

# Suite 404

BROWARD COUNTY INTERGROUP, INC.

Oakland Commerce Center

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

Fort Lauderdale, FL 33309

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

VOLUME 2  
FEBRUARY, 2016

**Step 2 — “Came to believe a power greater than ourselves could restore us to sanity.”**

## Step Two - The Power of the Good

There was a time when I blitzed through the Twelve Steps because I wanted to get well in a hurry. I reasoned that if these Steps were the program for recovery, well, I'd just recover that much sooner and stop hurting.

That was several years ago. I still feel despondent and hurt from time to time. I also still have my moments of insanity, during which I seem deliberately to do each one of the items on my checklist of no-nos, even though I know better. For instance, I take myself far too seriously, try to change the things I can't, try to do everything by yesterday, believe I can do it alone, hang on to resentments, put first things last and generally procrastinate, seek out and dwell on the negative aspects of events or persons, expect too much, and accept too little. You get the idea.

Just now is such a time. But despite all appearances (and as I was told in AA meetings but never quite believed), my worst moments sober are still far, far better than my best moments drunk. At least, today I know I'm not going to have to lie about my drinking, mouth off to a friend or employer, pass out, or black out, any of which would make tomorrow impossible to face and would require another day of anesthesia, ad infinitum.

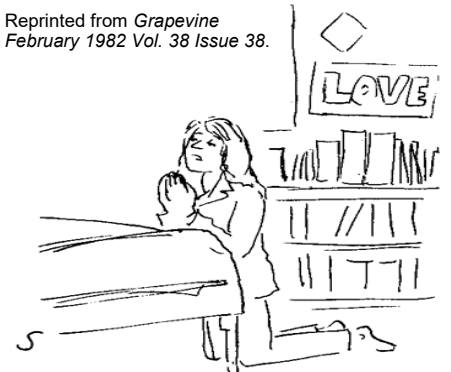
I don't have to cringe from the future these days, thanks to AA. More than the physical retching, throbbing headaches, and all, I remember the paranoia. I skulked around avoiding family, friends, associates, and neighbors, wondering what I had done the day before and absolutely certain they were all talking about my drunkenness and conspiring to put me away. I'm plenty grateful to be free of that! At the moment, there are three facts of life I am trying to learn to accept.

First, recovery comes slowly for good reason: to teach me persistence, perseverance, and patience, all qualities I lack. Blitzing through the Steps before I was mentally and emotionally competent was just another sign of my impatience. I need to work on the Twelve Steps continually, for as my head clears, my emotions stabilize, and my self-honesty improves, I find more garbage I need to rid myself of.

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February 1982 Vol. 38 Issue 38.



*“To whom it may concern . . .”*

## Concept II

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

**Tradition Two — For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.**

## **Tradition Two: Power To The Powerless**

As with all the Traditions, my understanding of Tradition Two has grown out of my personal experience with the underlying principles--usually as the result of making mistakes!

The first mistake I can recall having to do with Tradition Two was placing the leaders of my home group on a pedestal, expecting them to be perfect. Instead of realizing they were simply recovering alcoholics like me, trying to serve the group to the best of their ability, I thought they were authorities on AA.

This was based on my experience prior to sobriety. In any organization with which I was familiar, the leaders--teachers, preachers, bosses, etc.--made the decisions and enforced the rules. They had the power! It took a certain amount of disillusionment and disappointment for me to realize that in AA, we all are powerless--our guidance must come from a higher power.

Another early mistake was thinking that the group conscience was always a majority vote, that AA was a democracy, and the majority rules. But this Tradition doesn't say the ultimate authority is the majority opinion! Sometimes our Higher Power speaks through the minority voice in such a compelling way that the group conscience becomes clear--even to those of us who think just the opposite.

