

November 2004

SCAAN

Note new e-mail address below!

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

Step Eleven

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out."

We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter.



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."

This Tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship.

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In a recent email from a friend:

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom.

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SOUTH PALM BEACH COUNTY INTERGROUP ASSOCIATION, INC.

75 NE 6 Avenue ~ Suite 208 ~ Delray Beach, FL 33483 ~ Telephone 561-276-4581 ~ Fax 561-274-2096 or

Email us: southcountya@bellsouth.net, also visit www.aa-palmbeachcounty.org ~ www.alcoholics-anonymous.org ~ www.aagrapevine.org

OVERHEARD AT MEETINGS:

Spontaneous Wisdom of Alcoholics Anonymous
Members

♪ I didn't do half measures, I did two thirds measures. I went to meetings and I read the Big Book. I just didn't stop drinking. I'm grateful that today I am able to do full measures!

♪ How come if alcohol kills millions of brain cells, it never killed the ones that made me want to drink?

♪ I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that I still possess.

♪ When I was drinking, I had no problem telling the guy on the next barstool every one of my dirty little secrets. So, now that I'm sober, I don't want to do a fifth step with someone who cares about me and wants to help me save my own life. What's that about?

♪ Without the steps of Alcoholics Anonymous it is absolutely impossible to be where I am from where I was.

♪ "My thinking is for my amusement only" Sandy

♪ Belief is watching someone push a wheelbarrow across a tightrope and believing that they will make it to the other side. Faith is getting in the wheelbarrow! Most days I am able to get in God's wheelbarrow, but some days are better than others!

♪ "It has been my experience that 'being right' has never been my problem. HOW I am right (and let others know about it) is where I have run into trouble!"
Thanks to Dan S. and the Broken Elevator Group

♪ Hating people is like burning down your own house to get rid of a rat. -Harry Emerson Fosdick

♪ On resentments? "God, You made this jerk. Please help me to love him." Thanks to Greg D.

♪ My experience has been that when I am down to nothing --- God is up to something!

♪ "My sponsor told me not to try to quit thinking. It's like sitting in a train station; the trains come in, the trains go out. Just don't get on any of the trains."
- Emory, at the Tuesday Nooney Looney

♪ "I have seen people in and out of the Fellowship of Alcoholics Anonymous. I have not ever seen people in and out of the Program of Alcoholics Anonymous."
Thanks to Scott L.

♪ Sponsee to Sponsor: "My favorite slogan is 'think! think! think!'"

Sponsor to Sponsee: "You know, of course, that slogan means you only get three thinks, don't you?"

♪ Today is always here.....tomorrow, never.

♪ Life does not have to be perfect to be wonderful.

♪ When I got to the rooms of Alcoholics Anonymous, I thought that I didn't believe in God. What I learned here is that I was afraid of God and I was hiding from Him. God found me and then I found God.

A.A. Announcements

ALKA-THON 2004

Each year, South Palm Beach Country Intergroup hosts an ALKA-THON at Central House during the Christmas and New Year Holidays. The meeting schedule will be determined at the Intergroup Meeting - November 17, 2004 - 7:00 pm.

If your group would like to chair a meeting during the ALKA-THON, a representative from your group must attend this meeting. Thirty-eight (38) meeting slots will be assigned by a random drawing.

The ALKA-THON offers a meeting every other hour starting at 12 noon on Christmas Eve through midnight on Christmas Day, then again from 12 noon on New Years Eve through midnight New Years Day.

Come see old friends, meet new ones and bring a dish to share. This is a great way to give back what has been given so freely.

Please attend the November Intergroup Meeting for your group to receive a meeting time slot.

**Intergroup Office open Saturdays!
10:00 to 3:00 for your convenience.**

New Email: southcountyyaa@bellsouth.net

Some days our recovery demands giant doses of courage. It is so hard to let go of slippery people, places, and things. We still miss our old using friends. Knowing that they're not good for us doesn't take the missing away. We feel like we're stuck in the middle between yesterday and tomorrow. We are. It's a place called today.

Living in the present is a courageous act. Our old familiar life is full of pain and regrets, but it is familiar. Deep inside, though, we know that being sober is the best hope we have for ourselves. Today we can be brave and face what each day brings with courage and the knowledge that we are doing the right thing for ourselves.

Today, let me have the courage to believe that the best is yet to come.

INTERGROUP MINUTES, Sept. 28, 2004

Chairperson: Rick G. opened the meeting with the Serenity Prayer. Jim read the 12 traditions. New Group Representatives were welcomed as they introduced themselves, and Rick reminded groups that they should make sure they attend next month's Intergroup meeting to pick a time for the Alcatraz coming up over Christmas and New Years. We will also be picking times for groups to sponsor meetings.

Office Manager: Pam T. The Intergroup office still needs volunteers to help out for about 2 hours a week. Our new email address has gotten a lot of use since being installed on August 11th. The article in last month's SCAAN, "What Happened" has drawn a great deal of attention. We are getting emails from the Keys to the Heartland Intergroup. Typical feedback: "thought this was only happening here in.....", and many folks thanking us for putting this in our Newsletter.

Public Information: No report.

Gratitude Dinner: Stephan C. The Gratitude Dinner will be held on Friday, November 19th at the Embassy Suites Hotel in Boca Raton. We have only 7 tables left, so contact Stephan at 954-868-7935 if you are interested in attending. The ticket price is \$30 per person. Remember Gratitude is an action word and thank you very much for your support. In Love and Service, Stephan C.

