



# *the wave*

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**AFG DISTRICT 160**  
**[WWW.PALMBEACHAFG.ORG](http://WWW.PALMBEACHAFG.ORG)**

**November, 2020**

**VOLUME 1 ISSUE 2**

# Face to Face Meeting Update

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There are currently 8 Face to Face (F2F) meetings  
(as of November 1, 2020).

**Monday - 11:00 AM**

*The Child Within*  
Tropical Sands Christian Church  
The Log Cabin  
2726 Burns Road  
Palm Beach Gardens

**Monday - 5:30 PM**

*Spirit Alive*  
St. Paul of the Cross  
Back of Building  
10970 Jack Nicklaus Drive  
North Palm Beach

**Tuesday - 7:00 PM**

*Changing Attitudes*  
Journey Church  
12600 W Indiantown Road  
Jupiter

**Tuesday - 7:00 PM**

*Working Together Men's*  
Tropical Sands Christian Church  
The Log Cabin  
2726 Burns Road  
Palm Beach Gardens

**Wednesday - 12:00 PM**

*Women on Wednesdays*  
Tropical Sands Christian Church  
The Log Cabin  
2726 Burns Road  
Palm Beach Gardens

**Wednesday - 8:00 PM**

**\*Beginner's Meeting @ 7:15**  
Just For Today  
Tropical Sands Christian Church  
The Log Cabin  
2726 Burns Road  
Palm Beach Gardens

**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.

**\*Alateen Meeting\***

**Sunday - 6:30 PM**

Oceanview Methodist Church  
Juno Beach  
701 Ocean Drive Downstairs - Outside  
Please bring lawn chair and wear a mask

For up-to-date District 160 meeting  
information, visit our website:  
[www.palmbeachafg.org](http://www.palmbeachafg.org)



# Virtual Meetings

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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**

logcabinmondaychildfocus@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

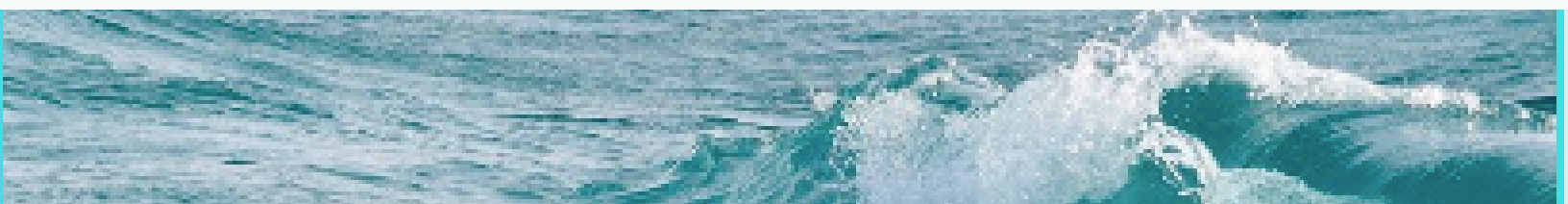
**Friday - Al-Anon WORKS - 6:00 PM**

afgworksfri@gmail.com

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/>



# Tradition Ten

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*The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.*

It is such a help for me to remember that the Al-Anon Family Groups have no opinion on outside issues. Hence, I do not need to drag the Al-Anon Family Groups into my opinions and beliefs about anything outside the program. When I remember this principle, I realize I can practice it in my life regarding my work and my family.

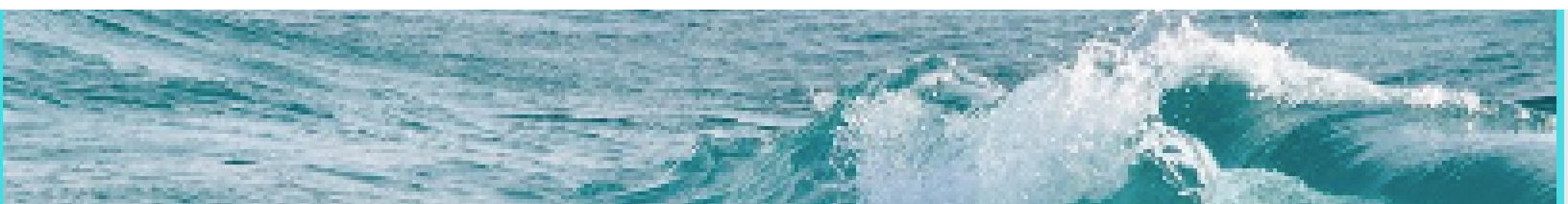
*"Al-Anon Family Groups provide us with an opportunity to seek clarity, guidance, and support."*

Al-Anon Family Groups provide a place for friends and families of alcoholics to gather and help each other recover from the effects of alcoholism. They are not cultural arbiters of right and wrong ways to raise kids, manage a marriage, or make public policy. Each member may have strong ideas about these things, but the Al-Anon Family Groups do not.

