

May 2005

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

SCAAN

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Email: southcountyaa@bellsouth.net, & visit: www.aainpalmbeach.org
Also visit: www.alcoholics-anonymous.org & www.aagrapevine.org

Step Five—Building an Arch Copyright © The A.A. Grapevine, Inc., March 1989

I first heard about Step Five from my sponsor. He had recently taken his, and it didn't sound like fun. His immediate reaction to his own "spiritual house cleaning" was to launch me upon a Fourth Step. He wanted to give away what he'd received. I thought, "What happened to 'This is a selfish program'?"

Step Four took a very long time. At all of it I balked. I thought I could find an easier, softer way, but I could not. With all the earnestness at his command, my sponsor became cunning, baffling, and powerful, constantly reminding me that half measures availed me nothing. I hated him.

The day finally came when even I had to admit that I'd completed Step Four to the best of my ability. That's what had me so upset. The best of my ability didn't look so hot in those days. I called my sponsor to tell him I'd finished, expecting to take a six-month to one-year sabbatical from the Steps after this arduous trek into my life. That's when he lowered the boom. "Great," he said. "The best time to take the Fifth Step is right after you finish the Fourth. Meet me at my home tomorrow at six." Son of a gun! "Who do you think you are?" I thought, but aloud I said "Okay, I'll be there."

I hung up the phone and said to myself, "I bet Bill W. didn't have to go through this!" I used to think the Big Book referred to Step Five when it said, "What an order! I can't go through with it." I thought, how can talking about all this junk that I never wanted to write down in the first place make any difference?

By the time I finished Step Five, I knew that I was well on my way toward "building an arch" through which I would "walk a free man." What happened? Did God convert me into a religious AA dervish? Was I brainwashed by some mystical technique into an AA true believer? Did I go into permanent shock? None of these things happened. The truth is much simpler. Step Five simply accomplished exactly what I was promised, based on the tried and tested experience of Alcoholics Anonymous.

This is what happened. For starters, I had prepared for Step Five by making a beginning on the previous Steps. I had my Fourth Step inventory which had given me a new awareness, albeit a not completely objective one. Nevertheless, I had it. Though the temptation to avoid sharing with "another human being" was nearly overwhelming, my fear of not following my sponsor's instructions to the letter was even greater.

I arrived at my sponsor's home promptly at six. I didn't want to be late for my "funeral." He ushered me into the living room and I sat in what was obviously the condemned man's chair. Given to redundancies in times of hysteria, I commented on the weather at least twice, and God only knows how many times I mentioned the state of local AA affairs. Then my sponsor said those terrible words: "Why don't you get out your Fourth Step so we can get started."

I feared that doors automatically sealed themselves during Fifth Steps. But I prayed to God and "asked His protection and care with complete abandon." "Okay, where do you want to begin," I asked, hoping for mercy. "Why don't we begin with your grudge list," my sponsor said. "But before we begin," he added, "why don't we pray and ask our Higher Power for guidance. After all, this is a three-way deal. God is very much a part of this. It's his grace that brought you here."

Sometimes sponsors can really surprise you. This was one of those rare times. We prayed, then he became his old self again, indicating that it was time I began. We went over my grudge list, item by item. I read and explained. He listened and commented. Before we were halfway through the list, I began to realize that the advice, counseling, and experience he shared was not only his, but that of others as well. It was the experience of one drunk talking to another, but it was also the resonating voices of countless men and women in AA who had shared their experience, strength, andcontinued on pg.2

The Step & The Promise

Step Five

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



The Promise

"That feeling of uselessness and
self-pity will disappear."

INTERGROUP MINUTES – March 30, 2005

Chairperson: Rick G. Opened the meeting with a moment of silence followed by the Serenity Prayer. Jeanne read the Twelve Traditions. New representatives introduced themselves: John - One Day at a Time, Bob - KISS, St. Thomas Moore, and Bill - 7AM Beach Meeting. Last month's minutes were approved. Group inventory question 3 was discussed.

Treasurer: John S. Reported that literature sales will be broken down to approved and non-approved literature. He also reported that the inventory is correct.

Office Manager: Pam T. Reported the Intergroup office needs volunteers to answer phones. There were 57 12-step calls in February.

General Service Liaison: Jim M. Reported that the monthly General Service District meeting was held Sunday, March 13th. Plans are underway for an International Food Fair Saturday May 14th at the Fern House in WPB.

Institutions Committee: Charlie O. Reported that literature distribution was down, 51 Big Books, 43 12&12, 16 Grapevines. Four new meetings have been added - 3 per week at The Orchid, a women's treatment facility in Boynton Beach, and one at DAF. Three meetings per week are brought to the Watershed.

