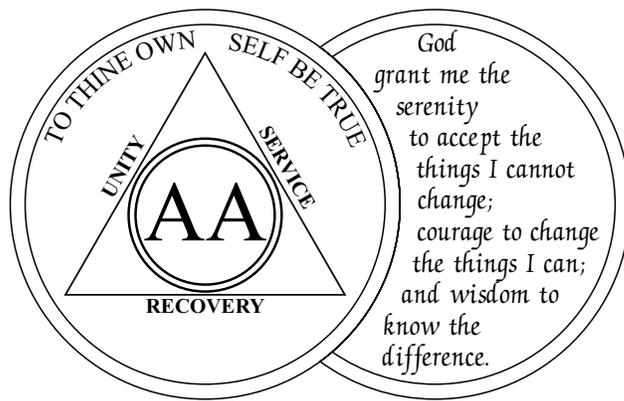


TODAY

Palm Beach County Intergroup Association

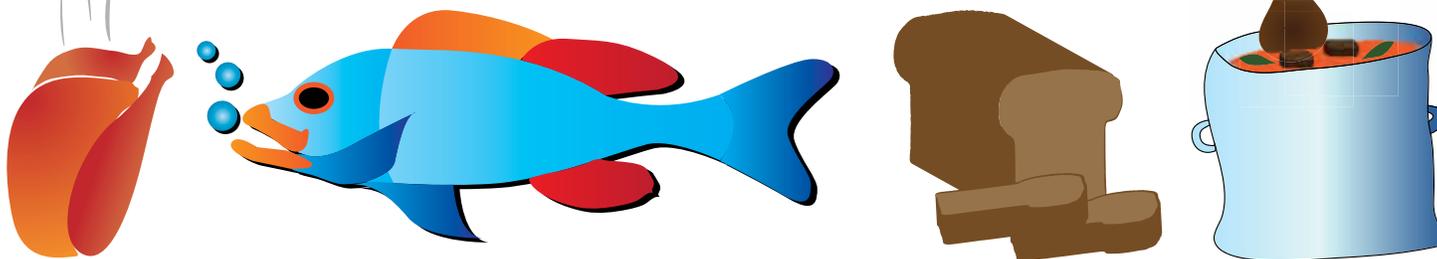
To serve our associated groups in carrying the A.A. message to the still suffering alcoholic according to the principles of the Twelve Steps, Twelve Traditions and Twelve Concepts of A.A., always remembering that our common welfare comes first.



October 2012

24 Hour AA Hotline 561-655-5700

Palm Beach County Intergroup's 36th Annual Potluck Dinner



Saturday, October 20, 2012

Please bring a covered dish or dessert
Dinner: 6:00 - 7:15 PM
Speaker: 7:30 - 8:30 PM

Guest Speaker
Limited Seating 300 People
Tickets \$8

Holy Spirit Catholic Church, 1000 E. Lantana Rd., Lantana, FL

For tickets and information contact the Intergroup Office: 561.655.5700 / pbciaa@bellsouth.net

Group Contact Committee

The Group Contact committee is responsible to try and attend meetings in the North Palm Beach County area that are listed in our *Where & When* which do not have an Intergroup representative or a group contact person. Our goal is to try and reconnect the groups at the Intergroup level so that as many groups as possible are aware of the different AA activities taking place within our fellowship. If your group currently does not have an Intergroup representative or a group contact person and would like to, please contact the Intergroup office at 561-655-5700 or contact me directly, Ryan R. at 484-343-7108.

- There are currently 230 meetings in our Palm Beach County.
- We have only 60 active representatives who come from their perspective home groups and attend our monthly Intergroup business meeting.
- We have only 1 meeting with a group contact which doesn't have an Intergroup representative.
- There are currently 165 meetings that do not have a group contact nor an Intergroup representative.

Intergroup can pass the message on in ways that a single group cannot i.e. the *Where & When* for an example, too costly for a single group. Come and be active with your Intergroup and have your home group represented.

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

Spiritual Playground

A member discusses getting sober and learning to accept God's plan

Do you ever look to the sky and wish for a sign? Do you ever wish to see just a glimpse of home or heaven, as some call it? Ever wish to return "home" but realize that you have yet to finish here on earth whatever God's plan is for you? Has anyone ever lifted your spirits so much that you knew in their heart was a love that only God could have put there?

