



# Suite 404

BROWARD COUNTY INTERGROUP, INC.

Oakland Commerce Center  
3317 NW 10<sup>th</sup> Terrace, Suite 404  
Fort Lauderdale, FL 33309

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## Step Eight — *"Made a list of all persons we had harmed, and became willing to make amends to them all."*

### Persons We Had Harmed

IN MENTAL preparation of my Eighth Step list, I discovered that some names came to mind naturally. In most instances, we *want* to change for the better where our children and family are concerned.

However, I found there were other people I did *not* want to make amends to, people I hold some resentments toward--so I impulsively concluded they didn't deserve any amends. I have to keep in mind that had I behaved in a more reasonable manner, they might not have responded as they did. If the circumstances had been reversed, I might have taken the same action they chose. I have to allow others to make mistakes and be human. Harboring resentments because of something others did is, in effect, imposing my values upon them. By imposing my standards upon them, I am trying to assume God's role. I must realize I am not responsible for the actions of others, whether I approve of them or not. If I take on that task, I am passing judgment on them for reacting in a way that was unacceptable to *me*. I am taking their inventory.

In this Step, it states that we "became willing to make amends." This implies that there is going to be some conscious effort on my part to make all the needed amends. Those that come easy, to my old way of reasoning, would be an excellent stopping point. Yet the Step says we became willing to make amends to *all* those we had harmed. In going to these other people, I don't need to crawl or go on and on about how sorry I am, because this would make me appear worthless. I don't believe I need apologize for being human; rather, I simply need to acknowledge that I was at fault and humbly ask them to pardon me. I do not need to make amends on my hands and knees; I need to walk tall, without false pride. When I go in humility and sincerely ask people to forgive me, this will remove the burden from my shoulders. They, too, may have been at fault, but I am neither their God nor their conscience. I am responsible only for myself.

For me, this Step offers two features: I am being responsible, by owning up to my wrongs and making amends for them; at the same time, I accept others as they are, regardless of what they did, or of what they may do when I go to them to make amends.

It's a Step with a double feature. When doing it, we make a double play. After finishing it, we receive double indemnity. Our reward is two for the price of one.

-- B. D., Reynoldsburg, Ohio

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#### INSIDE THIS ISSUE

Tradition Eight	2
Volunteer Opportunities	3
Local Readers Share	3
Anniversaries	5
Word Scramble	6
Meeting Changes	8
Upcoming Events	8

See you at the  
**Harbor Beach  
Marriott**  
**August 15-19**  
for the  
**62nd Florida State  
Convention**

### Concept VIII

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

## Tradition Eight - *“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”*

### Just a Drunk

#### A member uses caution when advice comes his way

*TRADITION EIGHT: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*

My alcoholic drinking career lasted nearly 35 years. Drinking led to my becoming a liar and thief, constantly living in fear of being found out. Uncontrollable fits of boozing saw me fired, jailed, dishonored, suffering intolerably, going into hospitals, treatment programs and AA. With a few variations, I repeated that performance over and over for about 19 years. Over a year of my life was wasted in treatment because no one could see that my real problems were a nagging wife, nasty bosses, and people who were out to get me. My way of asking for help was, “Here I am, turkeys, fix me! If you had my problems, you’d drink too.”

I sincerely hope that my final treatment program and AA renewal was in 1978. This time around I was lucky to find a sponsor who was strong on the AA program outlined in the Big Book. That program has a noteworthy track record, so he saw no need to put together a custom-made special-purpose program, as I had tried to do so often in the past. His idea of carrying the message was like one beggar showing another where he finds the bread, not becoming their baker. Problems have been constant companions, but I have had a sober and reasonably contented life since I’ve tried to practice the AA program to the best of my ability (emphasize tried).

Alcoholics are likely to enter AA more eager to hear advice on how to straighten out their personal lives than how to learn to live sober, troubles and all, one day at a time. Because we are naturally protective of newcomers, a growing number of AA members are just as eager to offer explicit advice about resolving personal difficulties. In so doing, aren’t we putting our work on a service plane, rather than sharing our “experience, strength, and hope”? “Working With Others” in the Big Book states: “We simply do not stop drinking so long as we place dependence upon others ahead of dependence on God.” I have been down that long road. Here are key lines from “Whose Responsibility?” in As Bill Sees It: “... an AA group, as such, cannot take on all the personal problems of its members ... the solutions of all his problems of living and growing rests squarely upon the individual ... teaching and practice of AA’s Twelve Steps, is the sole purpose of the group.”

