

the wave

July, 2021

Volume 1 Issue 4

AFG District 160
www.palmbeachafg.org

UPDATED MEETING INFORMATION

At the time of this publication, there are 19 active Face-to-Face Meetings in District 160. As this is an ever changing number, we encourage you to visit www.palmbeachafg.org/meetings for the most up-to-date information. Please continue to check back as more and more meetings are going Face-to-Face and new meetings are being added.

2021 AFG DISTRICT 160 LONGTIMERS TEA

An afternoon of Seren-e-tea honoring Longtimers

TEA IS FOR TRANSFORMATION: HOW HAS AL-ANON TRANSFORMED YOUR LIFE?

SUNDAY, SEPTEMBER 12

VIRTUAL - ZOOM

2:00 - 3:30 PM

TO REGISTER, PLEASE EMAIL
AFG160EVENTS@GMAIL.COM
TO ACCESS ZOOM INFORMATION

RIC B. AS OPENING SPEAKER

*We encourage Longtimers and Newcomers
to share their experience, strength & hope*

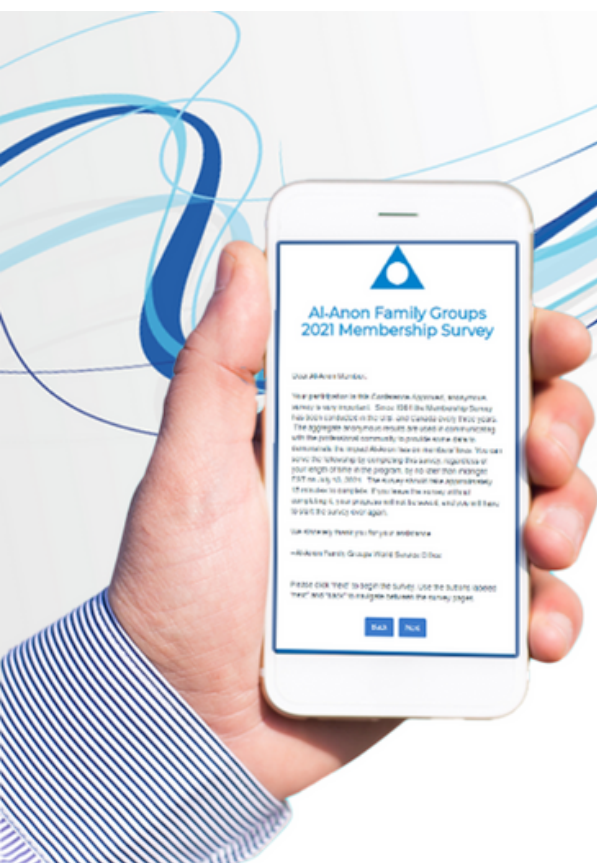
MEMBERSHIP SURVEY

AL-ANON.ORG/MEMBERSURVEY

Open until July 27, 2021

Participation in Al-Anon surveys by all members, regardless of length of membership in the program, level of involvement in service work, or any other factor, is of the utmost importance in helping to develop and evaluate programs that will strengthen and grow the Al-Anon Family Groups.

Involvement in Al-Anon surveys is also considered service work and is greatly valued as we seek to reach out to those who are dealing with the effects of someone else's alcoholism but haven't yet found help in Al-Anon. Survey results are used in communicating with professionals who are in a position to refer patients and clients to Al-Anon. Results of surveys are also used to improve communication with the membership.



2021 Al-Anon Membership Survey

Is Open!

Available in English,
Spanish, and French.

Take the survey:

al-anon.org/membersurvey

CALLING ALL WRITERS

Our CAL (Conference Approved Literature) has been a life saver to many in the program. Did you know one of the things that makes CAL so powerful is that all our CAL is exclusively written by Al-Anon members?

Everyone has something to share about the Al-Anon program, whether you are a newcomer or longtime member. Al-Anon helps us to recover from the effects of someone else's

drinking, to improve and live happier lives. There are tears, fears, joys and laughter. We're able to address and respond to the sorrows, miracles, and setbacks, as well as take steps forward that are part of life.

Recovery is a journey.