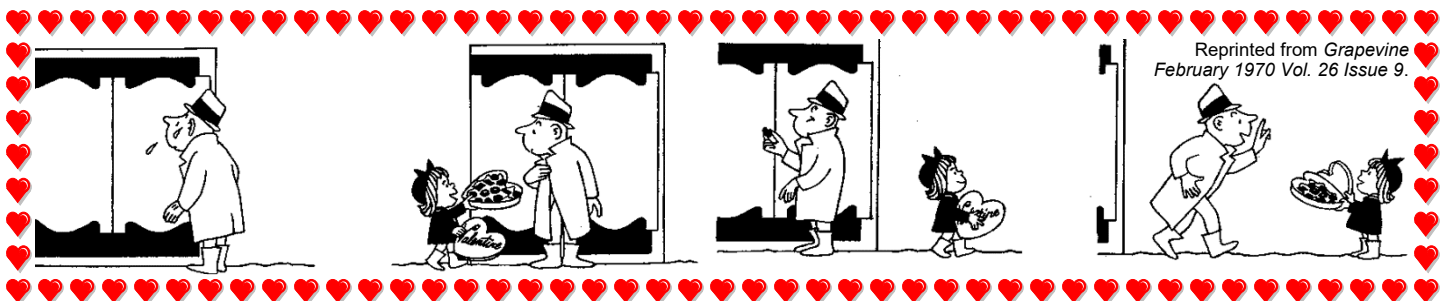
Perhaps the most important lesson I have learned about Tradition Two involves a word not even mentioned in it: responsibility. When I'm trusted to serve Alcoholics Anonymous, that trust imposes a personal responsibility. No one can compel me to do anything in AA, but if I fail to accept responsibility for my own actions I almost surely will drink again. At the very least I will fail to grow spiritually and will not realize the immense blessings available through working this program.

This is true in any area of service. If I'm coffee maker, my responsibility is to ensure that coffee is available to the arriving members of the group. If I'm a door greeter, I can only greet people if I am on time. In any service position within AA, I'm given great freedom to do my job in the way I feel will best accomplish our goals. But with that freedom comes the responsibility of working within the guidelines and budget of my service structure as well as the Traditions and Concepts of AA.

Always Tradition Two brings me back to the basics: no matter what responsibility I have, no matter what trust is placed in me, or I place in others, our ultimate authority is a higher power as expressed in the group conscience. My job is to share, to listen, and to serve.

—Mickey H. Springville, UT—

*Reprinted From AA Grapevine  
February 1998 Vol. 54 No. 9*



*Reprinted from Grapevine  
February 1970 Vol. 26 Issue 9.*

### **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.

Continued from Page 1

Second, hurting is part of getting better. I had anesthetized myself from feeling real emotions, from experiencing painful situations, and from developing any solid relationships with family and friends. Now, resuming an emotional and spiritual growth interrupted early in my teens with the onset of alcoholism, I am finding that this growth is sometimes painful. I need to learn to accept these growth pangs, along with whatever else life throws my way, as necessary for my growth.

Third, understanding that there is a Higher Power active in my daily life is necessary to my continued sobriety and serenity. I thought I had no problem taking the Second Step. As a youngster, I'd been given a good religious background, and I did not need to come to believe. I already believed (or so I thought). In a later study of the Steps, I paused at that one and pondered it: "Came to believe that a Power greater than ourselves could restore us to sanity." I hadn't really taken that Step. Just to be safe, I turned to Chapter Four in the Big Book, "We Agnostics." I'd skipped that part before, since I didn't consider myself an agnostic.

Then I realized that had my belief in a Higher Power been stronger and viable before, I probably never would have followed a style of life that made it possible for me to become an alcoholic. So I needed to work Step Two. I saw that the phrase was "came to believe," not "already had a belief," or some such misreading.

The "sanity" part of "could restore us to sanity" was no problem. I had persisted in drinking in the face of overwhelming and painful evidence that I couldn't drink normally--what else but insane?

My mind fixed on "Power. . . could restore. . .," and I perceived that I had only to come to believe in order to receive active help from this Power greater than myself. Through this Step, the founders of the AA program were telling me a simple truth: Those successful in AA had developed, as an active part of their recovery, a belief in a Power outside themselves that was evident and active in their daily lives.

The wisdom of the founders in not being more specific about the form of this belief had once been lost on me but now became quite clear. This belief has to be arrived at individually, often through a gradual spiritual awakening of the type William James called "educational," in terms of one's own needs and experience, and in a way that is practical for each individual. This power of the good, which I choose to call God, is not my earlier abstract concept, taken down from the shelf from time to time and dusted off when things got rough; it is a useful, practical, and active force for good in my life.

Having come to this point with Step Two, there was no turning back. Step Three followed logically: If God as I understood Him was an active force for good in human affairs, I should have no fear of turning my will and my life over to His care. And Step Eleven, reminding me to actively maintain this newfound awareness, suggested that I could improve this consciousness by praying to know and do His will.

