

# ROOM 502

BROWARD COUNTY INTERGROUP, INC.

305 South Andrews Avenue, Room 502,  
Fort Lauderdale, FL 33301

Phone 954-462-0265, 954-462-7202; www.aabroward.org

VOLUME 8  
AUGUST, 2015

## STEP 8:

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

## Thinking It Through

I had just married and moved from Canada to Barbados and was beginning to feel settled, even comfortable, in my new surroundings and my new AA group. After a few months, I decided it was time to take the plunge, make the list, and complete my Eighth Step. "Half measures availed us nothing" seemed louder than ever at meetings, and inaction on the Steps, I believe, are a dangerous thing for me.

So convinced, I read the Big Book, the "Twelve and Twelve," and talked with my sponsor.

"It's just a list," I figured, "that's all." I had no idea how limiting my thinking was. Just beginning this Step has had a profound impact on my life. So far, there are sixty or so people on my list, and I'm not finished.

I don't know how this life change has happened, but since beginning the Eighth Step I have stopped buying into my excuses. For example, rather than be miserable and blame everything on some person, place, or thing, I look at myself first. Rather than blow up at a person, I call my sponsor. Rather than judge someone who is angry toward me, I think, "How would I like to be treated here?"--and actually apply it. Sometimes I don't feel I know the person in my head anymore. I like this new one better.

Recently, I was upset with my husband and decided to call him at his office to tell him precisely what was wrong with him (thank goodness he has Al-Anon). I sat down at the phone, picked it up--and called my sponsor instead. We talked about why I was upset and about recovery. At the end of the conversation, I told her that I wasn't going to call my husband but would instead read Dr. Bob and the Good Oldtimers. And I actually did! This is not the me I know.

Lying on the couch with the book, I felt a mix of feelings. The book describes what Dr. Bob and Bill used to read regularly at meetings or to other drunks before the Big Book came along: the Sermon on the Mount, the Book of James, and First Corinthians, thirteenth chapter.

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"Oh, oh! Here comes Simpson for the business meeting."

## Concept VIII

**The Trustees of the General Service Board act in two primary capacities: (a) With respect to the larger matters of over-all policy and finance, they are the principal planners and administrators. They and their primary committees directly manage these affairs. (b) But with respect to our separately incorporated and constantly active services, the relation of the Trustees is mainly that of full stock ownership and of custodial oversight which they exercise through their ability to elect all directors of these entities.**

## **Tradition 8: "Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."**

### **Amateurs Anonymous**

What dismays me about my early days in Alcoholics Anonymous is the extent of intellectual arrogance and grandiosity that I brought with me--defects that were quickly enlisted in what was to become an ongoing tournament: me vs. the Eighth Tradition.

The word "nonprofessional," in AA parlance, means that I ought to act in a way that neither affirms nor implies that I am something other than a recovering alkie in a Fellowship of recovering alkies. It means that if professional help is what I need, I should go where such help is available--outside AA. Seems clear enough. Yet before I was ninety days sober I had become legal advisor to a fellow newcomer who was then in the divorce court; I advised another AA to stop taking the medication that a qualified doctor had prescribed; and I counseled two AAs in a lover's quarrel.

I've learned enough since my entry into AA, in 1960, to stay out of those arenas, but there is still another that can take me by surprise. True, I no longer play doctor or therapist where medications or relationships are concerned, and I don't give legal advice, but I can still catch myself wondering whether the latest newcomer in my home group is really an alcoholic. On what basis would I question anyone's qualification? What else, except my expertise on AA and on alcoholism itself. Old habits die hard!

I try to be particularly careful when introducing newcomers to the Twelve Steps. It seems to me that one of the reasons the Steps were suggested in the first place was to avoid professionalizing them. In my zeal to encourage newcomers to get involved with the Steps I sometimes talk about them as if they were the be-all and end-all. Looking back at my own beginnings, I think that if anyone had told me, even by inference, that I had to get on with the Steps, I wouldn't have stopped long enough to remark, "What an order! I can't go through with it." I simply would've run like hell.