In an Al-Anon meeting, we focus on our Conference Approved Literature because in this way we know we will be listening to the experience, strength and hope of other Al-Anon members. We won't have to sift through various theories and opinions about addiction, alcoholism, marriage and family therapy, or laws pertaining to alcohol-related events. Those things may become part of our lives if we live with or around alcoholics. However, Al-Anon Family Groups provide us with an opportunity to seek clarity, guidance, and support. If we keep our meetings and our program focused on help such experience, strength, and hope can provide, then we keep such space available in a noisy and crowded world.

There are so many controversies out there in the world; I don't need to drag the Al-Anon Family Groups into any of them! Instead, my Al-Anon Family Group can be an oasis of peace and acceptance in my life.

By Cindy J.  
The Forum Magazine - Oct 2020



# Service Positions Update

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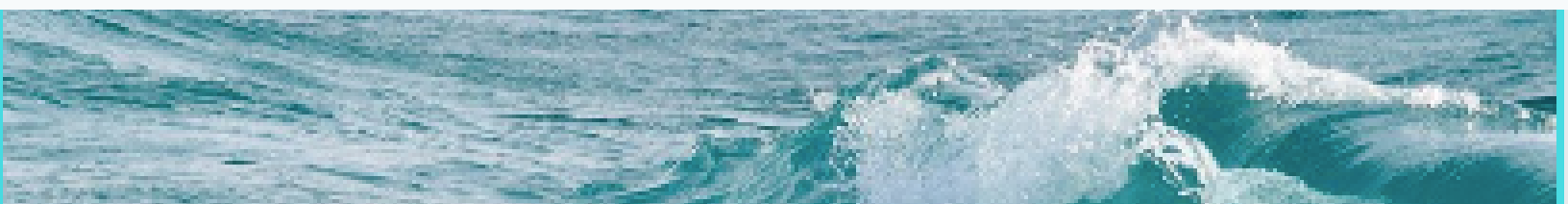
With Panel 58 coming to an end, we are excited to announce the new service positions for District 160's Panel 61 which will begin on January 1, 2021. This panel will last for 3 years.

We are still looking to fill a few positions:

- District Representative & Area Information Service Liaison. Both of these positions require someone who has served as a Group Representative for a full 3-year panel in District 160.
- Alateen Chairperson - Must be an AMIAS to take on this role

If you are interested in any of these positions or would like more information about service at the District level, please contact Brenda at [aispanel58@gmail.com](mailto:aispanel58@gmail.com) or Joanne at [district160dr@gmail.com](mailto:district160dr@gmail.com)

<b>Committee</b>	<b>New Chairperson</b>
Literature / LDC	Caroline
Institutions	Jo
Public Outreach	Kelly
Group Records	Heath
Webmaster	Tori
Speaker's List	Carrie
Telephone Answering Service	Brenda
Newsletter	Tori
Archives	Pam
Spanish	Erika
Alateen	Unfilled
Treasurer (District/AISL)	Janet
Secretary	Pam



# Alateen Testimonial

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Our Al-Anon Florida South Area 10 Alateen Chairperson, Stu, reflected on his experience with Alateen and being an AMIAS. Thank you to Stu for sharing his experience!

I am in the process of finishing a five year stint as Area 10 -, Florida South, Alateen Coordinator. I stepped up when the position opened and then stood again when Panel 58 began.

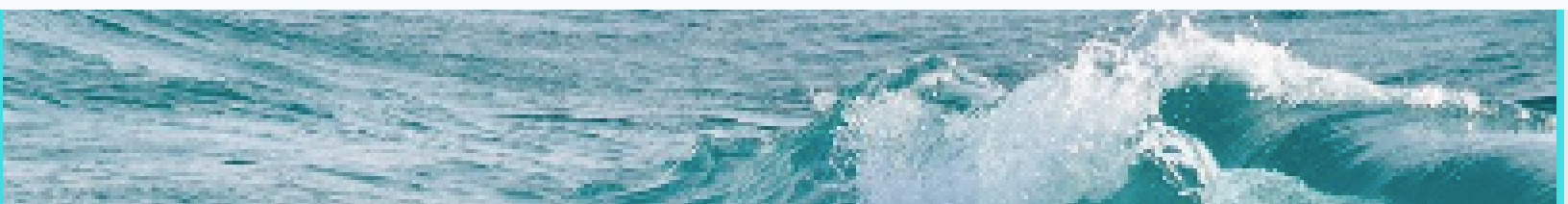
Why did I take the job and then re-up? I had been an AMIAS for several years and was very aware that a lot of things needed to be done to make the Alateen Program healthier. I saw the number of meetings in our district fall to one sparsely attended meeting and the number of certified AMIAS drop to three. I tried to find some help in fixing this but was generally unsuccessful and very frustrated. I reached out to Area 10 but there was little help there.

I now see that the thing that bothered me the most was not having anyplace to go for answers and a feeling of being cared for as an AMIAS.

When I first stepped up to the position of Alateen Coordinator I told the Area at Assembly that they could call me or e-mail me and that I would respond within 24 hours. I might not have the answer but I would find it and they would know that they had been heard.

