

JANUARY/FEBRUARY 2011

In This Issue: “Qualifying” Groups & Meetings...Plus Reviewing the Principles

Is It an A.A. Meeting?

We hear the admonition “*Don’t drink, and go to meetings*” used to describe the approach ‘beginners’ in recovery should follow to pursue sobriety. Worse yet, perhaps, we next hear “*Go to ninety meetings in ninety days.*” As if anything *more or less* won’t work!! (This second idea originated with the Salvation Army, as the drunks they took into their fold were committed to finding a job and attending a session of their program” every day for three months.) What’s missing in these admonitions is the qualifier: “A.A.” (meetings)! It is a sad truism that not every meeting listed in the *Where and When* is an A.A. meeting.

Also of note, the first idea sums up the entire “program” of the Washingtonians, a movement that promoted 1- abstinence and 2- sharing of “success stories” at meetings, about a hundred years before A.A. came along. Their “one-step program” attracted thousands in the first years of its existence, but the movement faded, and its members mostly died from untreated alcoholism, for the lack of a “program” which addressed “**THE PURSUIT OF SOBRIETY.**” (It is also true that they similarly failed for lack of a ‘*singleness of purpose*’, an important part of a true A.A. meeting.)

So how does one determine: **Is It an A.A. Meeting?** Perhaps the best “test” was put forward by Dr. Ernie Kurtz –the Author of “Not God” and “The Spirituality of Imperfection” – in a talk at the archivists’ workshop in Akron, Ohio in September 1997. His five points to qualify a group and/or its meetings as true A.A follow, with quotations from Ernie (and the Big Book):

1. “**You will hear the language and the vocabulary of the 12 Steps.**”

You will hear the words: *defects, shortcomings, making amends, personal inventory, prayer and meditation.* Not: *complexes, repression, inner-child, co-dependency,* the language of psychology and ‘*new-age, we are all victims*’ philosophy.

2. “**You will hear laughter**” ... at tales of what would normally be thought of as embarrassing moments and events. Recognition of their imperfections and limitations are felt throughout the audience of recovering alcoholics, as a mirror of their own lives. The laughter covers the possible “embarrassment.”

3. **The “Story Style” will reflect, “What we were like, what happened and what we are like now.”** All great spiritual philosophies have been promoted and carried forward through story telling, through relating “*experience, strength and hope.*” “*We will not regret the past, nor wish to shut the door on it.*” Regarding our past, Ernie quotes Dickens and Goethe: “*Those who have no Memory have no Hope.*”

4. **There will be “Awareness and Faithfulness to A.A.’s 12 Traditions.”** Kurtz: “*A.A.’s twelve traditions are to the spirituality of the group what the twelve steps are to the recovery of its individual members.*”

5. **There will be “the sense in the group that people are there, not because they want to be, but because they need to be.”** Ernie quotes the old-timer who reflects, “*I didn’t come here to save my soul. I came here to save my ass. I’d been around for two years before I learned that they were connected.*”

If you can sense some of all of these points, you have probably been in a genuine A.A. meeting of a genuine A.A. Group.

THE STEPS & THE TRADITIONS

STEP 1 ~ “We admitted we were powerless over alcohol – that our lives had become unmanageable.”
TRADITION 1 ~ “Our common welfare should come first; personal recovery depends upon AA unity.”

STEP 2 ~ “Came to believe that a Power greater than ourselves could restore us to sanity.”
TRADITION 2 ~ “For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

And Now for Those Principles...

There are “36 Principles of Alcoholics Anonymous”

12 Steps (Recovery)

12 Traditions (Unity)

12 Concepts (Service)

* * *

The basic principles of A.A., as they are known today, were borrowed mainly from the fields of religion and medicine, though some ideas upon which success finally depended were the result of noting the behavior and needs of the Fellowship itself.

Step 1: “We admitted we were powerless over alcohol – that our lives had become unmanageable.”

Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then, and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything which will lift the merciless obsession from us. (12&12 pg 24)

Step 2: “Came to Believe that a power greater than ourselves could restore us to sanity.”

Therefore, Step two is the rallying point for all of us. Whether agnostic, atheist, or former believer, we can stand together on the Step. True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him. (12&12 pg 33)

* * *

Tradition 1: “Our common welfare should come first; personal recovery depends upon A.A. unity.”

The unity of Alcoholics Anonymous is the most cherished quality our society has. Our lives, and the lives of all to come, depend squarely upon it. We stay whole, or A.A. dies. Without unity, the heart of A.A. would cease to beat; our world arteries would no longer carry the life-giving grace of God; His gift to us would be spent aimlessly. (12&12 pg 129)

Tradition 2: “For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

The elder statesman is the one who sees the wisdom of the group’s decision....whose judgment, fortified by considerable experience, is sound....They become the real and permanent leadership of A.A. Theirs is the quiet opinion, the sure knowledge and humble example that resolve a crisis....They become the voice of the group conscience; in fact, these are the true voice of Alcoholics Anonymous. They do not drive by mandate; they lead by example. This is the experience which has led us to the conclusion that our group conscience, well-advised by its elders, will be in the long run wiser than any single leader. (12&12 pg 139).

By faith and by works we have been able to build upon the lessons of an incredible experience. They live today in the Twelve Traditions of Alcoholics Anonymous, which -- God willing -- shall sustain us in unity for so long as He may need us.

Thanks to these groups for covering
the Relay Phone so the Hand of AA
is available 24 Hours a Day:

JANUARY - Delray Central House
FEBRUARY - Spiritual Awakenings

MCHUMOR.COM by T. McCracken



“Just my luck to be found by a
member of Alcoholics Anonymous.”

Note these MEETING CHANGES:

Boca Raton:

- **All Aboard Group** – No longer meets Friday 7:00PM; still meets on Monday night.
- New Group: **Lost Marbles** – Friday at 7PM – OD.
New Group: **Speak Easy** – Friday at 5:30PM – OSD.
Both meet at: 260 Crawford Blvd, Boca Raton 33432.
- **Grub & Gratitude** has resumed meetings Wednesdays at 12 Noon – OS at a new location: Ocean Breeze Golf Club, 5800 NW 2nd Ave, (just off Yamato) Boca Raton.
- **Journey To Freedom**: Format change to CLS.
- **Language of the Heart**: Ascension Catholic Church, 7250 N Federal Hwy. Fridays 7:30PM – OLS.
- **Sober Sisters** (currently meeting at St. Joan of Arc in Boca) will move to The Lions Club. Saturday, time changed to 9AM – OW.
- **Other Lions Club changes...**
 - **Boca Study Group** – no longer meets.
 - **Today Not Tomorrow** has merged with the **Lunch Bunch Group**, which will now have an additional meeting Thursday at 12 Noon – OSD.
 - **Women Living Sober** group has moved into the Sanctuary of Unitarian Universalist Church. Same time/day – Monday 6:30PM.

West Boca (Boca Pines)

- **Rule 62 Group** – no longer meets Wednesday 8:30PM.

Delray Beach:

- The **Lambda Group** (Crossroads) has changed their name to **Safe Haven Group**.
- **Divas Group**: Monday and Saturday 8:30AM added. Monday will be OLS; Saturday will be OD.
- **Sunday Men's Roving Big Book** group has moved to: 302 SE 2nd St., Delray Beach.
- **New Groups at Crossroads...**
 - **Wednesday Morning 11th Step Group**: Wednesday at 7:00AM – CM.
 - **HP Breakfast Club**: Tuesday at 8:00AM – OSD.
 - **Language of the Heart** has moved from Crossroads to Ascension Catholic Church in Boca.

Boynton Beach:

- **Eastside Women's Group**: Additional meeting on Tuesday at 5:30PM – CWT.

