

# SCAAN

MAY 2007

www.aainpalmbeach.org

## The Green Demon

Jealousy is poisonous--but this AA member found an effective antidote

May 1962

I CAN mark one thing well, in looking back at my whirling nightmare of drinking, it was the only time I was ever completely jealous of total strangers! It amazes me now to remember that I had ugly and envious thoughts about innocent people I passed on the street--people who never knew me and had never done me the slightest harm. I resented their good fortune, their fine clothes, their poise, their normalcy. I wanted to see them taken down a peg or two, or even down many pegs to where I was!

I am no longer jealous of strangers. Yet, this is not to say that I have been purged of the terrible emotion. It is only to say that my capacity for jealousy has become more subtle, often cloaking itself in seemingly righteous feelings. It is now directed toward people whom I know personally. What used to be blind jealousy, seething almost on the surface at all times, has now become "conditional" jealousy, kept under lock and key unless certain nerve-ends in my life are rubbed the wrong way. Then, in almost an instant, the cold fury rises, as it always did.

Fortunately, it does not usually rise all the way. For I have done battle with this demon Jealousy, and I charge that he is a great destroyer of happiness and stability. It is impossible to be both jealous and happy; the two conditions are what engineers call "mutually exclusive." I want to be happy, I want to be sober and I want to progress. Therefore, I must exclude the very beginnings of jealousy at all costs, for the pain of rooting it out is nothing compared with the pain of being its victim.

Most of the jealousy I suffer from today is in a disguised form; I have simply allowed it

**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**

to appear in a new mask. It soon makes itself known, however, for abruptly something good is missing from my life, and I feel tense and bitter and unhappy. It is my old enemy again, and I throw him out.

I give AA's Fifth Step a great deal of the credit for my progress. The Fifth Step is something of a mystery to me; I'm unable to understand why it should be such an effective part of the program. It is, though, and it got me off dead center on this problem. Unable to quell the vicious feelings myself, I talked them over with certain other members, and sometimes even brought them up at group meetings. There was marked improvement almost every time, particularly on the occasions when it had seemed especially difficult to

mention the subject. If a person is able to recognize that he is a victim of jealousy, then the Fifth Step--talking the thing over with another human being--will certainly help.

I suspect, though, that most people who suffer from jealousy, are afflicted with a disguised form of it. It has escaped detection, and remains in the shadows like a beast of prey, appearing only now and then to make sudden, lightning attacks when its victim is most vulnerable. Jealousy in its meaner forms is too crude for most of us, but we would do well to look for the subtle expressions of it.

Many of us cannot help feeling jealous under the following circumstances:

- 1) When somebody else gets something (a promotion, a possession) which we have wanted for ourselves.
- 2) When we are bested in a hotly competitive situation, and our own abilities are shown to be second to another's.
- 3) When we are rejected.
- 4) When somebody else is praised to our own disadvantage.

In most cases, our jealousy is towards acquaintances and close relatives. As I mentioned, it was only in the primitive world of constant drunkenness that I could be jealous of strangers. One should not be deluded just because he is indifferent to the successes of people he reads about in the newspapers. Were these stories about people whom he knew intimately, he might find himself smoldering with rage because fortune had blessed such "undeserving people" while bypassing him. And it does no good simply to hold the violence of your feelings in check, while outwardly appearing to be glad for your friends' good luck. The damage is in the way this evil thing poisons and strangles the human heart--and

