

**NOVEMBER 2010**

**Microbursts of Joy**

When I was newly sober and read for the first time about Bill W.'s spiritual experience while he was in the hospital for detox, I was in awe. (See the Big Book, p. 13-14.) I thought then, and many times since, that both our founders had to have been touched by God to start such a unique method of recovery for what had previously been an incurable disease.

Like most newcomers, I had such low self-esteem and felt I had fouled up so many times that I thought nothing like Bill's experience could ever happen to me. I laughingly said more than once, "My Higher Power would never give me a profound experience like that because I'd drop dead from shock." Well, he did, and I didn't.

When I look back over twenty years of sobriety, I had no idea how sick I was or how many things I would have to learn. It was often after a particularly painful experience that I seemed to learn the most, and got a special feeling of relief.

One of my most glaring defects had always been that I worried too much. When I finally stopped numbing myself with booze, the worrying got even worse, primarily because now I remembered a lot of things I'd done while drinking. It got to the point where I became what I called a "professional worrier." That happens when you no longer have a legitimate problem and need to invent one. The hardest times came in the middle of the night after I had gone around and around trying to find a solution to yet another real or mythical problem.

One night, after hours of tossing and turning, I cried out, "God, please just give me peace." At that moment I was filled with such serenity it took my breath away.

Ever since I have been hoping to recapture that experience, but without much success. As I worked my way through the Steps and reached Eleven, I thought this could be the solution: prayer and meditation.

Unfortunately, my old nemesis reared its ugly head. Oh, it was easy to pray--to ask God for things I wanted for myself or others. What was hard was to shut my mind off long enough to listen to what God wanted me to do. Once again my thoughts would be running through every idiotic subject imaginable.

I read different books about meditation, talked to my sponsor and others, but nothing seemed to work for long. I just couldn't quiet my mind long enough to be receptive.

My nonalcoholic daughter, who had inherited my worry-wart personality, suddenly seemed more relaxed--less agitated by everyday problems. When I commented on it, she said she'd joined a small group of friends who were learning to meditate. I started to attend.

*Continued page 2*

**TRADITION ELEVEN**

Eleventh Tradition - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

**Attraction, Not Promotion**

I had been sober about two and a half years when my Higher Power placed me in a position of some influence at a mid-sized community hospital. As a public relations specialist, I had the responsibility of promoting the hospital and its programs through the various media.

I went about my task with typical alcoholic gusto, churning out press releases, newsletters, and ideas that drew praise and positive attention from bigwigs in and out of the hospital. It was difficult, but I thought I was keeping my ego in check.

My problems began, however, during several casual conversations with staff members. A lot of the talk was turning to drinking and drinkers, since the hospital was involved in hosting a series of open houses for the public to introduce new programs. Looking back, I can see that my expectations were--since we were in a medical setting, surrounded by all the best knowledge--that these coworkers should be knowledgeable about the disease of alcoholism.

Instead, I came face to face with the ridicule and ignorance still so prevalent in the "normal" world. Indeed, the hospital's only contribution to the alcoholic was to dry him out, check his vital signs, give him a pamphlet, and send him home.

No one at the hospital knew that I was recovering, but suddenly I started taking their jokes about drunks personally. I began to feel ashamed of my disease, as I hadn't in a long, long time. I knew that I could not share the hope of recovery with people such as these. I've heard at many meetings that the secrets we keep will get us drunk. And so, all on my own (a red flag that I chose to ignore),

*Continued page 2*

**Telephone Relay**

|                 |                                       |
|-----------------|---------------------------------------|
| <b>November</b> | <b>N. Boca Steps &amp; Traditions</b> |
| <b>December</b> | <b>Tues. Men's Solution Group</b>     |
| <b>January</b>  | <b>Delray Central House</b>           |

**Did you know???**  
**You can read the SCAAN online,**  
**or have it emailed to your inbox?**

**THE STEPS & THE TRADITIONS**

STEP 11 "Sought through prayer and meditation to improve our conscious contact with God, praying only for the knowledge of His will for us and the power to carry that out"

TRADITION 11 "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

In the group, we read a book on meditation, then discuss it. One night we came upon a passage that said God was within us, just as we are a part of him. Now this was not a new idea; I'd heard this in some form or other on numerous occasions.