Lake Worth/Lantana:

- **Sober Sisters of Lake Worth** (Lesbian): Monday 6:30PM – OD. 201 N. Dixie Hwy, Lake Worth.
- **Women Seeking the Truth Big Book Step Study**: Monday 7PM – OWB. Calvary United Methodist Church, Federal Hwy & 2nd Avenue South, Lake Worth.
- **Sobriety In The Wind II**: Time changed to 7PM.
- **Serenity On The Beach**: Another meeting added on Saturday at 7PM – OD.

ARCHIVES REPORT

(From Michael G., Archives Chair)

January 7 through 9, 2011, I attended the South Florida Area 15 General Service Assembly hosted by District 8 at the Marriott of Boca Raton.

I was fortunate enough to be asked to do service at the registration desk where I was able to get my feet wet. As SPBC Intergroup Archives Chair, I was introduced to and met people from other Districts and General Service. This was an eye-opener to me as a neophyte to District 8 and Area 15, and I had to crawl out of the little nest I built here in South Palm Beach County.

I attended an Archives Workshop Tradition Meeting, along with dinner and speaker over the three (3) day event. What an enlightening event being able to talk to so many people from all over South Florida. As my mind and heart opened wider, I was able to understand the full meaning of our First Tradition, was not limited to my own backyard, but open to all AA Members everywhere.

"Our common welfare should come first; personal recovery depends upon AA unity."

The next Archives Workshop sponsored by District 8 will be held Friday, February 18th, 2011 from 1:00 p.m. to 3:00 p.m. at our **South Palm Beach County Intergroup Office**. Also, at our Intergroup Office is a new Archives display which includes handwritten notes from Bill W. and Dr. Bob.

In Love and Service,
Michael G., Archives Chair

Saturday, Jan 29th 2011

Sponsored by North Palm Beach County Intergroup & South Palm Beach County Intergroup

UNITY BREAKFAST



INTERGOUP INVENTORY

Message from our Chairperson:

In reviewing our Archives we found that in 2005, our Intergroup conducted an "Intergroup Inventory" by publishing questions monthly for the Intergroup Reps to bring to their Home groups for a group conscience. Our purpose is to determine if we have been providing the services best handled by a centralized office. As your local A.A. service office, we are maintained, supervised and supported by you. We need your ideas, suggestions, and questions so we can continue to serve you and make better 12th Step work possible. According to the A.A. Guidelines from G.S.O. "an Intergroup Office exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers." We (you and Intergroup) are the Frontline of A.A. – we will continue to show up every day as long as an alcoholic needs us to be here.

Beginning this month we will include a monthly Intergroup Inventory question in the SCAAN for you to share with your Home Group. Your group's feedback and suggestions will help us determine if Intergroup is effectively meeting your Group's needs and those of our local recovery community.

January Question:

What is our purpose; are we truly an informed voice and effective messenger of our Intergroup conscience?

February Question:

Is our time at Intergroup meetings effectively utilized? How can we improve our gathering of the collective group conscience?

March Question:

Our literature is the "Voice of A.A." Are our groups themselves aware of and familiar with AAWS Literature offered at the Intergroup office; GSO service pieces; Group guidelines; committee workbooks; and a vast selection of items in inventory? Are Groups aware that the office is open six days a week and that our website has a printable meeting list; event flyers; committee news; and all the SCAAN Newsletters since they were prepared electronically (2004) which can be printed online as well?

OFFICE MANAGER REPORT

District 8 - South Palm Beach County Intergroup
Area 15 Intergroup/Central Office Committee Meeting
January 8, 2011

Our Intergroup received \$49,500 in Group Contributions during 2010, which is a 6% drop compared with the previous year. We have seen a steady decrease in Group Contributions over the past 3 years. However, in August we implemented a Faithful Fivers campaign that has been and continues to be a positive reflection of the A.A. members' desire to support 12th Step work in our community. We received \$2,925 from individual members in the 4 months since we began this campaign, plus several A.A. members contributed an additional \$1,738 during the year. Our 3 annual Fundraisers netted a total of \$20,302.58, and these events continue to be a major part of funding our Prudent Reserve which begins to dwindle by the end of summer. Our literature and gift

sales continue to be strong with total sales of \$94,525 for the year. (After COG's our Gross profit from sales = \$33,251.)