Recently, as I sat in an open field of tall grass and wild flowers yet to bloom, looking to the heavens above with tears in my eyes, I realized that I've met many wonderfully spiritual people in AA, whose hearts are full of the unconditional love I failed to return. I also realized that for many years I despised men for my own insecurities, when all they ever wanted was to be appreciated and to have a simple relationship I was unable to give. It also occurred to me that relationships with women proved difficult over the years for no other reason than a character defect I had. I use to think jealousy blanketed women when I was the one who resented them for their ability to be successful where I could not be. I longed to be a good friend to everyone and



Join us on the Road of Service

If you have 6 months of continuous sobriety, come to your Institutions Committee orientation at 4:30 on the first Sunday of any month and stay for your Institutions Committee general meeting at 5:00 pm.

Meetings are at the Triangle Club, 1369 Okeechobee Rd., WPB.

Check us out!

desired to lift a man up high if I ever brought him down but alcoholism prevented me from such attributes.

As I work my 4th Step, wreckage from my past is at times overwhelming but identifying character defects can be enlightening if I remain positive about this journey and committed to my recovery. Admitting I was powerless over alcohol and embracing a higher power, I call God, is and will be the foundation to a successful journey and a road to discovery. God reveals messages to me in open fields of tall grass and wild flowers, in songs I listen to, books that I read and during meditation but most importantly and most often, when I invite him into my life daily and remain open to his message.

After years of using alcohol to cover up a tainted, hurtful and painful past and disregarding most people, I am discovering unconditional love and acceptance without alcohol.

I pray every day for the strength to live life on life's terms and thank God at the end of my day that I did it without alcohol to distract me. I will return to my spiritual playground of open fields of long grass swaying in the wind, discovering more about myself and longing to love my fellows.

This journey so far has helped me realize that part of the plan God has for me is to carry my message to other alcoholics in hopes that they too, embrace a higher power like me. Knowing that recovery is possible and not sharing with other alcoholics is no different than knowing CPR and failing to help someone survive.

To those who still suffer: Admit you are powerless over alcohol, embrace a higher power and begin your spiritual journey to recovery. Cry in a field of clover, love the person you are becoming and share it with another alcoholic. Unconditional love will radiate and possibly you will discover that helping others might become part of your plan.

—Judibabes
GV Website

It's Time to Register For:

The Southeast Regional Forum

November 9-11, 2012

EVER ATTENDED A REGIONAL FORUM? NOT SURE WHAT IT'S ALL ABOUT?

This is a weekend of sharing and informational sessions designed to help the General Service Board, A.A. World Services, Inc., the Grapevine Corporate Board, the Grapevine Staff, and the General Service Office Staff stay in touch with A.A. members, trusted servants and newcomers to service throughout the A.A. service structure.

Email: SERF@area15aa.org

Registration is available at www.aa.org, and it's free

Click on "For Groups and Members", then "Regional and Local Forums", then "Online Forum Registration."

October 2012: Too Chinese Too Jewish Too Young

She felt AA was not for her—but she kept coming

I was relatively young when my Higher Power led me to the rooms of AA. I was nervous because I didn't really know anything about the program. The first time I heard the words "God," and "Higher Power," I closed my mind and ears. In no way was I going to believe that there was "something greater than me." Being Jewish, I was not willing to believe that there was another God. I mean, I'm not an Orthodox Jew, but I still semi-believed in a God of the Jewish faith, so when this "new God" idea came in, my mind and ears blocked it. I was so turned off by it that I decided I was too young to be an alcoholic. I constantly told myself, You're enjoying life and doing what you're supposed to be doing. But that changed as my drinking progressed and I started to feel out of place.

I continued going to meetings, but only listened for the differences so I didn't have to say I was an alcoholic. It's not every day that you meet a Chinese Jewish girl; it's even rarer to meet a college-aged Chinese Jew who admits she's an alcoholic. It took me a long time to admit that I was powerless over alcohol, that my life had become unmanageable. Going to meetings for about a year, getting a little time under my belt, relapsing, and hearing peoples' stories, I suddenly started hearing similarities. I stopped trying to find those little details that made me different from everyone else, and started listening to what people really were saying.