But this time the realization that my Higher Power could actually be within me came like an electrical shock, followed by an overwhelming feeling of peace and happiness that was hard to contain. Since then I've chosen a quiet time, usually in the morning, during which I begin by saying a simple word or phrase a dozen times while breathing deeply. This seems to slow me down and block thoughts that keep my mind racing. Then I say the Third Step Prayer (p. 63 in the Big Book) and the Prayer of St. Francis as suggested in the "Twelve and Twelve" (p. 99). I say these very slowly and oftentimes, people whom I should phone or contact in some way come to mind. I try to follow through on this during each day. The results have been that I get what can only be described as microbursts of joy, more and more often.

I recently called my daughter and was telling her how great I felt, and she said, "Yes, I know. Every once in a while my spirit comes out to play too."

Isn't this a wonderful program?

Jan P. Jefferson Hills, PA  
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## 2010 – 2011 Annual Holiday Alcathon

December 24-25 & December 31-Jan 1  
36 Hours of Fellowship each weekend –  
from 12 noon to 12 midnight the next day

Sponsored by South Palm Beach County Intergroup & all participating Groups in South PB County  
Hosted by Delray Central House

All Meetings will be Open, with format chosen by the A.A. Group sponsoring that slot of time.

### Tradition Eleven Checklist

**Tradition Eleven : Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.**

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

## TRADITION ELEVEN

Continued from page 1

I figured out that unless I found a way to *educate* these people (and thus make it acceptable to announce my own recovery), I would continue to feel frustrated and ashamed.

My public relations mind set to work trying to determine how best to promote not just the knowledge that alcoholism is a disease that should be treated not ridiculed, but also the hope and reality of recovery. ("Just take a look at *me!*") Oh, how close I came to letting my pride and ego rule my better conscience! I never stopped to consider my real motives. I told myself that I would be doing good works, carrying the message to those who needed to hear it. Fortunately, my Higher Power kept my mouth shut until I hurt enough to start talking about it to my sponsor and to my AA friends.

One night I brought up the topic of anonymity in the workplace at one of my regular meetings. I began to share what I had been trying to do. And I shared my feelings. I said that sometimes at work I felt like a fake ("If they only knew. . ."), but that at other times I wanted to shout at my coworkers' ignorance, "Stop it! You don't know what you're dealing with." To be followed by the line that should have sent warning signals straight to my heart: "Let *me* tell you a thing or two!"

I am so grateful for the friends who pointed out in their loving, kind way that my pride and ego were trying to make me something I am not--an expert in how to treat alcoholism. Several of them reminded me of our Eleventh Tradition, that ours is a program of attraction, not promotion. And that this program is for those who *want* it, not for those who need it. I came so close to actively promoting the program, and justifying it because of my professional position.

Today I know that should someone ask me directly, I would not --could not--lie about my disease or my recovery process. But I also know that it is not my responsibility to run around volunteering the information. I may not be the person that my hospital needs to teach them a better way of dealing with those who have a drinking problem. Today, all I have to do is be willing and open to opportunities, and trust that my Higher Power will make them known to me.

A long time ago, a very wise woman told me I had what she called a savior complex--that somehow I felt responsible for cleaning up the ills and injustices of the world. She gave me some very good advice; "Never give up your ideals, but for your own sake, know your limitations and change your expectations."

It's twenty-five years later, but I hope I am finally ready to listen.

L.B.  
Virginia Beach, VA

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# TO IMPROVE OUR CONSCIOUS CONTACT...