You don't have to have all the answers, and your story doesn't have to be perfect. The World Service Office staff will edit for grammar, punctuation and spelling. All you need to do is to share from your heart.

It takes courage to write with complete honesty, but finding that courage is a step forward toward recovery for you and those who read your sharing.

You can find the writing guidelines and other helpful information here:

<https://al-anon.org/for-members/members-resources/literature/literature-resources/send-your-sharing/>



Highlights of the **2021** **WORLD SERVICE CONFERENCE**

Al-Anon's largest representative group conscience, the World Service Conference, was held virtually April 12–16, 2021. The theme was "Moving Forward with Unity, Courage, and Perseverance." The 61st annual Conference brought together 64 Delegates, two Alternate Delegates, and one past Delegate who represented the 67 Areas in the US (including Puerto Rico), Canada, and Bermuda.

ELECTRONIC MEETING WORK GROUP MOTIONS

The Electronic Meeting Work Group (EMWG) presented two motions to the Conference for consideration:

1. Update the World Service Handbook's definition of Area to include non-geographically based groupings, such as Groups who meet electronically with members that represent no single geographic location such as an Area or Service Structure.
2. To eliminate the specific Policy on Electronic Meetings in accordance with Tradition Three that states "The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group" and to recognize these meetings as Al-Anon Family Groups

These two motions were passed by the Conference Members and they now pave the way for Al-Anon Family Groups that meet electronically (formally known as Electronic Meetings) to elect a Group Representative (GR)



Highlights Continued...

DISCUSSIONS ABOUT LITERATURE

The 2021 World Service Conference held three separate discussions regarding Conference Approved Literature, which were all based on recommendations from the Literature Committee. The first discussion considered the development of a new Alateen bookmark based on the Just for Tonight Al-Anon Bookmark (M-81). This suggestion was received from Alateen groups that love the bookmark and would like an Alateen version. Like the Just for Today Alateen Bookmark (M-13), its contents would come from the teens themselves. After thoroughly discussing the matter, the Conference voted in favor of creating the bookmark.

The second discussion centered on the book, *The Dilemma of the Alcoholic Marriage* (B-4), which was first introduced in 1967. Members of the fellowship have expressed that the book is outdated and needs revision. By using the Knowledge-Based Decision-Making Process and studying the pros and cons of various options, the Literature Committee eventually reached a solution. Rather than discontinue or update the book, the Committee proposed adding a new Preface to the book that would place it in historical perspective and develop a booklet made up of “gems” from the original, possibly including some new material. Following discussion, the Conference agreed with the Committee’s recommendation.

The final literature discussion was prompted by increased concerns from the fellowship about our first daily reader, *One Day at a Time in Al-Anon* (B-6) from 1968, and what some members consider the dated or non-inclusive language of the book. After considerable discussion, the Committee rested on the idea of creating a new introduction to the book, similar to its recommendation for *The Dilemma of the Alcoholic Marriage* (B-4). This could provide a historical perspective on the book, and at the same time, emphasize the timeless nature of Al-Anon’s spiritual principles that the book so wonderfully exemplifies. After having its own spirited discussion of the topic, the Conference agreed.