*(Continued on page 2)*

MARK YOUR CALENDARS	
May 4-6	<b>Serenity Weekend Women's Spring Conference</b> Registration: \$30 "The Woman I Am, The Woman I want to Become" At Holiday Inn Town Center (\$89/night) Info: Ann P. 407-876-4430
May 10-13	<b>Big Book Seminar</b> , Boca Raton Holiday Inn~561-368-5200. Seminar Info at: <a href="http://www.bigbookseminar.com">www.bigbookseminar.com</a>
May 20	<b>District 8 Gen. Service Bus.</b> meeting/Triangle Club 5pm
May 25-28	<b>Daytona 17<sup>th</sup> Spring Conference</b> & Memorial Weekend Party Registration: \$25 & Hotel \$89/night. Info: 877-902-5975 or download registration form: <a href="http://www.leestapesandcnds.com">www.leestapesandcnds.com</a>
May 30	<b>Institutions Meeting</b> Central House, Delray Beach, 6:30 PM
May 30	<b>South County Intergroup Business Meeting</b> Central House, Delray Beach, 7:00 PM
June 9	<b>FOUNDERS DAY DINNER</b> Sponsored by Dist 8 General Service. ** Remembering Our Co-Founders** 6PM at The Triangle Club, 1369 Okeechobee Road, WPB. Tickets \$5.00 includes dinner, coffee and a great speaker.
June 10	<b>SERVICE FAIR &amp; DELEGATE'S LUNCHEON</b> at the Triangle Club, 1369 Okeechobee Road, WPB. 2pm Service Fair (SPBC Intergroup will have a table at the fair); 3pm Free Luncheon served followed by the Delegate's Report at 3:30.
June 15-17	<b>FCYPAA 2007</b> ~ Marco Polo Beach Resort, Miami Beach Info at: <a href="http://www.fcypaa.org">www.fcypaa.org</a>
July 13-15	<b>Way of Life Conference</b> – Crowne Plaza Hotel in West Palm Beach #561-689-6400. Circuit Speakers, Workshops, Beach Meetings, Fun in the Sun! <a href="mailto:Information@wayoflifeconference.com">Information@wayoflifeconference.com</a>
Aug 8-12	<b>51<sup>st</sup> Florida State Convention</b> ~ ...and great events will come to pass" ~ Caribe Royale All-Suites Resort & Convention Center, Orlando, FL. 800-823-8300 or <a href="http://www.CaribeRoyale.com">www.CaribeRoyale.com</a> . Register: <a href="http://www.flstateconvention.com">www.flstateconvention.com</a> .
July 13-15	Area 15 <b>General Service Quarterly</b> , Ft. Lauderdale
Aug 16 - 19	63rd <b>SouthEastern Conference</b> ~ Biloxi, Mississippi "Our 12 <sup>th</sup> Step Responsibility ~ Are We Going To Any Length?" Imperial Palace Hotel ~ 1-888-946-2847 or <a href="http://www.ipbiloxi.com">www.ipbiloxi.com</a> . (Must use code V491 to receive special rates) Conference registration forms available at Intergroup office.
Aug 24-26	<b>20<sup>th</sup> Annual Sunset Round Up</b> in Key West. Info at: <a href="http://www.sunsetroundup.com">www.sunsetroundup.com</a>
Sept 14-16	<b>Serenity Weekend Women's Fall Conference 2007</b> , Cocoa Beach. Cocoa Beach Oceanfront Resort, 1-800-206-2747~ \$84/nite. Registration \$30 ~ Info: Call Ann P. 407-876-4430

**MEETING CHANGES**

**Boca Raton:**

**Happy Hour** will be moving to the **Lions Club** as of May 4th. They will continue to meet on Fridays at 5:30pm.

**Boynton Beach:**

New Meeting **North Delray Step & Tradition Group** has added another meeting on Tues 7pm at Ascension Church, 2929 South Seacrest Blvd. This is a Closed Discussion meeting called **People With Time** and will focus on sharing from people with 5 yrs +. North Delray Step & Traditions Group continues to meet at 8:30pm on Tues and Thurs.

**51<sup>st</sup> FLORIDA STATE CONVENTION 2007**

*"and great events will come to pass."*

August 8 – 12, 2007

At the Caribe Royale All-Suites Resort ~ Orlando  
[www.CaribeRoyale.com](http://www.CaribeRoyale.com)

AA Workshops & Al-Anon Family Group Workshops  
"Together We Can Do It" on Sponsorship  
" The Gift of Amends" AA & Al-Anon spouses

Activities: Friday Dinner/Speaker \* Saturday Dinner/Speaker & Dance \* Basketball 3/3 Tournament \* Golf & Tennis \* Dance Lessons ~ Latin & Ballroom \* 5K Walk/Run \* Ice Cream Socials \* DJ's \* Pool Parties \* Yoga \*  
Workshps & Meetings for Spanish; Gay & Lesbian; Online & Young People.  
Great Events & Guest Speakers!

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eventually destroys fine personal relationships.

Aside from recommending the Fifth Step, I have no world-shaking news of fast-fast-fast relief for the jealousy sufferer. I believe that any person who is able to face it as a problem, and to search for it in himself, is already on his way out of the woods. Still, here are a few things to keep in mind about jealousy:

- 1) It may stem partly from our own feelings of inadequacy. We secretly doubt ourselves, and resent anything which calls attention to our own lack of achievement.
- 2) It indicates a lack of trust in God; an unwillingness to accept the role God has assigned us for reasons known only to Himself.
- 3) Jealousy is the wreckage of thwarted ambition. Too much ambition, in the AA member, often means a loss of contact with the principles of the program. Such a person loses even if he wins, and loses more painfully when he loses.
- 4) It has a lot of self-centeredness and lovelessness in it. After, all, we must admit that we don't really love the people whom we envy. In fact, we are at that point dangerously close to wishing them bad luck! We are then thinking only of our own twisted desires.

One last thing to remember about jealousy is that it is a universal human affliction. Even the saints suffered from it; even Peter and Paul suffered from it, despite their marvelous spiritual experiences. So it is not a question of whether one is bothered by it, it is simply a matter of degree! And don't forget that there can also be jealousy between AA members trying to do good work. As Henry Drummond said in his wonderful little book called "The Greatest Thing in the World," "the most despicable of all the unworthy moods. . .assuredly waits for us on the threshold of every work, unless we are fortified with. . .grace of magnanimity."

