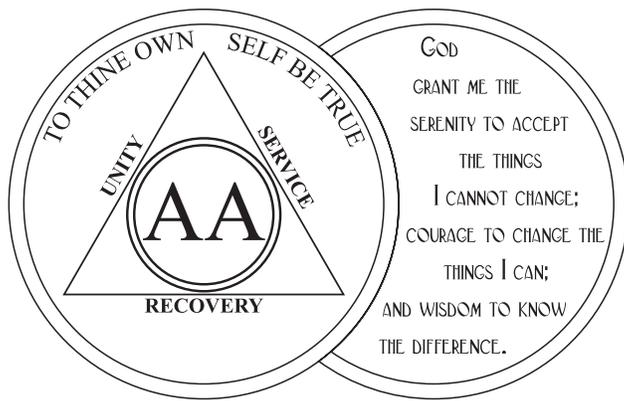


TODAY

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.



July 2016

www.aa-palmbeachcounty.org

24 Hour AA Hotline 561-655-5700

Happy Vacation-- With a Few Safeguards

Reprinted from Vol. IV, No.2, July 1947 Grapevine

To continue the celebration of our Tenth Anniversary we asked a former editor to write an article for us (see page 12), and we are here reprinting a favorite piece from the years of his editorship.

SO, you're going to take a vacation, we hope.

Well then, you know by this time in AA, certain unchanging facts, we also hope.

You know, for instance, that alcohol and salt water don't mix, any more than gasoline and beer. You know that high dives when drunk mean a nose dive; that the fish that bites on a worm isn't as dumb as you are if you start nibbling, because the fish doesn't know any better.

You know, too, that no real golf course, or at least no course that you should be playing, has a nineteenth hole. The course stops at the eighteenth, and you should start counting from one again. And the wise AA, when he stops for the pause that refreshes makes sure that the drink is something that really refreshes, not regresses. (That's no ad--make it buttermilk if you wish, but just don't make it you-know-what).

Vacation time can be and is meant to be pleasant, relaxing and fun. It won't be for any AA who permits it to get him off the beam.

A few simple precautions have helped many an AA to get the fullest enjoyment out of a vacation even though far from the home group and temporarily cut off from the usual AA connections.

1. Remember that the axiom, "Once an alcoholic always an alcoholic," holds in any locality in the world and is just as true at the seashore as atop the Rocky Mountains.
2. Before leaving, get the addresses of the groups nearest to the place or places you are going to visit.
3. Re-adopt, or carry on, the twenty-four-hour plan.

4. Read a little now and then along the way, or whenever possible, from AA literature or kindred books.
5. Drop a postcard, or if more energetic, a letter, to some AA back home. You don't even have to mention the subject. Writing a few words of greeting will help to keep the AA ties strong for you.
6. While loafing, take a mental inventory of how much you have gained since you stopped drinking.
7. Remind yourself of how much you stand to lose if you take the first drink.
8. Take conscious notice of how pleasant it is to get up in the morning without a hangover.
9. Let your imagination play occasionally on how many more opportunities now lie ahead for a useful and interesting life.
10. And remind yourself, chum, that you didn't do it all by your own little self.

Simple and perhaps crude as these suggestions may be, they work.

Nearly everyone is smart enough to rub on some kind of oil before he goes out to loll on the beach. He knows that he'll get sunburned if he doesn't.

Why not apply even that slight degree of intelligence to the other aspects of vacation time?

Cases of mishap and misery of the AA on vacation can often be traced to a failure to set up safeguards against the effects of changing the daily routine. Anyone is likely to be more vulnerable to distractions and disturbances when he is operating out of his usual orbit.

But, it is a fortunate fact that one can hold to his usual orbit of thinking wherever he is. The mind is not earth-bound.

There need be no mishaps for any AA who sin-

Continued on page 2

Financial Reports

Palm Beach County Institutions Committee Operating Report 5/01/2016 - 5/31/2016

Opening Balance Operating	\$1061.17
Opening Balance Prudent Reserve	\$11,697.37

Revenues

Group Donations	633.09
Interest	\$0.09
Big Book Ball	-
Total Revenues	\$633.18

Expenses

Bank Charge	\$3.00
Rent	\$60.00
Big Book Ball	\$500.00
Printing	\$36.89
Total Expenses	\$599.89
Monthly Surplus/(Deficit)	\$33.29
Closing Balance Operating	\$1069.17
Closing Balance Prudent Reserve	\$11,722.66

Happy Vacation - Continued from page 1

cerely wants to stay on the beam.

Or, if that statement sounds dogmatic, at least it is true that he can minimize the dangers almost to the vanishing point by taking a few precautions which in themselves should add to the pleasures of a vacation.

As somebody once said, it's not so much a matter of learning something new as it is of being reminded of what we already know.

Have a
sober summer

Website Visits for June

Unique Visitors	8,538
1st Time Visitors	6,813
Returning Visitors	1,725

Do to Ed's hospitalization the Financial Report was not ready in time for publication. Please keep our good friend Ed in your prayers

AA One-liners

Directions to AA: Just go straight to hell and make a u-turn.

AA is the only place where you can walk into a room full of strangers and reminisce.

AA romance.... the odds are good... but the goods are odd.

AA: Look for a way in; not for a way out.

AA: We are not reformed drunks, but informed alcoholics

AA has no fixed address -- you can take it with you.