**Special Forum**  
**“Keeping AA Strong**  
**in South Palm Beach County”**

Sunday, November 21<sup>st</sup> from 2 to 4 pm  
at Delray Central House

Area treatment centers and halfway houses have been invited to this SPBC Intergroup event highlighting AA issues of special importance to them, including H&I, Bridge the Gap Committee activities and the Seventh Tradition. Join us for this important exchange as we all strive to make recovery in our area strong, vibrant and long lasting.

See you there!

**22<sup>ND</sup> ANNUAL**  
**SPBC INTERGROUP'S**  
**GRATITUDE DINNER**

The 22<sup>nd</sup> Annual South Palm Beach County Intergroup Gratitude Dinner will be held on Friday, November 19<sup>th</sup>, 2010 from 6:00pm to 10:00pm at the Embassy Suites, 661 NW 53 Street, Boca Raton.

The theme is “Back to Basics.”

This night is for fun and fellowship; however, it is also a night to raise funds to support OUR Intergroup as we are responsible for keeping the hand of AA available to anyone, anywhere, anytime. We will pass the 7<sup>th</sup> Tradition basket.

The main RAFFLE PRIZE will be 50' plasma television.

Thanking you all in advance for your support!

David R. Chairman, Gratitude Dinner 2010

**There are still individual tickets for sale**  
**at the Intergroup Office**

*Annual Holiday*  
**OPEN HOUSE**

*South Palm Beach County*  
*Intergroup.*

Please join us for a Holiday Brunch

Where  
at your SPBC Intergroup Office  
2905 S. Federal Hwy  
Suite C15  
Delray Beach, FL 33483

When  
SATURDAY, NOVEMBER 6<sup>th</sup>.  
10:00am to 2:00 pm.

We will have many new gift items for your holiday shopping and our beloved AAWS and Grapevine literature is always available here. We will again offer the Half-Price sale of Big Books for Beginners this year.

For all who purchase one of these Big Books, your name will be entered into a drawing for a copy of the First Printing of “THE BOOK THAT STARTED IT ALL” --  
“The Original Working Manuscript of  
Alcoholics Anonymous”

There will be plenty of food, friendship and fellowship.

Served and Sponsored by the  
Intergroup Office Staff.

***Faithful Fivers*** ..... A Personal & Individual Commitment to our A.A. Service Office – South Palm Beach County Intergroup

A way to say ~

I'm glad you were here when I needed you!

I'm grateful you are here now!

I want to be a part of the *Faithful Fivers* by  
Pledging my time and/or money!

\$5/month (or more) can be paid monthly, quarterly, annually  
5 Hours/month – at the office/on the phone/assist at an event/  
serve on a committee/the list is endless!

Pledge cards available at the office; through your Intergroup  
Rep; or online at: [www.aainpalmbeach.org](http://www.aainpalmbeach.org)

**With Gratitude for their support...**

|              |               |          |
|--------------|---------------|----------|
| Stephanie    | Archie W.     | Liz S.   |
| Hank M.      | Bari W.       | Randi S. |
| Christine M. | James S.      | Lisa M.  |
| Diane S.     | Sandi E.      | Jan W.   |
| Maggie D.    | KJ F.         | Pam T.   |
| Tony F.      | Anonymous (2) |          |

## THANKSGIVING TIME (1955)

THIS is a season for counting our blessings and for giving our thanks. Does any fellowship have a greater store of God's gifts than Alcoholics Anonymous?

With a single voice, we would surely make this reply: No, none are more fortunate. We were blind, yet we have been given a vision. We once sickened, yet we now regain our health. We once warred with ourselves and all about us, yet we find ourselves in more security, unity and peace than ever before. We had lost the meaning of true love and service, yet we are rediscovering these very things. One-time outcasts, we now belong with each other and are citizens of the world. We have been given a real purpose and, God willing, a great destiny.

Once the least deserving of people, why have we been entrusted with gifts such as these? No man may say; only God in His infinite wisdom can really know.

Therefore at this Thanksgiving time of 1955, we look to the Author of All with more wonder and more gratitude in our hearts than our lips can say.

