



# Suite 404

BROWARD COUNTY INTERGROUP, INC.

Oakland Commerce Center

3317 NW 10<sup>th</sup> Terrace, Suite 404

Fort Lauderdale, FL 33309

Phone 954-462-7202, 954-462-0265; [www.aabroward.org](http://www.aabroward.org)



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**STEP 12: "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."**

## Step Twelve: Inward, Outward, Upward

Thinking about the Twelfth Step brings to my mind our Three Legacies of Recovery, Unity, and Service. These make up my unwritten IOU to Alcoholics Anonymous.

"Having had a spiritual awakening as the result of these Steps... This, for me, is the inward result of working the program. As a result of taking the Twelve Steps to the best of my ability, I have been changed on the inside. Major defects of character have been reduced in intensity and more minor defects have been removed. This is not to say that I am perfect--far from it! I still have a long way to go, but by the grace of God and by the principles of this program I have come a long way, too. I still like to go through "seasonal house cleanings," which the "Twelve and Twelve" talks about in chapter ten. Being human, I am going to make mistakes, I am going to have good days and bad days; I will screw up. But this is all okay. It is all part of the learning and growing experience in living sober.

I am able to look in the mirror and accept myself, like myself, and even laugh at myself. This has been brought about by the program of Alcoholics Anonymous and God as I understand him.

Thus we have the I of the IOU. This is Recovery, the first legacy.

". . . We tried to carry this message to alcoholics. . ." for me refers to the outward working of the program--carrying the AA message. Well has it been written, "When all else fails, work with another alcoholic." In working with others, I am taking out insurance against taking that first drink. By caring and sharing with others, I provide a firmer foundation for my own program and I get out from myself and away from my own little selfish world where I am the center of the universe. Each time I try to carry the message to another alcoholic whether by Twelfth Step calling, answering the phone, or making coffee and cleaning up the AA meeting room, I am helping myself. It is not up to me to keep anyone else sober; it is up to me to keep myself sober (with God's help, of course). This is Service, the second legacy, in its most basic form. Thus we have the O of this IOU.

### INSIDE THIS ISSUE

Tradition Twelve	2
Readers Share	6
Puzzle	5
Anniversaries	5
Opportunities	7
Meeting Changes	8
Upcoming Events	8

***The Holidays Are Coming!  
No time to shop?  
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email: [help@aabroward.org](mailto:help@aabroward.org)***

## Concept XII

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

## **Tradition 12: "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."**

### **A Spiritual Exercise**

#### **Exploring the Traditions**

Tradition Twelve seems like a Step to me. It's so spiritual in its focus on anonymity. Someone said it well: "What is shared in meetings is more important than who said it."

The hard part for me is to remember that I, too, am a personality. When I start thinking that what I share is really important, that people really need to hear me ... well, I've put my own personality before the very principles I am attempting to convey. I start to think of myself as being uniquely capable of transmitting the message of recovery from alcoholism. Suddenly, I am the person everyone needs to hear!

Sure. How boring. Yet, predictable. As a lifelong know-it-all, people-pleaser, caretaker, mind-reader, problem-fixer, and control freak, I am incredibly susceptible to believing my own propaganda. Of course, pretty soon someone lets me know that I am really very dispensable, and my input or advice isn't needed, thank you very much. When I go to meetings, I am reminded that I am one among many. This is truly a "we" program.

Other people's recovery doesn't depend solely on me. There are so many terrific people in the program who can help other alcoholics, including me.

—Julie E., Maplewood, New Jersey—

*Grapevine Online Exclusive*

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Continued from Page 1

". . .and to practice these principles in all our affairs." Now we come to the upward result of the program. It is referred to as "growing up." When I poured alcohol into my system as an immature teenager, then later as an immature adult, I stunted my own emotional and spiritual growth. This even affected my mental growth. I look back to my post-secondary education, and I see that the lowest mark in my first term was higher than my highest mark in the second term. I was already an active alcoholic in my second term.

Thus, I cannot say that I experienced much that might be seen as emotional or spiritual maturity. I was ego-driven and self-centered even well into my sobriety. At times I must still keep my ego in check. If I don't, others might help keep it in check (isn't that what sponsors are for?). So, for me, an important part of my recovery is about finally starting to grow up after all this time. This is the U part of the IOU.