AA: We are here for a reason, not for the season

AA Groups: An AA group will be judged by the worst behavior of its members

Before I came to AA I was dead, but did not know enough to lie down.

In AA there are no losers -- just slow winners

Alcoholic (as defined by self): A piece of crap that the universe revolves around.

Alcoholic: Someone who refuses to give up a life of failure without a fight.

Alcoholic: A person who when s/he goes to a wedding, wants to be the bride and when s/he goes to a funeral, wants to be the corpse.

An alcoholic is someone who wants to be held while isolating.

Alcoholic: "I may not be much, but I'm all I think about."

Alcoholic: "If I could drink like a normal drinker, I'd drink all the time!"

Alcoholics burn their bridges in front of them.

An alcoholic is someone who finds something that works and then stops doing it.

Go to www.aa-palmbeachcounty.org

to get the Today online or email

pbcregistrar@gmail.com with

"Send Today to My Email"

in the subject line to receive it via email.

Standing Meetings

Institutions Committee meets on the First Sunday of every month at the Triangle Club at 1369 Okeechobee Road, West Palm Beach. For those interested in becoming involved, there is a mandatory orientation at 4:30 p.m. in Serenity room, which precedes our general meeting at 5:00 p.m. The Institutions Committee is always looking for volunteers. Join us! This is a great way to pass it on.

Intergroup meets 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 (1369 Okeechobee Rd, WPB) on the second Sunday this month @ 4:00 p.m.

Visitors are welcome. For more information please go to www.district8area15aa.com or call the Intergroup Office at 655-5700.

Upcoming Events

July 15-17 SOUTH FLORIDA AREA 15 GENERAL SERVICE ASSEMBLY

“Don’t take yourself too damn seriously” Hosted by District 8, Boca Raton Marriott at Boca Center, 5150 Town Center Circle, Boca Raton, Florida 33486
QUESTIONS? Please contact our Banquet Chair: banquet@district8area15aa.org A link to the flyer can be found at: <http://goo.gl/rZ5UjT>

Service Seekers
Stay Sober

Upcoming Events

August 3rd - 7th - 60TH Florida Convention August

New Freedom New Happiness
Innisbrook Golf & Spa Resort
Palm Harbor, Florida 34684
More Info: 60.flstateconvention.com

December 2 - 4 Southeast Regional Forum Lake Mary Marriott - 1501 International Pkwy Lake Mary, FL 32746
Flyer at: <http://district8area15aa.org/go/calendar>
Contact: serfnfac2016@gmail.com

Look to this Day (Tuesday, 9 am, Club Oasis) group needs support. come on by for a morning meeting.

Quotes

“I have come to believe that hard times are not just meaningless suffering and that something good might turn up at any moment. That’s a big change for someone who used to come to in the morning feeling sentenced to another day of life. When I wake up today, there are lots of possibilities. I can hardly wait to see what’s going to happen next.”

— Alcoholics Anonymous

“We have learned that the satisfaction of instincts cannot be the sole aim of our lives.”

— Alcoholics Anonymous, Twelve Steps and Twelve Traditions

“Definition of an alcoholic is an ego-maniac with an inferiority complex”

— Alcoholics Anonymous

“There is an island of opportunity in the middle of every difficulty.”

— Alcoholics Anonymous

Quotes

“And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation “some fact of my life” unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment.”

— Alcoholics Anonymous, Alcoholics Anonymous - Big Book

The Seventh Step Prayer

“My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here, to do Your bidding. Amen.”

Service is a way of life

Join an Intergroup Committee!

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

Visit www.aa-palmbeachcounty.org or call 561-655-5700 for more information.

Palm Beach County Intergroup Association
1371 Okeechobee Road • WPB, FL 33401
Phone: 561-655-5700 • Fax: 561-655-6441
www.aa-palmbeachcounty.org
Email: pbciaa@bellsouth.net

Steps • Traditions • Concepts

Step 7: Humbly asked Him to remove or shortcomings.

Tradition 7: Every AA group ought to be fully self-supporting, declining outside contributions.

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting?

Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?

2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?

3. GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?

Concept 7: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

1. Do we act responsibly regarding the "power of the purse?"

2. Do we realize that the practical and spiritual power of the Conference will nearly always be superior to the legal power of the G.S.B.? ▲

Keep it
Service Silly

JOIN THE BIRTHDAY CLUB!

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

You'll get:

Bill & Bob Medallion, Birthday Flyer and
your Name printed 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 submission for TODAY printing is the last Wednesday
one month prior to the month of your anniversary

SUBSCRIBE TO THE TODAY!

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

Name: _____

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

**Does your group have an
upcoming AA event?
Send your submissions to
today@aa-palmbeachcounty.org**

Birthday Club

June Anniversaries

Connie Y	7 years	Phil O	25 years
Karen L	9 years	Lee B	33 years
Charlie G	10 years	Jack H	34 Years
Bill G	16 years	Dori S	35 years
Charlie O	20 years	Annette K	36 years

July Anniversaries

Karen C	8 years	Patricia F	22 years
Frank L	10 years	Liz B	24 years
Tracy C	10 years	Colleen M	32 Years
Tina W	11 years	Maxine M	35 years
Bob W	13 years	John K	42 years

Don't Drink, and Go To Meetings

First Things First