My Steering Committee has accepted my request to hire another full time employee in 2011, after reviewing the hours of time spent on Inventory and Sales. I'm thrilled to announce that my Steering Committee agreed we could offer the full time position to our part time employee, Deanna. We continue to have 2 - 4 volunteers every day to handle our calls to the office, and many of them are willing to assist with inventory and projects as well.

In a spirit of Unity, our Intergroup (South PB County), together with North PB County will be hosting a Unity Breakfast on January 29th. After breakfast is served we will have two speakers - one from North County and one from South County. Tickets for breakfast are \$8, and I have tickets with me if you would like to attend.

I attended the AAWS Seminar for Intergroup/C.O. in St. Lewis, and I'm pleased to inform you that our Officers have included the Seminar expenses in our Budget for 2011, so I hope to be going to Arizona in September. Also approved, are the expenses for my attendance at all Quarterlies this year.

Beginning this month, I will begin sending out Intergroup Updates via email - sort of a "Mini" newsletter, along with the minutes from our previous Intergroup business meeting. This will allow members to review and share with their groups all Intergroup business and inform them of events, meeting changes, and other information that comes up before our next issue of SCAAN.

Speaking of email..... we changed to Comcast for telephone and internet service last summer at a great savings in cost (1/2 the price of AT&T and Comcast recognizes and honors our 501C3 tax exemption status). However, Comcast is unable to handle my Distribution List size, and I have been struggling with alternatives for over 4 months now. We can use our website Domain, however, most emails from that source seem to be received as SPAM, and I wouldn't know who received the information. So I have had to break down the data base by 10-20 names at a time, which is time consuming and redundant. If anyone else is having these issues, I would appreciate you sharing with me your experience on how to overcome this problem.

Respectfully submitted in love and service,
Pam T. , South Palm Beach County Intergroup

BIRTHDAY CLUB

Mike M. – 10 years (12/5/1990), Romance & Finance
Blair F. – 14 years (1/18/1997), Journey To Freedom
Diane S. – 19 years (1/1/1992), Sober Sisters
Sharon R. – 19 years (1/23/1992), Big Book Adventure
Ray R. – 21 years (1/17/1990), Big Book Adventure
Claude J. – 23 years (11/15/1987)
Ron C. – 24 years (12/20/1986), Spiritual Awakenings
Kathy T. – 40 years (12/3/1970)
Marie L. – 53 years (10/16/1957), Just for Now

INTERGROUP MINUTES – NOVEMBER 24, 2010

Chairperson: Sheryl S. Meeting opened with a moment of silence followed by the Serenity Prayer. Steering Committee has decided to begin the process of updating and amending the current Intergroup by-laws and proposed revisions will be brought to the Intergroup body for discussion and approval.

Welcome New Group Reps: Bob M.- Boca Men's Recovery; Bob C.(alt.) - Men With A Solution.

Secretary: Cheryl S. Read the minutes from October 27, 2010 Intergroup meeting. Minutes were approved.

Vice Chair: Liz S. Gave report on the SPBC Special Forum- Keeping AA Strong in South PB County held on November 21, 2010. One treatment center was represented. It was a successful meeting where Bridge the Gap, Hospitals and Institutions, Intergroup and all other participants brainstormed ideas on how to better serve our recovering community and how to assist individuals transitioning from treatment facilities into the AA community. Thank you to all who participated.

Treasurer: John E. Announced that if contributions continue to grow and expenses remain the same, the prospect of Intergroup having to depend on our prudent reserves for the upcoming year is less unlikely.