Sometimes I complain about the way officers conduct the business of my home group and set myself up as an expert on the AA group. Heaven help me, but there were times when I was so sure I knew everything there was to know about AA history that I would actually hook my thumbs in my vest like a nineteenth century politician when speaking from the podium.

Another area where I am made particularly aware of the Eighth Tradition is in speaking to non-AA groups. I have found myself on panels with experts in the field of alcoholism and have been introduced as an expert myself. I make it a point to remember something I was told by a member of our local intergroup public information committee: We need to maintain our amateur standing. There is a practical side to this as well. Being nonprofessional means I don't have to worry about giving a letter-perfect presentation every time.

Tradition Eight also suggests that our service centers may employ special workers. Some of the experience that helped formulate this Tradition was played out in the days of the Forty-first Street Clubhouse when members had a hard time distinguishing between Twelfth Step work and office employment. This was in the early 1940s. The controversy was still all very new but I can just imagine the air turning blue with resentment as they tried to understand that the secretary, for instance, was not being paid to stay sober or to do Twelfth Step work but to answer the phone, write letters, keep records of business transactions, and so forth.

Continued on Page 4

#### **General Service Office, NY**

P.O. Box 459  
Grand Central Station  
New York, NY 10164-0371  
212.870.3127

#### **Bridging The Gap**

877.207.2242

#### **Broward Co. Intergroup, Inc.**

305 S. Andrews Ave. Room 502  
Ft. Lauderdale, FL 33301  
954.462.0265

#### **BCIC**

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

#### **Area 15 General Service**

Treasurer, P.O. Box 690275  
Vero Beach, FL 32969-0275  
(772)360-7949

#### **District 9 General Service**

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

Continued from Page 1

I am not a Bible reader, but I figured it certainly couldn't hurt, and it was something to take my mind off my perceived problems. I grabbed the Bible and read. There it was, the injunction to "turn the other cheek." Right then, reading those words, something happened.

Maybe my husband was inconsiderate. Maybe he did do something to upset me. "Who knows, and who cares?" I thought. "What about my behavior?" I started looking at myself and I was not pleased at what I saw. I sat there with the book on my lap and thought about my actions, my words, my behavior, my crazy feelings. I turned the camera on myself rather than on my husband. Next came this thought: what if, regardless of how others acted, I treated them well so that my actions were good and kind and necessary and true? What if I responded with "Is something upsetting you?" rather than "Stop talking to me like that, you (insert judgmental comment here)"? What if I were caring rather than judgmental?

When my husband came home, he expected me to be angry. If my past actions were any indication, he had every right to this expectation. He tried to avoid me and dismissed my attempt at casual conversation. Our meeting did not begin well, and yes, my buttons were pushed. However, my Eighth Step list, the Big Book, and Dr. Bob and the Good Oldtimers were on the table in front of me and made me stop. "How would he like to be treated?" I asked myself, and no anger came. My husband and I ended up talking like civil human beings, and it was wonderful.

I see the change in many areas of my life. I'm less likely to react. I do this for partly selfish reasons, too: I don't want to add any more names to my list. Sometimes this is plain old work. I am forced to think of a better, healthier, non-amends-requiring action. I pray and think it through. In several cases, thankfully, the emotions--be they sad, angry, or indifferent--left me before the answer arrived so I was able to go forward through difficult situations without my emotions in the way, having a clear head and a clear conscience.

When on the verge of reacting, I often think about what my friend Katherine once said to me about dogs and cats and the messes they create. "It's odd," she said, "how when an animal does something wrong, we simply let it know it has misbehaved, and then we promptly forget about it." I have never found myself mad at an animal for an hour, let alone weeks, months, or years. This helps me to balance situations I find myself in.

If these are the results of the Eighth Step, I can hardly wait to see the promises the Ninth Step holds.

— Anonymous —

Grapevine Online Exclusive

*Things we cannot change,  
They will be missed by all who knew them.  
Niles S. Donna S. Tony S.*

Room 502 is a monthly publication of Broward County Intergroup, Inc. (BCI).  
The opinions expressed here are not necessarily those of BCI or AA as a whole.  
We welcome your stories, news and comments. The deadline for submission is the 15th of each month.  
Material may be edited for space and content and cannot be returned.