**MARK YOUR CALENDAR AND
JOIN US IN ALBUQUERQUE
JUNE 29–JULY 2, 2023**

**TO CELEBRATE RECOVERY AT
AL-ANON’S SEVENTH
INTERNATIONAL CONVENTION!**



FROM THE FORUM

Feeling Better from the Start

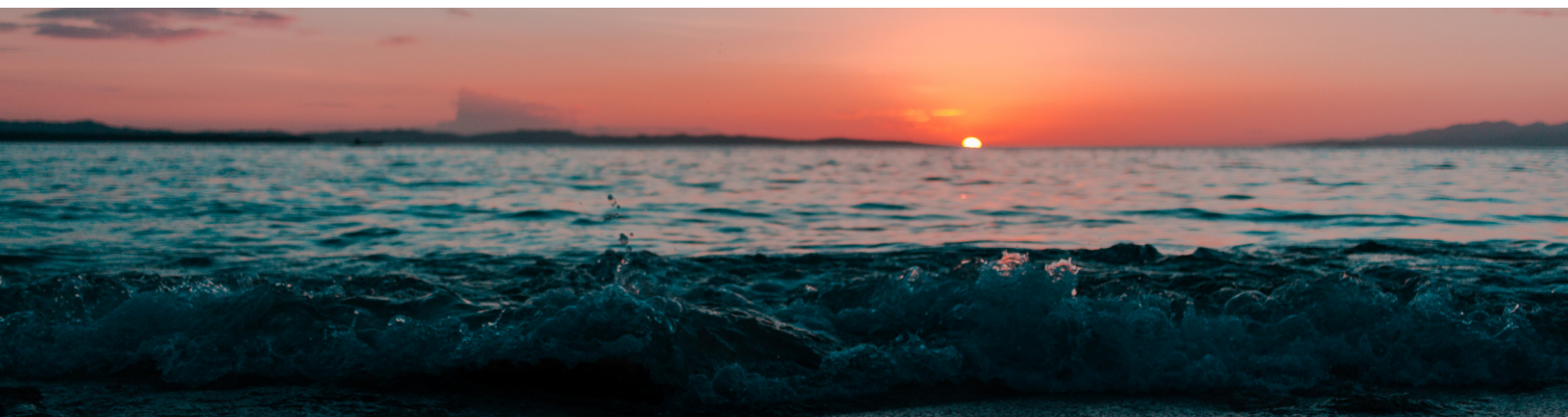
I was nervous about going to my first Al-Anon meeting, but I felt I had nothing to lose. I had hit my emotional rock bottom and was losing my sanity. Being unhappy for most of my life, I carried around shame and suffered from low self-esteem stemming from my parents' alcoholism and drug abuse. I always felt that I was not good enough. As a child, I also felt like a financial burden. My grandmothers supported my mother and me, and they cared for me when my mother was unable.

Being too young to understand all of this, I blamed myself for my father's absence from my life. Why didn't he love me? Why didn't he send child support, I wondered. I felt innately unlovable. I carried these feelings of inadequacy and shame into adulthood and was unable to have positive relationships with men. I struggled with anxiety and depression from a very young age. Although I ultimately married and had children, I never felt "whole" and was unable to be truly happy.

But from that very first Al-Anon meeting, I felt better. I found I wasn't the only one negatively affected by alcoholism. It was comforting to know I wasn't alone. In fact, many members had lives and/or upbringings far worse than mine. This awareness helped put my life into proper perspective. No therapist, church group, or relationship has ever been able to do what Al-Anon has done for me. I am grateful for the understanding and welcoming members who shared their stories and told me, "We are glad you are here," and "Keep Coming Back."

By Michelle V., California

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Big Island of Serenity

Friday, August 20 - Sunday, August 22, 2021
 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.**

- | | |
|--|------|
| <input type="checkbox"/> Al-Anon or A.A. postmarked by July 31, 2021 | \$30 |
| <input type="checkbox"/> Al-Anon or A.A. at the door | \$35 |
| <input type="checkbox"/> Alateen Registration | \$15 |

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

Saturday Meal Options; all inclusive:

- | | |
|---|------|
| <input type="checkbox"/> Saturday Serenity Meal Plan Includes Breakfast, Lunch & Dinner | \$80 |
| <input type="checkbox"/> Hot Breakfast Buffet: chef's choices with coffee & tea service | \$20 |
| <input type="checkbox"/> Lunch: sandwich, chips, cookie | \$20 |
| <input type="checkbox"/> 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 31, 2021.

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 30, 2021** 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 20, 21 & 22, 2021 at the Bonaventure Resort & Spa in Weston, Florida."

- The Convention Committee



DISTRICT 160 INFORMATION

Upcoming District Meetings

OPEN TO ALL AFG MEMBERS
Third Wednesday of each month
7:00 PM - 8:30 PM
ZOOM

Contact District160DR@gmail.com for information

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

on the map

Website:

www.palmbeachafg.org

Mailing Address:

Palm Beach AFG District 160
3900 E. Indiantown Road
Suite 607-141
Jupiter FL 33477

Phone Number:

(561) 882-0308

Email:

alanonaisl@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