M. D. B.

Jackson, Michigan

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### **Intergroup Minutes – March 28, 2007**

**Chairperson: Diane S.** opened the meeting with a moment of silence followed by the Serenity Prayer. Bob M. shared on the Third Tradition. Welcome to new group reps: Mike – Boynton Beach Men's Group, Steve – West Boynton Beach Group,

Chris – All Aboard, Sally – Science of the Mind Inner Voice, Robert (Alt) - Five Time Losers, Matt(Alt) – East Delray Men's

**Vice Chair: Al A.** No Report

**Treasurer: Justin B.** The significant credit balance in January is due to group contributions. Intergroup office lease is up in August; if we do not move it is likely that we will be forced to purchase a new A/C unit totaling \$4,500 - \$6,000. Also, printing costs are rising.

**Office Manager: Pam T.** See Report in SCAAN

**Archives Committee: Dave F.** gave kudos to the late Carey Thomas for jumpstarting this committee by providing it with boxes of local and regional historical AA information such as old tapes, notes & past SCAANS. Please ask groups to investigate their groups' history and bring back to this committee.

**General Service: Donald N.** reported that the Founder's Day Dinner will be held on June 9, 2007, 6pm @ Triangle Club.

**Group Information Committee: Chris C.** reported that he has created a preliminary bookmark describing Intergroup's role that will be useful for AA members.

**Intergroup Gratitude Dinner: Jay P.** reported that the dinner will be held at the Embassy Suites for Friday, Nov. 19, 2007 Gratitude dinner. Some changes will be made such as having only 45 tables (10 people per table) so the dinner will not be so crowded, no more bears, one speaker instead of two (and the speaker has been selected), but the \$35 ticket price will remain the same.

**Institutions Committee: Geoff K.** reported that a Saturday night Women's meeting is still available for service. Plans are evolving for a June fundraiser, "Bowling for Big Books." For H&I, ideally, each group would donate a case of Big Books annually.

**New Years Eve Dinner/Dance: David K.** No Report

**Public Information:** No Report.

**SCAAN: Janet B.** No Report.

**Serenity Scramble: Jack C.** reported that the event is to be held on Sunday, Oct. 14, 2007. Registration closes on Friday, Sept. 28. The cost for one group to sponsor a hole is \$100. Sandy T. is the co-chair. Come on out for a good time!

**Speaker Exchange: Kathy G.** No Report

**Special Events: Nancey P.** No Report

**Telephone Relay: Scott I. & Tyler F.** reported that Young People with a Solution will take the phone in May, Serenity on the Beach in June, Men's Boca Central in July and All Aboard Group in August.

**Website: Drew M.** reported that there were many new features added to assist the computer administrators in updating the website. Also, the shopping cart will be ready by the end of April.

**Where and When: Sean P.** reported that there have been requests for a separate meeting list for open meetings for new-comers due to the high volume of treatment center and drug court attendees.

Some AA's feel that non-AA's don't respect closed meetings. Please take back to your groups for discussion.

**Old Business:** None.

**New Business:** Movie: My Name is Bill will be shown at Boca Community Hospital Saturday, June 16 at 6 p.m.

Motion passed to fund Archives Committee with \$200 for purchases. Meeting adjourned at 8:02 p.m. with the Lord's Prayer.

In Love and Service, Alex K.

### **Office Manager Report ~ February 28, 2007**

Our new Where & When's for the second quarter are printed and have a new look. Following the suggestions of other Intergroup/Central Offices, we have an explanation of Open & Closed meetings on the back cover which is not only helpful to the newcomers and visitors, but to the local professional community who seem unaware of our Third Tradition. Our local A.A. Groups offer many Open meetings where Treatment Centers, students from area colleges, drug court clients, family members, and anyone is welcome to attend and listen to our message. It is our responsibility to support the Group Conscience of Closed Meetings, and refer non-alcoholics wishing to attend A.A. meetings to the Open meetings. Your Intergroup continues to refer people requesting meeting information to Open Meetings if we are aware that the caller does not have a "problem with alcohol". However, many callers, especially first time callers, still on the edge of that decision, are unable to admit their problem is alcohol, but can admit their drinking caused them problems. We never intentionally refer nonalcoholics to Closed A.A. meetings.

