

South Palm Beach County
Intergroup Association, Inc.
Serving A.A. Groups in
Boca Raton, Boynton Beach,
Delray Beach and Lantana
28 Years of Service ~ 1984-2012



The Hand of AA
561-276-4581
24 Hours a Day

Volume 28, Issue 4

APRIL 2012

South Palm Beach County Intergroup

Sunday, April 15 2012 28th Anniversary Picnic

Time: 11 am – 4 pm Place: John Prince Park: Center Drive Pavilion



First Prize:
Flat Screen TV



Second Prize:
\$250 Publix Gift Card

FOOD, FUN, FELLOWSHIP!

PICNIC TICKETS:
ONLY \$10
CHILDREN UNDER
10 FREE!

DJ • VOLLEYBALL • GAMES
BOUNCE HOUSE • FACE PAINTING
50/50 RAFFLE

RAFFLE TICKETS
1 TICKET FOR \$5
5 TICKETS FOR \$20

CONTRIBUTIONS FOR PRIZES OR FOOD WILL BE GLADLY ACCEPTED & APPRECIATED

For tickets/questions, contact: Intergroup: 561-276-4581 Email: southcountyaa@comcast.net

Picnic Directions

From I-95: Take I-95 North, and exit West on Lantana Rd. Proceed West on Lantana Rd. until Congress. Turn right, north, on Congress and proceed approximately 1 mile (JFK Hospital will be on your left). Just past JFK Hospital, on the right off of Congress, is the entrance to John Prince Park. Proceed to Center Drive Pavilion (there are directional signs).

From Congress: Go North on Congress (coming from Delray you will cross Woolbright, Boynton Beach Blvd., Gateway, Hypoluxo, and Lantana Road). After you pass Lantana road you will proceed approximately 1 mile (JFK Hospital will be on your left). Just past JFK Hospital, on the right off of Congress is the entrance to John Prince Park. Proceed to Center Drive Pavilion (there are directional signs)..

THE STEPS & THE TRADITIONS

STEP 4 - "Made a searching and fearless moral inventory of ourselves."

TRADITION 4 - "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

Resentments - The #1 Offender!

For me, resentments still crop up . . . sometimes in meetings and also out in the “real world.” Even though I learned about resentments in working the Fourth step with my sponsor, it seems that my ego seems to begin working before I can remember the principles I should be practicing. The word resentment comes from the Latin word “sentire” which means “to feel.” When you put “re” in front of any word, it means “again.” I learned resentments can be against people, institutions, or principles with which I was angry; with whom I was hurt, or felt threatened; with whom I felt had wronged me; and with whom I held a grudge. For me, they also included regrets (which comes from “grantin” which means “to weep” . . . and putting “re” in front means to weep again”). A regret is simply a resentment toward myself! So I learn in the Steps that “I will not regret the past.” While I was drinking I thought that resentments were reasonable, and seemed almost fun at times. Resentments became a way of life because it seemed as if I had problems with or was annoyed by most of the people, many institutions, or a few of the principles I knew. The Big Book says that if I wanted to recover from alcoholism that: “We saw that these resentments must be mastered.” Resentments are discussed frequently in the Big Book. Here are 15 resentment references from the 4th Edition:

1. Resentment is the “number one” offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease. (p 64)
2. It is plain that a life which includes deep resentment leads only to futility. (p 66)
3. It is plain that a life which includes deep resentment leads only to unhappiness. (p 66)
4. To the precise extent that we permit these [deep resentments] do we squander the hours that might have been worth while. (p 66)
5. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. (p 66)
6. We found that it [this business of resentment] is fatal. (p 66)
7. For when harboring such feelings [resentments] we shut ourselves off from the sunlight of the Spirit. (p 66)
8. [When we harbor resentment] the insanity of alcohol returns. (p 66)
9. [When we harbor resentment] we drink again. (p 66)
10. For alcoholics these things [including resentment] are poison. (p 66)
11. We began to see that the world and its people really dominated us. In that state, the wrong-doing of others [resentment], fancied or real, had power to actually kill. (p 66)
12. We have listed and analyzed our resentments. We have begun to comprehend their futility. (p 70)
13. We have commenced to see their [resentment’s] terrible destructiveness. (p 70)
14. Never forget that resentment is a deadly hazard to an alcoholic. (p 117)
15. The greatest enemies of us alcoholics are resentment, jealousy, frustration, and fear. (p 145)

