

# 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."

#### August 2011: Unforgiven Sweeping aside fear and resentments are vital in Step Eight

"I explained briefly about my addiction and the recovery process in the Steps, apologizing for my actions during the years he was married to my mother."

Any alcoholic working the program can tell you that resentments and guilt can lead us right back to the drink. Learning to give ourselves over to God and clear away the wreckage from our past is the solution. The problem, we learn, is not alcohol; it is us.

Over the years, I have completed a number of Fourth Step inventories and each time one name appeared repeatedly, causing flare-ups of anger and resentment, propelling me back to a time when I felt insecure and alone.

Then I noticed a recurring pattern at the speaker meetings I was attending. Each AA member's story seemed to have the primary message of forgiveness.

One member spoke about making amends to her father who did awful things to her. Another exhibited the same forgiveness to a parent who did not treat her the way a parent should. Most recently, I listened to a man who made amends to his entire church, standing before them all and apologizing for his judgment and condemnation of their faith.

Every time I heard this message, my stepfather's face appeared and my heart felt heavy. For the first time in almost 20 years, I started feeling guilty for my actions, rather than anger at his actions toward me and my mother. In my heart, I felt the need to make this right.

I had no idea where he was, but figured the Internet was a good place to start looking. I searched for his name and his social network page appeared immediately. It was set to private but I could see from his posts that he was somewhat the same, still joking around, a strong love of music, but he was also suffering from cancer.

Fear of rejection crept in, fear of being laughed at, fear of everything else my mind wanted to make up ... I could no longer put this off and, after talking to my husband and sponsor about it, I emailed him. I explained briefly about my addiction and the recovery process in the Steps, apologizing for my actions during the years he was married to my mother. I wished him and his family well. I did not, hard as it was, cross from my side of the street over to his and point out any of his actions. I also had no expectations about what would happen.

I received a reply email from him an hour later and practically 20 years of wreckage fell away instantly. Not only did he appreciate me contacting him but he made an amends for his actions as a father and husband to my mother. He didn't make any excuses, other than simply not being prepared or experienced enough. We have since started rebuilding our friendship.

My step tather has three different types of cancer and type II diabetes. He is undergoing intensive radiation and chemotherapy treatment at Johns Hopkins. One of the types of cancer is eerily similar to the same cancer my mother suffered from. He has a teenage daughter, who is very similar to me when I was her age, a loving wife and step children. He also has a love for God, which I wasn't aware of. His life today is rich with family and friends. Today, I can be happy for him.

I have experienced the promises of the Twelve Steps of Alcoholics Anonymous and I have seen this amends process work in others the same way it worked for me. I couldn't really understand the joy others spoke of when they told stories of amends toward people who had harmed them. I used to think it was backwards. Amends to those who harmed us? Over time, though, I knew it to be necessary, good and godly.

The sunlight of the spirit is warm, bright and encompasses all the promises we work so hard for. Yet we rarely stand in it for long periods of time. We should ask ourselves why. Then we should take action.

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42ND ANNUAL

# INTERGROUP PICNIC TICKETS ON SALE NOW!

Buy one for the newcomer at your group so they can see, "We are Not a Glum Lot!"

\$8 OR 2/\$15

Includes one drink, Kids 12 and under are free

## **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."

#### Have We Forgotten Dr. Bob's Request?

A statement like the following might be expected from an AA speaker suffering from an acute case of overenthusiasm and so it might be discounted as partisan zeal.

"If the alcoholic works the Twelve Steps and develops the fellowship available through the AA program, this will be far more effective than any form of psychotherapy I know of."

This statement came, however, in a conversation I had with Dr. Hobart Mowrer, research professor of psychology at the University of Illinois. Dr. Mowrer is internationally recognized for his substantial contributions in his field.

It's always useful for me to remember that AA is where the clergymen come to find God's help to stay sober. It's the place the psychiatrists and psychologists come to find the kind of group therapy that will bring sobriety and order to their lives.

I sobered up in AA in August 1947, and the years since have repeatedly taught me that if the quality of my life is not what it should be, the best place for me to go for counseling or therapy is to the Big Book or to an AA member who has done enough continuing work with the Steps to understand that "how it works" means *this* is how it works.