— D. S. Honolulu, Hawaii—

*Things we cannot change,  
He will be missed by all who knew him.  
Bob B.*

### **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.

# Bernie's Big Arrival

## If you're new in town and you're waiting for special treatment, pick up a broom

I was talking to Otto M., a dear friend from high school one day, when he looked at me and said, "So you don't think you should give back what was so freely given to you?" What had precipitated this comment was a statement I had made about not celebrating my upcoming 20th anniversary with my home group. The truth was that I really didn't have a home group.

Obviously, when I moved to Florida in 1979, the General Service Office in New York hadn't sent an advance notice that I, Bernie L., was moving to the area and should be welcomed with all the pomp and circumstance that a sober member of Alcoholics Anonymous with 10 years under his belt deserved. After all, hadn't Ray H. and his wife Penny and a few other "youngsters" (including myself) with only a little over a year of sobriety formed a new group? Hadn't I, an active member of the group, run to the General Service Office in the city to gather all the books, pamphlets and other things needed to outfit the group?

We felt we had nothing more to learn from the old-timers at our meeting. They were mostly bald-headed men and blue-haired women. Sure, they had embraced us when we first came dragging our butts into the rooms. But after all, we were only in our late 20s or early 30s. They must have been 50 or 60 plus. We really had nothing in common with those old-timers. What did they know about life in the late '60s and early '70s?

The one exception of course, was my sponsor Warren K., the wisest person I'd ever met and the last person I'd have chosen to be my sponsor. As a matter of fact, I didn't choose him; he came over to me at the end of my first meeting and told me he was going to be my sponsor. We were polar opposites. I was young, he was not; I was slim, he was definitely not; I was working in Manhattan and fashionable, and Warren was definitely not a slave to fashion; I was a type A personality, Warren was a D. To steal a line from Casablanca, "It was the beginning of a beautiful friendship." It was also the beginning of a new way of life for me, and happily by extension for my family.

The first meeting I attended in my new Florida hometown was anything but memorable. After introducing myself to a few people standing around smoking outside the room, I was ignored. Same thing happened inside. After the meeting everyone scattered. So much for the meeting before and after the meeting. I refused to get a resentment over this standoffish snub. I had attended many meetings in the past where the topic of discussion was resentments and how as recovering alcoholics we cannot afford to keep or harbor them.

I was working as a car salesman south of where I lived, so I started attending meetings down there. As I sometimes had to work until 9 p.m., I started attending a lot of candlelight meetings. I grew comfortable: I didn't need those stuck up cliques in my new hometown.

But Otto's remarks stayed with me. Who the heck was he to take my inventory? How dare he call me a leech that just took and did not give back? Sure he had gotten sober a few years before me, but he had also gone back out more times than I could remember. He had moved from Long Island, where we had both gotten sober, to California, to North Dakota, then back to Long Island, then back to California, then to Texas and Illinois and finally, Arizona. He had taken the old geographical cure, which obviously took some time to work. However, God bless him, he kept coming back to the rooms of AA. Remembering the time we "youngsters" had started a meeting to get away from the "old-timers" back in New York brought tears to my eyes.

Continued on Page 6

### **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.**

3317 NW 10th Ave. Suite 404  
Ft. Lauderdale, FL 33309  
954.462.0265  
**BCIC**  
P.O. Box 22701  
Ft. Lauderdale, FL 33335

### **Area 15 General Service**

Treasurer, P.O. Box 206  
Bradenton, FL 34208  
941-266-0609

### **District 9 General Service**

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



# A.A. Birthdays

## February Celebrants

### Oakland Park Group

Will R. ~ 11yrs.  
Al S. ~ 17yrs.  
Jerry N. ~ 14yrs.  
Pete B. ~ 28yrs.  
Mike L. ~ 38yrs.  
Sandy P. ~ 45yrs.

### WBC Lunch Bunch

Brad ~ 3yrs.  
Alex ~ 4yrs.  
Franz ~ 5yrs.  
Meko ~ 5yrs.  
Steve ~ 6yrs.  
Joe ~ 24yrs.

### Focus on Sobriety

Cheryl S. ~ 9yrs.  
Stephanie R. ~ 7yrs.

### Early Risers

Winnie W. ~ 30yrs.

