RECOVERED OR RECOVERING: WHICH ARE YOU?

All too frequently, a rather senseless argument is heard within our Fellowship as to whether a person is a recovered or a recovering alcoholic. Ironically, that argument is usually initiated by a person who is neither.

Turn to page xi, 2nd paragraph of our Basic Textbook, “Alcoholics Anonymous”, and read, “Because this book has become the basic text for our Society…..”. So, if it is “The Basic Text” for the Fellowship of Alcoholics Anonymous, The answer to the recovered/recovering question must lie between pages xi and 164.

First of all, let’s go to page xiii and read how Bill W. introduced the book “Alcoholics Anonymous” to the world. He wrote:

“We of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book.”

Hmmm, recovered alcoholics authored the Basic Text for the Fellowship of Alcoholics Anonymous.

What do they mean by recovered? Well, Dr. Silkworth, in the Dr. Opinion, said he believed that we had a allergy of the body and produced a craving once we took the first few drinks, the result of which is that we always drink more than we wanted to, passing through the well known stages of a spree emerging remorseful with firm resolution to never drink again. There is no known solution for that problem. We are not cured of alcoholism. (AA pg 85) So that problem is solved only by entire abstinence. If we don’t drink, we can’t get drunk. What an insultingly simple truth!

So, what’s the problem? “Therefore, the main problem of the alcoholic centers in his mind, rather than in his body”. (AA pg 23) And the problem is:

“The fact is that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. Our so-called will power becomes practically nonexistent.

We are unable, at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink.” (AA pg 24)

How does that problem of the mind manifest itself in the chronic alcoholic?

“The idea that somehow, someday he will control and enjoy his drinking is the great obsession of every abnormal drinker.” (AA,pg30)

“He had much knowledge about himself as an alcoholic. Yet all reasons for not drinking were easily pushed aside in favor of the foolish idea that he could take whiskey if only he mixed it with milk!” (AA,pg37)

“Whatever the precise definition of the word may be, we call this plain insanity.” (AA,pg37)

The real problem of the chronic alcoholic, then is the insane thinking when it comes to alcohol; ie, cold sober, and having lost many things and created numerous problems because of our drinking, we go into a liquor store and buy a bottle of the stuff that has robbed us of everything decent in life, and start drinking again because we love the sense of ease and comfort that comes at once by taking a few drinks. But then the craving for the next drink kicks in and every drink convinces us that we need another drink. Then the spree. Then the guilt and remorse. Then the pledge, the vow, the promise, etc. Then restless, irritable and discontented. Then the drink….Then the drunk…..Then the spree….it is all repeated over and over and over…….

The insanity of the disease is the source of the unmanageability of our lives. If we could manage that decision, pledge, vow, promise, etc. to never drink again, we would not need the Power of the Program of A.A. There may be other areas of our lives with lacking degrees of unmanageability but the killer is that relating to our inability to stay stopped. Drinking is not the problem. Alcoholics have no problem drinking! Stopping is not the problem. Alcoholics have a variety of ways to stop drinking. Staying stopped is the problem! If we had the will power to stop starting, we would
have no problem with alcohol. Lack of will power, that was our dilemma. **We must find a Higher Power!!!**

Now we have identified the real problem of the hopeless alcoholic.

**“However intelligent we may have been in other respects, where alcohol has been involved, we have been strangely insane. Strong language – but isn’t it true?”** (AA, pg38)

We must therefore find a Higher Power if our power is insufficient to act sanely where alcohol is concerned. So, if we carefully follow the clear cut directions (AA, pg29) up to and including pages 84 and 85, we will receive one of the many promises of our Program (The Twelve Steps of Alcoholics Anonymous), **“For by this time sanity will have returned.”** (AA, pg84)

Now, we have recovered! Read the Tenth Step promises from the bottom of page 84 to the bottom of page 85. If that leaves any doubt in your mind, carefully read pages xiii (2X), xv, xvii, xxiii, 17, 20, 29, 91, 97, 113, 132 & 133. You will find “recovered” on each page.

It seems to me that the most powerful statement of those referred to is this one on page 132. **“We have recovered and have been given the Power to help others.”** What a miraculous deal!!! Don’t miss it!!!!!