Office Manager: Pam T. Introduced and welcomed Gary B. who is the new North Palm Beach County Intergroup Liaison. Volunteers with significant time in recovery are needed to work in the Intergroup office.** The Alcahons schedules have been included in the SCAAN.** The Divas Group in Delray added a Mon. meeting at 8:30 am and will be adding a Sat. 8:30 am meeting on January 1, 2011 to their schedule.** The Holiday Open House on November 6, 2010 was a wonderful day of food and fellowship. Gifts and recovery items are available for your holiday shopping.

Archives: Michael G.-excused absence. Pam read the report. The first archives workshop was held on Friday October 29, 2010 at the North Palm Beach County Intergroup office.

Gratitude Dinner: David R. The Gratitude Dinner was a big success netting \$11,370.60. Thank you to all who participated.

Bridge the Gap: Ryan D. One person was referred to AA from a treatment center. Attended the NPBC Intergroup meeting, met their representative, discussed ideas and collected information on how to better serve the transitioning alcoholic. Attended and participated in the SPBC Special Forum.

General Service: Gus B. The General Service Area 15 Quarterly Assembly hosted by District 8 will be held January 7-9, 2011 at the Boca Raton Marriot.** Elections were held at the District 8 business meeting on November 14, 2010.** A unity breakfast hosted by SPBC and NPBC Intergroups will be held at the Finland House on January 29, 2011 between 8am-12pm.

Group Information: Steve W.-excused absence.

Hospitals and Institutions: Sarah P. The training orientation meeting held on October 16, 2010 was a big success. More than 45 people attended and filled 20 more commitments at various treatment centers. The alternate training session date is not yet scheduled. Speak to Sarah for further details. The next meeting is scheduled for December 18, 2010, 2pm at the Intergroup office. Attended and participated in the SPBC Special Forum.

Public Information: Chris C.-excused absence. Jerry W.-unexcused absence.

SCAAN: Elections for a new SCAAN chairperson will be held at the next Intergroup meeting.

Telephone Relay: Willie B. The schedule for the telephone relay is included in the SCAAN.

12th Step Committee: Nicola L.- excused absence. Fred H. The current 12th step call list is up to date.

Where and When: Anthony D. The deadline for submissions or changes for the new Where and When is January 1, 2011.

Liaison to North County Intergroup: James S.- excused absence. David F.(alt.) - excused absence. Ryan D. read the report. NPBC Intergroup is hosting a bowling for Big Books on December 12, 2010 at 6:30pm at the Green Acres Bowling Alley.

Old Business: None

New Business: A motion was made to have a group inventory of Intergroup and the related services that it provides to our AA community. The motion did not pass.

The meeting ended with the Lord's Prayer.

FAITHFUL FIVERS-

An 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...

With Gratitude for their support:

Anonymous	Jan W.	Melissa C.
Anonymous	Lisa M.	Pam T.
Archie W.	Liz S.	Randi S.
Bari W.	Lyn W.	Stephanie
Christine M.	Maggie D.	Sandi E.
Diane S.	Marie L.	Tom W.
Gerald M.	Mary M.	Tony F.
Hank M.	Michael G.	Willie B.
James S.		

With Gratitude for their service at the Intergroup Office:

Barb S.	Martha S.	Ruth A.
Bari W.	Melanie S.	Sally S.
Bobby M.	Michael G.	Sarah
Chris C.	Mitch A.	Shawn C.
Jim S.	Nick	Todd B.
Jim R.	Phyllis W.	Zach T.
Liz S.	Rich W.	

THANK YOU

to Delray Central House – which hosted,
Groups – which sponsored, and
Individuals – who attended
the Holiday Alcahons
December 24-25 and December 31-January 1.