Continued from Page 2

Newcomers still ask, as I did, why we have paid AA workers (professionals). As it was pointed out to me, the staff at our local intergroup office, for example, is not paid to do Twelfth Step work. By opening up and helping to keep open the doors to institutions and correctional facilities, by collecting data on local groups and publishing updated meeting directories, along with many other fundamental activities, the intergroup staff is paving the way for Twelfth Step work. It makes my Twelfth Step work that much easier. And carrying the message of hope and recovery is the real "business" of AA. But why a paid staff? Why not volunteers? To attempt to conduct such an enterprise on a solely volunteer basis would be highly impractical. As for hiring AAs, who better to hire than people who know AA best!

Just for today, it is a good idea for me to stick close to simple basic AA as I encounter it in my home group and at others. Every single recovering alkie at every single meeting tells me, by word or deed, that non-professionalism in AA is one of the best ideas we ever had. (Incidentally, my friends are quick to remind me of it whenever I get too big for my AA britches!)

—Anonymous—

Reprinted from *Grapevine*  
July 2011 Vol. 57 No. 6

## Room 502 readers tell us about their favorite passages in AA literature

My favorite passages are:

### **Alcoholics Anonymous, (Page 12) "Bills Story."**

My friend suggested what then seemed a novel idea. He said, "Why don't you choose your own conception of God?"

That statement hit me hard. It melted the icy intellectual mountain in whose shadow I had lived and shivered for many years. *"I stood in the sunlight at last."*

### **How it Works, (Page 66).**

"It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worth while. But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the *sunlight of the spirit*. The insanity of alcohol returns and we drink again. And with us, to drink is to die."

### **12 Steps and Twelve Traditions (Page 98) Step Eleven.**

"We will want the good that is in us all, even in the worst of us, to flower and to grow. Most certainly we shall need bracing air and an abundance of food. But first of all *we shall want sunlight*; nothing much can grow in the dark. Meditation is our step out into the *sun*. How, then, shall we meditate?"

Repeatedly throughout AA literature there are references to "*Sunlight*". Each reference to me suggests that change and growth come from, *stepping into the sunlight*, either literally or figuratively. This was so powerful to me. When I began to experience the results of working the program of recovery in our AA literature, I felt that I had begun to step out of the darkness of my past, into a *warming and welcoming sunlight*. I felt a little lighter, and my hope began to feel brighter for today and for tomorrow, "one day at a time", contingent on the maintenance of my spiritual condition. For me there are few things like the *warm sunlight* on my face to lift my spirit.

—Gary D., Ft. Lauderdale, FL.—

**Room 502** welcomes your thoughts and experiences with A.A. We love to run articles written by local people in A.A. so, let us know about your experiences with Alcoholics Anonymous, or in your local home-group. **Contact us at [help@aabroward.org](mailto:help@aabroward.org) or [will@aabroward.org](mailto:will@aabroward.org)**



# AA Birthdays

## August Celebrants

### Women's Honesty

Michele B. ~ 9yrs.  
Marsha M. ~ 19yrs.

### Focus on Sobriety

Lisa F. ~ 24yrs.  
Robin W. ~ 14yrs.

### Mountain Group

Nancy F. ~ 4yrs.  
Dave K. ~ 5yrs.  
David B. ~ 6yrs.  
Lynn E. ~ 12yrs.

### Davie Women's

Patti L. ~ 10yrs.  
Naomi P. ~ 7yrs.

### Serenity All

### Together Group

Laura C. ~ 4yr.  
Peggy B. ~ 6yrs.  
Ken M. ~ 9yrs.  
Rick B. ~ 21yrs.

### Ft. Lauderdale Women's

Sue P. ~ 3yrs.  
Beverly P. ~ 29yrs.  
Mary Ellen S. ~ 24yrs.

### Oakland Park Group

Don W. ~ 33yrs.  
Mark S. ~ 11yrs.  
Anthony ~ 11yrs.  
Jimbo ~ 7yrs.

### Ft. Lauderdale Men's

Dick R. ~ 54yrs.

### Westside Men's

Scott Z. ~ 22yrs.