Where and When / Internet Liaison: Al A. Announced that Boca Hospital meetings no longer meet at the hospital, see the website for new locations.

Speaker Exchange: Barbara McG. Reported that there were seven requests in February. We now have 30 male and 22 female speakers signed up.

SCAAN / Website: David R. Suggestions, ideas, comments can be sent to dremland@bellsouth.net

Special Needs: Abby K. Was nominated and elected to Chair by unanimous vote.

Telephone Relay: Albert M. was not able to attend and Rick G. reported the need for groups to volunteer for April-September. The following groups volunteered: Downtown Boynton Beach Group (April), Romance and Finance (May), Serenity on the Beach (June), Spiritual Awakening (July), One Page at a Time (August), and Just for Now (September).

Intergroup Dinner: No report.

Group Information: No report.

Public Information: No report.

Old Business: No old business to report.

New Business: Ray D. has stepped down from Events. Rick G. asked Group Rep's to take this back to their groups for volunteers. The meeting adjourned at 8:00 PM with the Lord's Prayer.

In Love and Service, Nancey P.

Continued from pg1

hope with each other. Was this God-consciousness? I wondered, as I continued my disclosures. Finishing the grudge list, we assailed my list of fears. To my surprise, I discovered my sponsor and I shared some of the same ones. By this time, occasional laughter interspersed the more serious portions of the unfolding panorama of my life. I was beginning to feel a sense of relief. I continued to grow even as we discussed pertinent aspects of my "list of major human failings the Seven Deadly Sins." It was incredible! As years of humiliation, pride, and fear fell away into harmless debris, my sense of isolation actually began to dissipate. I no longer felt like a freak, a pathetic caricature of humanity, incapable of integrating myself into the world about me. The existence of God's presence was no theory; it was fact. God was with us and my cup did indeed run over. It overflowed with his love as it was translated into the experience, strength, and hope of two twentieth-century alcoholics joined in the miracle of a spiritual awakening known as recovery.

Those secrets that I'd sworn to take to my grave were now dead and buried under the fertile soil of a new freedom nurtured by truth and sharing and laughter, moistened by tears of relief and joy, and warmed by the sunlight of the spirit. "Step Five works! It really does!" I marveled. I knew now that the man who was leaving was not the same man who had fearfully entered this Fifth Step sanctuary just a few hours previously.

Today, after many revisits to Step Five, I know that my initial experience was no fluke, that "God does move in a mysterious way his wonders to perform," and that Step Five is one of those wonders. I've also been privileged to share in the Fifth Step experiences of others. Since there is nothing like personal experience to qualify one for this extremely personal spiritual awakening, I would suggest having done a Fifth Step as a prerequisite for hearing someone else's. We must be prepared to share our own Fifth Step disclosures, laughter, and tears so that the experience of others might be as profound as our own. Being able to keep confidential the disclosures of others is also essential. This experience is only between God and ourselves.

Franklin D. Roosevelt said, in his first inaugural address, "The only thing we have to fear is fear itself" If we're willing to expose the pages of our lives to the love and understanding of our Higher Power and a fellow alcoholic, we'll surely know a new freedom and a new happiness. We'll discover that love is never having to feel alone again; that God's presence in our lives has become profound; and that the unity of the Fellowship of the spirit can be ours so long as we are willing to pass it on.

Chico C., West Palm Beach, Florida

February 2005 Office Manager Report

I have had very little response to my requests for assistance at the office. The phones ring non-stop some days, and then there are days with only 15-20 calls. However, I have spent so many hours on the phone lately that I no longer use a cordless due to the cost of replacing the batteries. The volume of calls is sometimes not the issue as much as the real need for an understanding ear to so many "new callers" – those people who have yet to understand that First Step, even though they are ready to take it. These are the calls that don't get passed on as a 12 Step call; can drive themselves to a first meeting; want to know how much we charge for our meetings(!!!); want to attend a meeting out of their immediate area "so no one will see them"; --- you know the story... It was our story. Then there's the caller that has hopefully reached their last and lowest bottom; homeless, broke, friendless, hopeless, helpless ---- you know the story—it was our story. But we of "AA today" don't want to pick up a hung-over drunk and drive him or her to a meeting. We Sponsors don't show our Sponsee's how it's done, we just talk about it.

There are meaningful days, those days when just maybe this office has made a difference in the life of an alcoholic. There are fellow members, who always answer the request for a 12 Step call; the cab driver who drives all day, but will drive some more to pick up a drunk. The young lady who thought she was coming here to buy medallions for her group, and stayed an hour on the phone with a suffering alcoholic. Then there was a woman who called back, actually called back, to thank this office for being here, answering the phone, and finding a meeting for her.