We have clearly identified who the RECOVERED ALCOHOLIC is. What about the RECOVERING ALCOHOLIC? The Recovering Alcoholic is one who is somewhere between Steps Three and Eleven. They are in the process of coming to believe but have yet to have a spiritual awakening/experience. Bill W. was a recovering alcoholic for 2 – 3 days in Townes Hospital. Most of the alcoholics who participated in the writing of the Big Book took the Steps during the first 7 – 10 days after their last drink. Many had recovered before they ever attended a meeting.

If a person coming to Alcoholics Anonymous for help because they have been unable to find a way to stop starting to drink, and are not taking or have not taken the Steps, they are neither recovering nor are they recovered. They have a case of untreated alcoholism and if they have developed an alcoholic mind, they will drink again. They are the ones who choose to declare that there is no such thing as a recovered alcoholic. How would they know?

No where in Alcoholics Anonymous literature does it suggest that if an alcoholic goes to enough meetings, they will recover. No, the recovered alcoholics who authored our Basic Text Book said they RECOVERED as a result of taking the Steps, not going to meetings. We paid a hell of a price to get here. Let’s pay the price to stay here by having a spiritual awakening as the result of taking the Twelve Steps of Alcoholics Anonymous.

…..from The Archives of the Primary Purpose Group, Dallas TX.

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**Check out our new website! aainpalmbeach.org**

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**DELRAY CENTRAL HOUSE**

**Annual Summer Picnic**

**Sunday July 7, 2019**

**John Prince Park**

**Center Pavillion**

**11AM - 4PM**

**Speaker Meeting 2-3 PM**

**Food**

**Drinks**

**Games**

**Live Music**

**Fun & Fellowship**

**Open Mic**

**Tickets $10**

**Children Under 12 Free**
### South Palm Beach County Intergroup Profit & Loss - May 2019

#### Ordinary Income/Expense

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<td>Total Fund Raising Income</td>
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### Sales

| AAWS Books                                  | 3,062  | 17,160       |
| AAWS Other                                  | 4      | 126          |
| AAWS Pamphlets                              | 60     | 391          |
| Chips                                       | 287    | 1,496        |
| Demdaco Gift Items                          | 0      | 0            |
| Gift Items                                  | 308    | 1,580        |
| Grapevine Books                             | 289    | 756          |
| Grapevine Other Material                    | 0      | 25           |
| Hazelden Books                              | 222    | 1,184        |
| Medallions                                  | 1,236  | 7,652        |
| Sale of Books                               | 13     | 167          |
| Where & When                                | 153    | 1,395        |
| Total Sales                                 | 5,654  | 31,942       |

### Cost of Goods Sold

| AAWS Books                                  | 2,337  | 13,293       |
| AAWS Other                                  | 1      | 121          |
| AAWS Pamphlets                              | 52     | 198          |
| Books Purchases                             | 7      | 119          |
| Chips Purchased                             | 171    | 881          |
| Cost of Goods Sold                          | 57     | 176          |
| Demdaco Gift Items                          | 0      | 0            |
| Gift Items                                  | 171    | 890          |
| Grapevine Books                             | 210    | 550          |
| Grapevine Other                             | 0      | 21           |
| Hazelden Books                              | 123    | 656          |
| Medallions Purchases                        | 405    | 2,533        |
| Other Purchases                             | 0      | 0            |
| Shipping & Handling Purchases               | 117    | 259          |
| Vendor Discounts Purchases                  | 0      | 0            |
| Where & Whens                               | 103    | 880          |
| Total COGS                                  | 3,754  | 20,619       |

### Gross Profit

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<th>Accounts Receivable</th>
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<th>Fixed Assets</th>
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### Intergroup Activity Log - May 19

- **Operating Acct**: $18,817
- **Accounts Receivable**: ($554)
- **Fixed Assets**: $1,342
- **Prudent Reserve Act**: $28,000
- **Inventory Asset**: $29,952
- **Other Asset/Rent Dep**: $2,769
- **Petty Cash**: $150
- **Other Current Assets**: $1,080
- **TOTAL CASH**: $46,967
- **TOTAL NONCASH ASSETS**: $30,978
- **TOTAL ASSETS**: $82,056

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### Welcome New Intergroup Reps!

