



PIPELINE

[District 170][West Palm Beach, FL] [January 2021] Our Three Legacies: Steps, Traditions and Concepts. The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.] They also are a framework within which the groups can carry on their affairs in harmony.]

STEP 1: RECOVERY

Step 1: We admitted we were powerless over alcohol and our lives had become unmanageable.

Share: Some of us admit powerlessness over another's alcoholism, some admit powerlessness over another person, some over our powerlessness having been raised in an alcoholic home. For me, the most important part of step one is the beginning - WE. "We" come together because of a common problem, and in coming together, "we" find common solutions. "WE" signifies fellowship, which is an important, maybe the most important part of recovery. Without the fellowship I felt alone in the pain but in Al-Anon I can share that part of me. Because of the pandemic I am able to attend meetings in all parts of the world. I never would have imagined building a circle of relationships that large - but God did it for me. I also reach out and talk to other members in between meetings. I have to say though, I can't wait to join hands again, one day with my fellow Al-Anon family!



TRADITION 1: UNITY

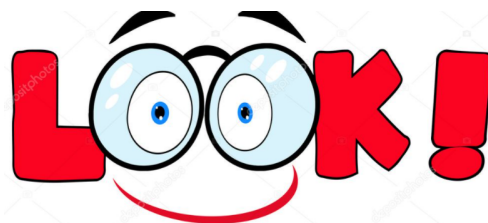
Tradition 1: Our common welfare should come first; personal progress for the greatest number depends on unity. Share: I've learned that my opinions can be in total opposition on just about every subject raised with another person in Al-Anon, and I can still feel a strong bond of commonality and unity with them because of our shared experiences with alcoholism. I don't have to agree with anything said, thought, or believed, in order to be helpful in Al-Anon. This tradition reminds me to give my opinion when asked, and don't get caught up in power struggles, or efforts to sway or persuade anyone to my thinking. It used to be important that everyone agree with me. Now our common welfare makes it so I can go to a meeting with strangers and still feel like I'm with my family.

CONCEPT 1: SERVICE

Concept 1: The ultimate responsibility and authority for Al-Anon World Services belongs to the Al-Anon Groups. Share: This concept means, for me, that I help when I can, in Al-Anon and out of Al-Anon. I am not solely responsible for any one Al-Anon group, or my company, or my even my family. I am responsible for my part. As it says in "How Al-Anon Works", page 129 "If something is important to us we need to do our part." This concept also reminds me that my part can be to ask for help when I need it and know that it's okay. Thanks Al-Anon!

CALENDAR

District 170 in the West Palm Beach/Boca Raton areas of Florida.....For a list of all Virtual Meetings, Pipeline, and District Events go to: Southpalmbeachafg.org



SERVICE

Tradition 7 "Every group ought to be self-supporting, declining outside contributions" tells us that we support ourselves by contributing not only financially, but also by giving of our time and talents.

Please help keep our District 170 self-supporting by considering to serve at the district level. Go to southpalmbeachafg.org for a summary of openings and duties.

Contact the following for information on how you can be of service:

Alateen: Maura 561-376-7627

Crossroads Literature: Larry
561-452-8998

Institutions: Robyn
561-251-2160

Pipeline: Becky 719-431-3254

Public Outreach:

Rick 561-414-4423

Speakers for Meetings: Luci
201-913-8543

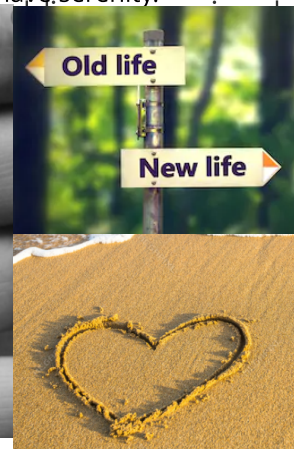
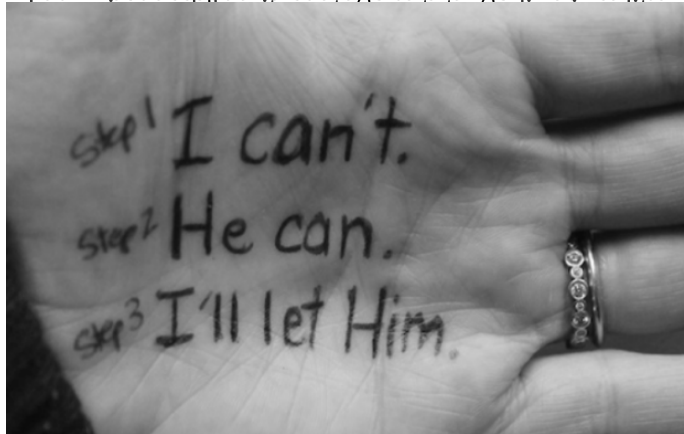


SERENITY PRAYER, STEPS 1, 2, 3

During a meditation I began to recite The Serenity Prayer, word by word.....
God

God grant

God grant me.....and so on. When I came to a word that spoke to me - that I believe was my Higher Power, God, saying stop and linger, think about this word. So, I stopped at the words "can not change" and made a list of all the things I can not control. That list was expansive and I felt overwhelmed. I stopped at the next word that God nudged me to think about; courage. Again, I made a list of all the thing that I can change. That list was extremely manageable. The last word I was lead to stop and think about was wisdom. God was telling me that my serenity equals acceptance, courage and wisdom. I can accept that I am not able to control people, places and things....I don't have to like it but I can accept it. God is in control and doing such a fantastic job. With God's courage, which I pray for, everyday and several times during the day, I can change my thoughts and attitudes and live a new life. And wisdom....God's special gift enables me to know the difference between what I must accept and courage to change what I can to have serenity.



ANNOUNCEMENTS

Please see attached flyers for upcoming virtual events on the following dates:

January 16, 2021

January 27, 2021

January 29, 2021

January 30, 2021