There were 881 calls into this office during the month of February during business hours. There were 7 - 12 Step calls – passed on to volunteers; and 74 "1st time callers"; that was 81 opportunities for the hand of AA to always be here. This is our responsibility.

Respectfully Submitted in love and service,
Pam T.

**1st Quarter 2005
HOSPITAL & INSTITUTIONS DONATIONS**

Thank you for your support:

Boca AA Study Group	\$ 50.37
Boca Mens Recovery	\$ 20.00
Easy Does It	\$ 15.00
Lake Worth Serenity Group	\$ 20.00
Sobriety on Sunday	\$ 109.00
Sunny Isles	\$ 227.25
Today Not Tomorrow	\$ 148.00
We Believers	\$ 25.50
Intergroup Donation	\$ 300.00
Personal Contributions	\$ 756.00
Total H&I Donations	\$1,671.12

**Area 15 Quarterly Intergroup Committee
District 8 – South Palm Beach County Intergroup
1st Quarter 2005 Report
April 9, 2005**

SPBC Intergroup has a new computer and we've updated Quickbooks to the 2005 version and our entire product inventory has been entered.

We are happy to announce several new meetings, and some existing groups who are now becoming active in their support for SPBC Intergroup. We have over 260 meetings in our area per week (which includes Central House with 50 of those meetings), yet our average attendance at our Intergroup meetings is about 45-50 Group Reps. Our Association has 4 officers and 10 Chairpersons. Our H&I Chair has organized an outstanding committee and brings 25 meetings per week into Detox and Treatment centers, plus we donate books to the County Detox unit and Not for Profit Treatment centers.

Our Public Information Chair has requested funding to provide pamphlets at FAU, the Drug Abuse Foundation, and other facilities as needed. This request was approved, and Intergroup will apply \$100 for this committee.

A SPBC Intergroup 21st Birthday Party & AA 70th Anniversary celebration is in the planning stage for this summer; and also a Movie Night showing The Bill Wilson Story. We are also planning to have "Service Events" offering workshops at the Intergroup office, focusing on the Concepts and Traditions.

Our Intergroup is in need of volunteers to help at the office, and due to such a low response this past few months coinciding with our busiest time here in South Florida, it was necessary to begin tracking calls differently during this past month. During our first quarter of 2005 we had nearly 3000 calls or visitors into the Intergroup office during regular office hours, of which 32 were 12 Step Calls; and over 70 during the month of March alone were "making that first call to AA". Group Contributions for this quarter total \$8941; other contributions raised were from Central House for the holiday Alcathon of \$900; and an additional \$350 for Birthday Club and 7th Tradition collections. We had \$11,560 in literature sales during this time as well. Our Prudent Reserve remains at \$6000, with our goal being \$20,000 by year end.

Respectfully submitted,
Pam Trankina, Office Manager

South Palm Beach County Intergroup Inventory Question – May 2005

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

**General Service - Area 15 Business Meeting Motion
Special Fund established
Submitted by Lyn W. – Boca Raton**

(Basically what happened).

Background: The 2003 Florida State Convention, held in Naples, Florida, incurred an, as yet, unpaid debt with the host hotel. An individual member of A.A. has assumed all responsibility for the debt, and has been sued by the hotel for payment. (I believe the debt with interest etc. is about 56,000) North Fla- Area 15 committed to paying half) (The state Convention is for the entire state, and at the moment not a function of General Service, as the International is)

Although an individual is named in the suit, the litigation has drawn the name of Alcoholics Anonymous - the General Service Office in New York, and (South Florida) Area 15 and (North Florida) Area 14 - into undesirable public attention. As importantly, the suit has already, and may continue to affect the reputation of A.A., especially in obtaining desirable rates at Florida area hotels for future events of all descriptions. (Already one hotel who heard this would not allow The area to use their facilities, though we had many Quarterlies in the past, and General Service had nothing to do with this).

A motion made by the Area 15 Delegate at the Area business meeting on April 10, 2005, proposed the loan of funds from the Area's treasury to assist in settling this debt. The motion initially passed by a three to one majority. Upon hearing various minority opinions, the body reconsidered the issue, and the motion to establish a LOAN was defeated by a five to one majority. The primary issue raised by the initial minority focused on the fact that Area monies had been contributed by individuals and groups for the purpose of carrying the A.A. message, not for loans for paying of incurred debts by from other bodies.

