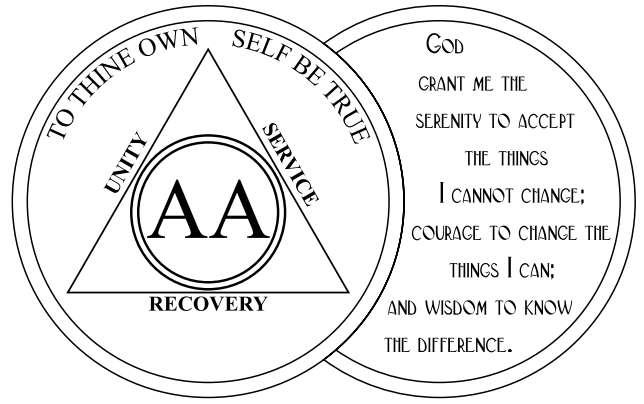


TODAY

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.



September 2017

www.aa-palmbeachcounty.org

24 Hour AA Hotline 561-655-5700

How A Helpful Neighbour Set This Alcoholic On The Road To Recovery

Courtesy of Alcoholics Anonymous Great Britain

My name is Annie, I'm an Alcoholic.

My first drink led to my first blackout. Alcohol took away the shyness, paralysing self-consciousness. It gave me a warm and happy new feeling that freed me up to do anything. I danced at parties, yelled in the street, sang on buses, hitch-hiked across London, talked to strangers, no fear of anything. I loved it. I thought it helped me to be the real me. I didn't want to do anything that didn't involve drinking: cinema - boring, walks - you must be joking! I learned early to have a few drinks from my mum's cupboard before I went out, filling miniature bottles to take with me. I thought everybody did it! I look back at my teens and see that I have no idea what my family were doing, no memory of spending any time with them.

I went to Spain for 6 months - my university days are still a black hole full of twinkly lights - and was hospitalised with alcohol poisoning. Came back and got married to a heavy drinker, workaholic, who took care of the boring stuff - bills, housework etc. I was a charming wife - he never knew what he was coming home to. We had two beautiful children and drinking to party was no longer an option - my secret drinking started. Hiding bottles, trying to hide the fact that I'd had a drink, sneaking extra drinks whenever we had company, stealing money for drink, making any excuse to buy a bottle. And it got worse. I started to feel ashamed - a quick burn that another drink would fix. My daughter's diary at school on open day - every weekend we went to this pub or that pub...the rows that would flare up and the way I turned from happy smiley to hell-cat with a couple of drinks.

I managed to divorce my husband for HIS unreasonable behaviour and found somebody else who drank like me. I was in big trouble now. Desperately unhappy, life in chaos, coming to on the kitchen floor in the morning, trying to get kids to school, house being repossessed. I saw counsellors, psychologists - blaming my childhood, my mother, my husband - anybody and everything. I was in trouble. But if only I could sort out the money (I borrowed and begged from anybody who stood still long enough). If I could only find the right man. If only I had

a different upbringing. If only I got the right job. I'd be OK then. I kept trying to manage all this - with the same outcome - drunk and in a worse mess. I wore an old wax jacket - bottle up each sleeve and a half in the inside pocket, hadn't cut my hair for years. One day a group of kids sitting on the wall at the end of my street shouted 'ALKIE' at me. I was furious, burning with shame - if only they knew what sort of life I had!

I had one 'friend' left. A neighbour who brought food for the kids, gave me money. She told me one Sunday morning that I had to do something or she'd have to walk away. She just couldn't watch it any more. I don't know what it was that pushed me to make the phone call to AA. Thank God for those AA members in service, people at the end of the phone 24/7 to handle calls from people like me, with nowhere left to go, no more excuses.

Within a couple of hours, two members of Alcoholics Anonymous were in my living room, curtains drawn, vodka tears and snot running. They were not interested in my problems. They told me about the way they drank and I knew they were like me. I'd never admitted it to anybody. They told me about alcoholism, the physical allergy which meant that once I had one drink I was unable to stop. The mental obsession which meant that I couldn't leave it alone, no matter how bad it got. The spiritual malady which led to the terrible dark loneliness and terror. These people told me that they had found a way to stop drinking in AA and that their lives had changed for the better and they were happy. I don't know why but I believed them. I did as they suggested. I went to a meeting near me, started going to others, started working the Steps. After a short time, the desire to drink left me and has not returned. My life has changed in ways that are beyond belief. I have faith in the future and I'm no longer ashamed of my past. I'm so grateful for the chance to live free from the obsession with alcohol.