### Melrose Park

Phil S. ~ 15yrs.  
Kerry F. ~ 24yrs.  
Wes J. ~ 25yrs.  
Flemming A. ~ 34yrs.

### D.A.T.A.

Dan C. ~ 38yrs.

### Lunch Bunch

Francois ~ 6yrs.  
Rose ~ 23yrs.  
Chuck ~ 30yrs.

### July Celebrants (not previously submitted)

### Smell the Coffee

Liz J. ~ 26yrs.

### Bikers in Recovery

Emilio S. ~ 16yrs.

### Lunch Bunch

Naomi ~ 1yrs.  
Shirley ~ 13yrs.  
Laurie ~ 21yrs.  
Larry ~ 21yrs.

### It's your Birthday!

Many AA members across the country share their Anniversary by giving a dollar or two, for each year of their sobriety to their Intergroup Office. This insures that the same help that they received will be available to others who are new to the fellowship.

Start today. It is not how much you give that's important. It's thinking of others on your special day, that makes it so special. This is a wonderful way to express your gratitude by helping others receive the blessings of sobriety.

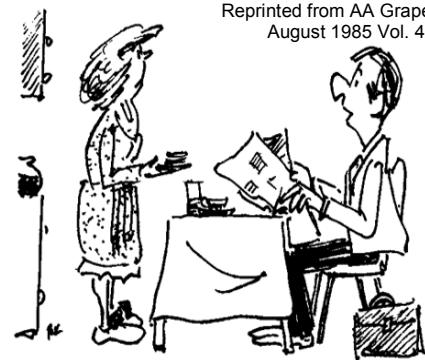
**Group Contributions and individual contributions are the life support of Alcoholic Anonymous. There is no such thing as a small contribution.**

Make checks payable to:

Broward County Intergroup, Inc.  
305 S. Andrews Ave., Suite 502,  
Ft. Lauderdale, FL 33301



Congratulations to all of our celebrants. You deserve to be recognized. Celebrants should be submitted as early as possible, by the 15th, of the preceding month at the latest. (Example) January celebrants should be submitted by December 15th, to be published in the January Newsletter. Thank you for your time and effort.



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August 1985 Vol. 43 No. 3

"I spoke at last night's meeting. After the Serenity Prayer, and the reading of 'How It Works,' and nine announcements, and the awarding of three ninety-day pins with a word from the sponsors, I had eight minutes to tell my story!"

### Word Scramble Step Eight

1. rspeolseups \_\_\_\_\_
2. bcltsoase \_\_\_\_\_
3. onaloiemt \_\_\_\_\_
4. mnade \_\_\_\_\_
5. voahbiemsri \_\_\_\_\_
6. nioutitster \_\_\_\_\_
7. dyevreus \_\_\_\_\_
8. fcitevede \_\_\_\_\_
9. gdmnsetuj \_\_\_\_\_
10. xrctitae \_\_\_\_\_

(answers on page 7)

### BCIC Broward County Institutions Committee

Next Meeting: August 8<sup>th</sup>

10:00 a.m. at the Twelve Step House,  
205 SW 23rd St., Ft. Lauderdale.

### Intergroup Meetings

will be now held at

The Twelve Step House,  
205 S.W. 23<sup>rd</sup>, Ft. Lauderdale,  
at 1:00 p.m.

Steering Committee meets at 11:30 a.m.

### Upcoming Meetings

August 16<sup>th</sup> — September 13<sup>th</sup>

## Service Opportunities



**Picnic Committee** - Join our Picnic committee to see that this year's picnic is our best ever! Adults \$7/Kids \$3 - Food, fun, jousting, music, games, raffles, volleyball. Snyder Park, Cauldwell Pavilion, October 11th.

Tickets are available now

If you want to get involved call Mary at

(954) 462-0265 or email: [help@aabroward.org](mailto:help@aabroward.org).

