

July 2020

VOLUME 1 ISSUE 1

the wave

AFG DISTRICT 160

WWW.PALMBEACHAFG.ORG

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covid - 19 update

In response to Covid-19, many Al-Anon groups in our district have been utilizing Zoom to host temporary meetings. There are currently 5 Zoom meetings currently available in District 160. To access Zoom information, contact the email listed:

Monday - THE CHILD WITHIN - 11:00 AM

amlogcabinmondaychildfocus@gmail.com

Tuesday - TUESDAY NITE SPIRITUAL - 7:30 PM

tuesnitespiritualalanon@gmail.com

Wednesday - WOMEN ON WEDNESDAY (Only Women) - 12:00 PM

Wowzoom12@gmail.com

Thursday - HELP & HOPE - 7:30 PM

helpandhopeafgjupiter@gmail.com

Friday - Al-Anon WORKS - 6:00 PM

afgworksfri@gmail.com

There are currently 2 meetings that are meeting F2F (face to face):

Friday 10:00 AM - Peace & Joy

1st Presbyterian Church
717 Prosperity Farms Road
North Palm Beach

Saturday 9:00AM - AFG On The Beach

South Side of Juno Beach Pier
Please bring your own chair.

In addition to District 160 meetings, the World Service Office (WSO) also offers electronic meetings. For more information, visit:

<https://al-anon.org/al-anon-meetings/electronic-meetings/>



For up-to-date District 160 meeting information, visit our website:
www.palmbeachafg.org

al-anon acronyms



H - Hungry
A - Angry
L - Lonely
T - Tired

"HALT reminds us that when we are *Hungry, Angry, Lonely or Tired*, we have needs that require our attention, needs that may be preventing us from acting in a positive, affirming way. We are encouraged to "Halt" and to tend to these needs as soon as possible."

-How Al-Anon Works, Page 90

T - Thoughtful
H - Honest
I - Intelligent
N - Necessary
K - Kind

"If only I can learn to quiet my mind before I speak! I do not want to act with impatience and hostility, for I know it will react on me. It is a mistake to think this requires self-control; patience can be acquired by learning to let go of self-will. Jonathan Swift said: "Whoever is out of patience is out of possession of his soul. Men must not turn into bees who kill themselves in stinging others."

One day At a Time in Al-Anon, Page 20



F - False
E - Evidence
A - Appearing
R - Real

"Worry and fear can alter our perceptions until we lose all sense of reality, twisting neutral situations into nightmares. Because most worry focuses on the future, if we can learn to stay in the present, living one day or one moment at a time, we take positive steps toward warding off the effects of fear."

Courage to Change, Page 150

D - Don't
E - Even
T - Think
A - About
C - Changing
H - Him/Her

"How can I best help the alcoholic? By not interfering when he gets into difficulties. I must detach myself from his shortcoming, neither making up for them nor criticizing them. Let me learn to play my own role, and leave his to him. If he fails in it, the failure is not mine, no matter what others may think or say about it."

One Day At a Time in Al-Anon, Page 29



Q - Quit
T - Taking
I - It
P - Personally

I used to feel very hurt if anyone gave me an angry look, spoke in a harsh tone, or didn't speak at all. I've grown enough in Al-Anon to realize that the look, tone or mood of another person toward me often has nothing to do with me. It generally has more to do with what is going on inside the other person.

Courage to Change, Page 320

member submissions

"A Prescription for Recovery"

by Janet W - Palm Beach Gardens, FL

Al-Anon is an extra strength, long-lasting relief medication for depression, anxiety, and misery associated with the family disease of Alcoholism.

Important: When taken as directed, Al-Anon is known to substantially reduce the negative side effects associated with alcoholism and its physical, mental, and spiritual maladies.

Use Al-Anon as Prescribed:

- 1) Trust God
- 2) Clean "House"
- 3) Help Others

Al-Anon should be taken with plenty of open-mindedness and willingness.



Caution: Recommend using Al-Anon if you are capable of being honest and completely willing to give yourself to this simple program. Al-Anon is available for use by those who have a desire to recover from this family disease of Alcoholism. Al-Anon will impair your ability to maintain your misery. Do Not Take Al-Anon alone. Independent studies have shown that Al-Anon is most effective when working with others.