SOLUTION

A motion was immediately made by the Delegate that the Area establish a SPECIAL LINE ITEM FUND for the purpose of assisting in paying the debt to the hotel. This motion passed with almost perfect unanimity. (A total of almost \$3,500.00 was quickly collected at the meeting by passing a special basket.)

Suggested Action: Contributions from the fellowship, by groups or individuals - not to exceed \$2,000.00 per individual per year - are being asked for to assist in satisfying this debt. Contributions, should be directed to this "2003 Florida State Convention Fund"
They should be sent to:

Treasurer
General Service Area 15
PO Box 48243
St. Petersburg, FL 33743-8243.

PS Many people attend and put on Conventions, weekends, Programs other than regular AA meetings. These are not "AA" they are functions for Alcoholics or other recovering people. (A few are under the sanctions of GSO, such as the International, and the Quarterlies. Business is conducted!!!) Much work goes on behind the scenes of the weekends. No one took off with the money. Money was just mismanaged, and that is not the point. We need this mess cleared up. It is affecting AA as a whole. If you care to help, please do so and pass on.

MARK YOUR CALENDARS

<p><i>April 24</i> Annual Bottom Line Picnic Quiet Waters Park (Hillsboro Blvd & Powerline Rd) - Pavillion #1</p>	<p><i>Apr 29 - May 1</i> Serenity Weekend Womens Spring Conference 2005 Holiday Inn Town Center, Boca Contact: (561) 368-5200 or Ann P. (407) 876-4430</p>	<p><i>May 6-8</i> Young at Heart Roundup La Quinta Inn, 21338 US 19 North, Clearwater FL 33765 Reservations 1-800-362-6777</p>
<p><i>May 8</i> District 8 General Service Meeting 5:00 @ Triangle Club, WPB</p>	<p><i>May 14</i> Back to Basics Workshop 9:30 am to 6 pm 12 Steps in 4 one-hour Sessions. An Orlando Intergroup fundraiser Info: 407-260-5822</p>	<p><i>May 14</i> DISTRICT 8 GENERAL SERVICE International Food/Service Fair at Fern House, 1958 Church St., WPB 6pm to 9pm Fun - Food - Fellowship - Fabulous Entertainment Mary R. 561-385-9594 or Donald N. 832-754-9339</p>
<p><i>May 27 - 30</i> Daytona 15th Spring Conference - Memorial Weekend Party Conf.Information: Call 407-333-4330 or email: leestapes@viafamily.com, or mail in registration forms available at Intergroup office.</p>	<p><i>June 5</i> 42nd Annual Broward Intergroup Appreciation Dinner and Dance \$32.00 Pine Island Ridge Country Club, Ft Lauderdale Info: Debbie: 954-441-8958</p>	<p><i>June 10 -12</i> Founders Day - Florida Style Convention in Tallahassee, FL www.foundersdayfl.org The Double Tree Hotel 1-800-222-8733 www.doubletree.com</p>
<p><i>June 16 - 19</i> The 27th Big Book Seminar Embassy Suites Hotel, Boca Raton "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.</p>	<p><i>Jun 30 - Jul 3</i> International Convention Toronto, Canada AA 70th Anniversary Information: www.aa.org</p>	<p><i>July 15-17</i> South Florida Area 15 General Service Quarterly Hosted by District 1 Hilton, 333 1st St. South, St.Petersburg Reservations: 1-727-894-5000 or www.stpetehilton.com</p>
<p><i>Aug 3 - 7</i> 49th Florida State Convention: Orlando, Florida Wyndham Palace Resort & Spa in the Walt Disney World Resort On-line Registration: www.flstateconvention.com</p>	<p><i>Sept 1 - 4</i> ICYPAA48 is proud to announce that the 48th Intern'l Conference of Young People in Alcoholics Anonymous will be held in NEW ORLEANS, LOUISIANA The Sheraton Hotel For Info: www.icypaa48.org</p>	<p><i>Sept 2-5</i> Fellowship of the Ring AFG Convention with AA Participation Bonaventure Resort and Spa Weston (Ft Lauderdale) Info: www.southfloridaal-anon.org Convention Treasurer: Linda S. 561-863-7029</p>
<p><i>Oct 30 - Nov 6</i> Gratitude Cruise with Speakers and 24 Hr Fellowship Station Cruise@sobercelebrations.com</p>	<p>SCAAN SUBSCRIPTIONS For monthly delivery of our newsletters, Please return this form to SPBC Intergroup with suggested donation of \$12/year: NAME: _____ ADDRESS _____</p>	

BIRTHDAY CELEBRANTS●●●BIRTHDAY CELEBRANTS

- Helen T., Women In Recovery April 22.....31 years
 Lyn W., Boca AA Study Group April 24..... 32 years (correction from last month)
 Karen K., Boynton Beach Group April '8718 years

