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VOLUME 6
JULY 2017

Step Seven — *“Humbly asked Him to remove our shortcomings.”*

Little Surrenders -Through the Seventh Step he realized that we "carry our worlds within ourselves"

ABOUT TWO years ago, I made a fortuitous discovery while experiencing a disturbing episode during my recovery. As a result, the Seventh Step became my tool for everyday coping and living. The emotional impact of this happening was like that of finding a new religion--the feelings of exhilaration persisted for several weeks.

Immediately prior to the discovery, I had worked myself into a near frenzy over distressing evidence of my inability to handle my own financial affairs. My income was adequate, and I knew there was no good reason for running out of money. Of course, this was not the first time it had happened. Once more, I had yielded to impulses to buy things, and my expenditures for the month had far exceeded available funds--or, for that matter, prospects for borrowing money to cover the deficit. My carefully laid budget plans had again proved fruitless.

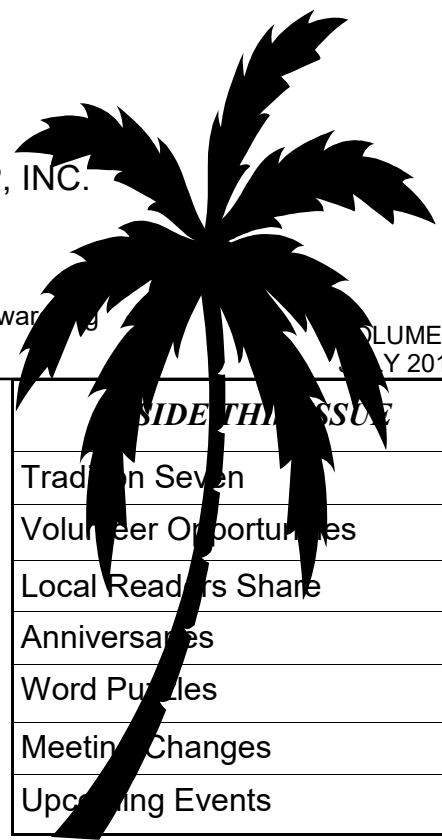
I was very displeased with myself. Feelings of inadequacy rose. I soon began to doubt that I had any ability at all to cope with life. In a matter of hours, I became despondent and almost desperate. At that point, the thought struck me that I had indeed uncovered a serious character defect. I had never seen this problem in quite that light before, and I knew I had better turn to God for help.

I was sitting in a room all by myself. So I fell to my knees--literally, as AA co-founder Dr. Bob always counseled newcomers--and said aloud, "God, help me with this problem, I simply can't handle it." It was really a Seventh Step and also a surrender experience. Almost immediately, I felt relief from the intense anxiety that built up within me. My mind began to clear. Soon, new thoughts helped me to extricate myself from the dilemma. Weeks later, I developed techniques to prevent me from again committing serious errors of that sort.

A couple of days after the initial discovery, I paused to consider two surrender experiences of mine during my early days in AA. The first had opened the door to wholehearted acceptance of the AA program, resulting in the disappearance of my craving for alcohol in a matter of hours. The second occurred much later and led to a resolution of a serious inner conflict that had stood in the way of reliable sobriety. I realized that although the recent event had been less crucial than the first two, it was still very important.

Furthermore, I saw that this Step approach could be applied whenever I reached a similar impasse of my own making, whether it be of outer circumstances or inner emotions.
Whenever I find myself uptight, I fall on my

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Happy 4th of July!

Concept VII

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

Tradition Seven — “Every AA group ought to be fully self-supporting, declining outside contributions.”

The Portals Of Service - A 2006 Conference presentation - The first in a series of articles on the topic of self-support

“The topic for today's meeting is gratitude.”

Following this announcement, we hear our members express heartfelt thanks for AA and for being sober today. While these are no doubt sincere reflections of one's experiences, I am saddened by the limitations of some definitions. With so many possible ways to express our gratitude, why do we limit ourselves to those found solely in our day-to-day recovery?

