

# 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)

VOLUME 7  
JULY, 2016

## STEP 7: "Humbly asked Him to remove our shortcomings."

### Step Seven simple? Not on your ego!

For me, at first glance Step Seven seemed a cinch, especially in comparison to some of the preceding Steps. As is often the case, on closer examination the seemingly simple proved to be anything but! I thought this Step was only a kind of mopping-up maneuver or an interlude where I could rest on my laurels. (I was wearing them in the wrong place at the time.) Steps One through Six had shown me how inadequate my own powers and resources were--as far as my alcoholism was concerned. Besides, I had to be entirely ready to part with my defects (Step Six), and I wasn't at all ready.

The earlier Steps, however, had removed some of the careful padding from my ego, and a remark made by an old-timer and dear friend had helped. I had heard one member complimented by another for a wonderful talk. The speaker said, "Don't thank me or give me credit. Give God the credit." I was determined that if ever anyone thanked me for my talk, I would say the same thing (humbly, of course).

Finally, my old-timer friend did compliment me on my talk one night, and I did say, "Don't thank me. God did it."

The old-timer smiled, put his arm about me, and said, "Honey, it wasn't that good!" Up until that time I had thought "humble" was some kind of pie.

I knew from the beginning that my vices were 'way ahead of my virtues. That was bad. Worse, some of my vices were being classed as virtues. But, since other members seemed to be gaining on their vices, I could hope for myself. By this time, introspection had become somewhat habitual, and I realized that I would have many hang-ups in working these Steps, as I'd had hangovers during the wet years (or should I say the monsoons?).

In Step Seven, the word "humbly" threw a monkey wrench into my sensitive emotional gears. Oh, what it did to my poor ID! It seemed I was forever searching feverishly through all the dictionaries I could lay hands on for a definition of "humble" that I could accept. Even the excellent coverage of this aspect in the "Twelve and Twelve" availed me nothing. Humble? Humbug! Hadn't I always been the one put upon? The doormat type? Was I now to wear sackcloth and ashes or a hair shirt?

### INSIDE THIS ISSUE

Tradition Seven	2
Tips for a sober 4th	6
Word Game	5
Anniversaries	5
Suite 404 Writers	7
Meeting Changes	8
Upcoming Events	8



## 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 7: Every A.A. group ought to be fully self-supporting, declining outside contributions.**

### **Self-support**

#### **How AA's Seventh Tradition helped soothe a troubled soul**

It was just another run-of-the-mill night at Harvard street, except I'd arrived at the meeting to find one of my sober sisters in deep distress. When I went to hug her and asked what was wrong, she told me that her marriage was in serious trouble. On top of that, her finances were in catastrophic shape and her business was collapsing. My friend's sobs as the meeting began were audible.

Hearing them, my mind traveled back, and I realized it was exactly two years ago that night that I had walked in to this, my home group, in much the same state. Married at the time, I had just caught my partner of seven years, who had lost his sobriety and had been struggling to get it back, in a devastating set of lies and betrayals. I had realized that, for the sake of my own sobriety, our marriage could not continue. Packing an overnight bag, I came straight to the meeting. Once there, I fell into a heap at my sponsor's feet and wept like I was being cut in pieces.

Until that moment I had done a tremendous amount of service in AA. At any given time, I had several commitments, sponsored women, spoke frequently about my marvelous life in sobriety, and worked with multiple newcomers. I believed, as the Big Book says, that it was crucial to extend help to other AA's if I wanted to stay sober myself. As for receiving it, well, with a little bit of time under my belt, that was better left to those who needed it more.

But that night, and in the weeks and months that followed, everything changed. I slowly and completely went to pieces. Not only had I lost my marriage, but my home, most of my possessions, and my ability to work at my chosen profession. To top it all off, my husband had left me with a mountain of credit card debt. I had a shattered heart, no career prospects, and a sense of despair and betrayal so pervasive I was positive it would engulf me completely.

Absolutely crippled by my losses, I struggled just to show up. Gone was the cheery face gleaming at every newcomer. Gone was the certainty that God would care for me, you, or any one of us. Gone was the wherewithal to do any service for AA but the most rudimentary. I felt like a ghost.