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

I NCOME	MARCH	YEAR-TO-DATE
BIRTHDAY CLUB	138	310
GROUP CONTRIBUTIONS	3,561	9,090
LITERATURE SALES	3,945	11,559
OLD TIMERS MEETING	0	0
ALCATHON	0	900
SPECIAL EVENTS	0	0
TOTAL INCOME	7,644	21,859
EXPENSES		
ADVERTISING	0	0
BANK SERVICE CHARGE	0	0
ELECTRIC	48	149
EMPLOYEE EXPENSES	3,045	7,997
INSURANCE (LIABILITY)	75	240
LITERATURE (BOOKS,CHIPS,MEDALLIONS, ETC)	2,842	9,598
OFFICE EXPENSES	289	946
OFFICE REPAIRS	0	112
PRINTING (SCAAN / WHERE & WHEN)	777	1,337
RENT	617	1,852
TELEPHONE (OFFICE & CELL)	310	845
SPECIAL EVENTS	0	0
TOTAL EXPENSES	8,003	23,076
INCOME MINUS EXPENSES	(\$359)	(\$1,217)
PETTY CASH BALANCE 2/28/05	\$ 150	
PRUDENT RESERVE BALANCE 2/28/05	\$ 6,000	
OPERATING ACCOUNT BALANCE 2/28/05	\$ 2,437	

Inventory Balance	\$ 7,586
(inventory balance is not included in figures above)	
Keep those H&I donations coming!	

HOSPITALS & INSTUTIONS	
BALANCE 2/28/05	\$ 616.02
GROUP DONATIONS	150.75
INTERGROUP DONATION	100.00
PERSONAL DONATIONS	269.00
EXPENSES	(606.00)
BALANCE 3/31/05	\$ 529.77
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

	MAR	YTD		MAR	YTD		MAR	YTD
BOCA RATON			Wed Night Beginners			Depression & The Alcoholic	27	58
Happy Hour		200	We're Just Beginners	20	20	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	450	450	First Things First			Central House		
N Boca Step & Tradition		4	Last Chance Candlelight			Young People w/Solution		
Sat Night Live @ Five	301	301	Sober Friday Night		200	Westside Delray	352	352
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	Monday Night Miracles		
Women's BB Study			Boca Boyz	25	96	New Beginning		
Spiritual Awakening	46	75	Sunday Night Speaker			Five Time Losers		
Sobriety On Sunday	400	800	9 th Chapter			One Paragraph At A Time		
Boca AA Study		80	Friendship Group		50	Oceanside Step		
Lets Do Lunch			BOYNTON BEACH			Sunday Night Men's		
Lunch Bunch	250	568	Boynton Beach Group		130	Open Your Heart		
Today Not Tomorrow		100	Downtown Group		55	Delray Recovery - DAF		
Women In Recovery	54	222	Sat Boynton Beach BBSS	100	100	Language Of The Heart		
Step Into The Solution			North Delray Step			Bridge Back To Life		
Big Book Adventure	55	173	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		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	400	Experience, Strength, Hope			Lantana Group, Monday		
Boca Men's Recovery		20	Line By Line			Lantana Group, Thurs		
Boca Women's	5	10	Safe Harbor		50	Serenity On The Beach		
We Believers	60	60	DELRAY BEACH			Cardinal Lane		23
Just For Now	37	637	Sunrise(at the Beach)7am		260	Women's 4 th Dimension		
Steps & Traditions			Beach At Atlantic 7am			Sobriety in the Wind I I	12	200
123 Step Group	300	300	CROSSROADS CLUB					
BOCA PINES CLUB			One Day At A Time		300	ANONYMOUS	10	22
Sobriety For Breakfast	34	34	Sober Solutions			INTERGROUP 7 TRADIT	42	149
Sunday Serenity		50	Big Book Study			FCYPAA		
Morning Medicine		90	Living Sober Women		50	TOTAL CONTRIBUTIONS	\$3,561	\$9,090
Saturday Beginners			Downtown Delray 10am					
Sunday Morning Spiritual			Serenity On Saturday					
12 O'clock High	300	300	Midday Miracles					
Something Old, New...			Serenity Hour					
Living Sober			Women's Step By Step					
Sober Sunset			East Delray Men's					
Peace Of Mind	125	125	Second Chance Women's					
Step & Tradition		20	Thank God Its Friday		100			
Romance & Finance		120	4 th Step Workshop					
Singleness of Purpose	81	81	Sobriety In The Wind					
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**