The Big Book paints quite a picture of the result of holding resentments . . . which generally is that we will drink again. It seems that the more resentments I have, the more I’m moving towards my next drink, since I certainly used alcohol in the past to deal with them. Remember that the Big Book also gives us a solution for a resentment against a person. It’s on page 552 in the 4th Edition.

(Big Book references reprinted with permission from AA World Services, Inc.)

Article compiled by past Vice-Chair Ray Dryden (deceased 3/9/12) and reprinted from our April 2009 SCAAN.

Meeting Updates/Changes

April 2012

Wine into Water Group that meets on Sundays - 7:30 at Trinity Lutheran Church, Delray will NOT meet on April 15, 2012.

Our Club in Lake Worth has moved from 219 S. Dixie Hwy. to 217 S. Dixie Hwy. effective immediately.

11th Step Group @ Our Club in Lake Worth has changed their schedule: Meetings Monday through Saturday, 12:00 Noon & Saturday at 6:00 PM

Right to Sobriety @ Our Club in Lake Worth has changed their meeting time to: Sunday 12:00 Noon

Eye Openers Group, Lake Worth has moved from Our Club to: The First Baptist Church of Lake Worth, 127 South M Street. Meetings: Monday through Saturday at 7:00 AM (no longer meets on Sundays)
Codes: Mon O(+); Tues OT; Wed O(+); Thurs OL; Fri OB; Sat O(-)

2nd Street Sobriety that meets on Tuesdays at 8:00 pm has changed their format to: Open Chairperson’s Choice

Double Digits that meets on Saturdays at 7:00 pm has changed their format to: Closed Speaker Discussion.

New Group

The Work that meets on Tuesdays at 8:30 pm in Veterans’ Park (Intracoastal and Atlantic Avenue) - Format: Open Discussion

Intergroup Activity Log ~ February 2012

Meeting Inquiries	258
Business Calls	241
Visitors	322
Sales	327
Other Inquiries	57
12th Step Calls	13
Relay Phone Calls	374
E-mails Received/Answered	362
Total Intergroup Activity	1954