In this greeting, Lois joins me with our affectionate best.

Bill W.

## SOUTHEAST REGIONAL FORUM

### First Time Attendees Welcome!

#### Purpose of this Forum

Established in 1975 at the suggestion of the late Chairman of the General Service Board of Trustees, Dr. Jack Norris, and sponsored by the A.A. General Service Board, this Forum is "open" to A.A. members or to anyone interested in A.A. Forums.

Forums are designed to enhance communication and participation among A.A. members, the General Service Board, and staff and directors from the General Service Office Staff and the A.A. Grapevine. Forums offer a meeting place to ask questions and spark new ideas to help carry the A.A. message of hope to the still-suffering alcoholic. This Forum provides unique opportunities for A.A. members throughout the Southeast Region to share their experience, strength and hope.

Information/Registration forms at the Intergroup Office; or online at [www.aa.org](http://www.aa.org)

December 10th-12th  
Springmaid Beach Resort  
Myrtle Beach, South Carolina

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*"Do I take a drink before breakfast? What's breakfast?"*

## INTERGROUP MINUTES- SEPTEMBER 29, 2010

**Chairperson:** Sheryl S. Meeting opened with a moment of silence followed by the Serenity Prayer. Minutes from August 25, 2010 approved.

**Welcome New Group Reps:** Andrew H.- Double Digit Gang; Cara V.-Second Chance Women's Group; Dylan K.-Language of the Heart; Melissa C.-Women Living Sober; Rique K.-Downtown Delray.

**Vice Chair:** Liz S. No report.

**Treasurer:** John E. Reported that finances were good for the month of August. Currently working on a budget process to identify future financial needs of the intergroup office and South Palm Beach County.

**Secretary:** Cheryl S. No report.

**Office Manager:** Pam T. The archives display can be viewed at the intergroup office until mid-October.\*\* The Steering Committee officers of North Palm Beach County attended our Steering Committee meeting in September. The focus was on how to serve our recovery community with a spirit of cooperation and unity. The SPBC Steering Committee and office manager attended a NPBC Intergroup pot luck dinner on September 18, 2010. A unity breakfast sponsored by SPBC and NPBC intergroups is scheduled for January 2010. SPBC Intergroup is creating a new service position of Liaison to Intergroup (North/South).\*\*Pam T. attended AAWS/AAGV- Intergroup/Central Offices annual Seminar in St. Louis. Her report can be reviewed next week and the Final Report from the Seminar committee can be reviewed in approximately 60 days.\*\*Volunteers are needed to help assist reviewing District 8 Group information to provide accurate and timely updates to the GSO. Looking for someone with exceptional Excel skills to set it up.\*\*The annual Open House will be held on Saturday, November 6, 2010 from 10am-2pm. Brunch will be served and donated desserts are welcomed.\*\*The intergroup office has implemented "The Faithful Fivers" which is a way for individuals to pledge \$5.00 a month or volunteer time at the office. Pledge cards have been printed and can be picked up at individual groups or the intergroup office. An automatic payment system using credit or debit cards is being set up at the Intergroup office. Contact the office for more details.

**Archives:** Michael G.- excused absence. Pam T. as substitute. An archives workshop sponsored by District 8 will be held on Friday, October 29<sup>th</sup>, 2010, 1:30-3:30 at the North County Intergroup office.

**Bridge the Gap:** Ryan D. Communicating with the AA Central Office in New York in regards to getting ideas and information to increase awareness and assistance in our community. One person was referred by Intergroup.

**Group Information:** Steve W. Next service committee meeting will be held on October 23, 2010 at 1:30pm at the Intergroup office. Volunteers are needed.

**SCAAN:** Maggie D. All new ideas for submission are welcomed.

**Telephone Relay:** Willie B. See SCAAN for details.

**12<sup>th</sup> Step Committee:** Nicola L. and Fred H. The women's list is being updated. Women volunteers are needed especially day hours.