With the exception of one short time when my e-mail account was messed up, I have lived up to that promise that I made. Not only was I proud to be of service, but I also got to meet a large group of wonderful Al-Anon members who served both Al-Anon and Alateen. My circle of friends in the program had led me to all kinds of places. The one I get the most fun from is the Zoom Alateen meetings that I attend that are held in Australia. Strange time to hold a meet and I really have to pay close attention to all the sharing because of their accents.

What are some of the things you can do for the Alateen program in your district? Become an AMIAS, sponsor an Alateen meeting, be Alateen Coordinator at the District level, talk up the Alateen programs in you home Al-Anon meetings.



# Where We Came From

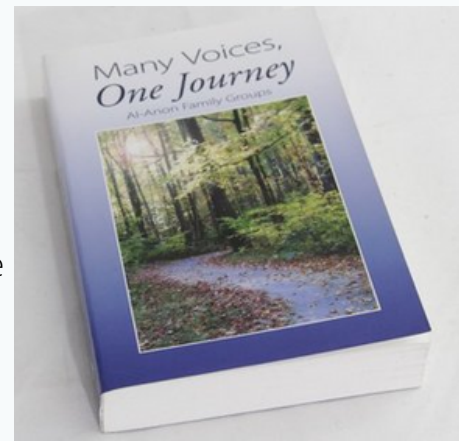
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The wives of Alcoholics Anonymous (A.A.) members began to gather for mutual support long before the founding of Al-Anon Family Groups. Initially, they came together because they wanted to support their husbands' recovery.

Eventually they decided to practice the Twelve Steps themselves, for their own spiritual growth. Years later, friends and family members of alcoholics came to believe that they could strengthen their recovery by uniting together as Al-Anon Family Groups.

Since then, two aspects of Al-Anon have continued to thrive in tandem -- Al-Anon, the fellowship; and Al-Anon, the organization that Lois W. and her friend, Anne B., created to serve the fellowship. In recalling Al-Anon's early days in a session at the 1968 World Service Conference, Lois was clear to specify that she and Anne were cofounders of Al-Anon's World Service Office- -- Al-Anon, the organization -- not Al-Anon, the fellowship, which was created by many anonymous members.

The organization and the fellowship share a primary purpose: to help the friends and families of alcoholics. Both are committed to help the friends and families of alcoholics. Both are committed to the spiritual principles defined by Al-Anon's three Legacies; the Twelve Steps, the Twelve Traditions, and the Twelve Concepts of Service. Both are guided by Al-Anon's largest representative group conscience, the World Service Conference. But these two aspects of Al-Anon have separate roles to play and different responsibilities to fulfill. The spiritual relationship between them is defined in the Twelve Concepts of Service.



In a fellowship-wide group conscience in 1951, the early family groups agreed to organize as Al-Anon Family Groups. Lois and Anne wrote to the family groups known to them at that time, and asked if they would agree to "band together" and accept the Twelve Steps as written, with only one minor change. Not all groups responded, but Al-Anon Family Groups began among the groups that answered affirmatively, agreeing to come together in unity. Lois and Anne wrote to the groups regularly, and asked them directly to express their preferences on matters affecting Al-Anon as a whole. Al-Anon was small enough in those early days for the groups to reach a fellowship-wide group conscience through direct contact with the Clearing House, which was the original name for the World Service Office. Today, the group conscience process takes place at multiple levels within the service structure - from the volunteer committees to the Board of Trustees, and from the groups to the districts, Areas, and the World Service Conference.

From the beginning, Al-Anon's leadership wanted to include as many voices as possible. The founders made a practice of sharing leadership and seeking a wide range of member participation as possible. They sought to strengthen the spiritual unity of the fellowship as they let go of fear and increased their own capacity to share, to trust, and to love. Throughout many challenges and commitment to the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service - the Three Legacies that are the fellowship's spiritual foundation. These Legacies have helped members to find the courage to change in their personal lives, and have guided the fellowship on a path of continuous spiritual growth that extends into the future, without limit.

*-Many Voices, One Journey*

# New Al-Anon App



This Mobile App marks the next evolution in Al-Anon Recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world will be able to come together for Al-Anon recovery.

## What it is?

- A social app for Al-Anon members to connect with one another to share our experience, strength, and hope
- A new platform for electronic meetings
- A way to connect with your Al-Anon family in private chats
- A place to create and update a digital Al-Anon Journal
- A place to stay informed on the latest information from the World Service Office (WSO)

## What it is not?

- It's not a face-to-face meeting list

## How to Download the App

- Open your App Store
- Search "Al Anon Family Groups"
- Download
- See image to the right for what app logo looks like





# District 160 Information

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*Upcoming District Meetings*

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

Contact [District160DR@gmail.com](mailto:District160DR@gmail.com) for information

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## **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

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*on the map*

## **Website:**

[www.palmbeachafg.org](http://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:**

[aispanel58@gmail.com](mailto:aispanel58@gmail.com)

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*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](mailto:afgworksfri@gmail.com)**

**Next deadline January 15, 2021**