**SOUTH PALM BEACH COUNTY INTERGROUP
FINANCIAL REPORT- FEBRUARY 2012 and Year-To-Date**

	February		2012 YTD	
	Feb 12	Feb 12	Jan - Feb	Jan - Feb
GROUP CONTRIBUTIONS				
12 O'Clock High, W Boca	70.00		170.00	
Big Book Adventure, Boca	0.00		116.43	
Boca Men's, Boca	283.00		283.00	
Boca Women's Group	0.00		75.00	
Boynton Boat Ramp Group	0.00		20.00	
Cardinal Lane, Lantana	0.00		40.00	
Divas at 830 AM	283.97		283.97	
Double Digit Gang, Delray	0.00		200.00	
East Delray Men's Group	91.00		160.00	
Friendship Group, West Boca	0.00		100.00	
Inside Out Group	0.00		5.00	
Intergroup Meeting	146.00		212.00	
Journey to Freedom, Boca	166.00		329.00	
Just For Now, Boca	376.96		376.96	
Language Of The Heart, Delray	100.00		150.00	
Let's Do Lunch, Boca	100.00		100.00	
Lunch Bunch, Boca	196.00		481.00	
Men's Tuesday Solution, Boca	0.00		300.00	
Midday Miracles, Delray	346.00		471.00	
Morning Medicine, Boca	472.43		472.43	
New Beginnings, Wayside	25.10		122.85	
New Life Group	400.00		800.00	
One Page at a Time, Delray Beac	0.00		46.54	
People With Time	263.44		263.44	
Principles and Promises	100.00		100.00	
Road To Recovery, Boca	0.00		25.00	
Saturday Night Live @ Five, Boca	50.00		50.00	
Sober Sunset Group, Boca Pines	175.00		525.00	
Sobriety For Breakfast, W Boca	150.00		200.00	
SOS (10am), Boca	93.50		179.25	
Spiritual Awakenings, Boca	39.50		68.13	
Sunny Isles, Lantana	56.00		466.50	
TGIF, Delray	0.00		100.00	
We Agnostics, Boca	0.00		15.00	
We Believers, Boca	0.00		284.00	
Welcome Home in Delray	100.00		100.00	
West Boca Beginners	0.00		181.00	
Womens BBSS, Delray	25.00		38.00	
Young People with a Solution	71.45		71.45	
GROUP CONTRIBUTIONS	4,180.35		7,981.95	
Expense				
Bank Service Charges	15.00		30.00	
Fees Credit Cards	138.54		278.70	
Fund Raising Expenses	0.00		212.00	
2012 Picnic expenses	0.00		109.35	
Intergroup Gratitude Dinner	0.00		1,730.00	
Total Fund Raising Expenses	0.00		312.00	
Insurance	810.00		1,620.00	
Employee Insurance	810.00		1,620.00	
Total Insurance	810.00		1,620.00	
Inventory Adjustment	19.85		19.85	
Inventory Purchases PAID	6,600.90		9,013.67	
Payroll Expenses	5,831.95		12,300.13	
Postage and Delivery	45.00		57.15	
Printing and Reproduction				
SCAAN	325.00		325.00	
Printing and Reproduction - Other	60.00		60.00	
Total Printing and Reproduction	385.00		385.00	
Professional Fees				
Computer Technology	139.00		178.00	
Total Professional Fees	139.00		178.00	
Rent	1,519.38		3,038.76	
Storage	107.00		214.00	
Supplies				
Commissary	162.89		208.58	
Computer Software & Supplies	40.00		80.00	
Office Supplies	3.34		569.46	
Total Supplies	206.23		858.04	
Telephone	271.54		271.54	
Total Expense	16,089.39		28,576.84	
Net Ordinary Income	-2,509.44		1,586.54	
Other Expenses				
Sales Tax Adjustment	0.00		-62.24	
Total Other Expenses	0.00		-62.24	
Net Other Income			62.24	
NET INCOME FEBRUARY & YTD 2012	-2,509.44		1,648.78	
* Includes 3-4 Month supply of Where & Whens				
* Includes 1 Yr Subscription of The Grapevine-14/month				
Ordinary Income/Expense				
Income				
CC Sales Fee Reimbursement	4.00		10.00	
Contribution-Non Group				
Anonymous	86.05		109.35	
Faithful Fivers	85.00		1,730.00	
Total Contribution-Non Group	171.05		1,839.35	
Tot Group Contribution Income	4,180.35		7,981.95	
Fund Raising Income				
Alcathon Income	0.00		1,050.92	
Birthday Club	56.00		90.00	
Events	263.00		263.00	
Total Fund Raising Income	319.00		1,403.92	
Sales				
AAWS Books	3,503.40		7,644.65	
AAWS Other	126.65		317.90	
AAWS Pamphlets	303.95		534.56	
Chips	426.25		1,017.50	
Demadaco Gift Items	277.50		465.25	
Gift Items	887.75		1,736.75	
Grapevine Books	387.50		800.00	
Grapevine Other Material	33.75		79.80	
Hazeliden Books	616.35		1,216.50	
Hazeliden Other	14.00		37.45	
Medallions	1,838.00		4,051.00	
Sale of Books	34.95		71.80	
Where & When	455.50		955.00	
Total Sales	8,905.55		18,928.16	
Total Income / Gross Revenue - Febru:	13,579.95		30,163.38	
ACCOUNTS & ASSETS:				
Bank Accounts			26,194.39	
Inventory Assets			29,275.77	