Several days before the 1975 International Convention in Denver, I listened to a tape of Dr. Bob's last talk. It had been made a quarter of a century earlier (July 1950) in Cleveland, at our Fellowship's first international gathering. Dr. Bob described AA's beginning and growth up to that date. He then said, "Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind but have little to do with our actual AA work."

During the twenty-six years that have passed since Bob made these remarks about Freudian analysis, many other theories have come into prominence. Evaluation of the effectiveness of psychotherapy offers persuasive evidence that this is not where it's at.

In 1952, Dr. H. J. Eysenck, an English psychologist, divided into three groups thousands of World War II veterans hospitalized for mental illness. Some of the men were given psychoanalytic treatment; some received other kinds of therapy; and a third group got no treatment at all.

Measured on an "improvement scale," forty-four percent of the first group improved with psychoanalysis; sixty-four percent of the second with other therapies; and seventy-two percent of the third got better with no treatment at all..

More recently, Dr. Werner Mendel, professor of psychiatry at the University of Southern California, directed a similar study. <sup>[1]</sup> Trained psychoanalysts treated the patients in the first group; less highly trained psychologists and psychotherapists treated the second group; and the third group was under the care of employees with no formal training in therapy.

The third group, treated by staff members without formal training in therapy, showed the *most* improvement. The first group, treated by staff members with the most extensive training in psychotherapy, showed the *least* improvement. Understandably startled, Mendel repeated the experiment, with identical results.

Though there are instances when, after sobriety has been attained, severe emotional or mental disturbances may require medical attention, most AAs would do better to work the Steps harder and more frequently if they want to get rid of symptoms of depression, anxiety, fear, hostility, apathy, and so on.

A few years ago, many people enthusiastically hailed encounter groups as the agents that would bring the new utopia. Those who were "with it," along with men and women earnestly seeking release from agonizing inner torment, began "getting in touch with their feelings." Beating pillows, crying, sobbing, shouting, swearing, screaming, embracing, and doing a few other things we won't discuss here, they embarked on what purported to be a great voyage of discovery, toward full realization of their human potential.

The movement spawned beautiful thoughts aplenty, but after the shouting began to subside, serious studies of the effectiveness of these groups revealed little permanent improvement in the members, and sometimes substantial damage. The learning supposed to come from what the late Abraham Maslow immortalized as the "peak experience" proves to be an elusive commodity for the person trying to translate it into a better life 365 days a year. Careful examination reveals much less to *all* of these therapies than meets the eye. Is this why Dr. Bob asked us not to louse up our Fellowship with these "advanced" approaches? I think it is.

Exactly how Bob carried the message is described movingly on page 292 in the Big Book. Bob was working with Earl, who was destined to start AA in Chicago. Spending three or four hours with Earl, Dr. Bob took him through the equivalent of the first eight Steps of our program that day. Bob didn't get paid for it. By profession, he was a physician, but he did this as an amateur.

Again and again, I've met AA members who suffered from depression, anxiety, fear, hostility, and other symptoms because they had failed to use the Twelve Steps. This includes AAs with years of sobriety. Once these AAs began to work the Steps, their symptoms vanished. An AA member who suffers from such symptoms or can't stay sober needs a sponsor, not a therapist. He needs a sponsor who will work with him just as carefully and thoughtfully as Dr. Bob worked with Earl.

Dr. William Glasser, the California psychiatrist who parlayed the phrase "reality therapy" into a fortune, made a striking observation on his view of the client-therapist relationship. "Let's face it," said Glasser. "When a patient pays a therapist, all he's doing is buying a friend." [2]

Despite massive evidence that much therapy simply does not work, both alcoholics and nonalcoholics eagerly pursue the new pop therapies. Seeking relief from their symptoms in group gropes, primal screams, or pronouncements that "I'm okay," they ignore the very good evidence that self-help, pioneered by AA, is effective, universal, and free.

Helping others without charge is crucial for our own recoveries. It seems to be a basic factor in the entire self-help field. Dr. Leonard Borman, an anthropologist, is research associate at Northwestern University's Center for Urban Affairs. He has carefully studied the self-help phenomenon for a number of years.