General Service Liaison: Jim M. The monthly district meeting was held on September 12th despite the weather. Online registration for the International Convention in Toronto in 2005 should be available at aa.org. The next District business monthly will be Sunday, October 10th, at the Triangle Club in West Palm. Area officers including Delegate, Alternate Delegate, Chair and Treasurer will be elected by 3rd Legacy procedure Sunday afternoon. All GSRs are eligible to vote for the Officers that will serve the South Florida area for the next 2 years. In Love and Service, Jim Mallon

Telephone Relay: No report.

Institutions Committee: Charlie reported that follow up with the Children's Place did not pan out, but literature has been left for them. He urged that announcements be made at meetings to support the books and literature cause, as these are always needed.

Group Information Committee: No report.

SCAAN: York L. Email information and suggestions to ylambrecht@aol.com. Please have any submissions for the SCAAN to York by mid-month, in order to meet the publishing deadline.

Speaker Exchange: Barbara asked that it be announced that this group has a speaker exchange list for any groups that are interested. You can contact Pam T at the Intergroup office if interested.

Where and When and Internet Liaison: Al A. reported that all information is up to date and new lists have been published.

Events: Ray noted that this committee was still looking for volunteers for the Serenity Scramble.

Old Business: No old business to report.

New Business: It was suggested that a Halloween bash be considered, if not for this year, then possibly next year.

The meeting closed with the Lord's Prayer.

In Love and Service, Nancey P.

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A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

Remember, spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak, and give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

If you don't send this to at least 8 people..... who cares?

George Carlin

INTERGROUP COMMITTEE CHAIRS

- Chairperson, Rick G.
- Vice-chair, Diane S.
- Treasurer, John S.
- Secretary, Nancey P.
- Office Manager, Pam T.
- Events Chair, Ray D.
- General Service Liaison, Jim M.
- Group Information, Christine H.
- Intergroup Dinner, Stephan C.
- Institutions, Charlie O.
- Public Information, Bill J.
- SCAAN Editor, York L.
- Speaker Exchange, Barbara Mc.
- Special Needs, Jerry W.
- Telephone Relay/12 Step List, *Open*
- Where & When/Internet Liaison, Al A.

MARK YOUR CALENDARS

The Florida Conference of Young People in AA - "FCYPAA" Bid Committee meets every Saturday at 11:00AM @ Delray Tennis Center, 50 NW 1st Ave, Delray Beach.

- Oct 31 Big Book Ball Rescheduled** (originally scheduled for Sept. 18) Lake Worth
- Nov 14 District 8**
Triangle Club
5:00~5:30 GSR/DCM Sharing
5:45~ Business Meeting
- Nov 17 Institutions Committee**
Public Information Committee
Telephone Relay Committee
Central House 6:30~7:00
- Nov 17 Intergroup Meeting**
(Early due to Thanksgiving)
Central House 7:00~8:15
- Nov 19 South County Intergroup**
Gratitude Dinner
Embassy Suites Hotel
Boca Raton

2005 International AA Women's Conf.
Feb 10- Las Vegas, NV
Feb 13 Information: www.iaawc.org

2005 International Convention
Jun 30- Toronto, Canada
Jul 3 AA 70th Anniversary
Information: www.aa.org

BIRTHDAY CELEBRANTS ●●●BIRTHDAY CELEBRANTS

Frank M., Double Digit Gang
October 31.....29 years

Suzy V., Boca AA Study Group
October 26.....13 years

Carey T.
October 2.....11 years

Big Frank, Lunch Bunch
October 15.....5 years

C Sandy W., Easy Does It
October 2.....1 year



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Birthday Club • Birthday Club • Birthday Club

If you or your group is celebrating an A.A. anniversary and would like to be added to the list of celebrants, fill out the form below and mail to Intergroup Office. Support your Intergroup with a donation of \$1.00 or more per year to help them help the sick and suffering alcoholics in South Palm Beach County.

Name _____

Address _____

HELP US

Home Group _____

Sobriety Date _____

HELP OTHERS

Donation \$ _____

Clip & mail to Intergroup Office/75 NE 6th Ave, Suite 208/Delray Beach, FL 33483

Birthday Club • Birthday Club • Birthday Club

A Wish For You*

May there be peace within you today. May you trust your highest power that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. . . . May you be content knowing you are a child of God. . . . Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of you.

*Saint Therese's Prayer - Saint Therese is known as the *Saint of the Little Ways*. She believed in doing the little things in life well, and with great love.

Thank you to the following groups who have volunteered their time for the Telephone Relay:

- August-Sunny Isles, September-East Delray,
- October-Easy Does It,
- November-Spiritual Awakenings

Will your group do service work? Will you?

If you or your group would like to volunteer please contact:

Intergroup Office phone 561-276-4581,
or email southcountyaa@bellsouth.net

Telephone Relay Committee Wants YOU!

South County Intergroup is looking for one (or two) service oriented individuals to chair the Telephone Relay Committee. The responsibility of making sure our phones are manned after regular office hours is paramount.

Phone the South County Intergroup Office
561.276.4581 or e-mail southcountyaa@bellsouth.net

Hospitals and Institutions Committee needs your old literature...any edition, any condition.
\$\$\$Donations gladly accepted\$\$\$

Have your Intergroup Representative bring books/\$\$ to the month-end Intergroup meeting or contact the office.