party
Conf.Information: Call 407-333-4330
or email: leestapes@viafamily.com,
or mail in registration forms available
at Intergroup office.

The 27th Big Book Seminar

Where: Embassy Suites Hotel, 661
NW 53rd St., Boca Raton
When: June 16,17,18 & 19

What: "Charlie & Joe" Big Book
Workshop

Costs: \$20; Hotel \$75/night.

Registration forms available at Intergroup
office; or contact JW @ 954-941-3042 or
email at: jwill60366@aol.com for seminar
information. For Hotel information call
561-994-8200.

- Jun 30 International Convention**
- Jul 3 Toronto, Canada
AA 70th Anniversary
Information: www.aa.org

- Aug 3 49th Florida State Convention:**
- 7 Orlando, Florida
Wyndham Palace Resort & Spa in
the Walt Disney World Resort
On-line Registration:
www.flstateconvention.com -

- Sept 1 ICYPAA48** is proud to announce that
-4 the 48th International Conference of
Young People in Alcoholics
Anonymous will be held in NEW
ORLEANS, LOUISIANA on
September 1-4, 2005 at The
Sheraton Hotel
For Info: www.icypaa48.org

**SOUTH PALM BEACH COUNTY INTERGROUP
FINANCIAL REPORT ~ FEBRUARY 2005, YEAR-TO-DATE**

INCOME	FEBRUARY	YEAR-TO-DATE
BIRTHDAY CLUB	115	172
GROUP CONTRIBUTIONS	1,326	5,529
LITERATURE SALES	2,991	7,629
FUND RAISING (OLD TIMERS MEETING)	0	0
FUND RAISING (ALCATHON)	0	900
FUND RAISING (OTHER)	0	0
TOTAL INCOME	4,432	14,230
EXPENSES		
ADVERTISING	0	0
BANK SERVICE CHARGE	0	0
ELECTRIC	101	101
EMPLOYEE EXPENSES	2,317	4,948
INSURANCE (LIABILITY)	165	165
INSURANCE (EMPLOYEE HEALTH)	0	0
LICENSES & PERMITS	0	0
LITERATURE (BOOKS,CHIPS,MEDALLIONS, ETC)	2,430	6,335
OFFICE EXPENSES	512	1,315
OFFICE REPAIRS	112	112
PRINTING (SCAAN / WHERE & WHEN)	493	1,054
RENT	617	1,235
TELEPHONE (OFFICE & CELL)	195	535
FUND RAISING	0	0
TOTAL EXPENSES	6,942	15,800
INCOME MINUS EXPENSES	(\$2,510)	(\$1,570)
PETTY CASH BALANCE 2/28/05	\$ 150	
PRUDENT RESERVE BALANCE 2/28/05	\$ 6,000	
OPERATING ACCOUNT BALANCE 2/28/05	\$ 2,781	

Inventory Balance	\$ 7,414
(inventory balance is not included in figures above)	
Keep those H&I donations coming!	

HOSPITAL & INSTUTIONS	
BALANCE 1/31/05	\$ 525.65
GROUP DONATIONS	244.37
INTERGROUP DONATION	100.00
PERSONAL DONATIONS	110.00
EXPENSES	<u>(364.00)</u>
BALANCE 1/31/05	\$ 616.02
THANK YOU	

SOUTH PALM BEACH COUNTY INTERGROUP
75 NE 6 AVENUE ~ SUITE 208 ~ DELRAY BEACH, FL 33483
PHONE - 276-4581 ~ email southcountyyaa@bellsouth.net
OFFICE HOURS ~ MONDAY ~ FRIDAY 9am to 5pm ~ SATURDAY 10am to 3pm

SOUTH PALM BEACH COUNTY INTERGROUP ~ 2005 GROUP CONTRIBUTIONS

	Feb	YTD		Feb	YTD		Feb	YTD
BOCA RATON			Wed Night Beginners			Depression & The Alcoholic		31
Happy Hour	200	200	We're Just Beginners			Double Digit Gang		120
Journey to Freedom			Just Do It		25	Young At Heart		
Saturday with Bill W			Mon Night Step & Tradition			DELRAY BEACH		
Boca Friendly			First Things First			Central House		
N Boca Step & Tradition		4	Last Chance Candlelight			Young People w/Solution		
Sat Night Live @ Five			Sober Friday Night		200	Westside Delray		
Prime Time Sunset Step			Spiritual Candlelight			Beach Meeting (Tues)		
Women Living Sober			West Boca Serenity			Delray Step & Tradition		
Keep It Simple			WEST BOCA RATON			Wine Into Water		200
We Agnostics		15	West Boca Beginners	50	50	Monday Night Miracles		
Women's BB Study			Boca Boyz	21	71	New Beginning		
Spiritual Awakening	29	29	Sunday Night Speaker			Five Time Losers		
Sobriety On Sunday		400	9 th Chapter			One Paragraph At A Time		
Boca AA Study	51	80	Friendship Group		50	Oceanside Step		
Lets Do Lunch			BOYNTON BEACH			Sunday Night Men's		
Lunch Bunch	68	318	Boynton Beach Group		130	Open Your Heart		
Today Not Tomorrow		100	Downtown Group		55	Delray Recovery - DAF		
Women In Recovery		168	Sat Boynton Beach BBSS			Language Of The Heart		
Step Into The Solution			North Delray Step			Bridge Back To Life		
Big Book Adventure	78	118	Boynton Beach Men's			LAKE WORTH		
B.A.S.I.C.S.			Friday Night Special			Wednesday Nite Women's		
By The Book			Saturday Evening Post			Saturday Sobriety		
Men-On-Track		600	West Boynton			LANTANA		
Men's Boca Central			Neighborhood			Sunny Isles		
Inner Voice Candlelight			Re-Entry Group	35	60	Grapevine Group		
Easy Does It		145	KISS Group			Lake Worth Serenity		
Road To Recovery			We Are Not Saints		165	Recovery First		
Boca Men's / St Gregory		200	Experience, Strength, Hope			Lantana Group, Monday		
Boca Men's Recovery		20	Line By Line			Lantana Group, Thurs		
Boca Women's		5	Safe Harbor	50	50	Serenity On The Beach		
We Believers			DELRAY BEACH			Cardinal Lane	23	23
Just For Now		600	Sunrise(at the Beach)7am	166	260	Women's 4 th Dimension		
Steps & Traditions			Beach At Atlantic 7am			ANONYMOUS		12
123 Step Group			CROSSROADS CLUB			INTERGROUP 7 TRADIT	57	107
BOCA PINES CLUB			One Day At A Time		300	FCYPAA		
Sobriety For Breakfast			Sober Solutions			TOTAL CONTRIBUTIONS	\$1,326	\$5,529
Sunday Serenity	50	50	Big Book Study					
Morning Medicine	90	90	Living Sober Women	50	50			
Saturday Beginners			Downtown Delray 10am					
Sunday Morning Spiritual			Serenity On Saturday					
12 O'clock High			Midday Miracles					
Something Old, New...			Serenity Hour					
Living Sober			Women's Step By Step					
Sober Sunset			East Delray Men's					
Peace Of Mind			Second Chance Women's					
Step & Tradition		20	Thank God Its Friday		100			
Romance & Finance		120	4 th Step Workshop					
Singleness of Purpose			Sobriety In The Wind	188	188			
Primary Purpose								

**ATTENTION ALL GROUPS – Please check your group contributions and if you have any questions please call or email Intergroup and Pam will help you.
Phone 276-4581 or email southcountyyaa@bellsouth.net**