

July 2005

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

SCAAN

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Also visit: www.alcoholics-anonymous.org & www.aagrapevine.org

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.

If you will look carefully at the "Dust Jacket" of our Basic Textbook "Alcoholics Anonymous" you will notice in the lower right-hand corner the following words, "This is the Third Edition of The Big Book, the Basic Text for Alcoholics Anonymous". If your copy of the Big Book lacks a "Dust Jacket", turn to page xi, 2nd paragraph 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 said he believed that we had an allergy of the body that 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 a firm resolution to never drink again. (AA, pg xxvii). 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. (AA, pg xxviii). 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, pg 30)

"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, pg 37)

"Whatever the precise definition of the word may be, we call this plain insanity." (AA, pg 37)continued on pg.3

Happy 4th

The Step & The Promise

Happy 4th

Step Seven

"Humbly asked Him to remove our shortcomings""



The Promise

"Self-seeking will slip away."



INTERGROUP MINUTES - MAY 25, 2005

Chairperson: Rick G. Opened the meeting with a moment of silence followed by the Serenity Prayer. The Twelve Traditions were read. The April's minutes were approved. The following new reps introduced themselves: Tracy from the Lunch Bunch in Boca, Steve from Sunday Serenity at Boca Pines, and Diane from Sobriety for Breakfast. A future movie night was discussed, with the possibility of being held at DAF.

Treasure: John S. Reported the Group Contribution amount on the financials is correct but unfortunately the March Contribution report was printed not the April.

Office Manager: Pam T. Reported that she had a great response to the need for volunteers, and volunteers are always welcome. General Service offers AA Guidelines, and Pam can order one per month at no cost. Julie will be covering the Intergroup office for Pam's vacations.

General Service: Jim M. Reported that the monthly General Service District meeting was held Sunday, May 15th.

Although he was unable to attend, the consensus is that the International Food Fair on May 14th was a blast. The next monthly District meeting is Sunday, June 19th, which is also Father's Day. The meeting will begin at 3PM with the annual report from the Area delegate Steve P at the Triangle Club. He will review GS Conference activities. The next Area Quarterly will be in St. Petersburg from July 15th to July 17th.

Group Information Committee: No report.

Intergroup Gratitude Dinner: No report.

Institutions Committee: Charlie O. Thirty-three meetings per week are brought in to six facilities in the area. Ninety-one Big Books, 49 12 & 12, 29 Grapevines, and 16 As Bill Sees It were distributed. Charlie gave special thanks to We Are Not Saints, who donated 37 Big Books.

Public Information: Rick G. Reported that Bill J had to resign due to health problems. Rick thanked Bill for his service.

SCAAN / Web: No report.

Speaker Exchange: Rick G. Reported that Barbara McG had to resign due to health problems. Rick thanked Barbara for her service.

Special Events: No report.

Special Needs: No report.

Telephone Relay: Albert M. Reported that groups are still needed to volunteer for telephone relay, but we are covered for several months to come.

Where and When and Internet Liaison: Al A. Reported that his computer hard drive crashed, so any recent changes to the Where and When have been lost. If meetings are no longer in existence, new meetings need to be added, changes need to be made, please call the Intergroup office.

Old Business: Changing the Intergroup monthly meetings was brought up. No motion was made

New Business: Resignations were accepted from Nancey P. our Secretary, Barbara McG., Speaker Exchange, Bill J. Public Information and Abby K., Special Needs. The Group Information Committee position was also opened as the chairperson had not attended three consecutive Intergroup Meetings. Now with four open positions the following nominations were made and accepted:

Secretary: Alex K., Public Information: Tyler F., Group Information: Miles S., Speaker Exchange: Lisa P., and Special Needs: Nancey P. The meeting adjourned at 8:00 PM with the Lord's Prayer.

In Love and Service, Nancey P.

"My experience has been that I am not done with Step Three until I have done Step Four."

A prayer; "God, please stand at the door of my mouth today."

"Prayer is to bring my attention to God, NOT God's attention to me."

Literature Price Increase

All World Service literature prices will be going up starting July 1, 2005 (all book prices will increase by \$1.00 with the exception of Alcoholics Anonymous (all versions)).