The first part of AA’s Eighth Tradition reads: “Alcoholics Anonymous should remain forever nonprofessional ...” In general, AAs simply take this to mean that AA is a society of amateurs, that nobody gets paid for Twelfth Step work. But professionalism has a much deeper meaning. True professionals are highly educated individuals such as physicians, professors, psychiatrists, research scientists, and others, not merely people who are paid for working. There are professionals who are also alcoholics, but the idea of a professional alcoholic is far-fetched.

In some AA groups there is no escape from would-be experts on alcoholism, sociology, psychology, pharmacology, or you name it. An AA newcomer who innocently asks a question may be inundated with snap judgment directions and advice from those well-meaning gurus. A newcomer has no reason not to regard those unqualified AAs as “pros,” but disastrous results are possible. I wonder where I’d be today if I had followed some strong advice that led me to seriously consider separating from my wife. She supported me and paid the bills during long periods when I was incapable of working. After a suicide attempt, it was my wife who saved my life. And who in AA is qualified to urge another to discontinue taking medications?

I pray that I will stay humble and not forget that I am just a drunk, sober today through the grace of God and the AA program. The next time I feel that urge to “help” some poor soul, I hope to remember the meaning of Tradition Eight. I have much personal experience to share, but a “learned professional” I ain’t, nor do I bake another’s bread.

-- Jack F., Aurora, Illinois



## *Local Readers Share.....*

I am an alcoholic named Melissa. I celebrated one year of continuous sobriety on June 28, and I am so grateful for God's miracles and the fellowship of Alcoholics Anonymous. The blessings in my life are many because I joined this way of life.

A little over a year ago I was incarcerated and completely hopeless. I was on the verge of losing my parental rights and my son was living in foster care. I had just learned that I had contracted Hepatitis C, as the result of my alcoholism and poor choices while drinking.

Upon my release, I went into a treatment center, and then, into a halfway house. I found a sponsor and with her help, and the fellowship of AA, was able to start building a relationship with a God of my understanding. Resources provided while I was in halfway led me to a health insurance which was only available to me because of my circumstances, and the insurance company approved me for an \$80,000 medication that I needed to treat the Hepatitis.



I have been cured of Hep C now, and a month ago my son was allowed to move back home with me. I am still on Community Control, but have held my job for a year. I have an awesome sponsor and support group, and am continuously working my twelve steps. I now have a new Home Group, Meditation at the Rock, which meets on Friday nights at 6:30 on Prospect Road. I have a whole new life, today, that would have never been possible without the relationship that I have been able to build with my God, through doing the work that was suggested.

I am forever grateful. Thanks Alcoholics Anonymous.

—Melissa S., Ft. Lauderdale

# Volunteer Opportunities

**2018 DISTRICT 9 SPAGHETTI DINNER** to be held in September  
has two planning meetings at Skyline Chili, 2834 N University Drive in Sunrise.  
**Wednesdays, August 8th and August 22nd**

**2018 DISTRICT 9 GRATITUDE DINNER** to be held in November  
will have their next planning meeting at the Sober Today Club in Hollywood, 1633 S. 21 Ave.  
**Sunday, August 26th at 1:30 PM**

**2018 INTERGROUP PICNIC** to be held on November 4  
will have their next planning meeting at the Twelve Step House in Ft. Lauderdale on  
**Tuesday, August 28th at 6:45 PM.**

*Pick up a commitment today!!*

## **SERVICE KEEPS YOU SOBER**



# Carrying the Message

## Reader's opinions wanted

I would like a few answers from readers, if possible, on two subjects. One is: Just what is AA's attitude toward recovering alcoholics' professionalizing their sobriety in *any* way? For instance, in a halfway house, in industry, in an alcoholic rehabilitation center, etc. I'm talking about a person who has no qualifications for this other than being in the program. I was told when I came in that my sobriety was a gift and that one does not use a gift lightly, particularly for selfish ends. I have felt that this means I should not try to earn a living by taking advantage of my sobriety through the AA program. However, most people I know in the program disagree with me, and as I am open-minded and interested in what is the right thing to do or to tell people whom I help, I am searching for an answer.

