



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.

God
grant me the
Serenity
to accept the things I
cannot change;
Courage to change
the things I can;
and Wisdom to know
the difference.

February 2018

www.aa-palmbeachcounty.org

24 Hour AA Hotline 561-655-5700

Today, Mornings Are Simpler

Good morning all. Another day and another morning of knowing exactly what I did last night. Awesome! I've been really busy with work, meetings, breathing, sleeping, eating, and putting one foot in front of the other.

A few weeks ago I was doing the newbie routine at an Alcoholics Anonymous meeting: Why is this so hard? Why me? Why why why? Blah blah blah.

One of the guys said, "Did you get out of bed this morning, brush your teeth, and eat breakfast?"

Yes, of course.

"Well did you find any of that to be particularly difficult?"

I impatiently replied, "Uh, no!"

To which he said, "Tell me about a typical morning when you were drinking."

Ahhhhh! As my dizzy brain went back to those mornings after, I slowly realized what he was pointing out. I don't know about y'all but my mornings went a little something like this:

Wake up at 4 a.m. 'cause the booze wore off and my nerves were screaming. I'd have a class-A headache, desert dry mouth, and a stomach that felt like I'd ingested bleach the night before. I'd crawl to the medicine cabinet; find something, anything, to quiet the war in my skull. Crawl to the kitchen for the last thing my stomach wanted but my brain knew would help — a couple of huge glasses of water. By now I'm dizzy, about to hurl. There's a twenty-one gun salute going off in my head, and I'm promising God and everyone on the planet that I ain't gonna do that anymore. Next, I crawl back to bed to wait for death or

relief, whichever comes faster; I don't care at that point.

I'd awaken again by 6:30 a.m. My partner would be home from work soon. I'd have to get rid of the evidence from the night before. I'd get up again, stumble into some clothes, gather all the empties, and take them out to the trash. I live in a downtown residential-business district, so I'd usually sneak over to the office next door and use that trash can. Then I'd creep back to my place as the neighbors retrieved their morning papers, jogged, walked their dogs, headed off to work, and tried not to stare at that nut job in her pajamas, hair sticking straight up, stumbling around the yard, taking the garbage out again this morning — and why does she take it next door? I'd slink back inside, brush my teeth and find some peanut butter. Yeah, peanut butter worked wonders. It masked the toothpaste, which masked my alcohol breath. At the time, it made perfect sense. Then I'd hop back in bed and fall asleep until the afternoon when I would get up, take more aspirin, and go to work.

After sharing that, my friend in the meeting said, "Isn't this much easier?"

I had to laugh and agree. My mornings are much simpler, thank you. And, frankly, I can make the case that every square inch of my life is easier than the old planning, scheming, manipulating days of getting it, using it, hiding it, and recovering from it. I love this group.

Amy, Florida

Intergroup will be closed Monday, 2/19/18 in observance of Presidents Day. Please plan accordingly for anniversaries.

Financial Reports

Palm Beach County Intergroup Operating Report 01/01/2018 - 01/31/2018	
Ordinary Income/Expense	
Income	
Direct Public Support	
Group Contributions	5,785.12
Direct Public Support - Other	113.32
Total Direct Public Support	5,898.44
Other Types of Income	
Miscellaneous Revenue	230.84
Total Other Types of Income	230.84
Sales	
Books	2,532.70
Literature	1,174.55
Medallions	1,144.50
Total Sales	4,851.75
Special Events Income	
Annual Picnic	1,469.03
Birthday Club	84.00
Total Special Events Income	1,553.03
Total Income	12,534.06
Cost of Goods Sold	
Cost of Goods Sold	
COGS - Books	1,667.37
COGS - Literature	787.88
COGS - Medallions	443.63
Purchase Cost & Discounts	61.03
Cost of Goods Sold - Other	32.96
Total Cost of Goods Sold	2,992.87
Total COGS	2,992.87
Gross Profit	9,541.19

Expense	
Business Expenses	1,581.55
Facilities and Equipment	
Exterminating	37.00
Rent Water	475.00
Total Facilities and Equipment	512.00
Operations	
AT&T Internet	274.77
Office Supplies	152.38
Postage, Mailing Service	6.59
Printing and Copying	231.00
Operations - Other	141.95
Total Operations	806.69
Other Types of Expenses	
Employee Health Insurance	150.00
Other Types of Expenses - Other	105.25
Total Other Types of Expenses	255.25
Payroll Expenses	
FICA and Unemployment Tax	221.04
Office Manager Salary	2,880.00
Paychex	87.00
Total Payroll Expenses	3,188.04
Special Events	
ANNUAL PICNIC	1,709.42
Special Events - Other	87.50
Total Special Events	1,796.92
Total Expense	8,140.45
Net Ordinary Income	1,400.74
Net Income	1,400.74
Bank Account Balances	
Checking	
1/1/2018	\$5,425.37
1/31/2018	\$5,531.60
Prudent Reserve	
1/1/2018	\$11,044.32
1/31/2018	\$11,544.52

