

March 2005

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

SCAAN

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

Email: southcountyaa@bellsouth.net, & visit: www.aainpalmbeach.org
Also visit: www.alcoholics-anonymous.org & www.agrapevine.org

Living Recovery - A Man Who Knew The Founder Of A.A. Has Had A 70 Year Quest To Help Other Problem Drinkers

It was on a cold day in 1934 that James Houck hit bottom. Newly wedded and living in Frederick, Md., he was getting drunk every weekend — and sometimes even during the week — on home brew. He had recently been in a drunken-driving accident in his employer's car, and his drinking had estranged him from his wife Betty. "We were not married a month," Houck says, "before I told her I was sorry I ever saw her." Houck had begun drinking early, at age 5, when he would sneak sips from his mother's bottle of dandelion wine, then make up the difference with water. Although he grew up in the middle of Prohibition, his drinking problem only got worse as the years passed.

On Dec. 11, a friend who thought Houck needed to make some changes took him to a meeting at the local YMCA of the Oxford Group, an evangelical society founded in Britain by Frank Buchman that was prominent in the 1920s. Houck was immediately drawn to the group's teachings, which were based on four principles: honesty, purity, unselfishness and love. He was especially moved by the concept of "two-way" prayer: the group taught that if you spent quiet time every day listening to God, he would provide guidance. You were also encouraged to make restitution, to "put right what's wrong in your life," says Houck.

It was at those Oxford Group meetings that Houck befriended Bill Wilson, a.k.a. Bill W., a chronic drinker who would go on to co-found Alcoholics Anonymous (A.A.) in 1939. Houck joined the Oxford Group and became sober on Dec. 12, one day after Wilson did. Today, at 98, Houck is the only living person to have attended Oxford Group meetings with Wilson, who died in 1971.

Houck remembers Wilson well, and after a 40-year career as an electrical engineer and salesman, he has made it his mission to bring the Oxford Group's teachings to a new generation of recovering alcoholics. In the early 1970s, he started working with longshoremen on the Baltimore docks, and until recently, he traveled every six weeks or so, giving talks to members of 12-step programs, including A.A., around the country. Houck continues to provide counsel to recovering addicts who telephone from around the world. He still appears at meetings held within driving distance of his home in Towson, Md., and shares the inspirational story of his recovery and the early days of the Oxford Group with out-of-town gatherings via teleconferencing.

Houck wants to restore the old methods the Oxford Group used, in particular its spiritual aspects, which he believes are stronger and more effective than the ones currently practiced in A.A. The principles of the group live on in the Back to Basics organization, which follows a 12-step program similar to that originally used by A.A. Houck has been trying to apply Back to Basics techniques in federal and state prisons and is working directly with 300 prisoners in the Henrico County Jail East, in Richmond, Va.

Houck knows how much a group like this can mean to someone. After he decided on Dec. 12, 1934, that he would never drink alcohol again, he made restitution with his wife and others he had harmed. "I started telling my wife what kind of a fellow I was," he says. "I did this for three nights to get all of the garbage out. I wanted to be honest about everything in my life." He says his wife was grateful for the talk and then understood his behavior. "Now we could start our family and raise the children with the same guidelines. We had family quiet time every day. That's the way we raised the whole family." Houck lost his wife to cancer in 1988, but believes the lessons learned from the Oxford Group gave him a life he had not been sure was possible. "A marriage that wasn't supposed to last one year lasted 57 years." *Time Magazine September 27, 2004*

The Step & The Promise

Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood him."



The Promise

"We will comprehend the word serenity and we will know peace."

Intergroup Minutes, January 26, 2005

Chairperson: Rick G. opened the meeting with a moment of silence followed by the Serenity Prayer. Nancy read the Twelve Traditions. New representatives were John from North Delray Step; Lisa from Primary Purpose; Henry from Boynton Beach Saturday Big Book; and Jim from One Day At A Time. Rick discussed the first Inventory question: What is our purpose: are we truly an informed voice and effective messenger of our Intergroup conscience. Group representatives discussed the opinions of their respective groups including: Intergroup is doing a good job; it was suggested to form a mission statement for Intergroup; and the topic of non-conference approved literature being sold at the Intergroup office.

Treasurer: John S. reported the \$900 from the Alka-thon will be shown in the month of January.

Office Manager: Pam T. reported a year-end inventory was completed and she had attended the General Service Quarterly in Tampa.

General Service Liaison: Jim M. reported that the Palm Beach District monthly was held January 16th. The next quarterly will be at the Boca Marriott from April 8-10.