**Public Information:** Jaime A. stepped down from position. New elections voted Chris C. and Jerry W. as Co-chairs of committee.

**Where and Whens:** Anthony D. New Where and Whens have been printed.

**Hospitals and Institutions:** Sarah P. The next H & I committee meeting will be held on October 16, 2010 at 2pm at the Intergroup office. Female volunteers are needed.

**General Service:** Gus G. The next quarterly Assembly is being held on October 8<sup>th</sup>-10<sup>th</sup>, 2010. Elections for South Florida Area Officers are being held.

**Serenity Scramble:** Sandy B. The 7<sup>th</sup> Annual Serenity Scramble is being held on Sunday, October 17, 2010.

**Gratitude Dinner:** David R. Gratitude Dinner is being held on Friday, November 19<sup>th</sup>, 2010. Individuals interested in attending can purchase tickets at the Intergroup office or contact David R. at 561-809-8610.

**Old Business:** None

**New Business:** Elections for new service position as Liaison for Intergroup Rep were held. James S. was voted as committee chair. David F. was voted as alternate chair.

Meeting adjourned at 8pm with the Lord's Prayer.

## MEETING CHANGES

### Lantana

**Serenity on the Beach** has added a meeting on Saturday evening 7:00PM.

### Lake Worth

New Group: **Sober Sisters of Lake Worth**  
Monday 6:30PM OD/Lesbian  
201 N. Dixie Hwy, Lake Worth FL

### Boca Raton:

**Journey to Freedom Group:** Format Change – Closed Speaker/Literature Lead. (Open last Sunday of Month for Anniversary Night)

**Women Living Sober:** The Group will now be meeting in the Sanctuary of the same church – Unitarian Universalist Church.

### Delray Beach:

The Lambda Group that meets at Crossroads Club has changed their name to: **Safe Haven Group.**

New Group: **Wednesday Morning 11<sup>th</sup> Step:** Wednesday 7:00AM Men's Closed 11<sup>th</sup> Step meeting @ Crossroads Club.

## UPDATE FROM THE SERENITY SCRAMBLE

I would personally like to thank all of the people who helped to make this such a wonderful event this year. I can't remember having so much fun at an event!

Additionally, I am thrilled to report that all this fun resulted in over \$5800.00 in contributions to our Intergroup.

Again, my sincerest thanks to everyone involved.

Sandy B. Serenity Scramble Chairman 2010

## NOVEMBER INTERGROUP SERVICE MEETINGS

- 13 **SPBC Intergroup Steering Committee Meeting**  
@ 9:30am Intergroup Office.
- 20 **SPBC Intergroup H&I Committee Meeting**  
@ 2pm Intergroup Office
- 24 **SPBC Intergroup Monthly Meeting ,**  
@ 7pm Delray Central House

## WHAT'S HAPPENING

### November 2010

- 4-7 **\*12-Step Music Fest-Florida Keys.** Sugarloaf KOA Campground Mile marker 20. Over 25 musical acts on 2 stages. Camping, music, meetings, speakers, fellowship. Call 305.296.4726
- 6 **SPBC Intergroup Office Open House Annual Holiday Open House** 10am to 2pm SPBC Intergroup Office See page 3 for details
- 13 **Concepts Introduction Workshop** 3pm  
North County Intergroup Office
- 14 **General Service District 8 Business Meeting**  
5pm Triangle Club, WPB
- 19 **SPBC Intergroup Gratitude Dinner**  
See page 3 for details
- 20 **Traditions Workshop** Delray Central House  
2-4pm Traditions 10, 11 & 12
- 20 **General Service District 9. 47<sup>th</sup> Gratitude Dinner.**  
Ft. Lauderdale Contact Howie K. at:  
[hkassof@myacc.net](mailto:hkassof@myacc.net) or 954.214.1623
- 21 **SPBC Intergroup Special Forum – Keeping A.A. Strong in South PB County** Delray Central House  
2- 4 pm
- 25-28 **\*Las Vegas Roundup, 44<sup>th</sup> annual**  
Riviera Hotel and Casino  
Register online [www.lasvegasroundup.org](http://www.lasvegasroundup.org)