May 25, 2005 Office Manager Report

Let me preface my report by stating that Intergroup is not a "pyramid". Yep! That's the last word out there on the street, from members of AA, who do not involve themselves in Intergroup service because "all we do is ask for money". Perhaps someone is confusing the AA "Triangle" symbol of Recovery, Unity & Service, with the pyramid symbol used for dishonest scams during the 70's.

Bill Wilson wrote in the October 1967 Grapevine:

"AA's far-flung Twelfth Step activities, carrying the message to the next sufferer, are the very lifeblood of our AA adventure. Without this vital activity, we would soon become anemic; we would literally wither and die.

"Now where do AA's services – worldwide, area, local – fit into our scheme of things? Why should we provide these functions with money? The answer is simple enough. Every single AA service is designed to make more and better Twelfth Step work possible, whether it be a group meeting place, a central or Intergroup office, or the world service Headquarters (now the General Service Office) to maintain unity and effectiveness all over the globe.

"Though not costly, these service agencies are absolutely essential to our continued expansion – to our survival as a Fellowship. Their costs are a collective obligation that rests squarely upon all of us. Our support of services actually amounts to a recognition on our part that AA must everywhere function in full strength – and that, under our Tradition of self-support, *...we are all going to foot the bill.*"

Did you know that our GSO offers printed A.A. Guidelines for just about every service and every question we have? I didn't know this until I became your employee. All Groups who register with the GSO receive copies of these Guidelines; or copies can be ordered through the Intergroup office.

The AA Grapevine prints a pamphlet entitled "Traditions Checklist"; with questions after each of our Traditions; and the GSO prints a "Concepts Checklist". I have these pamphlets available at the Intergroup office, and with me tonight. I ask each of you to make this available to your group for review and hopefully discussion at a Group Conscience meeting. I also ask that you visit our office or our website; that you call our office or send an email to Intergroup; and let me know what I can do improve the services we are offering to this association and community. I am your paid "special worker", entrusted with the day to day business of your Intergroup office and need to know when you or your group is dissatisfied with the Intergroup office, or my performance specifically.

Do you see the need for additional services to be offered to fulfill our primary purpose? Do you want to get involved in the common welfare of AA? Will you participate, become informed, read and follow the AA Guidelines, "walk the walk" and serve others?

I want to thank the people who have stepped forward with offers of assistance at the Intergroup office, and pray they are still here next winter! I want to thank volunteers who continue to show up for volunteer service. I want to thank our Officers, Rick, Diane, and John who continue to support the needs of our office and Intergroup selflessly.

Respectfully submitted in love and service,
Pam T.

Continued from pg. 1.....

How should "insanity" be defined for our situation?

Insanity - State of being insane; unsoundness of mind or without recognition of one's illness - (Websters)

We cannot after a time differentiate the true from the false - (Dr. Silkworth, AA, pg xxvi)

The real problem of the chronic alcoholic, then is the insane thinking when it comes to alcohol, i.e. 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. Then the humiliation. Then the pledge, the vow, the promise. 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 our disease if 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, pg 38)

We are real fruit cakes because we lack the power to manage a decision to not take the first drink. 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, pg 29) up to and including pages 84 & 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, pg 84) 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 alcoholics 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 the 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. *The Archives of The Primary Purpose Group, Dallas, TX*

AA Meeting Changes and Updates

CHANGE name- Lions Club - from BASICS Meeting to:	NEW Group - 1 st Meeting 7/2/05 "Boca Big Book Step Study Group" Science of the Mind Center, SW 12th Ave, Rm #6, Boca Raton Saturdays 9:30am Step Study OPEN	Change - Sunny Isles Group (Lantana) change both meetings: new location: Church of the Guardian Angel Tues 7PM & Sunday at 11AM	Change - Safe Harbor Group in Boynton Beach Change time to: 7:30PM i/o 7pm beginning Aug 3rd.	Change - The Saturdays with Bill W. (tempory at St Pauls), is back at the hospital as of July 1st. @ 4:30pm Open Discussion.
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Change

The Journey to Freedom group (tempory at Advent Lutheran) is back at the hospital as of July 1st @7pm Open

MARK YOUR CALENDARS

INTERGROUP COMMITTEE

Chairperson, Rick G.
 Vice-Chair, Diane S.
 Treasurer, John S.
 Secretary, Alex K.
 Office Manager, Pam T.
 General Service Liaison, Jim M.
 Group Information, Myles S.
 Institutions, Charlie O.
 Intergroup Dinner, Stephan C.
 Public Information, Lisa P.
 SCAAN/Website, David R.
 Speaker Exchange, Tyler F.
 Special Events, Tara H. & John W.
 Special Needs, Nancey P.
 Telephone Relay, Albert M.
 Where & When, Al A.

