

The Today



March
2012

Palm Beach County Intergroup Association

To serve our associated groups in carrying the A.A. message to the still suffering alcoholic according to the principles of the Twelve Steps, Twelve Traditions, and Twelve Concepts of A.A., always remembering that our common welfare comes first.

*1371 Okeechobee Road West Palm Beach, FL 33401 561-655-5700 Fax 561-655-6441
www.aa-palmbeachcounty.org Email: pbcia@bellsouth.net*

8th Annual OLDTIMERS PANEL & SPAGHETTI DINNER

Saturday, March 24, 2012
at the Finland House.
301 Central Blvd Lantana



Dinner from 6:00-7:30pm
Speakers from 7:30-9:30pm

Dinner tickets are \$10

Advance tickets are recommended!

Tickets are available through your
Intergroup Rep. or at the Intergroup
office.

561 - 655 - 5700

Enjoy Fun, Food, and Fellowship

**Speaker panel with 35 years
and more of sobriety**



SLIPS AND HUMAN NATURE

By William D. "Silky" Silkworth, M.D.

A.A. Grapevine January 1947

The mystery of slips is not so deep as it may appear. While it does seem odd that an alcoholic, who has restored himself to a dignified place among his fellowmen and continues dry for years, should suddenly throw all his happiness overboard and find himself again in mortal peril of drowning in liquor, often the reason is simple.

People are inclined to say, "There is something peculiar about alcoholics. They seem to be well, yet at any moment they may turn back to their old ways. You can never be sure."

This is largely twaddle. The alcoholic is a sick person. Under the technique of Alcoholics Anonymous he gets well -- that is to say, his disease is **arrested**. There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes.

Let's get it clear, once and for all, that alcoholics are human beings. Then we can safeguard ourselves intelligently against most slips.

Continued page 2

In Loving Memory of

Homer "Pat" D.

Pete C.

Talli H.

With gratitude, we remember and celebrate the lives and sobriety of those we were blessed to have met as we trudge the road of happy destiny.

(SLIPS AND HUMAN NATURE Continued from Cover)

In both professional and lay circles, there is a tendency to label everything that an alcoholic may do as "alcoholic behavior." The truth is, it is simple human nature.

It is very wrong to consider any of the personality traits observed in liquor addicts as peculiar to the alcoholic. Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among non-alcoholics too. **Actually they are symptoms of mankind!**

Of course, the alcoholic himself tends to think of himself as different, somebody special, with unique tendencies and reactions. Many psychiatrists, doctors, and therapists carry the same idea to extremes in their analyses and treatment of alcoholics. Sometimes they make a complicated mystery of a condition that is found in all human beings, whether they drink whiskey or buttermilk.

To be sure, alcoholism, like every other disease, does manifest itself in some unique ways. It does have a number of baffling peculiarities that differ from those of all other diseases.

At the same time, any of the symptoms and much of the behavior of alcoholism are closely paralleled and even duplicated in other diseases.

The slip is a relapse! It is a relapse that occurs after the alcoholic has stopped drinking and started on the A.A. program of recovery. Slips usually occur in the early states of the alcoholic's A.A. indoctrination, before he has had time to learn enough of the A.A. techniques and A.A. philosophy to give him a solid footing. But slips may also occur after an alcoholic has been a member of A.A. for many months or even several years, and it is in this kind, above all, that often finds a marked similarity between the alcoholic's behavior and that of "normal" victims of other diseases.

No one is startled by the fact that relapses are not uncommon among arrested tubercular patients. But here is a startling fact -- **the cause is often the same as the cause that leads to slips for the alcoholic.**

It happens this way: When a tubercular patient recovers sufficiently to be released from the sanitarium, the doctor gives him careful instructions for the way he is to live when he gets home. He must drink plenty of milk. He must refrain from smoking. He must obey other stringent rules.

For the first several months, perhaps for several years, the patient follows directions. But as his strength increases and he feels fully recovered, he becomes slack. There may come the night when he decides he can stay up until ten o'clock. When he does this, nothing untoward happens. Soon he is disregarding the directions given him when he left the sanitarium. Eventually he has a relapse.