Today, I'm continuously working my AA program and staying involved in the Fellowship and service work.

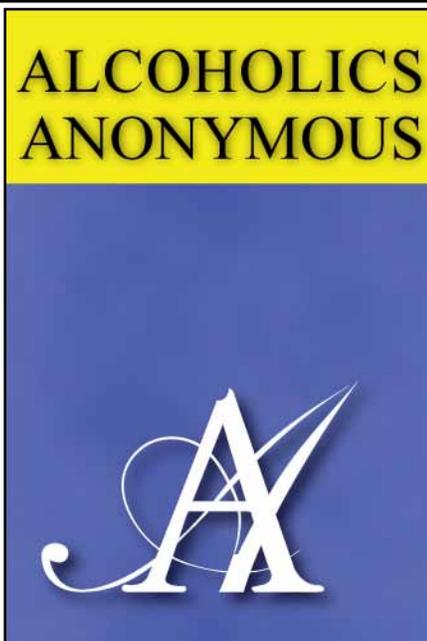
The word tzedakah in Hebrew is the command-

ment to give. It is something we Jews try to practice in our daily life. And I practice it to stay in the program: I help set up for the meeting, or make coffee (if I know how to work the machine that's being used), or help stack chairs. I offer to be chair when no one else will; I offer to be a stand-in secretary when needed; or I just show up sober and share my experience, strength, and hope. My diverse background has informed and enriched my sobriety, and I often draw from it to help me in AA. In Jewish summer camp there was a saying: "Choice through knowledge." Today, I have the choice—to drink or to work my program—and I choose to work it on a daily basis using the knowledge I have gained in the rooms.

There is also a Chinese proverb that says: "A drop of water shall be returned with a burst of spring." I have found in my recovery that helping another alcoholic (new or struggling) is one of the things that keeps me sober. AA has given me so much, and, as the proverb says, even if it is a little bit of help, you should return the favor with all you have when others are in need. That is something I strive for every day.

I notice that a lot of young people don't stay sober, and that can be difficult for other young people who want to get sober. Those who come in really young are a power of example to other people their age who want to get, and stay, sober. I know that it was difficult for me to see other young people come in and out of the rooms, or just not come back. Eventually I realized that I had to

Continued on next page



Big Book Ball

Saturday, October 27th, 2012

at the Triangle Club

Lite Fare 7pm to 9pm, Dancing til ???

Admission

Lite Fare & Dancing: \$10

(By advance ticket purchase only)

Dancing & Fun: 1 soft covered

Big Book or \$10 at the door

(See an Institutions Committee member
Or call 561-655-5700 for tickets.)



Financial Reports

Palm Beach County
Institutions Committee
Operating Report
9/1/2012 -9/30/2012

Beginning Balance	\$7,205.41
Group Contributions:	\$0.00
Total Income	\$0.00
Expenses:	
Printing	\$40.32
Rent	\$60.00
Total Expenses:	\$100.32
Monthly Profit/Loss:	-\$100.32
Ending Balance:	\$7,105.09

Live and Let Live

to school, I have great relationships with my family and friends, and I get to live a sober lifestyle. I'm so grateful. AA is an enormous part of who I am today. I get to live a richer, fuller life and actually enjoy it! For me, sobriety is not something I do; it's something I live. Thanks to my Higher Power and AA, I have 16 months sober.

—Anonymous



"You may want what I have and be willing to go to any lengths to get it, but I am still going to run this past my sponsor." Caption—James, New Zealand

Continued from previous page

stop worrying so much about their sobriety and had to start focusing on my own. In early sobriety, it can be difficult sometimes being 19 and trying to meet other young people in AA. But today I don't focus on that difficulty; I focus on how I can be useful to others. Today, I have a life I never thought I'd get the chance to live: I'm going

