

The Twelve Steps

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as *we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Anonymity

*Who you see here,
What you hear here,
When you leave here,
Let it stay here.*

*When anyone, anywhere, reaches
out for help, let the hand of
Al-Anon and Alateen always be
there, and Let It Begin With Me.*

The Twelve Traditions

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Al-Anon Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth-Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, TV and films. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

The Serenity Prayer

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

Take a member's phone number
(or two, or three. . .)

ARE YOU AFFECTED BY SOMEONE'S DRINKING?

www.southpalmbeachafg.org

AL-ANON & ALATEEN FAMILY GROUPS

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District 170

WHERE & WHEN

Meeting Schedule

Spring 2010

561-278-3481

d170alnews@aol.com

Lake Worth through Boca Raton

P.O. Box 928

Boynton Beach, FL 33425

pipeline170@gmail.com

District 160 - 169

Lake Worth Road to Jupiter,

Belle Glade/Clewiston

(561) 882-0308

District 180 - 189

Broward Cty Al-Anon 954-491-1915

Worldwide Meetings:

Phone: 1-800-344-2666

MONDAY

Boca Raton Fresh Start AFG
ASCENSION CATHOLIC CHURCH
7250 N. Federal Highway
2:00-3:00 pm Regular Meeting

Boca Raton Finders Keepers
FIRST UNITED METHODIST CHURCH *W/C
625 NE Mizner Blvd., Music Suite, 1st Floor
7-7:45 pm Newcomers 7:50-8:50 pm Regular

Boynton Beach Sunshine Parent II
JCC BUILDING - 2ND FLOOR
8500 Jog Road (corner of Jog & Gateway)
7:00-8:00 pm Newcomers Meeting

TUESDAY

Boca Raton West Boca Lost & Found
GLADES PRESBYTERIAN CHURCH
21121 Judge Winikoff Road
(corner of Ponderosa & Judge Winikoff Rd)
Between Palmetto & Glades - West of 441
8:00-9:00 pm Regular Meeting

Boynton Beach Tuesday Morning Serenity
CONGREGATIONAL CHURCH Park in back
115 N. Federal Hwy. -So. of Boynton Bch. Blvd.
9:30-9:55 am Newcomers 10-11 am Regular

Delray Beach Tuesday Night, AFG
DELRAY COMMUNITY CENTER
50 NW 1st Avenue Steps 1, 2 and 3
7:00-8:00 pm Regular Meeting

Delray Beach Hope for Today
CROSSROADS CLUB HOUSE
1700 Lake Ida Road Adult Children Focus
Boardroom - 7:00-8:00 pm

WEDNESDAY

Boca Raton Parents Sunshine
CONGREGATION B'NAI ISREAL *W/C
2200 Yamato Rd., in the Chapel
7-7:30 pm Newcomers - 7:35-8:45 pm Meeting

Boca Reaching Out to Parents in Alanon
FIRST UNITED METHODIST CHURCH *W/C
625 NE Mizner Blvd., Life Enrichment Ctr 2nd flr
7-7:30 pm Newcomers 7:35-8:45 pm Regular

Delray Beach Hope, Faith & Love
CROSSROADS CLUB HOUSE *W/C
1700 Lake Ida Road, in the Board Room
Ask-it-Basket Meeting
8:00-9:00 pm Regular

Lake Worth Wednesday Morning Serenity
LK. OSBORNE PRESBYTERIAN CHURCH
2102 Sixth Avenue South (West of I-95)
9:45am Newcomers 10:30-11:30am Regular

THURSDAY

Boca Raton Thursday Morning
ST. GREGORY'S EPISCOPAL CHURCH
100 NE Mizner Blvd. *W/C
Music Room 2nd Floor
9-9:45 am Newcomers 10-11:15am Meeting

Boca Raton Boca Keep in Step
Study Group of Steps and Traditions
22094 Lyons Road Room 212 *W/C
7 pm - 8 pm

Boynton Beach Boynton West
ST. THOMAS MOORE - NEW BLDG, RM 8
10935 S. Military Trail *W/C
7:00 pm Newcomers 8 pm Regular Meeting
(AA same time)

Lake Worth Faith Love and Hope, AFG
PRAXIS CAFE
5217 So. Military Trail Focus, CAL
7:00 pm Regular