BIRTHDAY CELEBRANTS

Peggy H.
 Central House
 3 yrs

JOIN THE BIRTHDAY CLUB

If you or your group is celebrating an A.A. anniversary and would like to be added to the list of celebrants, please fill out this form and mail to the Intergroup office. Suggested donation is \$1.00 for each year of sobriety. This money is used to help the sick and suffering alcoholics in South Palm Beach County.

Name _____
 Address _____
 Home Group _____
 Sobriety Date _____
 Donation \$ _____

Clip and mail to:

South Palm Beach County Intergroup
 75 NE 6 Ave, Delray Beach, FL 33483

SCAAN SUBSCRIPTIONS

For monthly delivery of our newsletters,
 Please return this form to SPBC Intergroup
 With suggested donation of \$12/year:

NAME _____
 ADDRESS _____

- June 30 - July 3** **International Convention**
 Toronto, Canada
 AA 70th Anniversary
 Information: www.aa.org
- July 4** **Delray Central House**
4th of July Picnic @ Lake Ida Park
(Off Swinton next to Delray Playhouse) Beginning @ 12 Noon
Live Entertainment, BBQ & Speaker Meeting @ 3pm
Tickets available at Central House and SPBC Intergroup office \$5
- July 10** **General Service District 8**
@ Triangle Club, WPB 5pm
- July 15-17** **South Florida Area 15**
General Service Quarterly
@ The Hilton, St. Petersburg
727-894-5000/www.stpetehilton.com
- July 27** **SPBC Intergroup Meeting**
@ Central House 7pm
H&I meets at 6:30
- Aug 3 - 7** **49th FL State Convention**
 Orlando, FL
 Wyndham Palace Resort
www.flstateconvention.com
- Aug 14** **General Service District 8**
@ Triangle Club, WPB 5pm
- Aug 31** **SPBC Intergroup Meeting**
@ Central House 7pm
H&I Meets at 6:30
- Sept 1 - 4** **ICYPAA48**
 Young People in Alcoholics Anonymous
 New Orleans – Sheraton Hotel
 Information: www.icypaa48.org
- Nov 10 – Nov 6** **Gratitude Cruise**
Mariner of the Seas
 561-477-5580
Cruise@sobercelebrations.com

MAY CALLS INTO THE INTERGROUP OFFICE

✓ Meeting Requests	280
✓ Intergroup Business	114
✓ Visitors to Office	182
✓ Sales	255
✓ AI-Anon/NA/Other	58
✓ First Call to AA	36
✓ 12 th Step Calls	15

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

I NCOME	MAY	YEAR-TO-DATE
BIRTHDAY CLUB	61	434
GROUP CONTRIBUTIONS	4,047	17,344
LITERATURE SALES	3,637	19,230
OLD TIMERS MEETING	0	0
ALCATHON	0	900
SPECIAL EVENTS		0
TOTAL INCOME	7,746	37,908
EXPENSES	0	0
ADVERTISING	0	0
BANK SERVICE CHARGE	16	80
ELECTRIC	63	272
EMPLOYEE EXPENSES	2,547	13,057
INSURANCE (LIABILITY)	75	389
LITERATURE (BOOKS,CHIPS,MEDALLIONS, ETC)	2,607	15,061
OFFICE EXPENSES	506	2,454
OFFICE REPAIRS	0	227
PRINTING (SCAAN / WHERE & WHEN)	283	1,904
QUARTERLIES & MEETINGS	0	169
RENT	617	3,087
TELEPHONE (OFFICE & CELL)	258	1,492
SPECIAL EVENTS	0	0
TOTAL EXPENSES	6,972	38,192
INCOME MINUS EXPENSES	\$772	(\$285)
PETTY CASH BALANCE 5/31/05	\$ 150	
PRUDENT RESERVE BALANCE 5/31/05	\$ 6,000	
OPERATING ACCOUNT BALANCE 5/31/05	\$ 3,416	

Inventory Balance	\$ 6,256
(inventory balance is not included in figures above)	
Keep those H&I donations coming!	