(Continued on Page 4)

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

Jim H. Michelle B. Elwood A.

Michael S. Steve B.

You will be missed. May you all Rest in Peace.



# **▼ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ Volunteer opportunities**

#### **2017 INTERGROUP PICNIC** — next planning meeting is

Tuesday, August 22 at 6:45 PM at The Twelve Step House, 205 SW 23rd Street, Fort Lauderdale

#### **CARRY THE MESSAGE DAY 2017 - Free Service Fair**

Last planning meeting will be held at the 101 Club in Pompano, 700 SW 10th Street

August 5th at 10 AM

#### Planning for the 7th Annual AA'S GOT TALENT!

Performers and volunteers needed— please sign-up August 19th at 1:30 PM ~ 441 Group in Margate (Show to be held February 3, 2018)

#### **ANNUAL SPAGHETTI DINNER** hosted by District 9 General Service

Is having their first planning meeting. Go get involved! Wednesday, August 9th, 7 PM at Lester's Diner in Pompano, 1924 E. Atlantic Blvd.

# Planning for the 2017 Gratitude Dinner to be held in November

NEXT planning meeting — Sunday, August 27th at 1:30 PM at the Sober Today Club in Hollywood

#### 2018 Florida State Convention is at FORT LAUDERDALE BEACH AGAIN!!

Next Planning Meeting, if you want to Volunteer, is Saturday, August 19th from 9 -11 AM Water Treatment Facility, 2555 W Copans Road, (bldg. #2) Pompano

### SERVICE KEEPS YOU SOBER

Besides....

It's rough on the outside and smooth on the inside!

Pick up your new volunteer commitment today and be accountable to the fellowship that saved your life.



(Continued from Page 2)

"The self-help approach seems to have gotten its start from AA," Dr. Borman said when I interviewed him about three years ago. "Groups such as Gamblers Anonymous, Overeaters Anonymous, and Schizophrenics Anonymous bear an obvious resemblance to AA. There are many other self-help organizations that use similar approaches. They work when nothing else does, A danger I've observed is that when they start to become successful, they grow concerned about improving the quality of their help by adding a professional touch. This overlooks the fact that the professionals couldn't help them in the first place.

"Recently, I read a study on this development in self-help groups entitled 'The Perils of Collaboration.'<sup>[3]</sup> The title sums up the problem. Invariably, when a working self-help group moves in the direction of professionalism, it begins to lose its ability to help people. There are some critical dangers here. It worked in the first place because a bunch of amateurs got together to help themselves precisely because the pros could not help them."

In fact, professionalism, along with vast amounts of state and federal money and liberal insurance payments, has made treating drunks a high-profit industry. In order to justify the high prices that create the high profits, institutions lard their programs with the kind of therapy popular at the moment. Wherever possible, they'll sign up the drunk for outpatient therapy groups. It would be incorrect to say that the various brands of therapy coming and going with the seasons accomplish nothing at all. One thing they do with disturbing frequency is confuse the alcoholic about where his help really lies. And where it lies at any stage of sobriety is in AA, working every one of the Twelve Steps.

Dr. V. Edwin Bixenstine, a professor of psychology at Kent State University, is thoroughly familiar with our program and the role of the Steps in restoring a troubled human being to usefulness and community. Dr. Bixenstine told me, "One trouble I see with treatment programs is that they look on AA as an adjunct or an ingredient in their program. Give the patient a little AA, some Antabuse, some kind of therapy, etc. I think AA is a way of life through the Steps. The multidisciplinary approach blurs this fundamental reality. I have no confidence in any alcoholism treatments that don't create a basic change in a person's life. Therapies don't do this. AA does. That's why I'm very high on Alcoholics Anonymous for helping alcoholics live soberly and usefully. I don't see anything else around that provides AA's methods or its results."

The alcoholic who is fed this multi-disciplinary stew is lucky, indeed, if he understands the primary role of AA in his recovery. Is this what Dr. Bob was talking about? I imagine so. Let's not trade our spiritual birthright for a mess of psychiatric pottage.