Institutions Committee: Charlie O. reported 25 meetings per week are brought into facilities in the area, 161 texts, 48 Grapevines, 76 Where & When's and miscellaneous pamphlets were distributed for the month. Charlie also reported that North County is supplying one case of Big Book each month and this committee's year-end balance is \$413.65. Charlie also thanked everyone for helping support the Institutions Committee.

Group Information Committee: Christine H. reported the committee hopes to attend all meetings and update the group's information sheets. It was suggested to post the group information sheet on the web site and announce in the SCAAN.

Where and When and Internet Liaison: Al A. reminder everyone that any time, day or location change to a meeting or if a meeting is no longer in existence, please call the Intergroup office or email southcountyyaa@bellsouth.net.

Speaker Exchange: Barbara McG. suggested changing the name of the committee to Intergroup Speakers Exchange.

SCAAN: David R. asked for suggestions, ideas, and comments to be sent to dremland@bellsouth.net.

Events – No report.

Public Information – No report.

Telephone Relay – No report. Committee is still in need of groups to volunteer to take the phone for a month. If you group is interested please contact the Intergroup office.

.....continued on Pg. 3

A.A. Announcements

Hospitals and Institutions Committee needs your old literature...any edition, any condition.

\$\$Donations gladly accepted\$\$

Have your Intergroup Representative bring books or cash to the month-end Intergroup meeting or contact the South County Intergroup office.

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

New Email: southcountyyaa@bellsouth.net

Web Site: www.aainpalmbeach.org

Boca Pines Club

9910 S.W. 14th St., #5 (Route 441 at Sandalfoot Square)

With over 40 meetings a week, Boca Pines is looking for support for it's meetings... in particular, the Sober Friday Night Group open speaker discussion at 8:30 pm is looking for new members.

Check the website and Where & When for all their meetings

New Meetings / Old Meetings

New: Women's BB & Step, First Baptist Church, Delray Mon 7-8:30 pm

Removed: Sat Sobriety, Centurion Bldg, LW Sat 8:30 am

Removed: Oceanside Group, Presb Church, Delray, Mon 8 pm

Removed: Sun Nite Men's Grp, Presb Church, Delray, Sun 8 pm

Removed: Prime Time Step, Universalist, Boca, Sun 5-6:30pm

South Palm Beach County Intergroup Inventory Questions

January's Question:

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

February's Question:

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

March's Question:

Our literature is the 'Voice of AA.' Are our groups themselves aware of and familiar with what Intergroup now offers in the way of literature, service pieces, and the vast selection of items in inventory? Are groups aware that the office is now open six days a week and that the website is now functional and an effective tool for carrying the message?

April's Question:

Do we set a good example in our money matters and do we encourage group participation in our Intergroup's financial health?

May's Question:

Are we doing our best to attract and hold on to our Intergroup representatives? (Eleventh Tradition)

.....Intergroup minutes continued from pg. 2

Old Business: 1. Motion was made and seconded to keep the full financial reporting in the SCAAN and post on the website. Motion was carried. 2. The Speaker Exchange discussion was tabled for another month, and will run as is in the meantime.

New Business: 1. Joan from Area 15 Corrections attended SPBC Intergroup to ask for volunteers to write approximately one letter per month about sobriety to the men and women in jails and institutions. 2. Motion was made to take back to their groups the selling of non-conference approved literature. Motion was not seconded. 3. Motion was made and seconded to not sell non-conference approved literature at SPBCI office. Motion not carried. 11 For and 19 Against. Since this motion was voted down members were encouraged to discuss this with their groups. Rick G. reported this matter had been given to Group Rep's to take to their groups to discuss last year for the office to carry some non-conference approved literature and a small selection of cards and gift items. The office did not start selling these items until the motion was passed and agreed these items would provide a service to the membership and off set the expenses needed to run the Intergroup office.

The meeting adjourned at 8:00 PM with the Lord's Prayer.

In Love and Service, Nancey P.

THE STEPS

"The steps don't know who's working them.
 The steps just work.
 The steps don't know WHY I'm working them.
 The steps just work.
 The steps don't know how many times I've worked them before.
 The steps just work.
 The steps don't know how long I'm sober
 The steps just work.
 The steps of Alcoholics Anonymous just work."