The same tragedy can be found in cardiac cases. After the heart attack, the patient is put on a strict rests schedule. Frightened, he naturally follows directions obediently for a long time. He, too, goes to bed early, avoids exercise such as walking upstairs, quits smoking, and leads a Spartan life. Eventually, though there comes a day, after he has been feeling good for months or several years, when he feels he has regained his strength, and has also recovered from his fright. If the elevator is out of repair one day, he walks up the three flights of stairs. Or he decides to go to a party -- or do just a little smoking -- or take a cocktail or two. If no serious after effects follow the first departure from the rigorous schedule prescribed, he may try it again, until he suffers a relapse.

In both cardiac and tubercular cases, **wrong thinking preceded** the acts that led to the relapses. **The patient in each case rationalized himself out of a sense of his own perilous reality.** He deliberately turned away from his knowledge of the fact that he had been the victim of a serious disease. He grew overconfident. **He decided he didn't have to follow directions.**

Now that is **precisely** what happens with the alcoholic -- the arrested alcoholic, or the alcoholic in A.A. who has a slip. Obviously, he decides to take a drink again some time before he actually takes it. He starts **thinking wrong before** he actually embarks on the course that leads to a slip.

There is no reason to charge the slip to alcoholic behavior or a second heart attack to cardiac behavior. **The alcoholic slip is not a symptom of a psychotic condition.** There's nothing screwy about it at all.

The patient simply didn't follow directions!

For the alcoholic, A.A. offers the directions. A vital factor, or ingredient of the preventive, especially for the alcoholic, is sustained emotion. The alcoholic who learns some of the techniques or the mechanics of A.A. but misses the philosophy or the spirit may get tired of following directions -- not because he is alcoholic, but because he is human.

Rules and regulations irk almost anyone, because they are restraining, prohibitive, and negative. The philosophy of A.A. however, is positive and provides ample sustained emotion -- **a sustained desire to follow directions voluntarily.**

In any event, the psychology of the alcoholic is not as different as some people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps, in that he has been put on the defensive and consequently has developed frustrations. But in many instances, there is no more reason to be talking about "the alcoholic mind" than there is to try to describe something called the "cardiac mind" or the "TB mind."

I think we'll help the alcoholic more if we can first recognize that he is primarily a human being -- afflicted with human nature.

Financial Reports

Palm Beach County Intergroup Operating Report - 2/01/2012 - 2/29/2012

Revenues:	
Literature Sales	\$5,003.39
Sales Tax	\$302.33
Tax Exempt Sales	\$2.00
Group Contributions	\$4,044.63
Spaghetti Dinner Tickets	\$870.00
Birthday Club Memberships	\$21.00
Meeting Baskets	\$65.80
Total Revenues:	\$10,309.15
Expenses:	
Literature Purchases	\$3,660.48
Sales Tax	\$270.30
Office Salary	\$2,461.52
FICA & Unemployment Tax	\$250.67
Paychecks (monthly fee)	\$69.00
Rent & Water	\$475.00
AT&T (Internet, Phone, Website)	\$333.17
FP&L	\$77.55
Exterminating	\$35.00
Printing	\$205.00
Office Supplies / Postage	\$160.49
Total Expenses	\$7,998.18
Monthly Surplus / (Deficit)	\$2,310.97
Checking Account Balance	\$5,132.11
Prudent Reserve Interest	\$0.34
Transferred to Prudent Reserve	\$0.00
Prudent Reserve Balance	\$20,047.86

Palm Beach County Intergroup Institutions Committee Operating Report - 2/01/2012 - 2/29/2012

Beginning Balance	\$8,660.03
Income:	
Group Contributions	\$0.00
Total Income	\$0.00
Expenses:	
Where & When	\$0.00
Big Books	\$0.00
Printing	\$0.00
Rent	\$0.00
Big Book Ball	\$0.00
Bank Charge	\$0.00
Total Expenses	\$0.00
Monthly Profit/Loss	\$0.00
Ending Balance	\$8,660.03

Office Activity in February

- 12 Step Requests - 3
- Other information - 35
- Bridging The Gap - 1
- Institutions - 0
- Request for meeting info - 194
- Public Information - 0
- Visitors - 231
- AA Emails - 185
- **Total Activity - 649**

Website Visits in February

- 1st time visits - 1633
- Return visits - 352
- **Total Visitors - 1985**

Tomorrow

March 24th: PBCI Annual Spaghetti Dinner with Old-Timer Speaker panel @ Finland House, Lantana, FL 6pm - 9pm

April 1st: Institutions Committee Meeting @ Triangle Club (4:30pm - Orientation) 5:00pm Committee Meeting.