Broward County Intergroup's 5<sup>th</sup> Annual

### *AA's Got Talent*

*We need volunteers, bring your talents to us. Committee chairs, co-chairs, TALENT needed!*

*We welcome singers, dancers, comedians, musicians to sign-up:*

*Excluding bands due to time limitation of equipment set-up /break-down*

**First Planning Meeting: Saturday, August 29<sup>th</sup>, 2015 @ 1:15pm**

**441 Group, 1452 State Road 7, Margate, FL 33063**

## GRATITUDE DINNER PLANNING

**SUNDAY, August 30, 2015 1:00 P.M.**

**Sober Today Club**

**1633 S. 21st Ave. Hollywood, FL 33020**

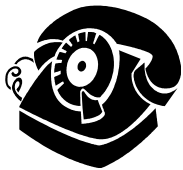
**Broward County Intergroup is hosting the  
Intergroup Central Office AAWS / AAGV Seminar**

**September 17<sup>th</sup>—20<sup>th</sup>, 2015 Sheraton Airport Ft. Lauderdale.**

If you would like to participate in the wonderful experience of planning the Seminar

**PLEASE join us for our 3rd planning meeting held at, The Twelve Step House**

**205 SW 23<sup>rd</sup> Street, Fort Lauderdale, Saturday, August 22<sup>nd</sup> at 11:30 a.m.**



### **Broward County Intergroup**

would like to thank the following volunteers who have taken the positions of  
Relay Chair & Speaker Exchange Chairs

The **Relay Committee** is always looking for volunteers. To help, please  
contact: Drew W. at: (954) 303-6693

The **Speaker Exchange Committee**

Needs volunteers to share your Experience, Strength & Hope.

To speak at meetings, please send your information to:

Damian S. or Tara G. at: [speakers@aabroward.org](mailto:speakers@aabroward.org)



**Thank you to all the dedicated volunteers in Broward County,  
and for all you wonderful alcoholics who continue to support your  
Broward County Intergroup office.**

**Faithful Fivers** are fellow 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 B., June C., Ron J. Bob H., Anonymous I, Bobby V., Janet M., Dan C., Lu W., Elizabeth B., Happiness Is Group, Lillian M., Fran C., Milinda B., Barbara S., Lois O., Richard H., Gay M., Richard S., Sam B., Mark S. Howard S., Douglas C., Jennifer S., the other Bob H., Carol B., the original Bob H., Leslie R.

and maybe YOU next time?

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!

It is the still suffering alcoholic who ultimately benefits from your generous spirit!

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

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

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

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

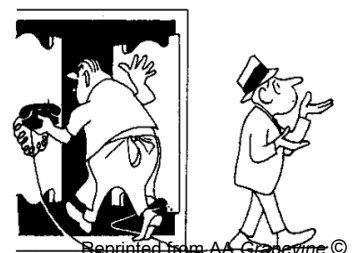
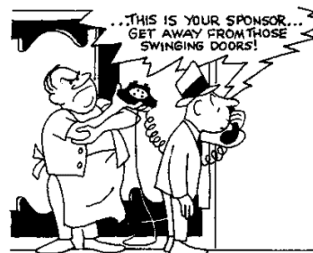
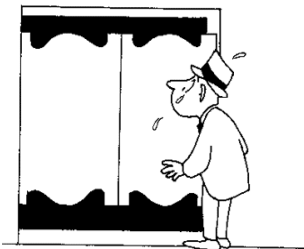
Make checks payable to:

Broward County Intergroup, Inc.

305 S. Andrews Ave., Suite 502, Ft. Lauderdale, FL 33301

**Intergroup wants to express our appreciation**

for those groups and individuals who have made generous financial contributions, and give a special thank you to all the members who have volunteered their time to help the sick and suffering alcoholic.



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October 1984 Vol. 41 Issue 5.

**Answers from page 5:**

1. purposeless 2. obstacles 3. emotional 4. amend 5. misbehavior
6. restitution 7. surveyed 8. defective 9. judgments 10. extricate

### **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.

## MEETING CHANGES

### Monday

**NEW MEETING Lambda Rising 11th Step Group**, 7:00p.m., Lambda Clubhouse, 1231 Las Olas, OMg.

**Along Spiritual Lines Big Book SS**, 7:30p.m., St. Francis Mission, Fort Lauderdale. **No longer meets.**

### Tuesday

**NEW MEETING Perry Street South Group**, 7:00p.m., Pro Am Building, 1915 NE 45th St. Ft. Lauderdale, CSD.

**NEW MEETING The Place**, 7:30p.m., Mt. Olivet Church, 649 NW 15th Way, Ft. Lauderdale, 33311 OCC.

**Joy Of Sobriety**, 8:30 p.m., Center For Spiritual Living, has moved to Atlantic Shores Hospital, 4545 N Federal Highway, Fort Lauderdale, 33308 OSP.