I relate this to the third legacy of Unity. This is mainly because of the Twelfth Tradition which states: "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities." In trying to practice these principles, I am maintaining my recovery and a spiritual way of life which works "come hell or high water." My own recovery depends on AA unity (Tradition One). I shudder to think where I might be today if not for AA.

This comprises the gist of my IOU to Alcoholics Anonymous. I trust that this is a "forgivable loan." As long as I do my part in AA to give away what I have received, I am contributing to the "principal" of this trust. Maybe I will never be able to repay all I have received from Alcoholics Anonymous, but I can certainly do my part to help the still suffering alcoholic.

—Norman C. Winnipeg, Manitoba—

*Grapevine Online Exclusive*

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

# Keeping it green

## Life is again worth living, a hopeful newcomer finds

I've only been in Alcoholics Anonymous a short time and I'm coming up on four months. Some would say, "Just shut up and listen" to us newcomers, with our drunkalogs and self-pity and, in some cases, they would be right. But I feel we have something important to contribute. We're still very green and vulnerable. Like flowers, we are blossoming and wanting to share our strength and hope for a sober future.

In my 33-year drinking career, I never could have imagined a day without alcohol of one sort or another. But thanks to this program, my short stay in rehab and you people, I have a whole new outlook on life. I am growing stronger every day and now have hope for a brighter future, free from the bondage of alcohol. I say the Serenity Prayer daily--believe me, it is a necessity. I'm learning when to shut up, to stop trying to run the show and to accept each day as God's will.

This makes life a whole lot easier. By keeping an open mind to the fact that I am an alcoholic and that I can't control people or situations around me, I'm slowly learning to go with the flow. I am very grateful to AA for the world of wisdom being passed on. There is comfort in the knowledge that I'm not alone in this fight. Life is again worth living. I can laugh again and I don't have to be drunk to do it. I am no longer running away from my problems but instead facing them head on, with a new strength and courage.

I can't wait to be able to inspire another newcomer someday to open her heart and mind to this new peace I have found. There is hope and I got that at these tables. You also need openness to find your Higher Power. In the first few weeks, I found that power in my fellow alcoholics who shared their experiences with me and made me feel welcome. It was overwhelming at first, but much better than the isolation I felt when sinking into a bottle for relief from self-hatred or whatever my problem was that day. I never really needed an excuse to drink. It's not even like it made me feel good. Toward the end, all I felt was numb and dead inside.

Then I started to pray--not those phony, self-indulgent ones, either, like, God, just get me out of this and I'll never drink again (as I'm throwing up). Those days of hugging the toilet are over. Now I wake up, get on my knees and truly thank God for another day sober. Then I ask for guidance in the hours to come.

It isn't always easy, but the problems I approach don't send me running to the liquor store anymore. So I'm going to keep on coming back with my ears ready to catch some information to keep me on track, and an open heart for God's love and guidance.

Without that I'd be a lost soul. Thanks again for giving me a safe haven; I don't have to feel alone. One last thing that came to mind the other night was the phrase, "You can't teach an old dog new tricks." Yet here we all are, living proof that indeed you can. With catch phrases like "Easy Does It," "One Day at a Time" and "Keep It Simple"; and with, of course, the Serenity Prayer, I'm going to keep coming back, because this works.

—Sue E., Hammond, Ind.—

### **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.

## **Twelve Tips for a Sober, Joyous Holiday Season**

Holiday parties without alcohol may still be a dreary prospect for new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober. Here are some tips:

1. Line up extra A.A. activities — meetings, speaking, phone answering.
2. Entertain A.A. friends, especially newcomers.
3. Keep A.A. phone numbers with you at all times—and USE THEM!
4. Find out about special holiday parties, meetings, or other events at groups in your area, and go. If you're shy, take a newer member.
5. Skip drinking occasions you're nervous about. Remember your drinking talent for making excuses? Put it to work for you in sobriety.
6. If you must attend a drinking party, and can't find a fellow A.A. to come with you, keep some candy handy.
7. You don't have to stay late. Plan for an "important date."
8. Go to church. Any Church.
9. Don't sit around brooding. Catch up on reading, letters, walks.
10. Remember, one day at a time. Don't start now to worry about all those "holiday temptations."
11. If you can't give material gifts this year, you can give love.
12. "Having had a ..." You already know the Twelfth Step!