Send your favorites to the SCAAN editor

Sober 57 YEARS! Right Here in Boca Raton

Howard R. of Boca Men's Tues night AA Group will celebrate 57 years of sobriety on March 3, 2005. His sobriety began at St Thomas Hospital in Akron Ohio under the care of Dr Bob. When he left the hospital, Sister Ignatious gave him a medal and told him to return it before taking a drink.... She never got it back! Howard and his wife, Bertha (married 65 yrs) moved to Florida in 1956. When asked how to stay sober, Howard always answers, "Don't drink and go to meetings". He explains his longevity very simply: "don't drink and don't die"! Words to heed a man to follow.

December 2004: Office Manager Report

The Intergroup office conducted an Inventory in December, and the records from this Inventory are available to anyone who would care to review them. Based upon past sales, I will be maintaining our inventory at approximately this level.

I attended the General Service Area 15 quarterly in Tampa with Beth E., the office manager for North Palm Beach County Intergroup. During our Area 15 Intergroup meeting, the newly elected Area 15 Delegate Steve, and his alternate Delegate, Bill stopped in to tell us how grateful they are for service provided by our Central and Intergroup offices, and his commitment to providing an "open door" policy of cooperation between General Service and local Intergroups.

The year end reports from each attending Intergroup, and the ensuing discussions, confirmed the financial needs for each District Intergroup is substantially subsidized by contributions and fund raising events; some service offices conduct periodic drives for funds; others hold annual banquets, conventions or similar events sponsored by their groups and group members, and donate the profits for support of their Intergroup office. We also discussed "special contributions", individual contributions, and group pledges.

The Lakeland Tri-County Intergroup is holding a joint fundraiser with their General Service District 3, and will split the profits 50/50; in the spirit of cooperation and not competition.

Literature sales does not provide enough revenue for any of the offices, and increasing the price of AA Literature is always a last choice.

Approximately 2/3 of the other offices sell additional literature &/or recovery items; and I believe all sell chips and medallions. Several offices sell Speaker Tapes; either purchased through AA contacts or produced themselves; which I would like to incorporate into our office as another way to carry the message.

I would like to thank all the groups and individuals in our district who have believed in, and supported the South Palm Beach County Intergroup Association during this past year of growth and change. As always, you are welcome and encouraged to visit our office

Respectfully submitted, Pam Trankina Office Mgr

December 2004 Daily Office Activities Log

<u>Total Meeting Inquires</u>	443
<u>Intergroup Business Calls</u>	115
<u>12 Step Calls:</u>	15
<u>Other 12 Step Related Calls:</u>	53
<u>Sales:</u>	156
<u>Visitors:</u>	165

Total Activity December 947

"Drama is when someone wants to tell you their problems and doesn't want to hear a solution."

ASK BILL WILSON..... excerpts are from various talks and articles

When you first sobered up how did you approach alcoholics and did you change that approach?

I took off to cure alcoholics wholesale. I was twinjet propulsion; difficulties meant nothing. The vast conceit of my project never occurred to me. I pressed my assault for six months; my home was filled with alcoholics. Harangues with scores produced not the slightest result. None of them got it. Disappointingly, my friend of the kitchen table, who was sicker than I realized, took little interest in other alcoholics. This fact may have caused his endless backslides later on. For I had found that working with alcoholics had a huge bearing on my own sobriety. But why wouldn't any of my new prospects sober up? Slowly the bugs came to light. Like a religious crank, I was obsessed with the idea that everybody must have a "spiritual experience" just like mine. I'd forgotten that there were many varieties. So my brother alcoholics just stared incredulously or kidded me about my "hot flash." This had spoiled the potent identification so easy to get with them. I had turned evangelist. Clearly the deal had to be streamlined. What came to me in six minutes might require six months in others. It was to be learned that words are things, that one must be prudent. It was also certain that something ailed the deflationary technique. It definitely lacked wallop. Reasoning that the alcoholic's "hex" or compulsion must issue from some deep level, it followed that ego deflation must also go deep or else there couldn't be any fundamental release. Apparently religious practice would not touch the alcoholic until his underlying situation was made ready. Fortunately, all the tools were right at hand. You doctors supplied them.