- Aaron G. ~ The Hour of Power
- Amy ~ Women Living Sober (Alternate)
- Chloe W. ~ West Boynton Group
- Deborah R. ~ Women in Recovery
- Matt N. ~ Sunday Night Speaker
- Michael J. ~ Men’s Roving Big Book
- Valerie H. ~ West Boynton Group (Alternate)
## GROUP CONTRIBUTIONS: May and Year-to-Date 2019

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### May Office Volunteers

Amanda, Stephen, Trish, Bob, Baily, George, Dennis, Jason, Marinne, Lisa, Ben, Kim, Bobby, Patricia, Gary, John, Jim

### The SPBC Intergroup office will be closed July 4th in observance of the holiday

### TELEPHONE RELAY

_The Hand of AA 24 Hours a Day!_

June - Thank you Downtown Boynton Group!

July - Boynton Beach Group

August: Boca Men’s Recovery

September: Men’s Roving Big Book
Intergroup Business Meeting Minutes – May 29, 2019
Chair: Elizabeth opened the meeting with the Serenity Prayer.

She asked for Minutes to be approved. Motion made to accept Minutes as written; seconded and passed.

Welcome to new Group Reps:
- Michael J. Men’s Roving Big Book
- Matt N. Sunday Night Speaker

Discussion
- Aaron G. The Hour of Power
- Chloe W. West Boynton Group
- Valerie H. West Boynton Group
(Alternate) Deborah R. Women in Recovery
(Alternate) Amy Women Living Sober

Website is done, and Elizabeth asked for feedback from the fellowship. Go To: dev2.aainpalmbeach.org and send in any questions or suggestions to the link provided within 7 days please. We can add or update any incorrect information if you notify us. If all goes well, we plan to go live with the new website on June 7th.

We will elect new Committee Chairs at the July Business meeting. Please review committee positions on our website – See the Bylaws.

Vice Chair: George thanked Christine for joining our team as Office Manager.

Asked for volunteers to help with updating office – Painting, Window Treatments, Carpet, etc.

2 Positions remain open: Where and When Chair and Archivist (at least a 2 year commitment).

Gratitude Dinner and Golf Tournament Chairs needed.

Treasurer:

John S. reported that SPBCI is in good shape financially. He will be going into the office on Saturday to review the process of entering sales receipts to balancing the deposits. Quickbooks was updated to QB2019 so he wants to see if we need to change or update any of our processes.

Thank you to Jason for the work on the website.

The Intergroup Survey will be available to distribute at the June meeting and will give you the opportunity for your voices to be heard!

And suggestions are always welcome.

Office Manager:

Christine reported there is a new “meeting app” for smart phones that is approved by GSO, that can be downloaded for free and is very user friendly. For more information go to: www.meetingguide.org.


This is SPBCI’s 35th Anniversary and we are celebrating by offering all Gift Items for sale at 35% off.

Archives Chair:

Andrew – present, no report

Bridge the Gap:

Bari – present, no report

Maverick not present. No report

General Service Liaison:

Steven Absent – asked Sydney to give report: No printed report.

Group Information:

Rick G. did not give a report, but instead gave the following paraphrased statement below:

“The dysfunction and dissent among the leadership as well as lack of transparency to the general body at Intergroup has resulted in incidents of violence, staff resigning, committee chairs resigning, fewer reps showing up at Intergroup meetings, groups starting to halt contributions, members not wanting to volunteer for events and overall confidence in the organization is dropping. In order to restore confidence and put Intergroup on a path of recovery, a request for the “Chair and Vice Chair to step down was presented along with a call for the body to remove these Steering Committee members should they continue to refuse to resign.”

A discussion ensued in response to Rick’s statement to our body.

The question of whether or not an officer could be asked to step down would require an amendment to our bylaws, and someone would have to make a motion to amend them in accordance with the current bylaws.

It was suggested that the reps bring this to their groups for a vote. Several reps requested more information before bringing this to a vote, and Elizabeth took the meeting back from Rick.

A MOTION WAS MADE by Jerry W to bring any questions or concerns in an email to our Chair, and copy Rick G and the other Officers.

THE MOTION WAS 2ND by Bari W.

The motion carried.

There was a continued discussion and a couple members suggested an Intergroup Inventory be conducted. Elizabeth agreed to check on having an Inventory.

Elizabeth asked that we complete our committee reports.