### Westside Men's

Bob H. ~ 13yrs.  
Greg G. ~ 8yrs.

### Mountain Group

Kathy L. ~ 34yrs.  
Joan H. ~ 30yrs.  
Mike J. ~ 30yrs.  
Tommie D. ~ 55yrs.

### Riverside Group

Howie K. ~ 35yrs.

### Meeting In Print

Art P. ~ 33yrs.  
Bruce W. ~ 34yrs.  
Gregg G. ~ 25yrs.  
Steve G. ~ 31yrs.

### One Day At A Time

Jim R. ~ 59yrs.

### You Are Not Alone

Dave K. ~ 9yrs.  
Mark L. ~ 11yrs.

### Ft. Lauderdale

#### Women's

Priscilla M. ~ 14yrs.

### Men in Recovery

Bill B. ~ 14yrs.  
Larry T. ~ 45yrs.  
Brian L. ~ 6yrs.

### True Self

Warren B. ~ 32yrs.  
Steve G. ~ 31yrs.  
Don B. ~ 31yrs.

### Live Laugh Love

Sherri D. ~ 7yrs.  
Stephanie ~ 4yrs.

### Ft. Lauderdale Men's

Whitey H. ~ 36yrs.

### East Naples Men's

Pete H. ~ 26yrs.  
Ted J. ~ 17yrs.  
Ed B. ~ 15yrs.  
Jason J. ~ 12yrs.  
Robert F. ~ 12yrs.  
Josh F. ~ 9yrs.  
Joe L. ~ 8yrs.  
Ralph ~ 7yrs.  
Mike B. ~ 7yrs.

### Sat. Morning Awareness

Ryan T. ~ 2yrs.  
Ann P. ~ 24yrs.  
Jon J. ~ 34yrs.

### Serenity All Together

Ernie F. ~ 29yrs.  
Jon K. ~ 14yrs.

### Sober Today Group

George G. ~ 9yrs.  
Thomas G. ~ 31yrs.  
Bill D. ~ 31yrs.

### January Celebrants

(not previously submitted)

### 12&12 Group

Deborah H. ~ 20yrs.

### One Day At A Time

Umberto ~ 2yrs.

### 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



Reprinted from Grapevine  
January 1972 Vol. 28 Issue 8.

"We could easily pack this as a unit."

### Word Scramble Step Two

1. mnteegrovn \_\_\_\_\_
2. ryanhac \_\_\_\_\_
3. freenoecc \_\_\_\_\_
4. huyrittao \_\_\_\_\_
5. seencincoc \_\_\_\_\_
6. letmatiu \_\_\_\_\_
7. tinymori \_\_\_\_\_
8. vetnarss \_\_\_\_\_
9. heepsdialr \_\_\_\_\_
10. hhugfoultt \_\_\_\_\_

(answers on page 6)