The emphasis was shifted from "sin" to "sickness" - the "fatal malady," alcoholism. We quoted doctors that alcoholism was more lethal than cancer; that it consisted of an obsession of the mind coupled to increasing body sensitivity. These were our twin ogres of madness and death. We leaned heavily on Dr. Jung's statement of how hopeless the condition could be and then poured that devastating dose into every drunk within range. To modern man science is omnipotent; it is a god. Hence if science could pass a death sentence on a drunk, and we placed that verdict on our alcoholic transmission, it might shatter him completely. Perhaps he would then turn to the God of the theologian, there being no place else to go. Whatever the truth in this device, it certainly had practical merit. Immediately our whole atmosphere changed. Things began to look up. (Amer. J. Psychiat., Vol.106, 1949)

BIRTHDAY CELEBRANTS•••BIRTHDAY CELEBRANTS

Fred M., Keep IT Simple Group March 24.....24 years
 Ron C., West Boca Serenity Group March 30.....19 years

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 _____

Home Group _____

Sobriety Date _____

Donation \$ _____

HELP US

HELP OTHERS

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

Birthday Club•Birthday Club•Birthday Club

MARK YOUR CALENDARS

- Mar 5- **Soberstock**
 6 Camp Keystone in Odessa FL
 info @ <http://www.soberstock.com/>
- Mar 13 **District 8 General Service meeting**
 @ Triangle Club 5pm
- Apr 8 - **South Florida Area 15 Quarterly**
 10 Marriott at Boca Raton Center
- May 27 **Daytona 15th Spring Conference -**
 - 30 **Memorial Weekend Party**
 Conf.Information: Call 407-333-4330
 or email: leestapes@viafamily.com,
 or mail in registration forms available
 at Intergroup office.

The 27th Big Book Seminar

Where: Embassy Suites Hotel, 661
 NW 53rd St., Boca Raton
 When: June 16,17,18 & 19

What: "Charlie & Joe" Big Book
 Workshop

Costs: \$20; Hotel \$75/night.

Registration forms available at Intergroup
 office; or contact JW @ 954-941-3042 or
 email at: jwill60366@aol.com for seminar
 information. For Hotel information call
 561-994-8200.

- Jun 30 **International Convention**
 - Jul 3 Toronto, Canada
 AA 70th Anniversary
 Information: www.aa.org
- Aug 3 **49th Florida State Convention:**
 - 7 Orlando, Florida
 Wyndham Palace Resort & Spa in
 the Walt Disney World Resort
 On-line Registration:
www.flstateconvention.com or mail-
 in forms available at Intergroup
 office. Hotel Reservations 1-800-
 Wyndham.
- Sept 1 **ICYPAA48** is proud to announce that
 -4 the 48th International Conference of
 Young People in Alcoholics
 Anonymous will be held in NEW
 ORLEANS, LOUISIANA on
 September 1-4, 2005 at The
 Sheraton Hotel
 For Info: www.icypaa48.org

**SOUTH PALM BEACH COUNTY INTERGROUP
FINANCIAL REPORT ~ JANUARY 2005, YEAR-TO-DATE**

I NCOME	JANUARY	YEAR-TO-DATE
BIRTHDAY CLUB	57	57
GROUP CONTRIBUTIONS	4,209	4,209
LITERATURE SALES	4,634	4,634
FUND RAISING (OLD TIMERS MEETING)	0	0
FUND RAISING (ALCATHON)	900	900
FUND RAISING (OTHER)	0	0
TOTAL INCOME	9,800	9,800
EXPENSES		
ADVERTISING	0	0
BANK SERVICE CHARGE	0	0
ELECTRIC	0	0
EMPLOYEE EXPENSES	2,631	2,631
INSURANCE (LIABILITY)	0	0
INSURANCE (EMPLOYEE HEALTH)	0	0
LICENSES & PERMITS	0	0
LITERATURE (BOOKS,CHIPS,MEDALLIONS, ETC)	4,700	4,700
OFFICE EXPENSES	229	229
OFFICE REPAIRS	0	0
PRINTING (SCAAN / WHERE & WHEN)	561	561
RENT	617	617
TELEPHONE (OFFICE & CELL)	340	340
FUND RAISING	0	0
TOTAL EXPENSES	(9,077)	(9,077)
INCOME MINUS EXPENSES	\$ 723	\$ 723
PETTY CASH BALANCE 1/31/05	\$ 150	
PRUDENT RESERVE BALANCE 1/31/05	\$ 5,850	
OPERATING ACCOUNT BALANCE 1/31/05	\$ 4,506	

<p>Inventory Balance \$ 6,512</p> <p>(inventory balance is not included in figures above)</p> <p>Keep those H&I donations coming!</p>
--

HOSPITAL & INSTUTIONS	
BALANCE 12/31/04	\$ 410.65
GROUP DONATIONS	220.00
INTERGROUP DONATION	100.00
PERSONAL DONATIONS	257.00
EXPENSES	<u>(462.00)</u>
BALANCE 1/31/05	\$ 525.65
THANK YOU	