April 4th: PBC Intergroup Committee Chair Meeting 6:15pm @ Intergroup Office. All are welcome to attend.

April 8th: General Service, District 8 Meeting 5:00pm @ Triangle Club.

April 11th: PBC Intergroup Business Meeting 6:15pm @ Intergroup Office.

April 13th - 15th: South Florida Area 15 General Service Quarterly Assembly, Tamp, FL hosted by District 2 More info @ www.area15aa.org

April 15th: South Palm Beach County Intergroup 28th Annual Picnic. John Prince Park, Tickets \$10 Info: SPBC Intergroup 561-276-4581

June 9th: District 8 Founders' Day Dinner. Saturday June 16th, 2012 at the Finland House, 301 Central Blvd. Lantana, FL. Tickets are \$10.00, meeting is free. Desserts are appreciated. Doors open at 6 PM. Dinner is at 7 PM. Speakers at 8 PM. For more information contact Cheryl L : aafoundersday2012@gmail.com.

August 1st - 5th: 56th Florida State Convention @ Innisbrook Golf & Spa Resort Palm Harbor. More info: www.56.flstateconvention.com.

August 17 - 19: 17th Annual SE Woman To Woman Conference. Delray Beach Marriott. Info @ www.southeastwomantowoman.com

November 9th - 11th: Southeast Regional Forum @ Boca Raton Marriot. FREE! More info @ www.area15aa.org

◆ BRIDGING THE GAP ◆ A TEMPORARY CONTACT PROGRAM

If you are in a correctional/treatment facility, give us a call. Getting back into the "real world" is not always easy for the alcoholic. Many of us had not been sober on the outside for a long time, and we admitted that the first days out were a little frightening. Sometimes, we did not know if we would stay sober. Even new members of A.A. usually know that they cannot make it alone. The dilemma for some of us was that we were not sure we could make it in A.A. either. We said things like, "Where will I find a meeting I can be comfortable in?" or "I will be able to trust?"

It was tempting to give in to "I won't fit in", or "I'm too different."

Lots of alcoholics think like this; **we did.**

To begin contact and request help from A.A. volunteers, call the following number.

You will be put in touch with the Bridging The Gap coordinator and a volunteer will contact you.

(561) 655 - 5700

BIRTHDAY CLUB

★ February Celebrants ★

Claudia M.	26 Years	Pamela B.	24 Years
Dennis C.	10 Years	Angie S.	5 Years
Carol Ann W.	4 Years	Matthew I.	4 Years
Andy B.	4 Years		

★ March Celebrants ★

Giff D.	47 Years	Terri M	33 Years
Brian E.	30 Years	Barbara E.	21 Years
Bruce M.	19 Years	Kimberly L.	6 Years
Sandie F.	4 Years	Josh M.	4 Years
Matt S.	4 Years	Daniel P.	3 Years
Rick T.	1 Year		

JOIN THE BIRTHDAY CLUB!

Celebrate your years of recovery by giving a little something back!

You get:

Bill & Bob Medallion, Birthday Flyer, and

Name in the TODAY newsletter.*

Complete this form and mail to:

Birthday Club, 1371 Okeechobee Road, WPB FL 33401

Or email us at: pbciaa@bellsouth.net.

\$1 per year of sobriety is the suggested contribution.
(Feel free to give more!)

NAME: _____

ADDRESS: _____

Email : _____

Home Group : _____

Sobriety Date: ____/____/____

Phone # () _____ - _____

DONATION: \$ _____

* Deadline for new submissions for Today printing is the last Wednesday 1 month prior to sobriety month.



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1371 Okeechobee Rd, West Palm Beach, FL 33401

STEPS • TRADITIONS • CONCEPTS

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3: The only requirement for AA membership is a desire to stop drinking.

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

Concept 3: To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional “Right of Decision.”

- ◆ Do we understand what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”?
- ◆ Do we trust our trusted servants — G.S.R., D.C.M., area delegate, the Conference itself?

Dear Lord,

So far today, I'm - doing all right.



I have not gossiped, lost my temper, been greedy, grumpy, nasty, selfish, or self-indulgent. I have not whined, complained, cursed, or eaten any chocolate. I have charged nothing on my credit card.

But I will be getting out of bed in a minute, and I think that I will really need your help then.