The Following Committees Need Volunteers Now

**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.

**Are You Responsible?
Well are you?**

Financial Reports

Palm Beach County Intergroup
Operating Report
09/01/2012 - 09/30/2012

Revenues:	
Literature Sales	\$4,598.01
Sales Tax	\$278.65
Group Contributions	\$2901.46
Potluck Ticket Sales	\$280.00
"Today" Subscriptions	\$6.00
Birthday Club Memberships	\$63.00
Meeting Baskets	\$53.00
WPB FCYPAA Bid Contribution	\$ 45.69
Total Revenues:	\$8,225.81
Expenses:	
Literature Purchases	\$ 2,340.43
Sales Tax	\$ 232.59
Pot Luck Dinner	\$ 125.82
Office Salary	\$ 2,615.40
FICA & Unemployment Tax	\$ 200.08
Paychex(monthly fee)	\$72.00
Health Insurance	\$ 500.00
Rent & Water	\$ 475.00
AT&T (Internet, Phone, Website)	\$ 324.74
FP&L	\$ 132.87
Exterminating	\$ 35.00
Repairs & Maintenance	\$ 34.34
Printing	\$ 175.00
Office Supplies / Postage	\$ 148.79
Alarm Permit	\$ 25.00
Total Expenses	\$7,437.06
Monthly Surplus / (Deficit)	\$788.75
Checking Account Balance	\$13,571.47
Prudent Reserve Interest	\$0.31
Prudent Reserve Balance	\$16,676.59

Office Activity for September

Requests for meetings info:	138
12th Step requests:	3
BTG:	1
Other information:	58
Public Information requests:	-
Institutions Meeting requests:	-
Visitors:	250
Emails:	220
Total Activity:	670

Website Visits for September

First Time Visitors:	1,411
Returning Visitors:	312
Total Visits:	1,723

Is your group represented?

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

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

October 12th-14th:

South Florida Area 15 General Service Assembly "Love and Service" for info go to: www.area15aa.org/ click on Assembly Flyers or contact: Lisa D. at 954-553-1390 or Area15Oct2012@aol.com or quarterlychair@district9aa.org

October 14th: 9th Annual Serenity Scramble. Delray Beach Golf Club for registration form go to www.aainpalmbeach.org

Email: southcountyyaa@comcast.net. Phone: 561-276-4581

October 20th: 36th Annual Pot Luck Dinner. Special Guest Speaker. See ad on p. 1. Contact Intergroup Office for info & tickets.

October 27: Concept Panel 7, 8, 9 Time: 2-3:30pm Location: PBC Intergroup office, 1371 Okeechobee Rd., WPB 33401 Sponsored by the District 8 Traditions Committee

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 3rd: 50th Annual Palm Beach County Gratitude Dinner: St. Catherine's Greek Orthodox Church, 110 Southern Blvd, WPB, FL 33405, Ticket: \$25.00, Coffee: 6 PM,

Dinner: 7 PM, Speaker: 8:30 PM
More info please contact: Cindi F. (561) 694-8268

November 9th - 11th: Southeast Regional Forum at Boca Raton Marriot. FREE! See ad opposite.

More info at: www.area15aa.org
November 17: Save the Date!! SPBC Intergroup Gratitude Dinner

Location: Embassy Suites, Boca Raton
An early reminder that we will have our annual Alcahons: (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

Alcahons: 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 Alcahons 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 phones:

At this time:

Sunday:
1pm - 5pm
Thursday:
11pm - 6am
Friday:
11pm - 6am



Time slots may change .

AA Volunteers are needed:

12 Step List, Phone Volunteers, Institutions Committee, Bridging the Gap, Group Contact Committee, Go to <http://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

September Celebrants

Stephanie C. 4 Years	Katie C 14 Years
Denise C. 5 Years	Bernard W 15 Years
David S 5 Years	Cathy C 16 Years
Wendy S 5 Years	John K 16 years
Ann G 5 years	Wayne E 16 years
Kevin D 7 years	Lauren E 16 Years
Mark P 10 years	Alex A 23 Years
Barry L 11 Years	Ed B 23 years
Ann C 13 Years	John 41 years

October Celebrants

Scott M. 2 years	Joann R. 13 years
Jay S. 4 years	Shane B. 17 years
Christine H. 4 years	Jorge A. 19 years
Ashley N. 5 years	Helen O. 26
Greg F. 7 years	Lane K. 36
Steven B. 8 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

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?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

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

- 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?
- 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?" ▲

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



If I can make it through this business meeting I know I can stay sober