HOSPITAL & INSTUTIONS	
BALANCE 4/30/05	\$ 408.77
GROUP DONATIONS	111.50
INTERGROUP DONATION	100.00
PERSONAL DONATIONS	147.00
EXPENSES	(534.00)
BALANCE 5/31/05	\$ 233.27
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

	MAY	YTD		MAY	YTD		MAY	YTD
BOCA RATON			Wed Night Beginners			Depression & The Alcoholic		75
Happy Hour	100	310	We're Just Beginners	30	50	Double Digit Gang		120
Journey to Freedom			Just Do It		25	Young At Heart		
Saturday with Bill W		200	Mon Night Step & Tradition			DELRAY BEACH		
Boca Friendly		450	First Things First			Central House	700	700
N Boca Step & Tradition		429	Last Chance Candlelight			Young People w/Solution		43
Sat Night Live @ Five		301	Sober Friday Night		200	Westside Delray		352
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
We Agnostics		30	West Boca Big Book Study		50	Monday Night Miracles		
Women's BB Study			Boca Boyz	55	251	New Beginning		
Spiritual Awakening	165	420	Sunday Night Speaker			Five Time Losers		100
Sobriety On Sunday	200	1,000	9 th Chapter			One Paragraph At A Time		
Boca AA Study	25	145	Friendship Group	125	275	Oceanside Step		5
Lets Do Lunch			BOYNTON BEACH			Sunday Night Men's		
Lunch Bunch		644	Boynton Beach Group		130	Open Your Heart		
Today Not Tomorrow		100	Downtown Group	36	204	Delray Recovery - DAF		
Women In Recovery		222	Sat Boynton Beach BBSS		100	Language Of The Heart		
Step Into The Solution			North Delray Step			Bridge Back To Life		
Big Book Adventure	81	327	Boynton Beach Men's			LAKE WORTH		
B.A.S.I.C.S.			Friday Night Special	100	100	Wednesday Nite Women's		
By The Book			Saturday Evening Post			Saturday Sobriety		
Men-On-Track	540	1,140	West Boynton			Serenity in the Wind II		
Men's Boca Central		200	Neighborhood	35	35	LANTANA		
Inner Voice Candlelight			Re-Entry Group	47	107	Sunny Isles		
Easy Does It		145	KISS Group			Grapevine Group		
Road To Recovery		40	We Are Not Saints		305	Lake Worth Serenity		
Boca Men's / St Gregory		400	Experience, Strength, Hope			Recovery First		
Boca Men's Recovery		20	Line By Line			Lantana Group, Monday	47	62
Boca Women's	5	15	Safe Harbor	50	150	Lantana Group, Thurs		
We Believers	70	130	DELRAY BEACH			Serenity On The Beach		
Just For Now	360	1,021	Sunrise(at the Beach)7am		260	Cardinal Lane		23
Steps & Traditions			Beach At Atlantic 7am			Women's 4 th Dimension		
123 Step Group		500	CROSSROADS CLUB			ANONYMOUS	16	64
BOCA PINES CLUB			One Day At A Time		600	INTERGROUP 7 TRADI T	43	226
Sobriety For Breakfast		34	Sober Solutions			FCYPAA		
Sunday Serenity		133	Big Book Study			TOTAL CONTRIBUTIONS	\$4,047	\$17,344
Morning Medicine		150	Living Sober Women	147	197			
Saturday Beginners		240	Downtown Delray 10am					
Sunday Morning Spiritual		135	Serenity On Saturday	50	50			
12 O'Clock High		300	Midday Miracles		800			
Something Old, New...			Serenity Hour	252	877			
Living Sober			Women's Step By Step					
Sober Sunset	200	200	East Delray Men's	110	110			
Peace Of Mind		125	Second Chance Women's					
Step & Tradition		20	Thank God Its Friday		100			
Romance & Finance	50	170	4 th Step Workshop					
Singleness of Purpose	44	125	Sobriety In The Wind	197	401			
Primary Purpose	50	50	One Page at a Time	125	125			

**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**