**Sunrise Beginners**, 7:30 p.m., Christ the King, has moved to St. Francis Mission, 208 SE 8th St., Fort Lauderdale, 33316 OBG.

### Friday

**Friday Night Step by Step**, 8:30 p.m., Memorial Urgent Care, Pembroke Pines. **No longer meets.**

**NEW MEETING Recovery On The Rocks**, 7:30p.m., Unity Church, 261 SE 12th Ave, Pompano Beach, ORF.

### Saturday

**Midday Sobriety**, 12:00 p.m. St. David's - 3900 S. University Dr. Davie, **No longer meets Saturday.**

**Our Lives on the Line**, 7:00 p.m., Pompano, has moved to Christ Community Church, 901 E. McNab. 33060.

**D.A.T.A.**, 7:30 p.m., Abiding Lutheran, has moved to All Saints Church, 10900 W Oakland Park Blvd, Sunrise, CD.

### Daily

**Empty Glass**, 10:00 p.m., 101 club, 700 SW 10th St. Pompano, **No longer meets.**

**Surrender Is Freedom**, 7:00 a.m. Luther Memorial, has moved to 4th Dimension Club, 4425 Hollywood Blvd.

### SPANISH MEETINGS

**NEW MEETING Circulo De Ganadores**, 7:00p.m., Wednesday. Gulf Stream Chaplin's Trailer, 901 S. Federal Hwy., Hallandale.

### Thursday

**La Luz Hispana** 6:30 p.m., St. Maximillian Church, 701 N Hiatus rd., Pembroke Pines. **No longer meets.**

## Upcoming Events

- |                        |   |
|------------------------|---|
| <b>Aug. 8th</b>        | <b>Carry the Message Day.</b> NSU Cafeteria, 3200 S. University Drive, Davie. 6 PM—Free service event hosted by District 9, Intergroup and BCIC. Speakers, dessert, and coffee. Bring a sponsee and sign up for a commitment.   |
| <b>Aug. 12-16</b>      | <b>59th Florida State Convention, “A Common Solution,”</b> Rosen Plaza Orlando, 9700 International Drive, Orlando, FL 32819. Registration \$35.00 For information and registration go to <a href="http://www.59.flstateconvention.com">www.59.flstateconvention.com</a> . |
| <b>Sept. 3-6</b>       | <b>57th ICYPAA Convention</b> , Miami Trump National Doral, 4400 NW 87th Ave. Miami, FL. Registration \$30.00. Register now at: <a href="http://www.57thcypaa.org">www.57thcypaa.org</a> .  |
| <b>Sept 12</b>         | <b>District 9 General Service Spaghetti Dinner</b> , NSU, 3200 S. University Dr., in Terry Building Cafeteria, 6:00 p.m. Dinner, 8:15 p.m. Speaker. Tickets \$8.00 in advance, \$10.00 at the door. Bring a newcomer and a dessert.                                       |
| <b>Sept. 17th-20th</b> | <b>Broward County Intergroup</b> is hosting the <b>Intergroup Central Office AAWS/AAGV Seminar</b> , Sheraton Airport Ft. Lauderdale. Workshops and General Service session Forums on Friday & Saturday night by AAWS/AAGV. No fee or registration required.              |
| <b>Oct. 11</b>         | <b>40th Annual Broward County Intergroup Picnic</b> , Snyder Park Caldwell Pavilion, 3299 SW 4th Ave., Ft. Lauderdale, 11:30 a.m. to Sundown. 50/50 raffle, karaoke, baking, volleyball, jousting, open A.A. Speaker Meeting. Tickets \$7.00 in advance.                  |