FRIDAY

Boca Raton Camino A.F.G.
FIRST UNITED METHODIST CHURCH *W/C
625 NE Mizner Blvd., Music Suite, 1st Floor
9-9:45 am Newcomers 10-11:15am Meeting

Boca Raton Friday Hope
BOCA RATON COMMUNITY CENTER
Queen Palm West Room *W/C
150 Crawford Blvd.
12:30-1:30 pm-Topic-Discussion
July & August: Railroad Station Museum

Boca Raton Early Birds
JA RUTHERFORD COMMUNITY CENTER
PATCH REEF PARK *W/C
2000 NW 51st Street
(West of Military Trail, off Yamato Rd.)
7:00-8:00 pm Regular Meeting

Boca Raton Men's Friday Night
BOCA RATON COMMUNITY CENTER
Queen Palm West Room *W/C
150 Crawford Blvd.
7:00-7:30 pm Newcomers Meeting
7:30-8:30 pm Regular Meeting

Boynton Beach T.G.I.F
BETHESDA HOSPITAL *W/C
Sand Dollar Room (Ask at Lobby Desk)
2815 S. Seacrest Blvd., Main Level
7:15-7:55 pm Newcomers Meeting
8:00-9:00 pm Regular Meeting

SATURDAY

Lantana Saturday Morning Serenity
LIVING WORD LUTHERAN CHURCH *W/C
2116 Lantana Road - Conference Room
1st Saturday, Al-Anon Speaker Meeting
Beginners 9:30-10:15 am
Regular 10:30-11:30 am
(Children under 10 discouraged)

Boca Raton Boca Pines Club
9910 SW 14th Street #5 *W/C
Sandalfort Shopping Center
(441 - North of W. Hillsboro Blvd.)
4:00 pm Regular Meeting

Delray Beach New Beginnings AFG
TEMPLE SINAI
2475 West Atlantic Ave
Room 107 *W/C
10:00-11:15 am Meeting

SUNDAY

Boca Raton Boca Butterfly
OUR LADY OF LOURDES CHURCH *W/C
Christ Building - Room 202
22094 SW 57th Ave. (Lyons & Palmetto)
6:45 pm Newcomers 7:30 pm Reg. Meeting

Boynton Beach Esperanza y Amor
Spanish Speaking Meeting
224 SE 6th Avenue
5 pm to 7 pm / AA

Delray Beach Sunday Afternoon AFG
378 NE Sixth Avenue *W/C
at the Wayside House
(Parking between 5th & 6th Ave on 4th
Street - use alley)
1:00 pm Newcomers 1:30 pm Reg. Meeting

Delray Beach Start Moving Forward AFG
378 NE Sixth Avenue *W/C
at the Wayside House - Alateen Meeting
(Parking between 5th & 6th Ave on 4th
Street - use alley) 1:30 pm

Lake Worth Serenity Step & Study
CALVARY UNITED METHODIST CHURCH
301 1st Ave. South *W/C
(in the library, entrance is on "O" street)
Steps - Traditions - Concepts 7:00-8:00 pm

*W/C = Wheel Chair Access

Literature Distribution Center

Crossroads Club
1700 Lake Ida Road, Delray Beach
(SE corner - just East of Congress)
Email: district170ldc@yahoo.com
Hours: 5:00 - 7:00 pm Every Tuesday
11:30 am - 1:30 pm Every Thurs.
EXCEPT HOLIDAYS

District 170 Meeting - 2nd Saturday

Each Month at 10:00 am
Trinity Lutheran Church
400 North Swinton Avenue
(Lake Ida Road & Swinton Ave.)
Delray Beach, Florida

"Live and Let Live"

When our Information Service lists a group there is an informal agreement that the group will abide by Al-Anon Traditions and keep its door open to any Al-Anon member.
Listing in this directory does not constitute approval of any group's manner of practicing the Al-Anon program. If the group you attend is not right for you, please try another. There is help and hope available in the Al-Anon program.

Al-Anon online:

www.southpalmbeachafg.org
www.al-anon.alateen.org
Palm Beach Cnty: www.palmbeachafg.org
So. Fla: www.southfloridaal-anon.org
Online Al-Anon Outreach: www.ola-is.org
Email address: wso@al-anon.org

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Take a member's phone number
(or two, or three. . .)