Annie

Financial Reports

Palm Beach County Institutions Committee Operating Report 8/01/2017 - 8/31/2017

Opening Balance Operating	\$4,228.47
Opening Balance Prudent Reserve	\$12,677.46
Revenues	
Group Donations	\$567.60
Interest	\$0.32
Big Book Ball	-
Total Revenues	\$567.92
Expenses	
Bank Charge	\$3.00
Rent	-
Big Book Ball	\$144.00
Literature	-
Printing	-
Total Expenses	\$147.00
Monthly Surplus/(Deficit)	\$420.92
Closing Balance Operating	\$4,624.07
Closing Balance Prudent Reserve	\$12,702.78

Office Activity for August

Requests for meetings info	88
12th Step requests	2
BTG	-
Other information	60
Public Information requests	3
Institutions Meeting requests	-
Visitors	179
Emails	263
Total Activity	595

Website Visits for August

Unique Visitors	7,604
1st Time Visitors	5,935
Returning Visitors	1,669

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

Palm Beach County Intergroup Operating Report 8/01/2017 - 8/31/2017

Ordinary Income/Expense	
Income	
Direct Public Support	
Group Contributions	2,899.30
Total Direct Public Support	2,899.30
Sales	
Books	2,104.75
Literature	844.15
Medallions	1,152.50
Total Sales	4,101.40
Special Events Income	
"Today" Subscriptions	6.00
Birthday Club	78.00
Total Special Events Income	84.00
Total Income	7,084.70
Cost of Goods Sold	
Cost of Goods Sold	
COGS - Books	1,800.95
COGS - Literature	591.67
COGS - Medallions	482.40
Purchase Cost & Discounts	64.56
Cost of Goods Sold - Other	12.00
Total Cost of Goods Sold	2,951.58
Total COGS	2,951.58
Gross Profit	4,133.12
Expense	
Contract Services	
Credit Card Fees	48.70
Total Contract Services	48.70
Facilities and Equipment	
Evxterminating	37.00
Rent Water	475.00
Facilities and Equipment - Other	75.00
Total Facilities and Equipment	587.00
Operations	
AT&T Internet	354.31
FPL	207.04
Office Supplies	310.65
Printing and Copying	231.00
Total Operations	1,103.00
Other Types of Expenses	
Employee Health Insurance	264.33
Total Other Types of Expenses	264.33
Payroll Expenses	
FICA and Unemployment Tax	382.03
Office Manager Salary	4,972.51
Paychex	87.00
Total Payroll Expenses	5,441.54
Special Events	
	165.85
Total Expense	7,610.42
Net Ordinary Income	-3,477.30
Net Income	-3,477.30

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

September 24th Workshop

Letting Go of Resentments & Dealing With Anger thru the AA Program (Tools needed for the mini-workshop: An Open Mind & Willingness) Triangle Club (Serenity Room) 1369 Old Okeechobee Rd, West Palm Beach, FL 33401 Person to Contact: John A (561)-201-3277 Sponsored by the "12 Steps to Freedom Group" which meets on Thursdays at 6:45 pm at the Triangle Club.

October 6th-8th 2017 Area Quarterly in Ft. Lauderdale Hosted by District 9

at the Ft. Lauderdale Marriott North. 6650 N. Andrews Avenue Ft. Lauderdale FL 33309 Reservations 800 228-9290 Room Rate \$129, Banquet \$45 more info at <http://area15aa.org>

Upcoming Events

October 8th Breakfast at the Beach with the Serenity on the Beach Group after the 7:30 am meeting. Meeting is at Lantana Beach, North end of Public Beach. Breakfast is in Municipal Beach Park, 100 North Ocean Avenue, Lantana, FL 33462. Bring your own chair, lotion and a dish or just come and share the gratitude, fellowship and good eats. All are welcome.

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. 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

Upcoming Events

November 10-12 4th Southern States 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 .

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.

Service Seekers Stay Sober

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.

Steps • Traditions • Concepts

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?

Concept 9: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

1. Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
2. Do we recognize the need for group officers? What is our criteria for election? Do we sometimes give a position to someone “because it would be good for them?”
3. Do I set a positive leadership example? ▲



**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

August Anniversaries

Todd C.	7 years	Diane M.	25 years
Deborah P.	8 years	Rhonda B.	30 years
Lindsay Y.	8 years	Bill B.	36 years
Ed W.	8 years	Susan C.	38 years
Lori G.	16 years	Johnnie P.	39 years
Joyce L.	18 years	Doris S.	41 years
Louise S.	25 years		

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

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