### **Meeting Space Available**

**In Margate**

**7th Day Adventist Church**

**1100 S. State Road 7 Margate, FL 33068**

**Contact: Pastor Andrew Nugent, Phone: 954-247-1684**

**One room available, Monday—Friday, seats about 25 people**

**Another room available, Monday—Friday, seats about 35 – 45 people**

### **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.



# A.A. Birthdays

## December Celebrants

### Focus on Sobriety

Amy M. ~ 6yrs.

### One Day at a Time

Debbie G. ~ 4yrs.

Ernie B. ~ 29yrs.

### Lunch Bunch

Irish Mike ~ 5yrs.

Rob ~ 10yrs.

Allen ~ 22yrs.

Nancy ~ 26yrs.

Jim ~ 28yrs.

John ~ 40yrs.

### Davie Woman's Group

Suzanne J. ~ 10yrs.

### You Are Not Alone

Sarah ~ 19yrs.

Ben W. ~ 7yrs.

Wayne S. ~ 6yrs.

Paul W. ~ 11yrs.

### Oakland Park

Kym B. ~ 6yrs.

David R. ~ 23yrs.

### Meeting in Print

Vicky F. ~ 6yrs.

### Men in Recovery

Anthony B. ~ 9yrs.

Billie O. ~ 6yrs.

Roy K. ~ 6yrs.

### Saturday Morning Awareness

Beth M. ~ 11yrs.

Chris ~ 14yrs.

Charles R. ~ 3yrs.

### Free And Easy Group

Arnie ~ 2yrs.

Jodi ~ 9yrs.

Helen O. ~ 31yrs.

### Mountain Group

Jim B. ~ 4yrs.

Philip R. ~ 5yrs.

Mike B. ~ 10yrs.

Christine H. ~ 11yrs.

Mark J. ~ 18yrs.

Cindy K. ~ 26yrs.

### 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 this year. 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.  
3317 NW 10th Terrace, Suite 404  
Fort Lauderdale, FL 33309

**The Intergroup Office will be closed Monday, December 26th for the Christmas holiday, and Monday, January 2nd for New Years**

### BCIC Broward County Institutions Committee

Next Meeting: December 10<sup>th</sup>  
10:00 a.m. at the Twelve Step House,  
205 SW 23rd St., Ft. Lauderdale.

### Intergroup Meetings

Are held at:

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

### Upcoming Meetings

**December 18<sup>th</sup>**

at 1:00 p.m.

### 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 Ave. Suite 404  
Ft. Lauderdale, FL 33309  
954.462.7202

### BCIC

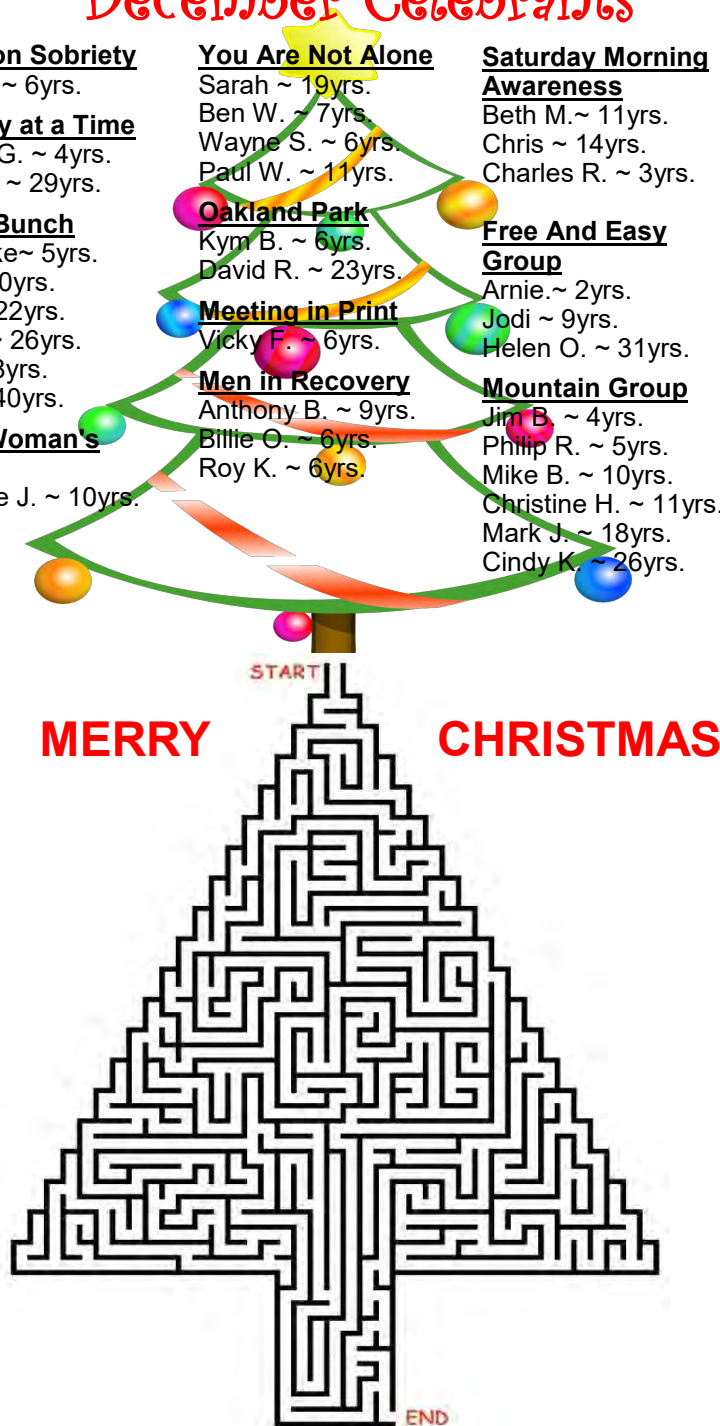
P.O. Box 22701  
Ft. Lauderdale, FL 33335