### BCIC Broward County Institutions Committee

**Next Meeting:** February 13<sup>th</sup>  
10:00 a.m. at the Twelve Step House,  
205 SW 23rd St., Ft. Lauderdale.

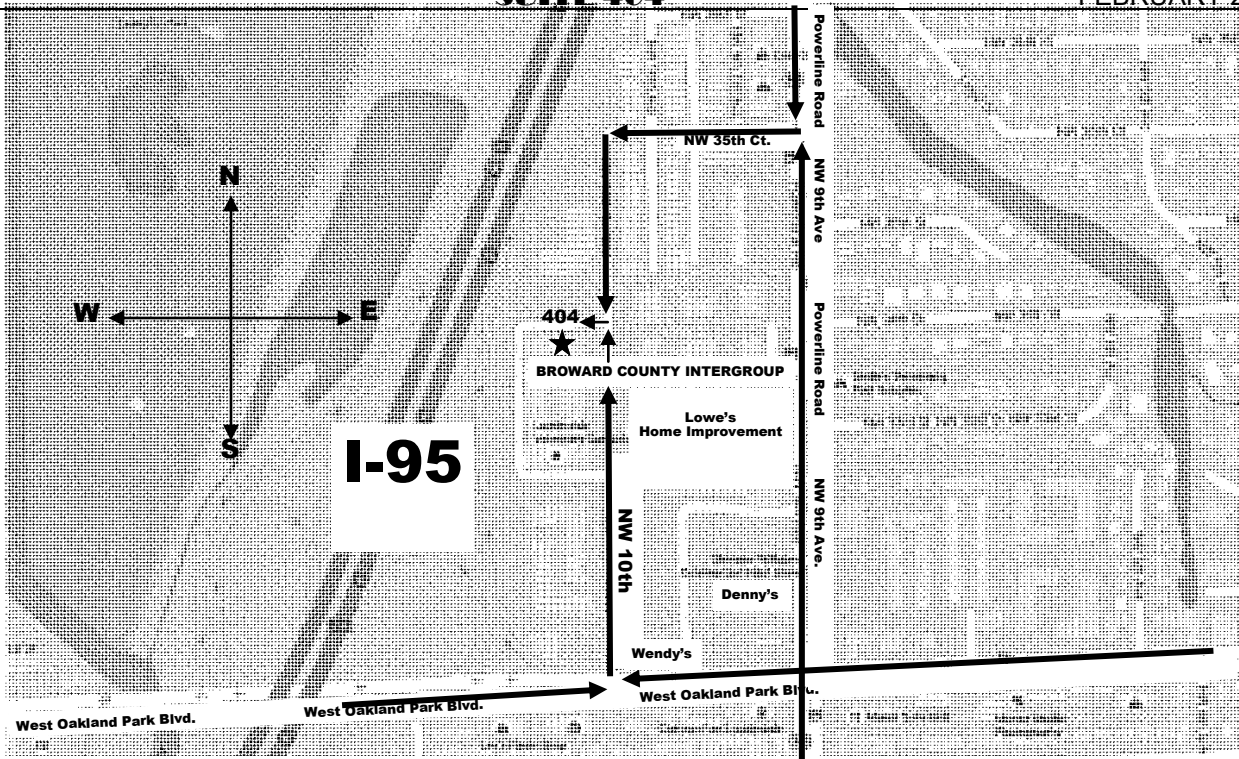
### Intergroup Meetings

Are held at:

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

### Upcoming Meetings

**February 21<sup>st</sup> – March 13<sup>th</sup>  
at 1:00 p.m.**



## INTERGROUP HAS MOVED

### New Address

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

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At the first meeting of that new group, the old-timers from our former group showed up to share their experience, strength, wisdom, and yes, hope. I'll never forget how, with their suggestions and gentle prodding, they kept us on track during that all important beginning.

So I listened to Otto and signed up as a member of this Florida group that I felt had snubbed me 10 years earlier. I showed up for anniversary night to celebrate my 20th year of sobriety. I cleaned the ashtrays (though I don't smoke), helped clean up after the meetings and made myself useful. When they called out my name, most people had no idea who Bernie L. was. After that night, I became very active there, serving at different times as greeter, chairperson, treasurer, secretary, Intergroup rep, and yes, volunteering to make coffee. When no one else would volunteer, I always made sure I grabbed a newcomer to help me. What better way to meet the members of a group?

This past January when I picked up my 45th year medallion, I gave a silent thanks to my old friend Otto M., who sadly passed away, but died sober and a very active member of AA in the Phoenix area. Because of Otto, I'm giving back what was so freely given to me, especially by my first sponsor, Warren K., and those wonderful old-timers in my first few years.

—Bernie L., Coral Springs, Fla. —

### Answers from page 3:

1. government 2. anarchy 3. conference 4. authority 5. conscience
6. ultimate 7. minority 8. servants 9. leadership 10. thoughtful

***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., 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., 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. 3317 NW 10th Terrace, Suite 404, Ft. Lauderdale, FL 33309

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

My favorite passage from the: Big Book (page 86, "Into Action")

"When we retire at night, we constructively review our day. Were we resentful, selfish, dishonest or afraid? Do we owe an apology? Have we kept something to ourselves which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life? But we must be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. After making our review we ask God's forgiveness and inquire what corrective measures should be taken."

The reason I like this passage is because of what I learned on page 62. "Selfishness - self-centeredness! That, we think, is the root of our troubles." Seeing and doing what I can pack into the stream of life, not always what I can get out of life, has been my focus since I got sober.

--Philip S. Fort Lauderdale--

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

***AA's Got Talent***

Saturday, February 6, 2016

6:00pm-check-in, coffee, please bring a pick-up dessert

7:00pm Talent Show-\$10 in advance only-limited seating

**Coral Springs Charter School**

3205 North University Drive, Coral Springs, FL 33065

*(Adult only event)*

## MEETING CHANGES

### Wednesday

**Chickee Group**, 8:00 p.m., Seminole Head Quarters, moved to Seminole Estate Clubhouse, 3300 N. State Rd. 7, Hollywood.