### December 2010

- 10-12 **Southeast Regional Forum** Springmaid Beach Resort Myrtle Beach SC. See page 2 for details
- 24-25 **Alcathon** Presented by the SPBC Intergroup,  
Hosted by Delray Central House See page 2
- 31 – 1/1/2011 **Alcathon** Presented by the SPBC Intergroup, Hosted by Delray Central House

\* These events are listed solely as a service to SCAAN readers, not as an endorsement by South Palm Beach County Intergroup.

### PLEASE NOTE

There will be no SPBC Intergroup Business Meeting in December

### SPBC Intergroup Holiday Office Hours

Thanksgiving—Closed November 25th & 26th  
Christmas Holiday—Closed December 24th & 25th  
New Year's Holiday—Closed December 31st and January 1st

## South Palm Beach County Intergroup Association, Inc.

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

**24-hour: 561.276.4581**

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

Web-site: [www.aainpalmbeach.org](http://www.aainpalmbeach.org)

Office Hours

Monday-Friday: 9am - 5pm

Saturday: 10am - 3pm

### Steering Committee

|                |           |
|----------------|-----------|
| Chairperson    | Sheryl S. |
| Vice Chair     | Liz S.    |
| Treasurer      | John E.   |
| Secretary      | Cheryl S. |
| Office Manager | Pam T.    |

|                                  |                    |
|----------------------------------|--------------------|
| Archives.....                    | Michael G.         |
| Archivist.....                   | Pam T.             |
| Bridge the Gap.....              | Ryan D.            |
| General Services Liaison.....    | Gus B.             |
| Group Information.....           | Steve W.           |
| Hospitals & Institutions.....    | Sarah P.           |
| Public Information.....          | Jaime A.           |
| SCAAN.....                       | Maggie D.          |
| Telephone Relay.....             | Willy B.           |
| Twelve Step Committee.....       | Fred H./ Nicola L. |
| Webmaster.....                   | David R.           |
| Where & When.....                | Anthony D.         |
| Serenity Scramble.....           | Sandy B.           |
| Intergroup Gratitude Dinner..... | David R.           |

## BIRTHDAY CLUB

|             |         |                           |
|-------------|---------|---------------------------|
| Linda R.    | 1 year  | Cardinal Lane Group       |
| Tim C.      | 3 yrs   | One Day at a Time, Delray |
| Marjoue O.  | 5 yrs   | Happy Hour, Boca          |
| Petti T.    | 5 yrs   | Boynton Beach Beginners   |
| Ellen N.    | 7 yrs   | New Life Group, Boynton   |
| Sheryl S.   | 7 yrs   | West Boca Beginners       |
| Diane C.    | 11 yrs. | Happy Hour, Boca          |
| Susan D.    | 12 yrs  | Boynton Beach Beginners   |
| Laurence S. | 27 yrs  | DATA Group                |
| David R.    | 29 yrs  | Boca Boyz                 |
| Jim N.      | 36 yrs  | New Life Group, Boynton   |

## NOVEMBER - GRATITUDE MONTH

"Once upon a time, all AA meetings were held in homes. There weren't any committees and nobody put up a cent..... Wives baked cakes and brewed strong coffee for us alkie huddling together in the front parlors.....thus from the beginning did such gracious service make AA tick. By and by, meetings got big...we had to move into halls. Landlords weren't particularly interested in the spiritual advantages of group poverty. So someone passed the hat & we dropped money into it voluntarily...We grudgingly learned that rent was necessary to insure sobriety - our spiritual dividend, life itself... Then phone calls had to be answered, letters written, literature ordered & distributed.....We'd actually *have to organize services in order to keep AA simple*. It began to dawn upon AA the group responsibility would have to reach much further than the meeting hall doorstep...otherwise the new man approaching our door might miss his chance, might lose his life. Slowly - most reluctantly, groups saw they would have to form associations, open small offices, pay a few full-time secretaries.....Local meeting directories are issued, public relations attended to, regional gatherings and dinners set up...In short, Intergroups do those area chores that no single individual or group could. *They unify regions; and they make AA tick.*"