My sponsor and sober girlfriends, thank God, proceeded to support me at every turn. I was like a sick child passed from arm to arm. Never once was I set down. Many was the time I sat sobbing at Harvard Street, or some other meeting, thinking, "I can't share about my divorce again. They're all sick of me!" And then some kind face would nod at me across the room, or some soft elbow nudge, and I would put up my hand. Again. And grieve to the room. Again. I tried desperately to make my shares "recovery-related," but even when I couldn't I was told it was OK, that it was recovery enough just seeing me stay sober through my troubles.

After the meeting, I was invariably surrounded. Never once was I told I was "too much." It seemed there was enough support to carry even my world of pain. I continued to come. I did a Step workshop with some close girlfriends. I kept sponsoring, even if it was fewer women, and even though I felt much less of an "inspiration" than before. I stayed close, and took life a second at a time.

Very slowly, so slowly I barely discerned it was happening, I began to feel better. I began to get better. I can still remember the first night I went to Harvard Street and did not cry. A milestone! And the day I got my first promotion at work. Or when I announced, to cheers, that my divorce had finally gone through. Only a couple of weeks ago, I informed the room, with tears in my eyes, that I had paid off the last of my debt. What a surge of congratulations that set off! Along the way, it once again became normal for me to be okay on Monday nights. I found myself even smiling on occasion.

The topic for tonight's meeting was the Seventh Tradition. Our speaker set a tone that inspired deep and heartfelt shares. Then my sober sister shared, pouring her heart out about her troubles. We listened, silently.

Continued from Page 1

All my life, I'd been taught that I alone was responsible for my character, including my shortcomings--responsible for self-discipline and self-reliance also. That reminds me of the fellow who claimed that he was a self-made man, whereupon his friend remarked that this belief certainly relieved God of an embarrassing responsibility!

Still, I could plainly see the golden thread of true humility running through all the Steps, and I knew how very important humility was to my continued sobriety. I became reconciled to the definition I found in a new, revised dictionary: "Humble indicates a personal realization of smallness, without loss of respect, and differs from humiliation, which implies public shame in front of others or being made to seem foolish or inferior" and "to be neither inordinately proud of our talents and assets, nor ashamed of our defects or failures, nor unduly on the defensive over them." Also: "free from vanity."

In other words (I quote Tryon Edwards): "True humility is not an abject, despising spirit; it is but a right estimate of ourselves as God sees us."

My willingness to have my defects of character removed was bolstered by the realization that little, if any, spiritual growth was possible as long as I held on to my old ideas and defects. The words in our Big Book keep appearing before me: "Burn the idea into the consciousness of every man that he can get well, regardless of anyone. The only condition is that he trust in God and clean house." This is what Step Seven is to me; it means I am going to clean house and I will have all the help I need. By taking this Step, I am not giving up anything; I am getting rid of whatever might lead me to drink again and whatever might prevent achieving real serenity. Now, with God's help and my own cooperation, via Step Seven, I can become on the individual level a first-rate power, instead of the second-rate power that I was before AA. (I was truly suffering from an immense power failure--or bad wiring.)

I have a favorite reminder which helps me keep Step Seven in view: "At moments she discovered she was grotesquely wrong, and then she treated herself to a week of passionate humility." This quote from the works of Henry James has become part of my inventory.

I believe that through the first six Steps I have gained some knowledge of my character defects and that I know (at least in part and at times) what I need to get rid of! It is certainly no problem for me to humbly ask my Higher Power to remove them, either. I never did know what to do with them before. Besides, my pride is the only thing I can swallow any more that is nonfattening. In fact, this diet tends to reduce the ego and eliminate fatheads--mine, anyhow.

Step Seven simple? Not on your ego!

Reprinted from *Grapevine*  
May 2005 Vol. 61 Issue 12.

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

*Barry G., Whitey H.,  
Pat McG., Suzy P.,  
Kevin M., Francis H.,  
Rich M., Mitch K.*

**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 2

Then, without thinking, I raised my hand. I said that although there are many times when we "alks" need to be self-supporting, I had learned that there were times that I needed to let go of my desperate desire to do it myself and allow support from others. The wisdom was in knowing when one was appropriate and when the other was not.

Surrendering to my alcoholism was an example of something I ought not try alone. Getting through calamities was another. Developing a sense of self-esteem, however, I found was an inside job. And it didn't hurt to know how to pay my own bills, either.

I spoke of the recent months and years, and how without AA's support first, self-support could never have become possible for me. However, tonight I could honestly say I was doing okay. I was out of debt, financially stable, living in a sweet little home, starting a new career, single, and happy. In fact, I could see that, as devastatingly difficult as they had been, the last two years had been a giant Seventh Tradition workshop. Never in my married life or at any time before it had I truly understood what being self-supporting meant. I had relied on others to take care of me, not just financially, but emotionally and spiritually, too, and I let my life go to hell if they didn't.