OFFICE MANAGER'S REPORT

The Delray Beach Sunrise Meeting will be holding their 13th Annual Moon Dance on Friday, April 6, 2012 on the beach @ A1A and Atlantic Avenue (behind the pavilion) in Delray Beach; beginning at 6pm until 10:30pm. Food and Entertainment + Speaker meetings at 6:30, 8:00 and 9:30pm. Bring a beach chair – and PLEASE no cameras with flash bulbs and no flash lights – Sea turtles are nesting.

The District 8 Traditions Committee Chair, Pam S. called and asked that I announce their Concept Workshop being held this Saturday, 3/3 from 2-5 pm at the Triangle Club in WPB. This workshop will cover Concepts 1, 2 & 3.

The Sober Sisters Group in Boca held a Movie night a couple weeks ago and raised \$263 for our Intergroup! This will be recognized on our February financial report in the April SCAAN. Thank you Sober Sisters!!!

I have some hand-outs for the Intergroup reps regarding the Cost Analysis I have been working on for several months. Some changes have already been implemented and others will take effect in March and April. We are always looking for the most efficient way to operate your Intergroup office – not only because that is good business practices, but because we understand that every dollar that comes into our Intergroup office was first placed in one of your 7th Tradition baskets to help support Alcoholics Anonymous in the South Palm Beach area.

Estimated Annual savings analysis:

- Bank Charges:
 - Changing Banks would remove bank fees and increase the percentage of interest paid on our CD. Estimated Savings: \$300 in bank fees + Added Interest Income of: 246.60 – Total increase in Income: \$526.18.
 - Professional Fees:
 - Computer Technology: already changed from \$85/hr to \$25/hr - savings of \$60/hour. Annual Savings: \$1440. (estimate based upon 24 hours per year)
 - Rent: Our new arrangement with the Landlord is:
 - They will adjust our rent immediately as of April 1 with the new lease Anniversary beginning August 1st of \$1273/month. This will be a savings of \$984 prior to the anniversary date, and an annual savings of \$2956.56 for the first two years; reduce the escalator of 5%/year to 3.2% beginning the 3rd year. The total savings will be \$18,137.64 over the next five years.
 - Printing costs for SCAAN: Can change printing company and save \$1512/yr:
 - Currently: \$325/month on SCAAN \$3900/year
 - New quote/new printer: \$199/month or \$2388/year.
 - Where & When – no new quote as of this date.
 - Payroll: Cut back on hours worked and reduce payroll by \$6000/yr
 - Payroll Taxes will be reduced by approximately \$900/yr.
- Estimated Annual Savings for office expenses first year: \$12,898.74.

Respectfully submitted in love and service,
Pam T.

Some Thoughts on Step Four

If you choose to do your Fourth Step in your head and don't write it down, that's fine, but **please don't call it AA.**

If you hate a person, you hate something in them that is part of yourself. What isn't part of ourselves doesn't disturb us. What I hate in another, is usually what I struggle with myself.

Forgiveness is a process through which we free ourselves from the bondage to another person that is maintained for as long as we stand in judgment of them. Forgiveness is love in action.

Resentment is like taking poison and expecting the other person to get sick.

Fear is the faith that something bad is going to happen.

Thanks for your anger, because it reminds me when I'm angry what I do to myself.

Fears usually revolve around three things: afraid of losing what I have, afraid of not getting what I want, or afraid of someone finding out what I did.

The things we are afraid of seem to be like high mountains to climb. When we have gone through them they were in fact small speed bumps.

If I am trying to make myself "un-self-centered", isn't that still being self-centered?