(excerpts reprinted from The Language of the Heart "Services Make AA tick")

### Group Contributions - January through September 2010

|                               |                                 |                                 |
|-------------------------------|---------------------------------|---------------------------------|
| 1-2-3 Step, Boca              | Men's Tuesday Solution, Boca    | Sobriety In The Wind, Delray    |
| 12 O'Clock High,W Boca        | Midday Miracles, Delray         | SOS (10am), Boca                |
| All Aboard                    | Morning Medicine,Boca           | Spiritual Awakenings,Boca       |
| Boca Boyz, West Boca          | New Beginnings, Wayside         | Sponsor/Sponsee Group           |
| Boca Men's, Boca              | New Life Group                  | Sunday Men's Roving BB, Delray  |
| Boca Study, Boca              | North Boca Steps & Traditions,  | Sunday Morning Spiritual Group  |
| Boca Women's Group            | North Delray Steps & Traditions | Sunny Isles, Lantana            |
| Boynton Beach Beginners       | One Day At A Time, Delray       | Sunrise Beach Meeting, Delray   |
| Boynton Beach Group, Boynton  | One Page at a Time, Delray Beac | TGIF, Delray                    |
| Cardinal Lane, Lantana        | Page 112 @ 12                   | Today Not Tomorrow, Boca        |
| Depression and the Alcoholic  | People With Time                | We Agnostics, Boca              |
| Divas at 830 AM               | Principles and Promises         | We are Not Saints, Boynton      |
| Double Digit Gang, Delray     | Principles in Practice          | We Believers, Boca              |
| Downtown Delray Group         | Road To Recovery, Boca          | Welcome Home in Delray          |
| Downtown, Boynton             | Romance & Finance, W Boca       | West Boca Beginners             |
| East Delray Men's Group       | Saturday Evening Post, Boynton  | West Boca Big Book Group        |
| Five Time Losers, Delray      | Saturday Night Double Speaker   | West Boca Friendship Group      |
| Happy Hour, Boca              | Saturday Night Live @ Five,Boca | West Boynton Group              |
| Intergroup Meeting            | Second Chance Women, Delray     | Westside Group, Delray          |
| Journey to Freedom, Boca      | Second Street Sobriety, Delray  | Wine Into Water, Delray         |
| Just For Now, Boca            | Seniors In Sobriety,Delray      | Women's Big Book Study, Boca    |
| Lambda Group, Delray          | Serenity Hour, Delray           | Women's Fourth Dimension, Lanta |
| Language Of The Heart, Delray | Serenity On The Beach,Lantana   | Women's Peace of Mind, Boca     |
| Lantana Group                 | Sober Fri Night,Boca Pines      | Women In Recovery, Boca         |
| Let's Do Lunch, Boca          | Sober Sisters, Boca             | Women Living Sober, Boca        |
| Living Sober Women, Delray    | Sober Sunset Group, Boca Pines  | Womens BBSS, Delray             |
| Lunch Bunch, Boca             | Sobriety For Breakfast, W Boca  | Young People with a Solution    |

With your continued support, we can continue serving..... Thank you for your support!

