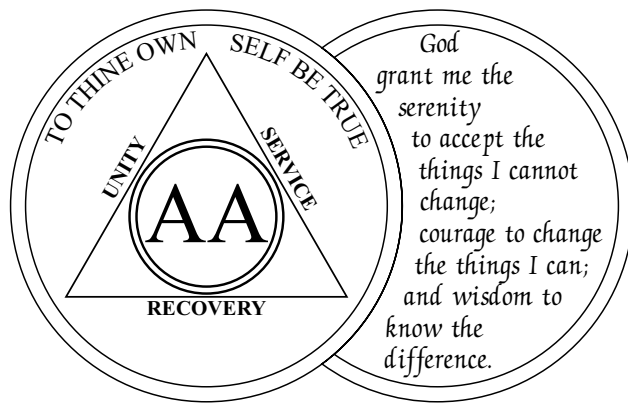


TODAY

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.



November 2012

24 Hour AA Hotline 561-655-5700

Holiday



Alcathons

2012
2013

Christmas



New Years

December 24th at Noon - December 25th at 11:45
at The Triangle Club main room.

December 31st at 1pm - January 1st at 11:45am
at The PBC Intergroup Office in meeting room.

Group Time Slots will be published in the December issue of The Today.

Volunteers will be needed to help set up, clean up, and maintain the coffee and room throughout the Alcathons.

Really special volunteers will be needed to maintain the coffee and room during the really late night hours.

For more Information, please contact the Intergroup Office (561) 655-5700

Phone Volunteer Committee: Send Help

Palm Beach County Intergroup provides a 24 hour hotline to the sick and suffering alcoholic. This hot line fields calls that range from people that have never been involved in AA before and are looking for help to people that have been sober for decades from other areas that are looking for meetings in our area. Volunteering to answer these phone calls is extremely rewarding work and can be one to the

closest things to the twelve step work that was being done in AA's beginning. If you would like to get involved please contact the phone hot line Chair David C. at phonevolunteer@aa-palmbeachcounty.org. We have several shifts that are not filled or have people in them that have been doing it for years and would like to rotate out. We are in need of your help. ▲

Phone Volunteer Positions Available Now

Tue: 6-9 AM

Fri: 6 - 9 AM

Tue: 5-8 PM

Fri: 11 PM to Sat 6 AM

Thr: 11 PM to Fri 6 AM

Sat. 6 - 9 AM

If you would like to get involved please contact the phone hot line Chair David C. at phonevolunteer@aa-palmbeachcounty.org.

It's alive!!! & well

Is your group represented?

Palm Beach County
Intergroup Association
1371 Okeechobee Road
West Palm Beach, FL 33401
Phone: 561-655-5700
Fax: 561-655-6441

www.aa-palmbeachcounty.org
Email: pbciaa@bellsouth.net

The Day I Made 100 Pancakes

Reprint from Grapevine, January, 1994

I opened the old, wooden screen door, and to my surprise, discovered I had entered a kitchen. It was long and narrow, and the heat hit me like a wall. Bending over an open oven door, a guy in cut-off shorts and a polka-dot bandana hollered, "Hi there! My name is Ray. Can you short-order cook?"

That was probably the last question I expected anybody to ask me. My mental defenses immediately revved into high gear. I recovered enough to realize that even if I could short-order cook—which I couldn't—cooking was not what I had in mind. I promptly answered, "No."

Straightening up from the oven, wiping his brow, and looking directly at me, Ray then asked, "Well, can you make pancakes?"

I was cornered. Anybody in Alcoholics Anonymous knows that getting "volunteered" in AA is a common occurrence. I couldn't, in good conscience, say no twice.

Before I could figure out how it had come about—or how to get out of it—I found myself standing at a long counter, holding a metal mixing bowl, and reading the directions on the biggest box of pancake mix I had ever seen. The box must have weighed fifty pounds. The extent of the mixing instructions was: "Add water." I felt a head-

ache coming on.

Where was I? I was at the Blue Ridge Club. It was 8:30 on a beautiful Sunday morning in May. High in the Blue Ridge mountains, surrounded by trees and nature in all its glory, stands an old clapboard country church that is now used as an AA meeting place.

It was my first time there, and I'd been wanting to come since I learned of the meeting three years ago. I was told that the club served breakfast on Sundays and afterward had a meeting. During the two-hour drive, I could hardly wait to get there. I was really looking forward to a morning of relaxation—eating a hearty breakfast, enjoying the rural landscape, meeting new people, and being part of a "country-style" AA meeting. Cooking, however, was not on my agenda.