My sponsor believed in gratitude as long as it was linked to action. In fact, the most oft-quoted phrase in my home group was, “Gratitude is an action word.” “Into action” meant I accepted responsibility to give back what I had freely received. The living examples I saw showed me that AA worked, and this supported another common saying heard around the tables: “If you want what I have, do what I do.” I wasn't surprised to see that the dictionary definition of gratitude is “a feeling of being thankful to somebody for doing something.”

Being at an appointed place on time and doing the work that was asked of me was a beginning. It was a sure cure for my self-pity, self-centeredness, self-sufficiency, and selfishness. Whether it was pouring coffee in my home group, or going on a Twelfth-Step call, I entered a new pattern of thinking; I thought not only about myself, but also about others. A picture of unity began to form. The smile from my face traveled to my heart. No matter how desolate my condition, I learned to feel grateful for the day.

I was also taught that gratitude sometimes meant a sacrifice of money, despite one's financial condition. During my first year, my purse often contained only coins. I believed I had to keep every cent for my personal needs and reasoned that when I had more money, I would put a dollar, or more, in the basket. Until I found a sponsor, this was how I thought. Dorothy made it clear that, as an act of gratitude, I could begin by putting a nickel in the basket. Exercise faith, she said, that despite my financial fear, I would have enough money to live on.

I learned two important lessons from this: 1) I was a part of AA and 2) Giving--even a small amount--encouraged me to trust in the process, and in my Higher Power.

Incidentally, I always had enough money to pay the bills.

Let's encourage self-support through contributions and use it as a goal--not for the monetary value, but for the value of continuing as a unified society. The Seventh Tradition is about participation, and participation is the key to unity. The simple act of contributing is an action taken in gratitude for our life. It is a way we can be a part of--a spiritual and financial payment of what we have so freely been given.

Through the many portals of service we are given an abundance of ways to express our gratitude. So we might ask ourselves, “Are we fully participating in AA--as a whole--by our actions and our self-support?”

In our groups, are we taking every opportunity to explain what services the General Service Office provides? Do we need to consider a card or sheet of information on the breadth of services from GSO? Do we talk about services beyond our own structure to include our world services? And do we take the time when the basket is passed to read the Seventh Tradition, followed by an explanation of where our contributions go? Are we self-supporting at all levels of service? These are small but significant steps that pay great dividends, for it takes sacrifice and action--by us all--to maintain our spiritual fitness and ensure our existence as individuals and as a society.

This, in turn, leads me to ask, “Where are we today with self-support?” I believe we can all agree that we are self-supporting. This is seen when we look at how we receive monies--through the sale of our literature and voluntary contributions. In fact, in Concept Twelve, Warranty Two, co-founder Bill W. reminds us that self-support includes the sale of literature as well as voluntary contributions. If our aim is to be fully self-supporting through our contributions alone, it will require even greater sacrifices from us all.

I have not written about numbers, but about the gratitude and spiritual significance of participation in self-support and how it affects us.

Whatever direction we take, AA cannot survive without our help. We have a tremendous responsibility and a joyful opportunity. Twelfth Step calls, sponsoring, and group services, from general service representatives to trustees--all are a vital part of keeping our Fellowship alive and growing. Gratitude is a result of being informed and getting involved--a blessing of change within and an expansion of love to our fellow man. Participation in our Seventh Tradition is the fullest expression of our gratitude.

(Continued on page 4)

(Continued from page 1)

knees, literally or figuratively--depending on my surroundings--and ask God's help. It comes easier to me now. In fact, during the past two years, my life has been marked by a series of these "little surrenders."

As the months have passed and surrender has followed surrender, I have come to a higher insight concerning this application of the Seventh Step. It is this: If I were able to retain the attitude that I achieve during the hours immediately following these crisis experiences, life would be continuously euphoric--I would forever be immersed in the kind of feelings I achieved for only brief periods with alcohol at the beginning. Let's call it a "surrendered attitude." It is the avenue to "the peace. . . which passeth all understanding." I perceived that whatever happens to me is not nearly so important as the way I look at the happening--the way I feel about it. We really do carry our worlds within ourselves.