I interviewed Msgr. William O'Brien, president of the board of directors of Daytop Village in New York. Daytop is a highly successful therapeutic community for drug addicts. It uses principles very similar to AA's. Msgr. O'Brien knows a great deal about what works and what doesn't work. He says, "Training in psychotherapy ill equips the therapist for helping with the problems of addiction."

When Bill, our co-founder, was offered a job at Towns Hospital as a therapist, why do you suppose every one of those early AAs said, "Bill, you can't do this to us"? Undoubtedly, Bill would have brought a flood of alcoholic business to Charlie Towns's establishment. What do you think would have happened to our Fellowship if Bill hadn't remained an amateur? With a sharply focused vision of the real roots of our recovery process, these early members saw the perils.

Helping others at no charge is the foundation of our own recoveries and of our Fellowship's continuing health and growth. Its crucial role was emphasized in a farewell letter to the AA General Service Office from a recently retired nonalcoholic trustee, Dr. Vincent Dole. He said, "My greatest concern for the future of AA is that the principle of personal service might be eroded by money and professionalism."

The path of history is strewn with the wreckage of once-vigorous spiritual movements that flourished, then floundered, and finally died. They died because they lost touch with their healing legacies. They became successful, popular, and ultimately diluted. The promise that quickened the hearts of the helpless withered and disappeared.

AA was born because there was no other help for the drunk. It didn't come into being as one of many successful methods for arresting alcoholism. It began as the only thing that offered hope to drunks like you and me. It's still the only thing.

Our experience shows overwhelmingly that our salvation is not dependent on expensive therapeutic programs. Our salvation starts with willingness to cooperate with God's power and to change through applying the Steps. The program is a road, not a resting place. In my experience, any alcoholic who will work all these Steps with a continuing, lifelong commitment will find that this program meets his needs and fulfills his dreams.

Change is not necessarily progress, and more is not necessarily better. Let's be friendly with everybody. At the same time, let's pay attention to the wisdom of the friends who are quoted in these pages. And, too, let's remember Dr. Bob's request to not louse AA up but to keep it simple and retain our healing legacy. His vision is even more important for you and me today than it was in 1950.

Have we forgotten his request?

<sup>11</sup>The Eysenck and Mendel studies are quoted in A Scream Away from Happiness, by Dan Casriel, M. D.

-- Paul M., Riverside, IL

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<sup>&</sup>lt;sup>22</sup>Psychology Today, February 1974

<sup>&</sup>lt;sup>33</sup>Mark Kleiman, in Journal of Applied Behavioral Science, Summer 1976



# August Celebrants

#### Serenity Alltogether

Don W. ~ 35 yrs. Ken M. ~ 41 yrs. Rick B. ~ 23 yrs. Peggy B. ~ 8 yrs.

#### Men in Recovery Danny C. ~ 40 yrs.

Women's Honesty Marsha Mc. ~ 21 yrs. Michele B. ~ 11 yrs. Laura P. ~ 12 yrs. Katherine C. ~ 26 yrs.

#### Joy of Sobriety Charlie G. ~ 23 yrs.

Westside Men's Scott Z. ~ 24 yrs.

#### Friends of Pat C

Christiane ~ 5 yrs.

#### Women's Step Into Sobriety

Helene H. ~ 10 yrs.

# Entirely Ready Adrienne M. ~ 30 yrs.

**Easier Softer Way** Nancy G. ~ 4 yrs.

#### Fort Lauderdale Women's

Beverly P. ~ 31 yrs.

#### **Davie Women's** Patty L. ~ 12 yrs.

#### **Broward Men's**

Max  $\sim$  3 yrs. Brian E. ~ 2 yrs.  $JD \sim 3 \text{ yrs.}$ Will ~ 3 yrs.

#### Sober Today Joe A. ~ 29 yrs.

#### **Other Notables** David S. ~ 35 yrs. John T. ~ 6 yrs.

Laura C. ~ 6 yrs. Cassie C. ~ 6 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.)

# July Celebrants-not previously mentioned

#### Express Group

Lindsey ~ 8 yrs.

#### **Free Thinkers**

Richard H. ~ 37 yrs.