So now, standing in the hot kitchen, trying valiantly to tackle the pancake task, it all seemed terribly anticlimactic. I was struggling not to be disappointed and angry.

"Misery loves company" could not have been truer words. I was not the only one who had been "volunteered." Two other people, who had arrived at the same time as I had, were given jobs to

do. Jenny was asked to scramble eggs and Sam was directed to make coffee.

Contemplating some words that would make a sailor blush, I was getting good and angry. Why couldn't I have gotten the job of making coffee? I didn't feel like measuring, stirring, or pouring pancake mix. I didn't know where, or how, to begin. There was a huge black grill behind me—I dared not consider that this was where the pan-

A woman talked
about how she had
come to AA to get
married and instead
got sober



Jupiter Tequesta Christmas Party

Sponsored by the Riverbottom Speaker Group

& Local Jupiter Tequesta AA Groups

Friday December 14th

Coffee 7:00 pm • Raffle 7:30 pm

Meeting 8:00 pm • World Class Speaker

First Presbyterian Church • 482 Tequesta Drive, Tequesta

Contact: Kathleen Forst 516 746 4795

No Admission; please bring finger food (optional)

Fellowship & Finger Food After Speaker

Proceeds will be donated to Palm Beach County Intergroup Association & District 8 General Service



"Now is a good time for a word
from my sponsor."
Caption —Pat R., Satanta, Kan.

cakes were to be cooked. Trying to curb my frustration, I decided to take a look around the club.

I saw that the only two rooms in the church were the kitchen and a large meeting room with tables and chairs. There was a serving window in the kitchen, and from where I was standing, I could easily stir the pancake batter and also peer into the other room. It was actually a very cozy setting. Besides the tables and folding chairs, there were several well-padded easy chairs, a plaid-covered love seat, and a big, square wood burning stove. With the large curtained windows, wood floors, and the lamps placed on end tables, the room had warmth and easy charm.

By this time, a few more people had wandered in. From the kitchen, I could hear the undercurrent of conversations that characterize AA get-togethers. I overheard a guy with the name of "Mountain John" talking about the long speeches some AA members give. He said, "I always tell a guy, don't tell me what you think, tell me what you know ... that'll really shorten a guy's speaking time." I smiled to myself as I continued to stir the batter.

The kitchen crew was comprised only of Jenny, Sam, Ray, and myself. In spite of the hard work, a spirit of camaraderie had overcome the four of us. Ray was now washing dishes, Jenny was frying bacon, and I was standing at the grill diligently pouring and turning rows of golden brown pancakes. All of a sudden, we began to get a profusion of orders for eggs. Sam was taking the orders and he was constantly calling out, "two over easy" or "one scrambled hard." In a one-hour period, we served breakfast to more than sixty people.



"I'm lying here because I slipped on the First Step."
Caption—Loren B., Bozeman, Mont.

By 10:30, the cooking had ended. With a great sense of accomplishment, the kitchen crew sat down in the big room. We held a revered place in the meeting that morning. At 11:00, the AA meeting started. A newcomer talked about his fear of leaving the treatment center; another guy talked about how close his family had become since he stopped drinking and how his kids reminded him to go to

Continued on page 5

The Following Committees Need Volunteers Now

**12 Step List
Phone Volunteers
Institutions Committee
Bridging the Gap
Group Contact Committee
Public Information Committee**

Go to: www.aa-palmbeachcounty.org

Click on Committees and email the chairman of your choice.

Are You Responsible?

Well are you?

Financial Reports

**Palm Beach County
Institutions Committee
Operating Report
10/1/2012 -10/31/2012**

Beginning Balance	\$7,105.09
Group Contributions:	\$0.00
Event Income:	
Big Book Ball	\$848.77
Total Income	\$848.77
Expenses:	
Big Books	\$1,246.00
Printing	\$23.03
Rent	\$60.00
Total Expenses:	\$1,329.03
Monthly Profit/Loss:	-\$480.26
Ending Balance:	\$6,624.83

Office Activity for October

Requests for meetings info:	153
12th Step requests:	-
BTG:	-
Other information:	82
Public Information requests:	5
Institutions Meeting requests:	1
Visitors:	256
Emails:	301
Total Activity:	798

Website Visits for October

Below are the stats for October that splits on October 17 when the new website went up. The Meeting List PDF was downloaded 483 in the last 7 days: 38% of visitors accessed the site using Mobile Devices (iPhone, iPad, Android, etc.) 62% used Standard Computers.