### Thursday

**NEW MEETING Our Little Meeting**, 6:30p.m., Ocean Breeze Recovery, 2413 E Atlantic Blvd., Pompano ,CWBB.

**NEW MEETING East Side Back To Basics**, 7:00p.m., Christ Church, 901 E. McNab., Pompano ,OBG.

### Friday

**NEW MEETING Golden Text Group**, 7:45p.m., Point of Grace, 1104 Federal Hwy., Dania Beach, BBSP.

**NEW MEETING Friday Primary Purpose**, 8:00p.m., 2458 SW 42nd Ave., (Backyard) Ft. Lauderdale, 33317 OSP.

**NEW MEETING Woman's Journey**, 10:30a.m., Fourth Dimension , 4425 Hollywood Blvd., Hollywood, 33021 OD.

### Saturday

**D.A.T.A.**, 11:00 a.m., All Saints Catholic Church, 10900 W. Oakland Park Blvd., Sunrise. **No longer meets.**

**NEW MEETING Nooner's**, 12:00p.m., Twelve Step House, 205 SW 23rd St., Ft. Lauderdale, 33315.

### Sunday

**NEW MEETING 441 Group**, 7:00 p.m. Village Plaza, 1452 N State Rd. 7. (441) Margate 33063.

### Daily Meetings

**Pompano Beach Splinter Group**, 9:00 a.m., M-F, has moved to Christ Community Church, 901 E. McNab, Pompano Beach 33060.

**Oakland Park Kick Off**, 5:30-6:30, 7:00-8:00 p.m., M-F, Mother Francis Outreach, 278 NE 35th Ct., Oakland Park. **No longer meets.**

### SPANISH MEETINGS

**NEW MEETING Grupo Libertad**, 8:00p.m., Monday. Sober Today Club, 1633 S 21st. Ave., Hollywood, 33023

## Upcoming Events

- |                   |  |
|-------------------|--|
| <b>Feb. 4-7</b>   | <b>2016 Space Coast Round-up</b> , Radisson Resort at the Port, 8701 Astronaut Blvd. Port Canaveral. Registration \$30.00 thru January 11th., \$35.00 after. For more info. go to <a href="http://www.aaspacecoast.org">www.aaspacecoast.org</a> .                     |
| <b>Feb. 6</b>     | <b>5th Annual AAs Got Talent</b> , Coral Springs Charter School, 3205 North University Dr. Coral Springs. Tickets \$10.00. Limited seating. Adults only. Coffee and desserts!  |
| <b>Feb. 20</b>    | <b>Grupo "Buscando Humildad"</b> , 15 year Anniversary, 10200 Sunset Strip, Sunrise. Are cordially inviting you to share Spanish food, dancing, and festivities. 7:00 p.m.   |
| <b>March 5</b>    | <b>District 9's Spring Fling, Chili Cook-off &amp; Dinner</b> NSU Campus, 3200 S. University Dr., Davie, Terry Bldg., Chili Dinner 6:00 p.m., Speaker 8:15 p.m. Tickets \$8 advance, \$10 at door.   |
| <b>Mar. 11-12</b> | <b>SoberStock 2016</b> , 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 <a href="http://www.soberstock.com">www.soberstock.com</a> . |
| <b>March 12</b>   | <b>BCIC</b> , 29th Annual Workshop, The Twelve Step House, 205 SW 23rd St. Learn how to give back in service. Speakers, luncheon on us! For more info, <a href="http://www.bcic-aa.com">www.bcic-aa.com</a> .  |
| <b>Mar. 9-13</b>  | <b>Florida Roundup 2016</b> , The Deauville Beach Resort, 6701 Collins Avenue, Miami 33141. Registration \$70.00, For more info, or to register, go to: <a href="http://floridaroundup.org">floridaroundup.org</a> .   |
| <b>April 23</b>   | <b>53rd Annual Intergroup Appreciation Banquet</b> , Tropical Acres Steak House, 2500 Griffin Rd., Ft. Lauderdale. 6:00 p.m. to 11:00 p.m. Dinner, Speaker meeting. \$40.00. Save the date! Tickets available.   |