

An aerial photograph of a beach and ocean. The top half shows turquoise waves with white foam washing onto a sandy beach. The bottom half shows the sandy beach with some small dark spots and a circular mark. The text is overlaid on the top right and bottom center.

# *the wave*

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February, 2021  
Volume 1 Issue 3

AFG District 160  
[www.palmbeachafg.org](http://www.palmbeachafg.org)

# UPDATED MEETING LIST

In response to COVID-19, many Al-Anon groups in our district have been utilizing Zoom to host temporary meetings. There are currently 3 Zoom meetings available in District 160. For Zoom information about each meeting, please contact the email listed:

Tuesday - TUESDAY NITE SPIRITUAL - 7:30 PM  
tuesnitespiritualalanon@gmail.com

Thursday - HELP & HOPE - 7:30 PM  
helpandhopeafgjupiter@gmail.com

Friday - AFG WORKS - 6:00 PM  
afgworksfri@gmail.com

**For an updated list of F2F (Face-to-Face) meetings,  
please visit [www.palmbeachafg.org](http://www.palmbeachafg.org).**

## *Electronic Meetings*

Electronic meetings, like all Al-Anon meetings, offer help and hope to anyone who is affected by alcoholism in a family member or friend. Electronic Al-Anon meetings agree to abide by the spirit of the Twelve Traditions. Each Al-Anon member is responsible for keeping the meeting focused on Al-Anon recovery and discussion of Al-Anon related topics.



Al-Anon will always be what we—its members—make it. Confidentiality and anonymity varies from platform to platform. It is the responsibility of the Al-Anon member to understand how to maintain personal anonymity when participating in an online Al-Anon meeting.

To view the electronic meetings list, please visit  
<https://al-anon.org/al-anon-meetings/electronic-meetings/>

# DISTRICT 160 SERVICE OPPORTUNITIES

District 160 has two open Service Positions available. Please read the information about each position below. If you are interested in service please contact [district160dr@gmail.com](mailto:district160dr@gmail.com)

## **AISL (Al-Anon Information Service Liaison)**

The Al-Anon Information Service Liaison links the Al-Anon Information Services at the Area. The AISL represents the District Information Services at the Area Assemblies and the Area World Service Committee (AWSC) meetings. Both meetings take place twice each year.

District 160 has chosen to combine the monthly district meeting with the monthly information services meeting. The AISL coordinates the service chairman's committee reports for the monthly District meetings and any information regarding the district's Literature Distribution Center (LDC). The AISL serves for one panel (3 years)

Requirements: Willingness and ability to make the commitment.

Restrictions: The AISL may NOT be a member of Alcoholics Anonymous.

## **Treasurer**

The Treasurer keeps and distributes the money as determined by the district. The Treasurer pays expenses and submits monthly financial reports at the district meetings for both the district and AIS, based on two separate accounts. The Treasurer serves for one panel (3 years)

Requirements: Willingness and ability to make the commitment

Restrictions: Any Al-Anon member can be District Treasurer



# WHERE DO AL-ANON SLOGANS COME FROM?

Al-Anon's slogans have developed through the years and have grown along with the fellowship.

In the development of How Al-Anon Works for Families & Friends of Alcoholics (B-32), a discussion regarding slogans resulted in concurrence that they evolve from common usage, not Conference action. While members have been known to use a wide variety of different sayings, they often differ greatly from region to region. They are not considered to be Al-Anon slogans unless they are used throughout the entire fellowship, which often happens over time.

The indexes of current Conference Approved Literature list 16 Al-Anon slogans. You can find all of them in the index of Many Voices, One Journey (B-31), which gives information on when each slogan first made its way into our literature.



## HOW IMPORTANT IS IT

"It's not important for me to comment on everything I hear. It is important for me to let go and let others make decisions for themselves." Hope For Today (B-27), p.142

## EASY DOES IT

"Easy Does It" suggests not only that I learn to slow down, but also that I learn to lighten up. Today I will strive to take a more accepting attitude toward myself and to enjoy the day, regardless of what I achieve." Courage To Change (B-16), p. 93

## KEEP AN OPEN MIND

"If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened."  
(Suggested Al-Anon/Alateen Closing), This Is Al-Anon (P-32), p. 11

## THINK

"The Serenity Prayer is excellent medicine for discontentment." One Day At A Time (B-6), p. 298

## PROGRESS NOT PERFECTION

"A mistake a day keeps my perfectionism at bay. Today I will endeavor to enjoy my humanness."  
Hope for Today (B-27), p. 335

## JUST FOR TODAY

"Just for today I will look for ways to enjoy life – stop by a garden, try a new hobby, or call a good friend. I can look for humor. I can savor love. I can explore something new. Maybe just for today, I'll try standing on my head to see if I like the view." Courage to Change (B-16), p. 274