Because of what I'd gone through I can now see that when I truly let go of old and self-destructive habits and relationships (or have them torn from me), God replaces them with a healthy supply of support--provided I make some contributions (take some actions).

I closed my share by repeating that the beauty of sobriety is that sometimes I am the one supported, and other times the one supporting. One act helps destroy my ego, the other my self-centeredness. I need to practice both actions if I want to survive.

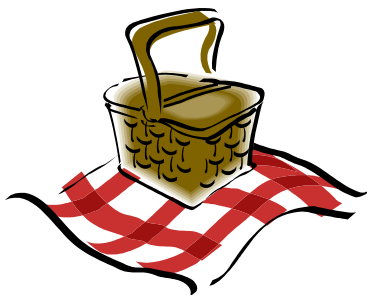
The meeting ended. I found my sober sister. She said she'd like to talk. For the next half-hour I listened while she poured out her pain and consternation. I didn't tell her what to do. I couldn't; I had no idea. I told her only what I had been told two years ago: that, whatever happened, divorce or no divorce, bankruptcy or not, if she didn't drink she would get through it. Or, rather, we would. Together. I was living proof of this.

My friend nodded sadly, and with just the faintest glimmer of hope. Once again, I felt the truth of the Promise: "No matter how far down the scale we have gone we will see how our experience can benefit others."

—Jessica C. Los Angeles, California—

Reprinted from *Grapevine*  
November 2010 Vol.0 Issue 0

## Service Opportunities



**Picnic Committee** - Join our Picnic committee to see that this year's picnic is our best ever! Adults \$7/Kids \$3 - Food, fun, fellowship, music, games, raffles, volleyball. Snyder Park, Cauldwell Pavilion, October 2nd. Tickets should be ready for distribution mid-July.

If you want to get involved call Mary at  
(954) 462-0265 or email: [help@aabroward.org](mailto:help@aabroward.org).

## 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

## July Celebrants

### Men in Recovery

Harry O. ~ 26yrs.

### WBC Lunch Bunch

Walter ~ 17yrs.

### Mountain Group

Carole G. ~ 26yrs.

Denis H. ~ 42yrs.

### Meeting in Print

Rhonda D. ~ 12yrs.

### Northeast Group

Richard H. ~ 36yrs.

### You Are Not Alone

Sharon G. ~ 16yrs.

Janet T. ~ 13yrs.

Marie H. ~ 7yrs.

### Oakland Park

Mary W. ~ 25yrs.

Mike M. ~ 20yrs.

Mark W. ~ 13yrs.

### Don't Forget Group

Doug W. ~ 5yrs.

### Serenity All

### Together Group

Ken M. ~ 10yrs.

Mary S. ~ 17yrs.

Freddie L. ~ 36yrs.

### One Day at a Time

Alicia ~ 6yrs.

Mervyn ~ 20yrs.

Bob F. ~ 26yrs.

Ken K. ~ 19yrs.

### 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



"Why aren't the donuts fresh, and who watered down that coffee?"

### **MAKES ONE WEAK**

Read the un-circled letters to reveal a hidden message

Y T S A L E D Y T D  
B E B C L F E L R I  
B L U T U R S I A A  
O E S I F I S M V R  
H V Y V T E E A E F  
V I E I N N R F L A  
N S D T E D P A Y S  
W I I Y S S E T H O  
U O T A E M D E E T  
I N N G R T I R E D

ACTIVITY AFRAID BUSY  
DEPRESSED FAMILY FRIENDS TRAVEL  
HOBBY RESENTFULL TIRED TELEVISION

-----  
-----  
-----

### BCIC Broward County Institutions Committee Next Meeting: July 9<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

**July 10<sup>th</sup> — August 21<sup>st</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 206  
Bradenton, FL 34208  
941-266-0609

### District 9 General Service

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

**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.***

*We love to run articles written by local people in A.A. You need no prior publishing experience.*

*All it takes is a little willingness and a desire to share.*

*Here are some guidelines that might help you contribute to our newsletter:*

*Before writing your article, you may want to go through a couple of previous newsletters to see what type of article you might be interested in writing about. We love to hear stories about experiences you might have had working your steps, or what being a member of AA has taught you about the traditions of Alcoholics Anonymous. You might want to take a photograph of the room your home-group meets in, and give a brief history of that meeting, or mention what that meeting has meant to your sobriety. There are any number of topics to write about. We are always looking for material, as long as it relates to AA and reflects AA's singleness of purpose.*

*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 from AA literature comes from; Twelve Steps and Twelve Traditions, on page, 109 and it reads: "Even the newest of newcomers finds undreamed rewards as he tries to help his brother alcoholic, the one who is even blinder than he."