My reason for talking about this tonight is that Intergroup continues to get reports from groups and individuals that attendance at Closed meetings, and even the speakers at Closed meetings are not alcoholics. One of our responsibilities, as your local A.A. service office, is to provide information so you and your Homegroups can make informed decisions. I have brought the AAWS "Problems Other Than Alcohol" pamphlet #P-35 for each person here tonight, if you wish to read it and share the message of experience with your Homegroups. As stated in this pamphlet, "Sobriety – freedom from alcohol – through the teaching and practice of the Twelve Steps is the sole purpose of an A.A. group. Groups have repeatedly tried other activities, and they have always failed. It has also been learned that *there is no possible way to make nonalcoholics into A.A. members.* We have to confine our membership to alcoholics, and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone."

Some of the Intergroup/Central Service offices list Open meetings on their websites, and have separate meeting lists with Open meetings only to hand out through their Public Information and H&I committees. Their complete meeting lists, including Closed meetings, are distributed through the Intergroup office to the Groups, and through the Groups to A.A. members and newcomers with a desire to stop drinking.

I attended the District 8 General Service business meeting as a guest of Dorothy T., the Dist 8 Registrar on March 11<sup>th</sup>. I was grateful to Dorothy and everyone there who welcomed me with that special A.A. acceptance and love. In the spirit of cooperation between service entities, Dorothy and I are going to work together in updating Group Information in the South Palm Beach County; and I will continue to have General Service New Group and Group Change forms available at the Intergroup office, along with our Group Information forms. As you may know, registration with GSO does NOT automatically register your group with the local Intergroup – and vice versa. So our goal in this effort is to match our data through our combined information, and then update as we receive changes and additions.

In love and service, Pam T.

**FLORIDA CONFERENCE OF YOUNG PEOPLE OF  
ALCOHOLICS ANONYMOUS  
WWW.FCYPAA.ORG**

**MIAMI 2007 / Pre-registration \$15.00**

**June 15<sup>th</sup> - 17<sup>th</sup>, 2007**

**Marco Polo Beach Resort ~ A Ramada Plaza  
19201 Collins Avenue, Miami Beach, FL 33160  
www.marcopolobeachresort.com**

### **Intergroup Meeting**

last Wednesday of each month at  
at Central House, 7pm.

**All AA members are welcome to  
attend.**

**Did You Know?**

AAWS Pamphlet #P-48 "Membership Survey" has the following statistics for A.A. world membership:

Sober more than 10 years	36%
Sober between 5-10 years	14%
Sober between 1-5 years	24%
Sober less than 1 year	26%

South Palm Beach County Intergroup has the following statistics based upon Anniversary Medallions & Chips sold last year:

Members Celebrating their Sobriety:

Less than 1 year	.....6,870
1 year	... .. 693
2 years	..... 343
3 years	..... 222
4 years	..... 187
5 years	..... 160
6 years	..... 138
7 years	..... 83
8 years	..... 76
9 years	..... 80
10 years	..... 93
11-15 years	..... 322
16-20 years	..... 317
21-25 years	..... 192
26-30 years	..... 112
31-35 years	..... 82
36-40 years	..... 36
41-45 years	..... 19
46-50 years	..... 7

And, we had One Celebrant with 53 years of Sobriety!

These "percentages" are People. These numbers are you.

**SOUTH PALM BEACH COUNTY MEETINGS**

**Intergroup Monthly Meeting**

May 30 at 7:00 pm at Central House

**Institutions Monthly Meeting**

May 30 at 6:30 pm at Central House

**District 8 Monthly Meeting**

May 20 at Triangle Club, West Palm Beach

5:00 pm - GSR/DCM Sharing

5:45 pm - District 8 Business Meeting

**General Service Quarterly**

July 13-15, 2007

Ft. Lauderdale, FL

**intergroup officers & committees**

chairperson .....	diane s
vice-chair .....	al a
treasurer .....	justin b
consultant.....	bob m
secretary.....	alex k
office manager .....	pam t
general service liaison.....	donald n
group information .....	chris c
institutions .....	geoff k
public information.....	tyler f
scaan .....	janet b
speaker exchange.....	kathy g
special events.....	nancey p
telephone relay .....	scott i
website.....	drew m
where & when .....	sean p

intergroup dinner .....	jay p
new year's eve dinner/dance .....	david k
serenity golf scramble .....	jack c, sandy t

**join the birthday club**

if you or your group is celebrating an a.a. anniversary and would like to be added to the list of celebrants, please mail the following information to the intergroup office with the suggested donation of \$1 for each year of sobriety. this money is used to carry the message to all alcoholics in south palm beach county.

name \_\_\_\_\_

address \_\_\_\_\_

home group \_\_\_\_\_

sobriety date \_\_\_\_\_

donation \_\_\_\_\_

south palm beach county intergroup

**BIRTHDAY CLUB  
CONGRATULATIONS!!**

**BRETT B.**      **21**      **5/2/86**      **HAPPY**  
**YRS**      **HOUR**

**CRIS M.**      **11**      **4/28/96**      **BOCA MEN'S**  
**YRS**      **CENTRAL**