#### **Thursday Night** Beginners

Tyrone ~ 10 yrs.

#### Living Young & Sober

Megan ~ 8 yrs. Scotty ~ 17 yrs. Valerie ~ 1 yr.

#### **Sober Sisters**

Laura ~ 2 yrs.

#### Pompano Beach Group—PBG cont.

Ron M. ~ 17 yrs. Debbie K. ~ 24 yrs. Liz ~ 2 yrs. Bobby ~ 1 yr. Tom C. ~ 4 yrs. Ray M. ~ 16 yrs. Miguel R. ~ 24 yrs. Robin ~ 9 yrs. Hotse ~ 29 yrs. John W. ~ 1 yr. Dara ~ 7 yrs. Trip ~ 7 yrs. Shilo ~ 8 yrs. Greg T. ~ 1 yr. Marty ~ 16 yrs. Charlie N. ~ 10 yrs.

Bob C. ~ 31 yrs. Conni B. ~ 3 yrs. Wade ~ 5 yrs. Mel ~ 13 yrs. Jewel S. ~ 21 yrs. Nick B. ~ 1 yr. Bob  $\sim 1 \text{ yr.}$ Alicia C. ~ 1 yr. Adam M. ~ 2 yrs. Glory F. ~ 10 yrs. Cindy H. ~ 14 yrs.



### DOES YOUR GROUP HAVE A LIST OF **MEMBERS' ANNIVERSARIES?** SHARE IT WITH US, SO WE **CAN HELP YOU CELEBRATE DURING YOUR SPECIAL** MONTH!

#### **NEW UPDATED** WHERE & WHENS

arriving soon.

#### **IS YOUR GROUP INFO ACCURATE?**

Make sure we give our newcomers and visitors the correct information.

#### **BCIC** - Broward County **Institutions Committee**

#### **Next Meeting:**

August 12, 10:00 AM

#### **Twelve Step House**

205 SW 23rd Street Ft. Lauderdale.

#### Next

## **Intergroup Meeting**

**Twelve Step House** 205 S.W. 23<sup>rd</sup>, Ft. Lauderdale

August 20 at 1:00 p.m.

# Recovery Word Puzzles

Answers to puzzles can be found on page 8.

VEE <u>R</u> I <u>C</u> S	Unscramble the red (or underlined)
P <u>al</u> s C I E	letters to fill in the blanks for a special message
DAME <u>R</u> H	7
<u>s</u> nopers	
DE <u>AM</u> SN	
M Y P E L O	
S O O N P A S <mark>L E</mark> N F N O R I	
<u>T</u>	
<mark>S</mark> P A B L I <u>S</u> N N E E D I	
<b>T</b> APEROPIRAP	
S <u>ee</u> ncraysil	
LIPSDR <mark>A</mark> HE <mark>E</mark>	

#### Suite 404 readers share their favorite passage....

I believe it was in May's newsletter I saw a member mention my very favorite passage from the Big Book, and it's found at the bottom of the second paragraph on page 153. And although she brought up some different points of view, for me, this statement;

"The Age of Miracles is still with us. Our own recovery proves that!",

reminds me constantly of what my Higher Power can, and has done for me, and countless others and always leads me to think, "What a message of HOPE!" This only became apparent after doing a lot of work. I was a doubter in the beginning, with very mixed thoughts and emotions about "GOD".

Early on, I hung to the words of 'The Promises', from pages 83 & 84 in the Big Book, hoping I could reach some of them. In retrospect, the one promise I focused on (pg. 84) was the idea that, "Our whole attitude and outlook on life would change." My God! How I needed that!

Over time, I came to realize that that one, and really all the other promises had occurred in my life. And, it was at that point, I knew the "Miracle" is still with us, had happened in me, and IS happening all the time! I also knew I'd become a Believer. I continue, to this day, to Believe and to Seek.

