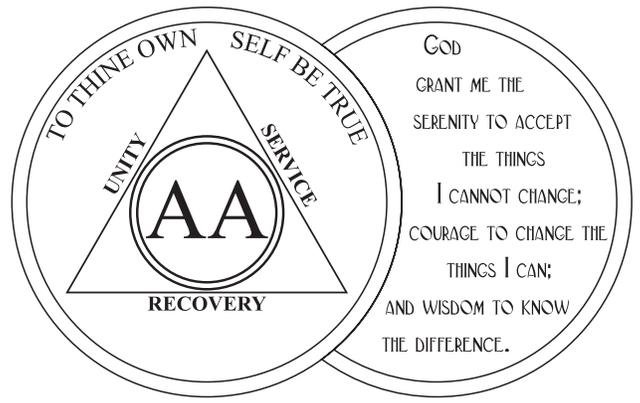


TODAY

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.



October 2017

www.aa-palmbeachcounty.org

24 Hour AA Hotline 561-655-5700

She Started At Ten

Courtesy of Alcoholics Anonymous Australia

When I was ten years of age, I was given a glass of whisky and drank it straight down. It burnt and took my breath. Throughout my drinking years I did not touch whisky again. At sixteen, I had my first experience of getting drunk. I used to work for a bottling company where my job was to put labels on bottles. I knocked off work one lunch time and proceeded to join next door's bottle department for drinks. To this day, I cannot remember getting home.

From the age of seventeen, when I met the man of my dreams (or so I thought), until I was twenty five, a night life of social drinking and the birth of my daughter kept me out of danger of alcoholic drinking. At the age of twenty five, we moved and I got a job as a barmaid full time. Work was hard and drinks were free behind the bar providing you didn't get caught. I then started to show the consequences of my heavy drinking, the work, my housework, being a mother, my social life.

I was admitted to the Melbourne Clinic with the DT's (delirium tremens) and hallucinations. I spent two weeks there and was discharged on medication. Back at my doctor's I was told to go to AA, I said, "No, I'm not an alcoholic". I then spent the next seven years being a top-up drunk, bender drinker, social drinker, drying-out on the wagon, then back to alcohol. I introduced myself to the morning drink. Beautiful food was bought for the fridge and my daughter and I ended up eating baked beans.

Housework was neglected, I decided all my friends were "full of bullshit". I was stealing money from the hotel when working part-time to support my drinking habit. My great aunt had died and an inheritance from her of \$20,000, was blown in six months on so-called friends, alcohol and good times.

Blackouts were now coming, thick and fast. and my girlfriend, suggested I do something so I said, "I will try AA". Eventually, I walked alone into an AA meeting. "Keep an open mind" said one member to me. I saw the word

"God" up on the Serenity Prayer and freaked. I had been brought up with a God of fear. I read the First Step and I couldn't accept it. I paraded around the floor when it was my turn to speak, hammed up my story, lied, and all that time I was hurting inside. I still had one foot in AA and one in the pub. So I chose the pub.

I only lasted three months. I ended up in a psychiatric home again with the DT's and hallucinations. My hair looked like straw, my teeth became yellow, my eyes were bloodshot and yellow, there was weight gain, no changing clothes for days, neglecting my daughter. I was always the last to arrive at the school with my daughter, always the last to collect her after school.

Then I discovered the yellow wallet that AA had given me with their telephone number in it, I rang the office. I gave the woman who answered a cock and bull story then broke down over a wine and soda beside me. She said those magic words "Come on Friday to the meeting". I sweated, shook for two days and then walked through the AA doors. My hands were shaking, there were no fingers pointed at me. I "shared my experiences" with a twisted mouth and bent arms which have all now gone.

After nine months of sobriety I found spirituality and my Higher Power whom I choose to call God. I have been three years sober now. I read the Big Book and the 24 Hour a Day book, pray every night for the sick alcoholic friends in the fellowship and family. I love the Steps and Traditions. I thank the founders of AA, Dr Bob and Bill W., for my life and the most important of all: meetings, meetings, meetings. My primary purpose is to help other alcoholics to achieve sobriety. I thank God for my life today. I am marrying a ten-year sober, beautiful man whom I love dearly. Thank you AA. Without you none of this would have been possible.

Financial Reports

Palm Beach County Intergroup Operating Report
9/01/2017 - 9/30/2017

Palm Beach County Institutions Committee Operating
Report
9/01/2017 - 9/30/2017

Opening Balance Operating	\$4,624.07
Opening Balance Prudent Reserve	\$12,702.78
Revenues	
Group Donations	\$646.49
Interest	\$0.31
Big Book Ball	\$100.00
Total Revenues	\$746.80
Expenses	
Bank Charge	\$3.00
Rent	\$180.00
Big Book Ball	\$-
Literature	\$3,176.80
Printing	\$-
Total Expenses	\$3,359.80
Monthly Surplus/(Deficit)	\$(2,613.00)
Closing Balance Operating	\$1,985.76
Closing Balance Prudent Reserve	\$12,728.09