My second question concerns men who sponsor or drive to meetings women who are new in the program, and vice versa. I am highly opposed to this except where absolutely necessary, but I run a lone course on my attitude, and for that reason I would like some readers' opinions. In the town where I had my first year of sobriety, men were advised not to work with women and vice versa, and there was never any problem in this area at all. Of late, I (as a woman member) hate to sponsor single gals, because the men are right in there trying to take them home, sponsor them, etc., and the highly emotional, mixed-up newcomer has very little and sometimes no defense against these aggressive moves. I also see gals latching on to new men, and I am concerned.

*Editors' Note: For discussions on the first subject, see the October 1970 and February 1972 Grapevines.*

-- L. C., St. Petersburg, Florida

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## *Things we cannot change.....*



George O., Chris E., Mark H. and  
Natalie A.

*They will be missed. May they rest in peace.*

### General Service Office, NY

P.O. Box 459  
Grand Central Station  
New York, NY 10164-0371  
212.870.3400

### Bridging The Gap

877.207.2242

### Broward Co. Intergroup, Inc.

3317 NW 10th Terrace, Ste 404  
Ft. Lauderdale, FL 33309  
954.462.7202

### BCIC

P.O. Box 22701  
Ft. Lauderdale, FL 33335

### Area 15 General Service

Cary White, PO Box 56  
Sebring, FL 33870

### District 9 General Service

P.O. Box 100126  
Ft. Lauderdale, FL 33310



# AA BIRTHDAY'S

## August Celebrants

### Broward Men's

Max ~ 4 yrs.  
Will ~ 4 yrs.  
JD ~ 4 yrs.  
Brian ~ 3 yrs.  
Jeremy G ~ 1 yr.

### Happy Destiny

Kathy G. ~ 40 yrs.

### Women's Honesty

Michele B. ~ 12 yrs.  
Marsha Mc. ~ 22 yrs.  
Katherine C. ~ 27 yrs.

### Serenity Altogether

Rick B. ~ 24 yrs.

### Davie Women's

Helene H. ~ 11 yrs.  
Patty L. ~ 13 yrs.

### Chickee

Sue Y. ~ 35 yrs.

### 441 Group

Sandy S. ~ 21 yrs.

### Sober Sisters

Diane F. ~ 14 yrs.

### Fort Lauderdale Men's

Dick R. ~ 58 yrs.

### Each Day a New Beginning

Robert W. ~ 7 yrs.

### Entirely Ready

Adie M. ~ 31 yrs.

### Fort Lauderdale Women's

Beverly P. ~ 32 yrs.  
Lisa M. ~ 13 yrs.

### Hollywood Men's

Joe A. ~ 30 yrs.  
Tom ~ 23 yrs.

### Riverside

Denise J. ~ 40 yrs.

### Coral Ridge

Erica ~ 2 yrs.

### Other Notables

David S. ~ 36 yrs.  
Ken M. ~ 42 yrs.

### Express Group

Greg B. ~ 27 yrs.  
Paul A. ~ 17 yrs.  
Nick ~ 6 yrs.  
Joanne ~ 30 yrs.  
Vernon ~ 30 yrs.

### Oakland Park

Don W. ~ 36 yrs.

### Let's Do Lunch Bunch

Charlie G. ~ 24 yrs.

### Men's Independence

Eddie G. ~ 42 yrs.  
Danny C. ~ 41 yrs.

### Westside Men's

Scott Z. ~ 25 yrs.

### Easier Softer Way

Taryn C. ~ 16 yrs.  
Nancy G. ~ 5 yrs.

Express Group ~ 42 yrs.

## July Celebrants - not previously mentioned

### Sober Sisters

Ashley ~ 26 yrs.  
Laura C. ~ 3 yrs.

### Free To Be

Dara ~ 8 yrs.

### Joy of Sobriety

Bob ~ 33 yrs.

### 5-3-Zero

Ron ~ 4 yrs.  
Rob ~ 1 yr.

### Women's Journey

Carole ~ 12 yrs.  
Ebony ~ 10 yrs.  
Mona Lisa ~ 5 yrs.

### Sobriety Thru the Steps

Tim ~ 8 yrs.

### Other Notables

Larry H. ~ 37 yrs.

### Mountain Group

Jolynn J. ~ 10 yrs.

### Women's Honesty

Rachel ~ 10 yrs.

### Each Day a New Beginning

Michael E. ~ 10 yrs.