—-Ken W. Men's Independence Group

#### **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. and Bonnie T.

	der becoming a <i>"Faithful Fiver."</i> Your commitment of \$5.00 a month to your Intergroup Office will of 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:	
Email:	
Sobriety Da	ate and Home Group
	oks payable to:  bward County Intergroup, Inc., 3317 NW 10th Terrace, Suite 404, Ft. Lauderdale, FL 33309

**Suite 404** 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**.

A long time friend of Intergroup and collector of AA literature, Bruce, has gifted us with a beautiful Second Edition Big Book for our display Archives!

Thank you so much, Bruce!







# WE ARE SO GRATEFUL

for the groups and individuals who continue to support Intergroup.

We could NEVER do it without YOU!



#### **MEETING CHANGES**

#### Monday

<u>Steps to Freedom</u> which meets at Fourth Dimension Club in Hollywood, is no longer a step meeting. It is now an Open Big Book meeting.

#### Tuesday

<u>Big Book at Six</u> which was held at St. Francis Community Center in Fort Lauderdale NO LONGER meets. **Splinter Group** meets one day a week on the beach in Pompano - now at the SECOND pavilion N of pier.

#### Wednesday

**New Leaf Group** has moved to St. Joseph's Polish National Catholic Church, 5401 SW 64th Ave., Davie 33314. **Lambda Rising** is now meeting a 3rd day at Lambda South Club in Ft. Lauderdale. This meeting starts at 6 AM and is an open meditation meeting.

3rd Floor Sobriety that was meeting in Pembroke Pines NO LONGER meets.

Out of the Woods is a new meeting started at the 101 Club in Pompano at 5:30 PM. OD.

<u>Living Sober</u> which met at Ocean Breeze in Pompano, has moved **AGAIN.** The new permanent location is St. Martin's in the Field, 140 SE 28th Avenue, Pompano.

#### **Thursday**

**NEW MEETING—Downtown FTL Big Book Study** will be held at the Downtown Chabad Center at 900 E Broward Blvd. at 8:30 PM. CBB.

#### Saturday

<u>To Stay Alive Saturday Night</u> which met in Pembroke Pines has now moved to Miramar and meets at St. Bartholomew Church Hall. 8 PM, OD

#### Sunday

Positively Sober which meets at Lambda South Club is now a CLOSED meeting.

ANSWERS TO PUZZLES from page 6: service, special, harmed, persons, amends, employ, nonprofessional, functioning, indispensable, appropriate, necessarily, leadership. Let's all carry the message.

#### **Upcoming Events**

- Aug. 12 Carry the Message Day, Free service event with presentations by Intergroup, General Service and Institutions of District 9. NSU, Terry building, 3200 S. University Drive, Davie. Come pick up a service commitment. Dessert and coffee at 5:30, Speakers from each entity at 7 PM.
- **Aug. 31** Express Group Anniversary come join the group for dinner and celebration! Hot Dogs and covered dish at 6 PM. Meeting at 7 with multiple speakers. Free to all. Raffles.
- **Sept. 9** Annual Spaghetti Dinner hosted by District 9. Dinner and dancing with a Meatball contest. Dinner 6 PM, Speaker meeting at 8 PM. \$8 presale, \$10 at the door, NSU, Terry Bldg., 3200 S. University Drive, Davie.
- Sept. 14- Seniors in Sobriety International Conference, Van Nuys, CA. Early registration is 17 \$35. for more info please email sisregistrar2017@gmail.com or call Intergroup. Workshops, speakers, Alanon participation.
- Sept. 18 Women's Honesty 45 Year Anniversary Dessert Party, women only celebration. St. James in the Hills Episcopal Church, 3329 Wilson Street, Hollywood, 7 PM. Please bring a dessert to share.
- Oct. 1 42nd Annual Intergroup Picnic Snyder Park, Caldwell Pavilion, 3299 SW 4th Ave., Fort Lauderdale. 11 AM 4 PM, Food, Live Band, Raffles, Volleyball, Kids Games, Speakers at 2 PM. \$8 at gate Advance sales 2/\$15 Kids under 12 eat free.
- Oct. 6 S. Fla. Area 15 Quarterly Assembly hosted by District 9, Marriott North, Cypress
   8 Creek Road, Fort Lauderdale. This is a free service event with workshop and speakers.
  - Come see the 3rd Legacy in action. Business meeting on Sunday morning.