H&I Men: Tolbert Not Present. No Report

H&I Women: Amy: Present. No Report

Telephone Relay:

Gary K. reported that our phone was lost last month and we had to purchase another cellphone for the Relay phone. Also reminded Groups to keep the phone on at all times. It will not ring during office hours, other than SPAM calls. Any groups that take on this vital AA service work assure to the best of their ability that group members are responsible to respond to this need.

Public Information:

Pam T. : reported distributing one BB and several pamphlets to two churches.

Jerry W.: reported distribution of W&W’s to several Treatment centers and Churches.

12 Step Men’s Chair:

Michael - Not present, Emailed report and updated Men’s 12 step list. Would like to have a 12th Step workshop.

12 Step Women’s Chair: Lauren – Not present. No report

In love and service,

Diane S.

SPBCI Secretary
AA EVENTS:

DELRAY CENTRAL HOUSE GROUP
ANNUAL INDEPENDENCE DAY PICNIC
Sunday July 7 * 11AM TO 4PM * $10
@ John Prince Park, Main Pavilion.
Food Fun & Fellowship + Live Music!

July 31 – August 4
63rd FLORIDA STATE CONVENTION
TRUMP NATIONAL DORAL MIAMI
Register online: 63.FloridaStateConvention.com

August 16-18
THE WOMEN IN RECOVERY CONFERENCE
Delray Beach Marriott
Registration online: www.thewomeninrecovery.com

August 22-25
THE 61st ICYPAA ENTIRE PSYCHIC CHANGE
Boston, MA  Info@ICYPAA.org

GROUP INFORMATION

New Groups
Women’s 12 x 12 Line by Line
Monday 5:30 PM
Crossroads Club - Room A
WTO

Group Change
Midday Miracles
Added Saturday meeting
12:30 PM - Crossroads Club
OLS

Daily Grace
Added a Thursday meeting
6:30 PM - Church of the Palms, Delray Beach

July 2019 Service Meetings

July 5 - 7, 2019
Area 15 Assembly
Tampa Bay Airport Marriott • www.area15aa.org

July 14, 2019
District 8 General Service Business Meeting - Triangle Club
4:00 PM: GSR/DCM SHARING
4:40 PM DISTRICT 8 BUSINESS MEETING

July 24, 2019
SPBC Intergroup Steering Committee Meeting
Wednesday, 5:30 PM - SPBCI Office

July 31, 2019
SPBC Intergroup Monthly Business Meeting
Wednesday, 7:00 PM - Delray Central House

Birthday Club
SOUTH PALM BEACH COUNTY INTERGROUP
CONGRATULATIONS ON YOUR ANNIVERSARY!
Your donation goes to help the valuable services provided by Intergroup including
the AA hotline, meeting schedules, 12 step work, literature inventory, SCAAN
newsletter and hospital/institution meetings.

Name __________________________ Anniversary Date __________________
Home Group ____________________ Contribution* $ ______________
*Recommended contribution is $1 for every year of sobriety.
If you would like a reminder notice next year, please fill out the address portion
below or provide an email address.
Address __________________________ City __________________________
State/Zip __________________________ Email __________________________

AA is not something you
join, it’s a way of life!

South Palm Beach County
Intergroup Association, Inc.
2905 South Federal Highway • Building C, Suite 15-16
Delray Beach, FL 33483
24-hours: 561.276.4581
Email: southcountyaa@comcast.net
Website: www.aainpalmbeach.org
Office Hours
Monday-Friday: 9am - 5pm
Saturday: 10am - 1pm

STEERING COMMITTEE
Chair - Elizabeth B.  Vice Chair - George S.
Treasurer - John S.  Secretary - Diane S.
Office Manager - Bill D.

COMMITTEES

Archives .......................... Andrew S.
Archivist .............................. OPEN
Bridge the Gap - Men ................. Maverick C.
Bridge the Gap - Women ............. Bari W.
General Services Liaison ............ Stephen M.
Group Information ..................... Rick G.
Hospitals & Institutions (W) ........ Amy M.
Hospitals & Institutions (M) ......... Tolbert D.
Liaison to North County Intergroup .. Anna B.
Public Information (W) .............. Pam T.
Public Information (M) .............. Jerry W.
SCAAN .................................. John T.
Telephone Relay ...................... Gary K.
Twelve Step Committee - (W) ....... Lauren P.
Twelve Step Committee - (M) ......... Michael M.
Where & When ....................... OPEN