### B.A.L.L.S.

Richie ~ 29 yrs.  
Nick ~ 3 yrs.  
Randall ~ 23 yrs.

### Bikers in Recovery

Bill F. ~ 2 yrs.  
Rich W. ~ 2 yrs.  
Donna M. ~ 13 yrs.  
Leon J. ~ 11 yrs.



### Surrender is Freedom

Mervyn ~ 22 yrs.  
Brian C. ~ 27 yrs.  
Mike ~ 29 yrs.

### JOIN THE BIRTHDAY CLUB!

Celebrate your sobriety by sending \$1 per every year sober to your local Intergroup office to show your gratitude and give back once a year.

*(Birthday listings are not contingent upon contributions...we just like to celebrate sobriety.)*

## BROTHERLY LOVE

*the principle behind the eighth step.*

Definition by Vocabulary.com = a kindly and lenient attitude toward people

Synonymous with Charity.

A type of Benevolence, an inclination to do kind or charitable acts.

## BCIC - Broward County Institutions Committee

Next Meeting:

August 11 at 10:00 AM

Twelve Step House

205 SW 23rd St., Ft. Lauderdale

Next

## Intergroup Meeting

Twelve Step House

205 S.W. 23<sup>rd</sup>, Ft. Lauderdale

**SUNDAY, August 12  
at 1:00 p.m.**

# Recovery Word Puzzle

Unscramble the letters. Answers to puzzle can be found on page 7.  
Words for this puzzle have been used somewhere else in this edition of Suite 404.



SAMGESE  
RUTVNOSEEL  
TAGDIREUT  
TRAPNEARPOI  
TRANSRODAMSITI  
SYNTOLCNAT

NIXRIGCEES  
CLEPASI  
NIPSFLOSOEA  
SNIPNOIO  
SPRINTNARTTOOA  
TRYLOBHER

## INTERESTED IN DOING A GOOD OLD FASHIONED TWELVE STEP CALL?

**We need you to sign up on our new list!** Call the office or fill out the form on Page 7 with your specific information. We want to know who is really available when someone calls in need.

Going to the Convention, but don't want to pay  
through the nose for parking?

You can use the free shuttle service  
provided by the Transportation Committee for the Convention.



*Two locations to park your car for only \$5 all day.*

Lot next to Speedway Gas Station on Harbour Inlet Drive (500 spaces)

Bahia Mar, 801 Seabreeze Blvd. (800 spaces)

### Definition of Broward County Intergroup, Inc.

Your Intergroup office services all groups in the Broward County area. It is not a governing body and does not attempt to, nor can it, rule any AA Group. Its sole purpose is to act as a clearinghouse for the convenience of members and groups desiring assistance, and to extend the Twelve Step Work "carrying the message" to the sick alcoholic. The Intergroup office is supported entirely by contributions from groups, usually a specified amount each month or at intervals throughout the year.

The office purchases and sells all conference-approved books and literature to groups throughout Broward County.

***Faithful Fivers*** are A.A. members who donate five dollars (\$5) a month to Intergroup as an act of gratitude. Their generosity helps us to carry the message of A.A. to the still sick and suffering alcoholic throughout the year.

**Thank you to our Faithful Fivers. Your contributions are so appreciated!**

Tom & Liz J., Gregory C., Sherri D., Suzanne J., Bob H., Anonymous I, Elizabeth B., Lillian M., Ron J., Tim S., Milinda B., Barbara S., Lois O., Richard H., Jennifer S., Ted K., June C., Pat R., Beth D., Trent A., Thomas T., Thomas Q., Craig G., Sandy P., Mel K., Leo H., Larry C., Jean G., Vickie T., Howie K., Kerry W., Lewis G., James B., James H., Joanne D., Jim R., Kevin B., Gerry B., Don W., Jamie B., Flemming A., Arthur R., Eric P., Tara D., Nancy S., Joey B., Denise J., Howard S., Bob D., Arielle V., Jay L., Bonnie T., Sally S. and the Women's Step by Step Group.

Please consider becoming a "Faithful Fiver." Your commitment of \$5.00 a month to your Intergroup Office will go a long way toward helping carry the message to the still sick and suffering alcoholic who reaches out. Fill out this form and mail it in with your contribution today!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Sobriety Date and Home Group \_\_\_\_\_

Make checks payable to:

Broward County Intergroup, Inc., 3317 NW 10th Terrace, Suite 404, Ft. Lauderdale, FL 33309

ANSWERS TO PUZZLE: message, volunteers, gratitude, preparation, administrators, constantly, exercising, special, professional, opinions, transportation, brotherly

## I AM RESPONSIBLE....

WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP,  
I WANT THE HAND OF A.A. ALWAYS TO BE THERE. AND FOR THAT: I AM RESPONSIBLE.