SOUTH PALM BEACH COUNTY INTERGROUP
75 NE 6 AVENUE ~ SUITE 208 ~ DELRAY BEACH, FL 33483
PHONE - 276-4581 ~ email southcountyyaa@bellsouth.net
OFFICE HOURS ~ MONDAY ~ FRIDAY 9am to 5pm ~ SATURDAY 10am to 3pm

SOUTH PALM BEACH COUNTY INTERGROUP ~ 2005 GROUP CONTRIBUTIONS

	Jan	YTD		Jan	YTD		Jan	YTD
BOCA RATON			Wed Night Beginners			Depression & The Alcoholic	31	31
Happy Hour			We're Just Beginners			Double Digit Gang	120	120
Journey to Freedom			Just Do It	25	25	Young At Heart		
Saturday with Bill W			Mon Night Step & Tradition			DELRAY BEACH		
Boca Friendly			First Things First			Central House		
N Boca Step & Tradition	4	4	Last Chance Candlelight			Young People w/Solution		
Sat Night Live @ Five			Sober Friday Night	200	200	Westside Delray		
Prime Time Sunset Step			Spiritual Candlelight			Beach Meeting (Tues)		
Women Living Sober			West Boca Serenity			Delray Step & Tradition		
Keep It Simple			WEST BOCA RATON			Wine Into Water	200	200
We Agnostics	15	15	West Boca Beginners			Monday Night Miracles		
Women's BB Study			Boca Boyz	50	50	New Beginning		
Spiritual Awakening			Sunday Night Speaker			Five Time Losers		
Sobriety On Sunday	400	400	9 th Chapter			One Paragraph At A Time		
Boca AA Study	29	29	Friendship Group	50	50	Oceanside Step		
Lets Do Lunch			BOYNTON BEACH			Sunday Night Men's		
Lunch Bunch	250	250	Boynton Beach Group	130	130	Open Your Heart		
Today Not Tomorrow	100	100	Downtown Group	55	55	Delray Recovery - DAF		
Women In Recovery	168	168	Sat Boynton Beach BBSS			Language Of The Heart		
Step Into The Solution			North Delray Step			Bridge Back To Life		
Big Book Adventure	40	40	Boynton Beach Men's			LAKE WORTH		
B.A.S.I.C.S.			Friday Night Special			Wednesday Nite Women's		
By The Book			Saturday Evening Post			Saturday Sobriety		
Men-On-Track	600	600	West Boynton			LANTANA		
Men's Boca Central			Neighborhood			Sunny Isles		
Inner Voice Candlelight			Re-Entry Group	25	25	Grapevine Group		
Easy Does It	145	145	KISS Group			Lake Worth Serenity		
Road To Recovery			We Are Not Saints	165	165	Recovery First		
Boca Men's / St Gregory	200	200	Experience, Strength, Hope			Lantana Group, Monday		
Boca Men's Recovery	20	20	Line By Line			Lantana Group, Thurs		
Boca Women's	5	5	Safe Harbor			Serenity On The Beach		
We Believers			DELRAY BEACH			Cardinal Lane		
Just For Now	600	600	Sunrise(at the Beach)7am	94	94	Women's 4 th Dimension		
Steps & Traditions			Beach At Atlantic 7am			ANONYMOUS	12	12
123 Step Group			CROSSROADS CLUB			INTERGROUP 7 TRADIT	50	50
BOCA PINES CLUB			One Day At A Time	300	300	FCYPAA		
Sobriety For Breakfast			Sober Solutions			TOTAL CONTRIBUTIONS	\$4,204	\$4,204
Sunday Serenity			Big Book Study					
Morning Medicine			Living Sober Women					
Saturday Beginners			Downtown Delray 10am					
Sunday Morning Spiritual			Serenity On Saturday					
12 O'clock High			Midday Miracles					
Something Old, New...			Serenity Hour					
Living Sober			Women's Step By Step					
Sober Sunset			East Delray Men's					
Peace Of Mind			Second Chance Women's					
Step & Tradition	20	20	Thank God Its Friday	100	100			
Romance & Finance			4 th Step Workshop					
Singleness of Purpose			Sobriety In The Wind					
Primary Purpose								

**ATTENTION ALL GROUPS – Please check your group contributions and if you have any questions please call or email Intergroup and Pam will help you.
Phone 276-4581 or email southcountyyaa@bellsouth.net**