D.J., Columbus, OH

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Volunteer opportunities

2017 INTERGROUP PICNIC — next planning meeting is

Tuesday, July 18 at 6:30 PM at The Twelve Step House

205 SW 23rd Street, Fort Lauderdale

ANNUAL SPAGHETTI DINNER hosted by District 9 General Service

Is having their first planning meeting. Go get involved!

Wednesday, June 28th 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 6th at 1:30 PM
at the 441 Group. (No July meeting)

2018 Florida State Convention IS AT FORT LAUDERDALE BEACH AGAIN!!

Next Planning Meeting, if you want to Volunteer, is Saturday, July 15 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!



(continued from page 2)

Bill W.'s essays on the Concepts are in The AA Service Manual/Twelve Concepts for World Service, available online at www.aa.org, or at your local Central/Intergroup office. If you have some thoughts about this topic, e-mail us at gveditorial@aagrapevine.org, write to PO Box 1980, 475 Riverside Drive, New York, NY 10115, or post your comments on the i-Say bulletin board at www.aagrapevine.org.

-- Phyllis H., Olympia, Washington

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Divine Orchestration

A Tribute to Andrea Brennan

Friendly, Efficient, Dedicated – those are three words that quickly come to mind when I think of Andrea Brennan. My first encounter with Andrea came by phone, 11 years ago, when I called the World Service office to place my first order as the Coordinator for Broward County Intergroup. She was very direct and helpful – pure New Yorker, no question – and I couldn't wait to put a face with a name when I went to my first national Intergroup seminar in the fall. She always did a presentation on the last night of the Seminar, and she would start by making sure that the newbies knew she was not an alcoholic, in case anyone had seen her with a glass of wine over the weekend, or sitting at the bar!

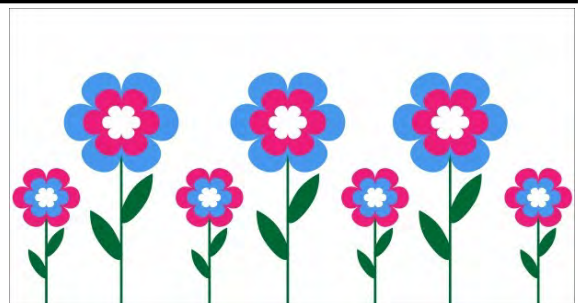
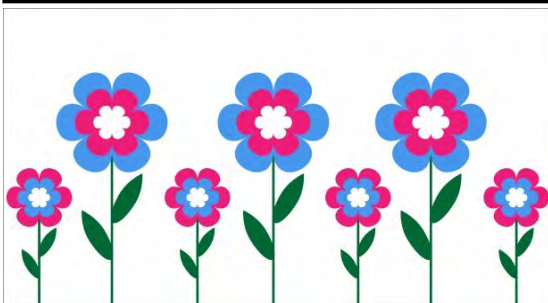
Someone pointed her out to me at that first Seminar, and she was the one smiling and jovial. Always. She knew so many of the managers from around the country by name. She had been at every Intergroup Seminar since inception and had been helping Intergroup managers from all over the US and Canada every day for all that time. She was very genuine and good-natured. She was also helping everyone around the world who was ordering books from GSO. She designed and implemented the online ordering system for the GSO website. She, personally, looked into an order for our office that was almost a year old, to discover that we were due a credit of nearly \$600. Workers like that don't come along every day, I can tell you.

I was to see her at every seminar after that, right up until the 31st - the one we hosted in Fort Lauderdale. It had become a tradition to attend "Andrea's Dinner" on the first night of the Seminar weekend, many years before I started. It was a dinner to commemorate her wedding anniversary that fell during one of the early Seminars right after her husband had passed. It grew in size each year, and she would invite all the managers – new and old – to join her for an elegant dinner out. I was able to attend a few times.