NAME: \_\_\_\_\_ GENDER: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

PREFER: VOICE: \_\_\_\_\_ TEXT: \_\_\_\_\_ EMAIL: \_\_\_\_\_ CITY OF RESIDENCE: \_\_\_\_\_

WILL CALL BACK: \_\_\_\_\_ AND/OR PAY A VISIT: \_\_\_\_\_

AVAILABILITY: MONDAY to FRIDAY: \_\_\_\_\_ WEEKENDS: \_\_\_\_\_

8:00am-12:00pm \_\_\_\_\_ 12:00pm-5:00pm \_\_\_\_\_ 5:00pm-9:00pm \_\_\_\_\_ 9:00pm-8:00am \_\_\_\_\_

TO COMPLETE A 12-STEP CALL, you only need to be sober one day, but you NEVER GO ALONE.  
THANK YOU FOR YOUR SERVICE! SEND COMPLETED FORM TO: [help@aabroward.org](mailto:help@aabroward.org)



## MEETING CHANGES

### Sunday

**Nama-Stay Meditation** is meeting again at the new location of the West Broward Club. OM 10 AM.

### Monday

**Serenity Now** which met at the West Broward Club in Davie NO LONGER MEETS.

### Tuesday

**Reflections for Tomorrow** which met at St. Francis Community Center, Ft. Lauderdale NO LONGER MEETS.

**Coral Ridge Group** has changed their meeting time to 7:00 PM. Place and format remain the same.

### Wednesday

**Sober and Out** is meeting again at the new location of the West Broward Club. CLTgw 7 PM.

### Thursday

**Atlantic Group** has MOVED AGAIN. It now meets at Christ Community Church, 901 E McNab Rd., Pompano Beach at 7:30 PM.

### Friday

**Discussion Tables** is meeting again at the new location of the West Broward Club. OD 7 PM.

### Saturday

**Candlelight Meditation** which met at the Porch in Hollywood now meets at 4th Dimension, 8:30 PM. OM.

**Welcome Home Beginners** which meets at the Twelve Step House in Fort Lauderdale has changed the meeting time to 6:30 PM.

### DAILY MEETINGS

**West Broward Club** now has a new location at 8396 State Rd 84 between Pine Island and University in Davie, 33324. The meeting room is upstairs at this location. **Buscando Humildad**, is meeting MWF at 8:30 PM. OSH.

**Kis Lunchtime** is also meeting at the new West Broward Club location. M-F at 12:30 PM. OD

**Good Morning God** has moved to Tamarac. All meetings are now held at 8681 W. McNab Road, 33321. Meeting times and formats remain the same.



**We LOVE our Intergroup  
VOLUNTEERS**



**THANK YOU ALL FOR YOUR CONTINUED SERVICE.**

## Upcoming Events

- Aug. 4** **Carry the Message Day** NSU, 3200 S. University Drive, Davie, FL **free service event** with a \$5 continental breakfast at 8 AM, for those that want to eat first. Panel discussions from Intergroup, General Service and Institution committees with a Q & A workshop. Terry Building cafeteria / auditorium. This event is presented for the benefit of educating and getting newcomers introduced to the many different opportunities we have for service here in Broward County.
- Aug. 15-19** **62nd Florida State Convention** Harbor Beach Marriott, 3030 Holiday Drive, Ft. Lauderdale 33316, off-site parking \$5 per day with shuttle service provided, workshops, speakers, fellowship. For more information on hotel, making dinner reservations or purchasing convention merchandise go to [www.floridastateconvention.com](http://www.floridastateconvention.com). Beautiful beachfront resort and spa!
- Sept. 8** **District 9 Spaghetti Dinner** NSU, 3200 S. University Drive, Davie, FL in the Terry Building, cafeteria. Dinner at 5:30, Dessert contest. Prizes given to top 3. Tickets \$8 in advance, \$10 at door. Feature movie at 6:15 in Steele Auditorium: "My Name is Bill W." Bring a newcomer and a dessert.