Common Side Effects Associated with Al-Anon: Honesty, hope, faith, courage, integrity, willingness, humility, brotherly love, justice, perseverance, spirituality and service. A spiritual awakening and a psychic change have been reported in many cases.

To reduce chronic relapse: Life style change is recommended. Practical experience shows that intensive work with another Al-Anon member insures a strong recovery with long-term spiritual effects. Consult your sponsor immediately when changes do occur. Al-Anon is recommended for long-term daily use. As with all medication, results may vary: sometimes quickly, sometimes slowly.

Warning: Do not skip doses or discontinue use, as severe re-occurrence of initial symptoms may occur. If you are experiencing a resurgence of your spirit lasting more than a few hours, you need not seek medical attention as you may be experiencing the initial effects of Al-Anon. For more information and to learn more about Alcoholism and the Al-Anon 12 Step program of recovery - we suggest you contact your local Al-Anon community directly, retain a sponsor, and read the book "How Al-Anon Works".

We want to hear from you! Do you have a member submission? Please submit by September 15 to afgworksfri@gmail.com.

tradition 7

Every group ought to be fully self supporting, declining outside contributions

"Al-Anon survives and grows because of the involvement and commitment of its members"

On May 14, the World Service Office (WSO) wrote a letter on behalf of the Finance Committee addressing the impact that COVID-19 has had at the WSO.

Here are a few key points:

- Literature sales were down 75% (as of April)
- Donations were down 34% (as of April)
- Significant cost cutting measures were put into effect including elimination of Staff

As a result of this global pandemic and the financial effect it has had on the World Service Office, they are asking for member's help in accordance with the Seventh Tradition. Below are some questions to consider:

- How is your group "passing the basket"?
- Is your group making announcements at your meetings to let members know they can go online and donate directly to WSO?
- How can we keep the seventh tradition money flowing through the links of service from the groups to District to Area to the WSO?

A creative way to encourage group members to donate:
For every year you have been an Al-Anon member,
donate \$1.00 to the World Service Office.

To donate, visit:
<https://al-anon.org/contributions/>

Following the May District Meeting, it was voted on to donate \$1,000 to the World Service Office. Please see the Thank you note below from WSO.



Al-Anon Family Groups
Help and hope for families and friends of alcoholics

phone: 757.563.1600
fax: 757.563.1656

al-anon.org
wso@al-anon.org

June 1, 2020

1050532
PALM BEACH AL-ANON AIS/LDC
3900 E INDIANTOWN RD STE 607-141
JUPITER, FL 33477-5085

Dear Friends,

Thanks to your generous contribution the World Service Office is able to continue working on behalf of the friends and families of alcoholic's worldwide, acting as a clearing house for Al-Anon groups, providing literature and other service tools, and in carrying the message through public outreach at the national and international levels. In keeping with our Seventh Tradition, Al-Anon is supported by members' contributions, which are used to meet expenses for worldwide services, including a portion of the operating expense of the World Service Conference.

Your contributions allow the World Service office (WSO) to service new and existing groups in our service structure (U.S., Canada, Puerto Rico, and Bermuda) and in other countries that have no formal Al-Anon service structure.

We appreciate your support to help us carry our message of strength and hope for friends and families of alcoholics everywhere.

With gratitude,



Vali Fayen
Executive Director

Type	Other Contribution
Amount	\$1,000.00
Date	5/28/2020

This letter serves as the official Al-Anon receipt for your gift. Al-Anon Family Group Headquarters, Inc. has provided no goods or services in connection with your gift.

Are you aware that you can make monthly contributions from your checking or credit card account? Contact Customer Service at (757) 563-1600 or visit al-anon.org/contributions/member/.

upcoming events

July District Meeting (via Zoom)

OPEN TO ALL AFG MEMBERS

Wednesday, July 15

7:00 PM - 8:30 PM

ZOOM

Contact District160DR@gmail.com for information

2020 Area 10 Convention

Friday, August 21 - Sunday, August 23

Bonaventure Resort & Spa

Weston, FL

**Please see the next two pages for more information

Fall Election Assembly

Friday, October 16 - Sunday, October 18

Embassy Suites Fort Myers

Estero, FL



Big Island of Serenity

Friday, August 21 - Sunday, August 23, 2020

31st Annual AFG Florida South Area 10 Convention

With AA Participation

Bonaventure Resort & Spa

250 Racquet Club Road, Weston, FL 33326

CONVENTION REGISTRATION

Online: www.southfloridaal-anon.org

Email Questions: bioschair@gmail.com

Preferred language (circle one): **English** Spanish

Program (circle one) and check price box: **Al-Anon** Alateen A.A.