After the 31st Seminar in Fort Lauderdale, she said she was going to finally retire. She had been running the order entry/shipping department in the General Service office in New York for over 30 years. She had started as a teenager! So she retired last December 2016 and moved to Florida to be closer to her mom. She had a new man in her life, and she was going to soak up the sunshine and relax a little. She was on FaceBook with me and several of the other managers, too. She was really happy, enjoying what was to become her very short retirement.

I received notice in the office on June 13th that she had died the previous Saturday. No warning. The girl who had dedicated herself to helping alcoholics around the world for 38 years, even though she was not an alcoholic herself, had died on Founder's Day. It was a devastating shock to everyone who knew her. Was it God's plan that Andrea Brennan's purpose in this life was to help alcoholics? I am choosing to believe it was, and I am so honored that I was given the opportunity to know and work with her. Rest in Peace my friend.

— Mary S.



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Bridging The Gap

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Sebring, FL 33870

District 9 General Service

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

A.A. Birthdays

July Celebrants

Serenity Altogether

Fred L. ~ 37 yrs.
Forrest S. ~ 36 yrs.
Doug C. ~ 25 yrs.
Ken M. ~ 11 yrs.

Men in Recovery

Harry O. ~ 27 yrs.

Northeast Group

Richard H. ~ 37 yrs.

Women's Honesty

Marcia S. ~ 21 yrs.
Becky P. ~ 35 yrs.
EJ ~ 28 yrs.

Mountain Group

Carole G. ~ 27 yrs.
Denis H. ~ 43 yrs.

Friends of Pat C

Mare C. ~ 20 yrs.

Happy Destiny

Liz A. ~ 9 yrs.
Sharon M. ~ 8 yrs.

Pompano Beginners

Randy M. ~ 10 yrs.

Bikers in Recovery

Emilio S. ~ 18 yrs.

Express Group

Mary S. ~ 18 yrs.

Rule 62

Vickie T. ~ 31 yrs.

Lunch Bunch

Walter ~ 18 yrs.

Plantation Happy Hour

Ellen A. ~ 1 yr.
Tony C. ~ 2 yrs.
Jack J. ~ 8 yrs.
Jeff H. ~ 5 yrs.
Sal ~ 2 yrs.

Other Notables

Linette K. ~ 5 yrs.
Bill F. ~ 26 yrs.
Liz J. ~ 28 yrs.

Broward Men's

Jay ~ 1 yr.
Joe A. ~ 2 yrs.

You Are Not Alone

Lee K. ~ 3 yrs.
Lisa T. ~ 18 yrs.
Dancin' Diane ~ 29 yrs.

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

*Things we cannot
change.*



Larry S.

RIP. You will be missed.



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.)

June Celebrants- not previously mentioned

Express Group

Bart ~ 15 yrs.

Chickee Group

Myron A. ~ 34 yrs.

Pride 5:45

Patt G. ~ 3 yrs.
Jack C. ~ 30 yrs.
Greg C. ~ 35 yrs.

Sunlight of the Spirit

Shannon A. ~ 5 yrs.

Other Notables

Carol C. ~ 6 yrs.
Lee A. ~ 21 yrs.

Free To Be

Rick A. ~ 1 yr.
Russell K. ~ 1 yr.
Eliza ~ 1 yr.
Ken ~ 6 yrs.

Surrender

Ariana ~ 1 yr.
Viviana ~ 1 yr.
David ~ 3 yrs.
Adelina ~ 5 yrs.
Jim E. ~ 12 yrs.
Blanca ~ 23 yrs.
Bob ~ 36 yrs.

Fellowship Step Mtg

Rick R. ~ 23 yrs.



BCIC - Broward County Institutions Committee

Next Meeting:
July 8, 10:00 AM

Twelve Step House
205 SW 23rd Street
Ft. Lauderdale.