Is it possible that fear is a conscious decision?

You don't wait to get better before you do a 4th Step; you do a 4th Step to get better.

INTERGROUP MINUTES - FEBRUARY 29, 2012

Chairperson: Sheryl S. Meeting opened with a moment of silence followed by the Serenity Prayer. Minutes from Jan. 25 approved. Baskets passed according to the 7th Tradition. New Group reps welcomed. Area 15 Delegate Kathy G. will chair Intergroup Inventory on March 24, 2-5 pm, at Delray Central House.

Welcome New Group Reps: Archie W.(alt.)-We Are Not Saints; John T.-Just Before Dawn; Ariel B.-Second Chance Women's Group; Frank C.-Five Time Losers; Robert S.-New Life; Bridget C.-Diva's; Lucy S.-Inside Out Group; John D.-Sunrise Beach Meeting of Delray Beach; David T.-The Work; Sean T., Tom D. (alt.) - Young People with a Solution.

Vice Chair: Liz S. 58 Intergroup surveys have been returned; please fax, email or drop off surveys at Intergroup office by March 21.

Treasurer: Sarah P. New reporting system in the SCAAN will be based on cash rather than accrual system for comprehension purposes. Went over January financial report.

Secretary: Cheryl S. No report.

Office Manager: Pam T. See Office Manager's report.

Archives: Nick L.-excused absence. Archivist Michael G. announced Archives Workshop in Cocoa Beach on Oct. 2. Archives Committee has restored over 300 issues of the *Grapevine*.

Bridge the Gap: Willie B. Male and female volunteers needed. There were 4 calls this month.

General Service Liaison: Chip C. The Motion for the District 8 website passed unanimously. Next meeting: March 11th, 5 pm, Triangle Club.

Group Information: Taylor R. Visited a new group, Acceptance is the Answer, Crossroads Club, Fridays at 7 pm. New groups are asked to complete Group Information sheets so they can added to the Intergroup database.

Hospitals and Institutions: Cary A. All service positions are filled; please attend the 2 pm H&I meeting the 3rd Sat. of every month at the Intergroup office to volunteer.

Public Information: Kathleen H. Where and Whens and pamphlets restocked at Delray police department as well as in cruisers. Delray, Boca and Boynton libraries and both Bethesda Hospital and Delray Medical restocked with literature. Request to increase annual PI budget from \$50.00 to \$200.00 to help with increased costs of literature. Bari W. made the motion to increase the PI budget to \$200.00/year. Motion seconded and passed unanimously.

SCAAN: Maryann T. Articles are welcome and can be submitted to the Intergroup office.

Liaison to NPBC Intergroup: Andrew H. Meeting held March 8; see Andrew or Intergroup office for details.

Where and When: Todd L. No report.

Telephone Relay: Zach S. Phone covered through July and in Dec. Volunteer groups needed for open months.

12th Step Committee: Bill J.-excused absence. Bari W. Women volunteers are needed.

Old Business: Motion made at Jan. 25 meeting to form Ad Hoc Committee to examine various practices of the Intergroup Office, tabled due to insufficient time for discussion, was called again and discussed. Vote to pass failed.

New Business: Elections for Picnic and Serenity Scramble Chairs held. Results: Picnic Chair-Billy R. Serenity Scramble Chair-Sarge.

Meeting ended with the Lord's Prayer.

Respectfully submitted by Cheryl S.

The Hand of AA is Available 24 Hours a Day!

With Gratitude to these Groups for
covering our Relay Phone:

April: East Delray Men's Group
May: Diva's (Women's Group), Delray
June: Cheer Up @10:13 pm, West Boca
July: Just Before Dawn, Boynton Beach

FAITHFUL FIVERS

With Gratitude for their support for this year:

Anonymous; Bari W.; Jim S.; Gerald M.; Suzy V.;
Chris E.; Jeanne McT.; Kathryn S.; Jennifer L.;
John T.; Nick L.