*Your love and support blessed SPBC Intergroup with
\$1,268.64 in 7th Tradition contributions!*

FEBRUARY SERVICE MEETINGS

- 12 SPBC Intergroup Steering Committee Meeting**
@ 9:30am – Intergroup Office.
- 13 General Service District 8 Business Meeting**
@ 5pm – Triangle Club, West Palm Beach
- 19 SPBC Intergroup H&I Committee Meeting**
@ 2pm – Intergroup Office
- 23 SPBC Intergroup Business Meeting**
@ 7pm – Delray Central House

WHAT'S HAPPENING

January 2011

29 **Unity Breakfast of Palm Beach County** – Hosted by North and South PB County Intergroups at Finland House, 301 Central Blvd, Lantana, 8am-Noon. Featuring 2 speakers. Breakfast tickets: \$8.

February 2011

3-6 * **The 2011 Space Coast Round-Up** – Workshops, luau, meditation, meetings, speakers: \$35/person. Hotel rooms, call: 321-392-1647, use code B13, room rates are \$87 + tax. International Palms Resort & Conf. Ctr., 1300 N. Atlantic Ave, Cocoa Beach, FL. Information: www.aaspacecoast.org

12-13 * **Women's Recovery Retreat at Billie Swamp Safari Seminole Indian Reservation** – Meditation, drumming, meetings, resentment release and more! \$120 includes food & accommodations. For information, call Laura at 561-577-3083, lakelvi@gmail.com

19th * **Sweethearts Dance** – 8:30pm, Delray Central House. \$5/ticket.

18 **Archives Workshop** – 1-3pm, SPBC Intergroup office.

19 **Traditions Workshop** – 2-4pm, sponsored by Delray Central House.

March 2011

18-20 * **7th Annual Sober Stock** – Featuring speakers, bands, meetings, food, & fellowship at Camp Brorein in Tampa Bay, FL. For more information visit: www.soberstock.com

19 **Sponsorship Workshop** – 2-4 pm, sponsored by Delray Central House.

19 * **“Moon Dance”** – 6-10:30pm, sponsored by Sunrise Beach Meeting of Delray on the beach behind the gazebo @ A1A and Atlantic Ave. Food & beverage provided. Speaker meetings at 7-8pm & 9-10pm with 7th Tradition observed.

25-27 * **Sober Women's Spiritual Retreat** – Meditation, rest, reflection, & renewal. Seaside Inn, 308 S. Ocean Blvd, Pompano Beach, FL. \$150/person for the weekend includes lodging & meals. More information: 786-286-4505 (Mary).

South Palm Beach County Intergroup Association, Inc.

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24-hour: 561.276.4581

Email: southcountyyaa@comcast.net

Web-site: www.aainpalmbeach.org

Office Hours

Monday-Friday: 9am - 5pm

Saturday: 10am - 3pm

Steering Committee

Chairperson – Sheryl S.

Vice Chair – Liz S.

Treasurer – Vacant

Secretary – Cheryl S.

Office Manager – Pam T.

Committee Chairs

Archives.....	Michael G.
Archivist.....	Pam T.
Bridge the Gap.....	Ryan D.
General Services Liaison.....	Gus B.
Group Information.....	Steve W.
Hospitals & Institutions.....	Sarah P.
Liaison to North County Intergroup.....	James S./David F. (Alt.)
Public Information.....	Chris C./Jerry W.
SCAAN.....	Vacant
Telephone Relay.....	Willy B.
Twelve Step Committee.....	Fred H./Nicola L.
Webmaster.....	David R.
Where & When.....	Anthony D.
Serenity Scramble.....	Open
Intergroup Gratitude Dinner.....	Open

WHAT'S HAPPENING (CONTINUED)

April 2011

15-17 **Area 15 Quarterly/Assembly** – Sponsored by District 6 at the Hutchinson Island Resort in Stuart, FL.

16 **Step Workshop** – 2-4pm, sponsored by Delray Central House.

21-24 * **The 2011 Australian National AA Convention** – in Perth, Western Australia at Perth Conv. Exhibition Center. For more information visit: www.aanatconperth2011.cjb.net

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