Palm Beach County Institutions Committee Operating Report 01/01/2018 - 01/31/2018	
Opening Balance Operating	\$6,643.23
Opening Balance Prudent Reserve	\$10,304.02
Revenues	
Group Donations	\$400.00
Interest	\$0.31
Big Book Ball	\$9,239.24
Total Revenues	\$9,639.55
Expenses	
Bank Charge	\$3.00
Rent	\$180.00
Big Book Ball	\$2,982.75
Literature	\$3,730.00
Printing	\$-
Total Expenses	\$6,895.75
Monthly Surplus/(Deficit)	\$2,743.80
Closing Balance Operating	\$7,190.74
Closing Balance Prudent Reserve	\$12,500.31

Office Activity for January	
Requests for meetings info	141
12th Step requests	3
BTG	0
Other information	43
Public Information requests	5
Institutions Meeting requests	3
Visitors	261
Sales Receipts	219
Emails	269
Total Activity	725

Website Visits for January	
Unique Visitors	8,407
1st Time Visitors	6,753
Returning Visitors	1,654

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

February 19 Intergroup will be closed Monday, 2/19/18 in observance of Presidents Day. Please plan accordingly for anniversaries.

April 6-8 2018 Area 15 General Service Assembly

Weston Bonaventure
250 Racquet Club Rd, Weston, Florida 33326

QUESTIONS? Please contact Regina, Quarterly Assembly Chair at Quarterlyhost@district10miami.org or (305) 613-3540.

Get Flyer at:
<http://district8area15aa.org/wp-content/uploads/2018/01/6-Bonaventure-April-6-8-2018-Flyer.pdf>

August 15 – 19 2018 62nd Florida State Convention 2018

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

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.

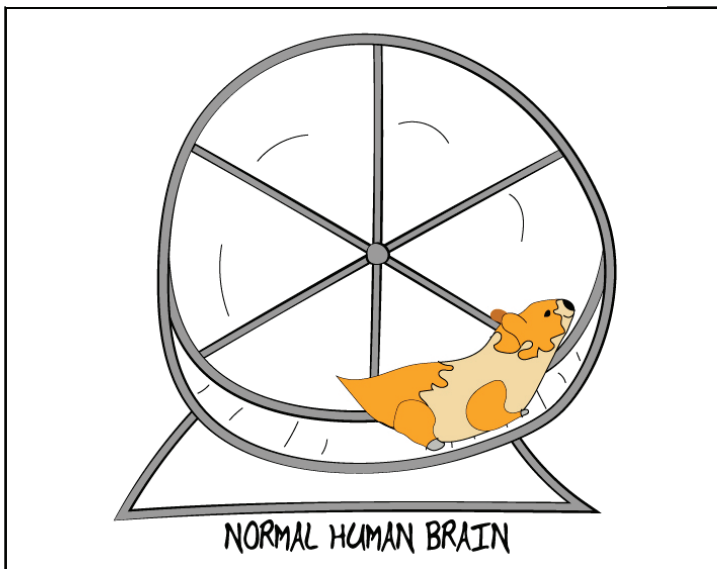
Palm Beach County Intergroup Association

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

VOLUNTEER



Heard at a Meeting



Service Seekers
Stay Sober

Steps • Traditions • Concepts

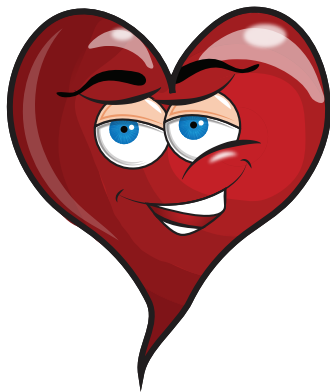
Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

Concept 2: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

1. Do we have an understanding of the history of the General Service Conference (the “Conference”)?
2. What is a Conference Advisory Action? Does our home group’s G.S.R., D.C.M., area delegate report back to the group on the highlights of the Conference and Conference Advisory Actions?
3. Is our group meeting its wider Seventh Tradition responsibilities? ▲



K.I.S.S.

Keep It Service Sweetheart



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

January Anniversaries

Katlin M.	6 years	Michelle H.	27 years
John C.	11 years	Quentin B.	28 years
Michael G.	17 years	Larry M.	29 years
Steve Y.	21 years	Beverly R.	36 years
Henry M.	22 years		

February Anniversaries

Matthew I	10 years	Deb M	14 years
Andy B	10 years	Joanna S	27 years
Angie S	11 years	Pamela B	30 years
Jim McK	13 years	Claudia M	32 years

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