**3rd Quarter - PROFIT & LOSS REPORT - SEPT 2010**

| <b>Income</b>                            | <b>Sept 2010</b>    | <b>YTD 2010</b>       |
|--|---------------------|-----------------------|
| Events                                   | \$ -                | \$ 3,784.11           |
| Birthday Club                            | \$ 143.00           | \$ 707.00             |
| Faithful Fivers                          | \$ 1,180.00         | \$ 1,795.00           |
| Contributions: Non-Group                 | \$ 235.52           | \$ 1,476.71           |
| Contributions: Group                     | \$ 5,197.20         | \$ 38,257.18          |
| Sales                                    | \$ 7,609.85         | \$ 72,514.47          |
| <b>Total Income</b>                      | <b>\$ 14,365.57</b> | <b>\$ 118,534.47</b>  |
| Less Cost of Goods Sold                  | \$ (4,601.11)       | \$ (45,668.47)        |
| <b>Net Income</b>                        | <b>\$ 9,764.46</b>  | <b>\$ 72,866.00</b>   |
| <b>Expenses:</b>                         |                     |                       |
| Credit Card Processing Fees              | \$ 104.33           | \$ 1,172.94           |
| Insurance                                | \$ 560.00           | \$ 6,129.75           |
| Gross Payroll + PR Taxes                 | \$ 4,672.85         | \$ 41,358.66          |
| Postage                                  | \$ 88.00            | \$ 241.86             |
| Printing                                 | \$ 200.00           | \$ 2,402.50           |
| Professional Fees                        | \$ -                | \$ 1,650.00           |
| Program/Committee Expense                | \$ 193.45           | \$ 603.67             |
| Office Supplies                          | \$ 701.13           | \$ 3,795.60           |
| Rent                                     | \$ 1,447.03         | \$ 12,540.90          |
| Telephone,Fax,DSL                        | \$ 263.09           | \$ 3,463.49           |
| Utilities (Electric)                     | \$ 266.22           | \$ 1,873.40           |
| <b>Total Expenses</b>                    | <b>\$ 8,496.10</b>  | <b>\$ 75,232.77</b>   |
| <b>Net Income</b>                        | <b>\$ 1,268.36</b>  | <b>\$ (2,366.77)</b>  |
| <b>Accounts &amp; Balances</b>           |                     | <b>9/30/2010</b>      |
| <b>Bank Account Balances</b>             |                     | <b>\$ 35,859.94</b>   |
| <b>Current Liabilities:</b>              |                     | <b>\$ (504.54)</b>    |
| *Gratitude Dinner (final report 11/2010) |                     | <b>\$ (8,500.00)</b>  |
| *Serenity Scramble(final report 10/2010) |                     | <b>\$ (2,645.00)</b>  |
| <b>Adjusted Balance</b>                  |                     | <b>\$ 24,210.40</b>   |
| <b>Prudent Reserve</b>                   |                     | <b>\$ (24,000.00)</b> |
| <b>Cash Available @ 9/30/10</b>          |                     | <b>\$ 210.40</b>      |

**Did you know...??**

**In the 3rd Quarter of 2010**

**Your Intergroup...**

- \*Sold 822 Big Books
- \*Gave Newcomers 96 Big Books
- \*Sold 223 - 12 & 12's
- \*Gave Newcomers 21 - 12 & 12's
- \*Sold 5 Foreign Big Books
- \*Sold 4,012 Chips
- \*Sold 1,212 Medallions
- \*Operates a Helpline/Hotline 24/7/365
- \*Receives over 4,500 incoming calls/Quarter
- \*Provided Service opportunities to over 274 volunteers.
- \*Maintains an Inventory of every Foreign Language Big Book available from AAWS!
- \*Rec'd over 500 Visitors
- \*Maintains an active Archives
- \*Operates a literature and gift shop
- \*Has CD's/DVD's available for you
- \*Maintains a Lending Library
- \*Has full disclosure financial reports on file
- \*Offers literature assistance to new and struggling Groups
- \*Updates Meetings on Website monthly
- \*Publishes an Intergroup Newsletter - South County AA Newsletter-SCAAN
- \*Prints Group updates in SCAAN
- \*Publishes the Where & When quarterly
- \*Is OPEN 6 days a week
- \*Is Here For YOU.

Please Remember!  
Your Intergroup Office Staff  
is throwing a party!  
Holiday Open House - Sat. 11/6  
10am to 3pm  
Hope to see you and serve you!