OLD WEBSITE: 10/1/2012 thru 10/17/2012
Returning Visitors: 167
First Time Visitors: 712
Total Visits: 879

**Palm Beach County Intergroup
Operating Report
10/1/2012 -10/31/2012**

Revenues:

Literature Sales	\$3,864.82
Sales Tax	\$233.14
Group Contributions	\$1,906.55
Potluck Ticket Sales	\$711.00
Potluck Raffle & Beverage Sales	\$257.00
“Today” Subscriptions	\$10.00
Birthday Club Memberships	\$82.00
Meeting Baskets	\$81.47

Total Revenues:

\$7,145.98

Expenses:

Literature Purchases	\$2,606.90
Sales Tax	\$269.98
Pot Luck Dinner	\$802.64
Office Salary	\$2,615.37
FICA & Unemployment Tax	\$200.07
Paychex(monthly fee)	\$72.00
Health Insurance	\$500.00
Form 990EZ Tax Preparation	\$250.00
Rent & Water	\$475.00
AT&T (Internet, Phone, Website)	\$324.97
FP&L	\$142.88
Exterminating	\$35.00
Printing	\$175.00
Office Supplies / Postage	\$113.07

Total Expenses

\$8,582.88

Monthly Surplus / (Deficit)

\$(1,436.90)

Checking Account Balance

\$12,134.57

Prudent Reserve Interest \$0.28

Prudent Reserve Balance

\$16,676.87

NEW WEBSITE: 10/17/2012 thru 10/31/2012
These stats include visitors to the Home page as well as visitors to the Meetings page.
Returning Visitors: 298
First Time Visitors: 1930
Total Visits: 2228

meetings; a woman talked about how she had come to AA to get married and instead got sober—a much better outcome, she confessed. Laughter rippled through the room. The sharing was familiar.

No matter where you travel in AA, the feelings are universal. I felt at home. I had earned my seat that morning — not only as an alcoholic, but also as one of the cooks. There's nothing like service work in AA to make you feel that you belong.

When the meeting was over and I was heading home, I had a tremendous feeling of gratitude for the Fellowship of AA and for my sobriety. Increasingly, I can understand how vital it is to not throw in the towel because a situation is difficult or simply because it doesn't merit my approval. Often, when situations look their darkest, the sun is getting ready to shine.

I received more than I gave that morning. I also learned a lot. And I learned it all in the time it takes to make about 100 pancakes. Not a bad deal!

—Carole B., Washington, D.C.

Stump the Archives

Answer these questions about AA history and you could win

\$1,000,000

or a fond congratulations

1. What magazine broke the first big story about AA, and who wrote it?
2. Who receive the one millionth copy of the big book?

Email your answer to: today@aa-palmbeachcounty.org
Be sure to include your first name, last initial and home group with your answer. Answers and prizes will be posted in next months Today.

Coming Events

First Sunday of each month:

Institutions Committee meets at the Triangle Club, Mandatory orientation at 4:30p.m in Serenity room, which precedes our general meeting at 5:00 p.m. The Institutions Committee is always looking for volunteers. Join us, a great way to pass it on.

The Intergroup Business Meeting

is held at 6:15 pm on the Second Wednesday of every month at the Intergroup Office, 1371 Okeechobee Rd., West Palm Beach. Visitors are welcome. For more information please call the Intergroup Office at 655-5700.

District 8 General Service

meets at the Triangle Club on the second Sunday this month @5:00 p.m. Visitors are welcome. For more information please call the Intergroup Office at 655-5700.

Effective November 1st:

Love, Faith & Life will move all of its meetings to the First Congregational Church, 1415 North K Street, Lake Worth, FL, . This includes the Monday & Thursday meetings at Good Shepherd Methodist Church and the Saturday meeting at Holy Spirit Episcopal Church. The meeting times and formats will not change.