## LET GO AND LET GOD

"When I let go and let God work in my life, the pendulum that swings between the black-and-white of obsession and indifference finds balance in the peaceful colors of serenity." Hope for Today (B-27), p. 76

## LIVE AND LET LIVE

"Our only concern should be our own conduct, our own improvement, our own lives. We are entitled to our own view of things, and we have no right to inflict it on anyone else." Alcoholism, the Family Disease (P-4), p. 17

## KEEP COMING BACK

“Some members are initially reluctant to go to meetings, but ultimately remain in Al-Anon for many years. Was I reluctant to attend Al-Anon meetings? What kept me coming back?”

Many Voices, One Journey (B-31), p. 192

## BUT FOR THE GRACE OF GOD

“Even the darkest of moments can be faced with a grateful heart, if not for the crisis itself, at least for the growth it can evoke with the help of our Higher Power.” In All Our Affairs (B-15), p. 209

## ONE DAY AT A TIME

“Just for today I choose to enjoy all this day has to offer. If I don’t like the offering, I’ll ask my Higher Power to help me adjust my attitude.” Hope for Today (B-27), p. 249

## LISTEN AND LEARN

“Al-Anon’s slogan, ‘Listen and Learn’ reminds us that if we have the self-discipline to be quiet and pay attention to others’ words, we can learn a tremendous amount about ourselves and our world.” How Al-Anon Works for Families & Friends of Alcoholics (B-32), p. 97-98

## TOGETHER WE CAN MAKE IT

“We must learn to lean on others, and sometimes accept others’ leaning on us. We must share our experience, strength, and hope with others so that we can all grow. We can’t do it alone. No man is an island, no one is a rock. Only by truthfulness and trust can we grow in Alateen.

‘Together We Can Make It.’ ” Alateen: hope for Children of Alcoholics (B-3), p. 49

## KEEP IT SIMPLE

“Sometimes the ‘It’ in ‘Keep It Simple’ can be the program itself.” Hope for Today (B-27), p.74

## FIRST THINGS FIRST

“‘First Things First’ helps us make more workable choices and to live with the choices we make.”

How Al-Anon Works for Families & Friends of Alcoholics (B-32), p. 69

## LET IT BEGIN WITH ME

“The problem is that those who need it don’t always want it. We can share our experience, strength, and hope with them and be a good example of Al-Anon recovery by practicing its principles in all our affairs.” Paths to Recovery (B-24), p. 227

# FROM THE FORUM

## *Harmonious Cooperation*

Tradition One: Our common welfare should come first; personal progress for the greatest number depends upon unity.

For me, unity is based on harmonious cooperation. It means that I am willing to listen to the ideas, feelings, and opinions of others with an open mind. It means that I can share my own views, but not insist on promoting my own way of doing things. Without unity, our group would fail. Without the group, there would be no place for the newcomer to go. If we didn't think of the common good of all who come through these doors seeking recovery, eventually the whole structure would fail.

Unity also applies in relationships outside meetings. We each have needs and rights, but we must also have mutual respect in relationships with members of our family, friends, and co-workers. With unity, the whole is greater than any of its parts. I may think that I'm right, but it's also important to hear other people's viewpoints and allow them the dignity to say what they need to say. In this way, a mutual decision can be made, and one side can't blame the other if things don't work out. Seeking a mutually agreed upon approach is the next step to moving forward. Living with someone is much easier in harmonious cooperation.

Thinking of the common good has to come first in a family, workplace, or organization in order to function in a healthy manner. When I start putting my needs above that of my wife's needs, I know that she won't be happy. There will be an imbalance that leads to disharmony and probably resentment. If I maintain balance, thinking of her needs as well as my own, life can become much easier.

When I keep the common good in mind and recognize that I am part of something bigger than myself, I seem to do much better in my relationships with others. I can express my opinion, listen to what others have to say, and reach a suitable agreement. When I don't get my way, I do my best to let go of the results. I can talk things out with others, but in the end my idea may not be the one that is accepted. Again, the common good prevails.

I am reminded every day of how powerless I am over others. I simply can't control what they are going to do. Even though I consider the common good, another person might only consider their own agenda. I do have the right to state my opinion and thoughts, but after that I need to "Let Go and Let God."