### 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



**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](mailto:help@aabroward.org) or [will@aabroward.org](mailto:will@aabroward.org)**

## Suite 404 readers tell us about their favorite passages in AA literature

My favorite passage in AA literature comes from chapter 4 "We Agnostics" in our basic text, Alcoholics Anonymous.

I'd been in AA for over 20 years and I felt like my life was falling apart. I felt worse than when I came into the program. The main reason for that is, I had failed to complete my step work. I made several attempts over the years but couldn't seem to get past making a partial 4th step list. Through a friend I found my way to a Big Book Step Study; a very structured way to do one's steps. It's what I needed at the time. I found a sponsor in those meeting who had completed his steps. My directions at first were to read the first 64 pages in the Big Book highlighting what I felt spoke to me and look up words in the dictionary to understand their meaning. He also had me read a 2 paragraph passage known as, "the bedevilments" on page 52 every morning as my daily reading.

*"We had to ask ourselves why we shouldn't apply to our human problems this same readiness to change our point of view. We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people— was not a basic solution of these bedevilments more important than whether we should see newsreels of lunar flight? Of course it was.*

*When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work. But the God idea did."*

This passage spoke to me when I needed it most. I was finally able to see where I was and where my own self-will had taken me in the first paragraph. I found the second paragraph to be the road map forward. As I followed the directions laid out by my sponsor and stopped relying on my own self-will my life started to change for the good.

—Terry P., Wilton Manors, FL—



**Wishing all our Friends  
A Joyous Holiday Season**

**Come Join Us For All Of  
Your Sober Shopping Needs  
3317 NW 10th Terrace Suite #404  
Fort Lauderdale, FL 33309**

**Suite 404** 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 thoughts and experiences with A.A.**

**Contact us at [help@aabroward.org](mailto:help@aabroward.org) or [will@aabroward.org](mailto:will@aabroward.org)**

**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 J., Ron J. Bob H., Anonymous I,  
Bobby V., Janet M., Elizabeth B., Happiness Is Group, Lillian M., Tim S.,  
Milinda B., Barbara S., Lois O., Richard H., Richard S., Sam B., Mark S.  
Howard S., Douglas C., Jennifer S., Ted K., the other Bob H., Carol B., June C.,  
Bob H., Pat R., Leslie R., Eric P., Tara D., Nancy S.  
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. 3317 NW 10th Terrace, Suite 404, Ft. Lauderdale, FL 33309

## Service Opportunities

Broward County Intergroup's 6<sup>th</sup> Annual

### *AA's Got Talent*

*We need volunteers....bring your talents to us...*

*We welcome singers, dancers, comedians, musicians to sign-up:  
(Excluding bands due to time limitation of equipment set-up /break-down)*

To get involved attend the next planning meeting:

**Saturday, December 17<sup>th</sup>, 1:30 p.m.**

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

## 2018 STATE CONVENTION LOGO CONTEST

**"Waves of Serenity"**

**Deadline: December 12, 2016. Direct any questions to Adie at  
data2018fsc@gmail.com**

## Intergroup Appreciation Banquet is Looking for Volunteers

**Attend one of our Planning Meetings to get Involved**

**First Meeting: January 11th, 6p.m. at the Intergroup Office  
3317 NW 10th Terrace, Suite #404**

## MEETING CHANGES

### Monday

**Meditation In Practice**, 7:30p.m., Sanctuary, 1400 N. Federal Hwy, Fort Lauderdale, FL **No longer meets.**

### Tuesday

**NEW MEETING Veteran's In Recovery**, 7:00p.m., Fellowship Recovery Center, 5400 W. Atlantic Blvd. Margate, FL 33063 CCCm

**NEW MEETING Splinter Group**, 9:00a.m., First Pavilion On Beach, North Of Fishing Pier, Pompano, FL

**NEW MEETING Pompano Young People**, 8:00p.m., 3765 NE 18th Terrace, Pompano Beach, FL. OBBD

### Wednesday

**NEW MEETING 3rd Floor Sobriety**, 5:30p.m., Pembroke Professional Centre, Suite 383, 9050 Pines Blvd. Pembroke Pines, FL 33024 OBB

**NEW MEETING Solution By The Sea**, 8:30p.m., 2035 Harding Street, Hollywood, FL 33020 OLTSP

### Thursday

**Living Young & Sober**, 7:30p.m., The Hope Spot, 218 Dania Bch. Blvd., Dania, **Is Looking For A New Home.**

### Friday

**Friday Night Step Series**, 8:00p.m., Sober Today Club, 1633 S. 21st Ave., Hollywood, FL 33020 OSS

## Groups we love your contributions!

We are looking for groups that would like to contribute  
a gift basket to be raffled off at our

## 54<sup>th</sup> Annual Volunteer Appreciation Dinner, April 22<sup>nd</sup>

Tropical Acres Restaurant, 2500 Griffin Road, Ft. Lauderdale, FL. Contact us: 954-462-0265

## Upcoming Events

- Dec. 3    General Service, District 9, Winterfest Dinner & Ice Cream Social**, NSU Cafeteria, 3200 S. University Dr., Davie. 6:00 p.m. Dinner, Speaker. \$8.00., In Advance, \$10.00, at The Door, Bring a newcomer! **NSU** is a totally smoke-free facility.
- Dec. 3    Pride 5:45, 6th Anniversary Party**, 5:45p.m.- 8:00p.m. Special Anniversary Speaker, Followed by Dinner and Dancing. Pride Center 2040 N. Dixie Hwy., Wilton Manors. Please bring your favorite dish, ready to serve, with utensils.
- Jan.19-22    2017 Spacecoast Round-up**, Radisson Resort at the Port, 8701 Astronaut Blvd. Port Canaveral. Registration \$30.00 thru January 11th., \$35.00 after. For more info. go to [www.aaspacecoast.org](http://www.aaspacecoast.org).
- Feb. 4    6th Annual AAs Got Talent**, Coral Springs Charter School, 3205 North University Dr. Coral Springs. Contact organizers at: [AATalent2016@gmail.com](mailto:AATalent2016@gmail.com). Tickets \$10.00. Adults only. Coffee and desserts!
- Mar. 17-19    SoberStock 2017**, Camp Brorein, 16901 Boy Scout Rd., Odessa, FL. Three days of speakers, meetings, bands, food & fellowship. Weekend \$40.00 per person, \$50.00 at the gate. For more info. Visit [www.soberstock.com](http://www.soberstock.com).
- Mar. 15-19    Florida Roundup 2017**, The Deauville Beach Resort, 6701 Collins Avenue, Miami 33141. Registration \$70.00, For more info, or to register, go to: [floridaroundup.org](http://floridaroundup.org).
- April 22    54th Annual Intergroup Appreciation Banquet**, Tropical Acres Steak House, 2500 Griffin Rd., Ft. Lauderdale. 6:00 p.m. to 11:00 p.m. Dinner, Speaker meeting. \$40.00. per person, \$400.00 minimum must be paid to reserve a table. Save the date! Tickets available soon.