November 17: Traditions 11, 12 Workshop Time: 2-3:30pm Location: PBC Intergroup office, 1371 Okeechobee Rd., WPB 33401 Sponsored by the District 8 Traditions Committee

November 17: Save the Date!! SPBC Intergroup Gratitude Dinner Location: Embassy Suites, Boca Raton

December 1st: Concept Panel 10, 11, 12 Time: 2-3:30pm Location: PBC Intergroup office, 1371 Okeechobee Rd., WPB 33401 Sponsored by the District 8 Traditions Committee

December 14th:

Jupiter Tequesta Christmas Party Sponsored by the Riverbottom Speaker Group & Local Jupiter Tequesta AA Groups Friday December 14th First Presbyterian Church 482 Tequesta Drive, Tequesta, FL 33469 Contact: Kathleen Forst 516 746 4795 No Admission; please bring finger food (optional)

Coffee 7:00 pm; Raffle 7:30 pm Meeting 8:00 pm; World Class Speaker Fellowship & Finger Food After Speaker. Proceeds will be donated to Palm Beach County Intergroup Association & District 8 General Service **An early reminder** that we will have our annual Alcathons: (Christmas & New Year's Eve), the drawing for the time slots will be in Nov. at our Intergroup business meeting. We will post the time slots and home groups representing them in our December Today.

December 24th Christmas Alcathon:

Dec. 24th at noon, until Dec 25th, 11:45am at the Triangle Club. 1371 Okeechobee Road, West Palm Beach, FL 33401, Phone:561-655-5700

Dec. 31st: New Year's Eve Alcathon

will be held at our Intergroup meeting room starting at 1pm and finishing on Jan1. 11:45am. Next door to the Triangle Club, 1371 Okeechobee Road, West Palm Beach, FL 33401, Phone:561-655-5700

Hello all, This is to inform you that there are a few time slots still open to answer the AA Hotline phones.:

At this time:

- Tue: 6-9 AM
- Tue: 5-8 PM
- Thr: 11 PM to Fri 6 AM
- Fri: 6 - 9 AM
- Fri: 11 PM to Sat 6 AM
- Sat. 6 - 9 AM

Time slots may change .

AA Volunteers are needed:

12 Step List, Phone Volunteers, Institutions Committee, Bridging the Gap, Group Contact Committee, Go to www.aa-palmbeachcounty.org Click on Committees and email the chairman of your choice.

Be Responsible

I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.

People are reaching out to the committees listed above and those committees need volunteers to keep up with the requests. Phone:561-655-5700



Birthday Club

October Celebrants

Scott M. 2 years	Joann R. 13 years
Jay S. 4 years	Shane B. 17 years
Christine H. 4 years	Jorge A. 18 years
Ashley N. 5 years	Helen O. 26
Greg F. 7 years	Lane K. 36
Steven B. 8 years	

November Celebrants

Egan Z. 3 years	George A. 7 years
Thomas C. 3 years	Donald H. 23 years
Rich S. 4 years	Thomas G. B. 23 years
Hugh H. III 5 years	Susan D. 23 years

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.

Subscribe to The Today!

\$6.00 per year
12 issues mailed directly to you!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Mail to: Palm Beach County Intergroup Association
1371 Okeechobee Rd, West Palm Beach, FL 33401

TODAY Is looking for submissions
Articles, cartoons, etc.
today@aa-palmbeachcounty.org

Steps • Traditions • Concepts

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

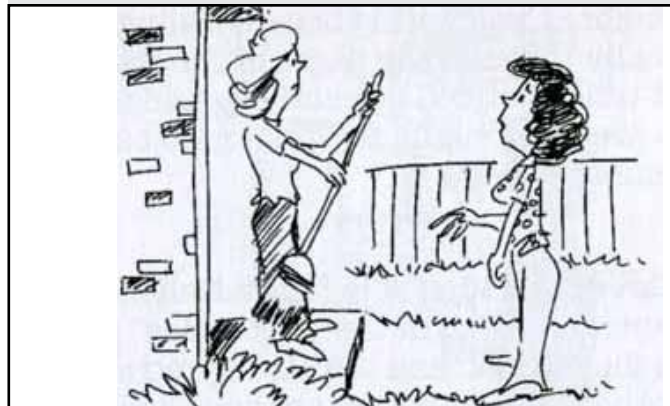
Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

Concept 11: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

- Do we understand how the roles of nontrustee directors and nontrustee appointed committee members help serve and strengthen the committee system?
- How do we encourage our special paid workers to exercise their traditional "Right of Participation?"
- Do we practice rotation in all our service positions? ▲

Every AA member has an individual way of working the program. Articles are not intended to be statements of the Palm Beach County Intergroup Association or A.A. policy, nor does publication of any article imply endorsement by either the Palm Beach County Intergroup Association, A.A. or the Today



"I'd like to make amends for stealing your husband. I'm sober now. Will you take him back?"
—Kathleen M., West Hartford, Conn.