- Al-Anon or A.A. postmarked by 12/31/19 \$25
- Al-Anon or A.A. postmarked by 7/31/20 \$30
- Al-Anon or A.A. at the door 8/21-8/23/20 \$35
- Alateen Registration \$15

Includes Saturday night pizza party. Notarized Travel & Medical Release Form is required.

Saturday Meal Options; all inclusive:

Saturday Serenity Meal Plan Includes Breakfast, Lunch & Dinner \$80

Hot Breakfast Buffet: chef's choices with coffee & tea service \$20

Lunch: sandwich, chips, cookie \$20

Banquet Dinner: \$55

(circle one entree) **Chicken** Vegan Gluten Free

Dinner includes: entree, salad, starch, veggie, roll, dessert, iced tea & coffee service

All food reservations must be made by July 31st.

Paid by check # _____ Total Amount \$ _____

Make checks payable to: AFG FLS Convention

No refunds or exchanges.

HOTEL ACCOMMODATION CHOICES

Please make reservations to the Bonaventure Resort & Spa by **July 22, 2020** to guarantee room rates.

Central Reservations: 1-800-327-8090

Be sure to mention "**Al-Anon Convention**" to obtain special rate of **\$119** per night plus 13% Broward County taxes.

King or 2 Queen bedroom, up to 4 guests welcome

Free in-room Wi-Fi

Free self-parking

\$16.95 resort fee is being waived for each night!

Enjoy same discounted room rates available 3 days before and 3 days after convention weekend.

Aloha,

"We look forward to seeing you at the Big Island of Serenity during the 31st Florida South Area 10 AFG Convention on August 21-23, 2020 at the Bonaventure Resort & Spa in Weston, Florida."

- The Convention Committee



One form per guest. Please print legibly in blue or black ink.

Name: (First & Last) _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Email addresses will be used for FL South Convention purposes only.

Badge Name: _____ District # _____

Make a copy and mail form along with payment to: AFG FLS Convention, 328 SW Ridge Lane, Stuart, FL 34994



**Aloha Area Area 10
The Convention Team needs your help!**

HOSPITALITY ROOM

We are looking for homemade cookies, loaf cakes, fruit, and any sweet/salty snacks. All must be individually wrapped. Bottled water and monetary donations will be gladly accepted.

Contact Arlene at: rwillow22@comcast.net

PINEAPPLE BOUTIQUE

We are curating a variety of Al-Anon themed crafts for your convention shopping pleasure and need your help!! Get crafty with Al-Anon! Please limit the quantity of each item to 20 and please abide the Traditions.

Boutique Wish list:

Alateen Happy / Crappy dolls

Journals

Painted rocks with sayings

Instant Meeting packets

Beaded jewelry with slogans/acronyms

Contact RoseAne at: biosboutique2020@gmail.com

RAFFLE

We are asking for baskets that include: Conference Approved Literature, hand-made items, items relating to the spiritual concepts of the program, and non-religious/holiday items. Please include a printed list of items in the basket and the district/group that it's from. Baskets can be brought to the convention.

For any questions, please call Don at 561-964-3744 or text 561-393-3940.

district 160 information

on the map

District 160 boundaries:

From 45th St. north to the Martin County line.
Includes the cities of: Juno Beach, Jupiter, Tequesta, North Palm Beach, Palm Beach Gardens, Riviera Beach and some of northern West Palm Beach

Website:

www.palmbeachafg.org

Mailing Address:

321 Northlake Blvd #210A
North Palm Beach, FL 33408

Phone Number:

(561) 882-0308

Email:

aispanel58@gmail.com

*contact
information*

newsletter submissions

The Wave is YOUR district newsletter.
Please freely submit service sharings, reports, information,
answers to questions, comments, feedback,
and suggestions to:

afgworksfri@gmail.com

Next deadline September 15, 2020