Living sober is a gift. Even more, realizing that I am chosen, given a gift that only recovering alcoholics enjoy, makes my life worth living to the best of my ability everyday...every minute. I can help other alcoholics better than any doctor or clergyman who is not an alcoholic. It is my personal experiences, before finding Alcoholics Anonymous, and since, that are more effective than any other lesson in helping a suffering alcoholic find a way to sobriety. We alcoholics trust each other, more than anyone when it comes to sobriety.

I used to feel cursed. Once I listened and learned for a while, I began to feel useful, and even lucky!

—Marilyn M., Pompano Beach, FL.—

## **Tips for a Safe and Sober 4th of July**

### **Bring Your Own Non-Alcoholic Drinks**

4th of July barbecues often involve alcoholic beverages, but that doesn't mean you can't enjoy the great food, sunshine and fireworks without a beer or cocktail. Freely attend as many get-togethers as possible, but come prepared. By bringing your own non-alcoholic beverages not only do you let your host know you're not going to partake in alcohol, but you also have a beverage you enjoy and don't have to worry about relapsing or making the wrong choice to get behind the wheel after drinking.

### **Choose the Right Kind of 4th of July Celebration**

Some Independence Day parties revolve around alcohol, while others put more attention on being outdoors, barbecuing great food and enjoying the nighttime fireworks. If you are invited to one of the parties focused more on alcohol, kindly decline the invite and find a 4th of July celebration more supportive of your sobriety and the safety of you and your family. Spend the day at the beach or find a family backyard barbecue.

### **Bring a Supportive Friend**

Having a friend that is aware and supportive of your decision is like having an additional safety net. They will be there to catch you if you fall, or to help guide you in the right direction. Also, what holiday gathering isn't more fun with a friendly face?

### **Don't Completely Avoid the Holiday**

If you feel like it is safer to stay in and alone, you may also be risking the safety of the holiday. By staying in you succumb to wonder and loneliness. Getting out and being active is very supportive of an alcohol and drug free lifestyle. By surrounding yourself with positive people who care about you and your decision to remain sober, you can still have a fun and safe holiday without the dangers of relapse or drunk driving..

***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., Eric P., Tara D.  
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 AA literature**

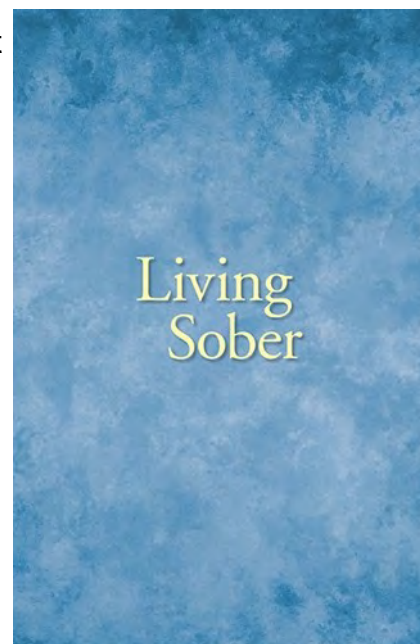
**Living Sober**, was one of the first pieces of A.A. literature that I could read, understand, and enjoy.

This booklet contains 31 short stories, or tips, on some methods used for living life without drinking. When I got sober I found that I needed to start replacing some of my old habits and activities with new behaviors to take the place of them.

Each story, or tip, is about one to two pages long. That was perfect for me when I first got sober. Two pages of literature was about all I could comprehend. It is still a quick way for me to reference some of the situations that "living life on life's terms" presents throughout my sobriety.

Some examples; Tip 4 Remembering that alcoholism is an incurable, progressive, fatal disease, Tip 10 Using phone therapy, Tip 15 Watching out for anger and resentments, Tip 22 Eliminating self pity, Tip 27 Letting go of old ideas, right through to Tip 31, Finding your own way.