**With Gratitude for their service at the
Intergroup Office during the month of March:**

Bari W.; Katie E.; Rich W.; Andrew H.; Michael G.; Fred O.;
Toni H.; Nick L.; Stan R.; Susan K.; Clark A.; Ray H.;
Michael S.; Zach T.; Michelle K.; Lynn E.; Mr. Bo Jangles;
Jeannie G.; Bob K.; Cheryl S.; Bobbi K.; Chris L.; Sheryl S.

BIRTHDAY CLUB

Peggy W. - Women Living Sober - 2/14/89 - 23yrs

Katie B. - Delray Central House - 4/80 - 32yrs

Stan R. - Just Before Dawn - 3/28/99 - 13yrs

April Service Meetings

April 8

General Service District 8 Business Meeting
Sunday @ 5pm - Triangle Club

April 10

SPBC Intergroup Steering Committee Meeting
Tuesday @ 5pm - Intergroup Office

April 21

Intergroup H & I Committee Meeting
Saturday @ 2pm - Intergroup Office

April 25

SPBC Intergroup Business Meeting
Wednesday @ 7pm - Delray Central House

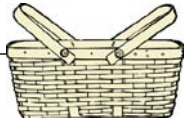
UPCOMING EVENTS

April

April 15

South Palm Beach County Intergroup's 28th Anniversary Picnic

Beginning at 11am @ John Prince Park. Tickets \$10, Children under 10 are free. All are welcome! Games, raffles, prizes, Bounce House, playground, volleyball, food, & lots of fun for everyone!



April 20-22

***Spring Into Sobriety Women's Conference**

Location: The Helmsley Sandcastle Resort Lido Key, Sarasota, FL

Room Rates: \$190 (mention SIS conference rates)

Registration: \$25

For more info: www.sisconference.com

May

May 4-6

***22nd Spring Conference "The Woodstock of AA"**

Location: International Palms Resort & Conference Center
Room Rates: \$96 reserve by April 5th (mention Woodstock of AA)

Registration Fee: \$30 For more info: 321-783-2271

August

August 1-5

***56th Florida State Convention "Always Be There"**

Location: Innisbrook Golf & Spa Resort, Palm Harbor, FL
Phone: 727-942-2000 (convention room rates available)

Speakers, workshops, marathon meetings, & a full Al-Anon family groups program!

For more info: www.56.flstateconvention.com

August 17-19

***17th Annual SE Women To Women Seminar**

Location: Marriott Beach Hotel, Delray Beach, FL

Opportunity for sober women to experience recovery & fellowship together!

For more info: www.sewomentowomen.org

October

October 14

SPBC Intergroup 9th Annual Serenity Scramble Golf Tournament

Location: Delray Beach Golf Club

November

November 9-11

Southeast Regional Forum "Sunlight of the Spirit"

Hosted by: Area 15 *Location:* Boca Raton Marriott, FL

For more info: www.area15aa.org

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: southcountyyaa@comcast.net

Website: www.aainpalmbeach.org

Office Hours

Monday-Friday: 9am - 5pm

Saturday: 10am - 3pm

STEERING COMMITTEE

Chair - Sheryl S. Vice Chair - Liz S.
Treasurer - Sarah P. Secretary - Cheryl S.
Office Manager - Pam T.

COMMITTEES

Archives Nick L.
Archivist Michael G.
Bridge the Gap Willie B.
General Services Liaison Chip C.
Group Information Taylor R.
Hospitals & Institutions Cary A.
Liaison to North County Intergroup Andrew H.
Public Information Kathleen H.
SCAAN Maryanne T.
Telephone Relay Zach S.
Twelve Step Committee Bill J./Bari W.
Webmaster David R.
Where & When Todd L.
Anniversary Picnic Billy R.
Intergroup Gratitude Dinner Open
Serenity Scramble Sarge