**Next
Intergroup Meeting
Twelve Step House
205 S.W. 23rd, Ft. Lauderdale
July 16th at 1:00 p.m.**

Recovery Word Puzzles

TUINY

RABESTFAK

PRINTGOPUS

GLINDNIEC

BRUTSOONNCITI

RETHARAC

MOONTHSSRIGC

TNCDOCU

MUDTECON

GREENWOMPI

MUSTINRENT

MUYTHILI

SEERIL

Unscramble the red (or underlined)
letters to fill in the blanks for a
special July message...

Answers to puzzles can be found on page 8.

Suite 404 readers share their favorite passage....

"And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation — some fact of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Shakespeare said, "All the world's a stage, and all the men and women merely players." He forgot to mention that I was the chief critic. I was always able to see the flaw in every person, every situation. And I was always glad to point it out, because I knew you wanted perfection, just as I did."

Those passages can be found in the Big Book, Alcoholics Anonymous, on page 417 in the fourth edition. I was between 6 months and 1 year sober when I first heard them. Someone was reading them at a meeting I was attending. They resonated with me because I was staying sober, but I wasn't completely happy about things yet. I asked him after the meeting what page he was reading from and he told me page 449. (Third edition)

I went home and read them again. Then I began to ponder the acceptance idea. What, exactly, did I need to accept? This exercise led me to seek outside help and it was there that my true healing began. The book was right. As I started to practice acceptance, my life began to improve, and, indeed, I began to find happiness.

Sometimes we come in with a lot of garbage to get rid of, and if we are lucky enough to discover what it isacceptance really is the answer.

— John G., Fort Lauderdale

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.

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

Name: _____

Address: _____

Email: _____

Sobriety Date and Home Group _____

Make checks payable to:

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

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.**

Let Freedom Ring

See the following pages in the book *Alcoholics Anonymous* for more about Freedom

Foreword to Second Edition, p.xxi
A Vision For You, p.160

How It Works, p.62
Into Action, p.83

The office will be closed in observance of Independence Day on Tuesday, July 4th.



THANK YOU SO MUCH



To all the groups and individuals who continue to support Intergroup.

Contributions through June = \$44,771

MEETING CHANGES

Monday

Focus on Sobriety moved to University Pavilion Hospital, 7425 N University Drive in Tamarac, rear.

Tuesday

Splinter Group meets one day a week on the beach in Pompano - now at the SECOND pavilion N of pier.

Wednesday

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.

Living Sober which met at Ocean Breeze in Pompano, has moved to Christ Community Church at 901 McNab Road. They will continue to meet at 6 PM

Thursday

Conscious Contact which met at St. Anthony's in Ft. Lauderdale has MOVED. They now meet at St. Sebastian's Church, 2000 SE 25 Ave., Ft. Lauderdale 33316 (Harbor Beach Inlet). This is a closed meditation meeting.

Our Charge which meets in Hollywood, will now meet at 8 PM, rather than 8:30.

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.

Friday

South Florida Group is now meeting again, one day per week at Luther Memorial Lutheran Church, 1925 N. 60th Avenue (441) in Hollywood. 8 PM OSP

Saturday

To Stay Alive Saturday Night 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: unity, breakfast, supporting, declining, contributions, charters, shortcomings, conduct, document, empowering, instruments, humility, relies. Celebrate your sober independence.

Upcoming Events

July 7-9 FCYPAA - 36th Florida Conference of Young People in AA, St. Augustine, FL to book a room, pre-register for \$15, more details go to www.fcypaa36.com.

July 21- 23 South Florida Area 15 General Service Assembly, Hyatt Regency Sarasota, free to attend. Come see what the upside down triangle is all about.

July 27- 30 61st Florida State Convention, Hyatt Regency Jacksonville Riverfront, for more info go to www.Floridastateconvention.com—Registration \$35.

Aug. 12 Carry the Message Day, Free service event hosted by Intergroup, General Service and Institutions of District 9. NSU, Terry building, 3200 S. University Drive, Davie.

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- 17 Seniors in Sobriety International Conference, Van Nuys, CA. Early registration is \$35. for more info please email sisregistrar2017@gmail.com or call Intergroup. Workshops, speakers, Alanon participation.