Office Activity for September

Requests for meetings info	58
12th Step requests	3
BTG	-
Other information	17
Public Information requests	2
Institutions Meeting requests	-
Visitors	181
Emails	138
Total Activity	399

Website Visits for September

Unique Visitors	5,819
1st Time Visitors	4,612
Returning Visitors	1,207

Ordinary Income/Expense

Income	
Direct Public Support	
Group Contributions	797.45
Total Direct Public Support	797.45
Sales	
Books	2,048.60
Literature	735.25
Medallions	920.50
Total Sales	3,704.35
Special Events Income	
Birthday Club	79.00
Total Special Events Income	79.00
Total Income	4,580.80
Cost of Goods Sold	
Cost of Goods Sold	
COGS - Books	2,077.03
COGS - Literature	505.15
COGS - Medallions	393.86
Purchase Cost & Discounts	1.07
Total Cost of Goods Sold	2,977.11
Total COGS	2,977.11
Gross Profit	1,603.69
Expense	
Contract Services	
Credit Card Fees	31.23
Total Contract Services	31.23
Facilities and Equipment	
Equip Rental and Maintenance	25.00
Exterminating	37.00
Rent Water	475.00
Total Facilities and Equipment	537.00
Operations	
AT&T Internet	351.49
FPL	173.57
Postage, Mailing Service	9.80
Total Operations	534.86
Payroll Expenses	
FICA and Unemployment Tax	293.52
Office Manager Salary	3,803.65
Total Payroll Expenses	4,097.17
Total Expense	5,200.26
Net Ordinary Income	-3,596.57
Net Income	-3,596.57

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

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 re-
ceive 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

Locally

October 15 Picnic/BBQ End of the Road Group Picnic/BBQ at the Loggerhead Beach Park.

Sunday We supply grill stuff. Please bring a dish! Great Food/Fun & Games. Guitars welcome! 9 AM - 2 PM

November 4th and 5th Big Book Step Study Workshop

Triangle Club
1369 Okeechobee Rd.
WPB, FL 33401

8:30 am to 4:30 pm. Breakfast will be served at 8:00 am for free, (Donations Accepted). Bring a Clean Big Book to Highlight. Books will be provided for a donation. CONTACT Info: Bill O.

Upcoming Events

561-818-1087

Wednesday, August 15th — Sunday, August 19th, 2018
62nd Florida State Convention 2018

Looking for volunteers

Fort Lauderdale Harbor Beach
Marriott Resort and Spa
Fort Lauderdale, Florida
www.FloridaStateConvention.com

Around the State

November 10th-11th 4th ANNUAL GRATITUDE DAYZE

Presented by The Gulfstream Group - Group GSO.

Info: <http://www.martincountyaa.org/>

Around the Country

November 10-12
4th Southern States

Upcoming Events

Alcoholics Anonymous Service Assembly (SSAASA)

Sheraton Atlanta Airport
www.area15aa.org

Group Support

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

Lake Worth Serenity Group

meets each Thursday at 10:00 a.m. Visit us and you'll stay! Lots of sobriety and support ... for young and old. We're at Holy Spirit Church, 1000 E. Lantana Road, east of I-95 .

Serenity on the Beach Meets Sunday at 7:30 am or Friday at 7:00 pm Lantana Beach, North end of Public Beach. Bring your own chair and lotion.

A 9th step Prayer

Higher Power,

I pray for the right attitude to make my amends,
Being ever mindful not to harm others in the process. I ask
for Your guidance in making indirect amends. Most
important, I will continue to make amends By staying
abstinent, helping others & Growing in spiritual progress.



I just thought if I prayed in French God would appreciate the effort and help me get sober...
Think what you like but that was four years ago and I have been sober ever since

burke 2017

Steps • Traditions • Concepts

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?

Concept 10: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

1. Do we understand "authority" and "responsibility" as they relate to group conscience decisions by G.S.R.s, D.C.M.s and our area delegates?
2. Why is delegation of "authority" so important to the overall effectiveness of A.A.? Do we use this concept to define the scope of "authority?" ▲



**Keep it
Service Silly**

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

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 Road, West Palm Beach, FL 33401

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

Birthday Club

September Anniversaries

Bernice S.	2 years	Ann C.	18 years
Stephanie C.	9 years	Bernard W.	20 years
Wendy S.	10 years	Cathy C.	21 years
Denise C.	10 years	John K.	27 years
Patricia H.	11 years	Angela P.	27 years
Claudia M.	11 years	Ed B.	28 years
Kevin D.	12 years	Mark H.	32 years
Janice R-P.	17 years	Shipwreck	
		John H.	46 years

October Anniversaries

Ella N.	4 years	JoAnn R.	18 years
Susan P.	5 years	Shane B.	25 years
Christine H.	9 years	Howie F.	30 years
Ashley O.	10 years	Helen O.	31 years
Greg F.	12 years	Lane K.	41 years
Steven B.	13 years		

*Does your group have a
Winifred reach out until you do.*