—Will R., Ft. Lauderdale, FL—



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

## MEETING CHANGES

### Tuesday

**St. Francis Men's**, 12:00p.m., St. Francis Mission. **Has Moved to** The Twelve Step House, Members Room. 205 SW 23rd. St., Fort Lauderdale, FL. 33315

**By The Book**, 7:30p.m., St. Francis Mission., 208 SE 8th Street, Fort Lauderdale, **No longer meets.**

**NEW MEETING Spiritual Beginners**, 8:30p.m., Christ Community Church, 901 E McNab Rd., Pompano Beach, FL 33060 OSPD.

### Thursday

**New Way of Life**, 7:30p.m., Restoration Outreach, Davie. **Has Moved to** Gloria Dei Lutheran Church, back Chapel. 7601 SW 39th St., Davie, FL. **It now meets at 7:30p.m. Not 8:30p.m.**

**Living Young & Sober**, 7:30p.m., St. Francis Mission. **Has Moved to** The Hope Spot, 218 Dania Beach Blvd., Dania Beach, FL. 33004

**Thursday Night Study Group**, 7:30p.m., Mother Francis Outreach Center, Oakland Park. **Has Moved to** Metropolitan Community Church, Room 1 upstairs, 1480 SW 9th Ave., Fort Lauderdale, FL. 33315

**The Rock Group**, 8:30p.m., St. Nicholas Episcopal Church. **Has Moved to**, 3675 N.E. 18th Terrace, Pompano Beach, FL. 33064

**NEW MEETING Men Of Integrity**, 8:30p.m., Fellowship Recovery, 5400 W. Atlantic Blvd. Margate, FL 33063 OCCM.

### Friday

**NEW MEETING Constant Thought**, 8:00p.m., Metropolitan Community Church, Room 1 upstairs, 1480 SW 9th Ave., Ft. Lauderdale, 33315

**Recovery On The Rocks** 7:30p.m., Unity Church , Pompano. **Has Moved to** Christ Community Church, 901 E. McNab Rd., Pompano, FL. 33060

### Sunday

**Touchstones**, 8:00p.m., St. Francis Mission. **Has Moved to** Metropolitan Community Church, Room 1 upstairs, 1480 SW 9th Ave., Fort Lauderdale, FL. 33315

**Sunday A.M. Attitude Of Gratitude**, 11:00a.m., Sunday, St. Francis Mission. **Has Moved to** Metropolitan Community Church, Room 1 upstairs, 1480 SW 9th Ave., Fort Lauderdale, FL. 33315

**Meditation Meeting**, 6:00p.m., Sunday, St. Francis Mission. **Has Moved to** Metropolitan Community Church, Room 1 upstairs, 1480 SW 9th Ave., Fort Lauderdale, FL. 33315

### Daily Meetings

**Pompano Beach Splinter Group**, 9:00 a.m., M,W,Th,F, **Has moved to** Community Presbyterian Church, 4433 Bouganvilla Dr., Lauderdale by the sea, FL 33308

**Serenity at 6:30**, 6:30a.m., Monday—Friday, St. Francis Mission. **Has Moved to** Metropolitan Community Church, Room 1 upstairs, 1480 SW 9th Ave., Fort Lauderdale, FL. 33315

**5:30 Saint Francis**, 5:30p.m., Monday—Saturday, St. Francis Mission. **Has Moved to** Metropolitan Community Church, Room 1 upstairs, 1480 SW 9th Ave., Fort Lauderdale, FL. 33315

## Upcoming Events

- |                  |   |
|------------------|---|
| <b>Aug. 3-7</b>  | <b>60th Florida State Convention, "New Freedom New Happiness,"</b> Innisbrook Golf and Spa Resort. , Palm Harbor, FL. For information and registration go to <a href="http://www.60.flstateconvention.com">www.60.flstateconvention.com</a> .             |
| <b>Aug. 13th</b> | <b>Carry the Message Day.</b> NSU Cafeteria, 3200 S. University Drive, Davie. 6:30p.m. Free service event hosted by District 9, Intergroup and BCIC. Speakers, dessert.   |
| <b>Oct. 2</b>    | <b>41st Annual Broward County Intergroup Picnic,</b> Snyder Park Caldwell Pavilion, 3299 SW 4th Ave., Ft. Lauderdale, 11:30 a.m. to Sundown. Band, 50/50 raffle, games, dancing, volleyball, and an open A.A. Speaker Meeting. Tickets \$7.00 in advance. |