# CELEBRATING OUR HISTORY

*"Stepping Stones" - Historic home of Bill & Lois Wilson turns 100!*

## **The Story of the Home in Bill Wilson's Words**

During this year something very good happened to Lois and me. A Mrs. Helen Griffith, whose alcoholic friend Joan C., we had been able to help, appeared at our club house meeting at 24 Street. She began to talk of a house in Westchester - 2 acres of grounds, a building 60 x 30 feet. She said we couldn't live forever in the club, we'd be suffocated in the crush. We need a place like that. Lois and I paid scant attention to her at first. The idea of Westchester real estate seemed out of the question. Besides our furniture was in storage, and a \$400 storage bill had accumulated against it. It was frequently threatened with foreclosure. So, how could we move, much less buy? But, Mrs. Griffith persisted. Still, we did not listen.

One day we visited a new A.A. member in Chappaqua, Wilbur S. and his wife Ruth. We remembered the Bedford Hills house Mrs. Griffith had described. It was early Spring of 1941, a little snow still on the ground. Lois and I drove over with (Wilbur and Ruth) to see the house. It had only been rented summers. It had been built for a friend of Mrs. Griffith, who hadn't liked it. Mrs. Griffith was wealthy, and the building, or fixing up of old houses was a fad. This was one of a half a dozen she owned. I thought to myself, this is it. I got wildly enthusiastic. Lois didn't see how we could swing it. I insisted that we must, somehow.

At the very next meeting Mrs. Griffith approached Lois and me. She said she had been inquiring about our finances. She understood we were paying \$20 a month storage on our furniture. She told us that we might have the Bedford Hills place for \$6500, no money down, if we would pay her \$40 a month. If we moved our furniture into the house we would save \$20 a month, so we'd only have to get up another \$20 a month to do the trick. So, in we moved in the Spring of 1941, into the house that so many now know as Stepping Stones. It was a great year, 1941.

## **The House Story Told by Lois Wilson to Nell Wing**

Helen Griffith (no relation to Bill's side of the family) was an actress, but retired. Her father was a lawyer. She was born in Germany. She build the house for her friend, who was a librarian in New York. Helen was always helping somebody out and being good to them. So she was interested in helping out her girl friend. Helen was a friend of Zerelda Rains, who owned the land.

Zerelda had bought this place for her mother and father (10 acres) - all the family came; started to build houses. Her brother Jack was an alcoholic (there were three girls and a son Jack) and she thought it would be wonderful to have Jack build a house around the locality. When Helen wanted to build a house for her gift friend, Jack built it to her design. Helen went abroad, Jack got drunk and absconded with \$3,000. Somebody else finished building the house. Jack disappeared, leaving wife and children. Zerelda brought up the children.

But Helen's friend didn't want the house. So Helen came up sometimes and rented it as a summer place - it had no furnace or insulation. (Bill and Lois put in both.) Then Helen got interested in another woman: Joan C., who went to early A.A. meetings. Joan was in real estate in Summit, New Jersey and would tell Bill and Lois about this house in Westchester and thought it was just the thing for them. She looked into their finances, found out they were paying \$20 a month for storage an \$20 for rent of their current place anyway, so felt they could pay \$20 a month to amortize this new house; the cost of the house was \$6500 (in 1941), consisting of two acres of land and the house. They got a furnace from a barroom in Bedford Hills, which was being put out on the rubbish heap and sold to them for \$20. Over the years Bill and Lois acquired more land surrounding the original two acres.

-Written in 1972.





# NEW & NOTEWORTHY

## *The Al-Anon Membership Survey is Coming*

Historically, this is the time of year when the World Service Office (WSO) would be kicking off the 2021 Al-Anon Membership Survey; but this year, we are revamping the survey. Our goal is to "Keep it Simple" while still collecting the appropriate evidenced-based data which will help professionals in their decision to refer the patients/clients to Al-Anon. So, to provide a more simplified and streamlined survey, the WSO needs a little more time. The survey will be coming this summer and will be open to all Al-Anon members and newcomers aged 18 and over.



## *Al-Anon Recovery in Video Format!*

Did you know about the official Al-Anon Family Group Headquarters, Inc. YouTube channel? This is where you will find video interviews with professionals and members who share about the effects of the family disease of alcoholism and the benefits of membership in Al-Anon. All videos include closed captioning, which can make them more appealing for use in public outreach efforts. To receive notifications when new videos are released, click the SUBSCRIBE button and then tap the Notification Bell at [al-anon.org/yt](https://al-anon.org/yt)

## *Reminder: New Al-Anon Family Groups 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.

### **Al-Anon Family Groups**

The Official Mobile App  
of the Al-Anon Family Groups



#### **How to Download the App**

OPEN YOUR APP STORE  
SEARCH "AL ANON FAMILY GROUPS"  
DOWNLOAD

# 2021 CONVENTION INFORMATION



## ***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](http://www.southfloridaal-anon.org)

Email Questions: [bioschair@gmail.com](mailto: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](mailto:District160DR@gmail.com) for 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](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:**

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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 April 15, 2021**