

Suite 404

BROWARD COUNTY INTERGROUP, INC.

Oakland Commerce Center 3317 NW 10th Terrace, Suite 404 Fort Lauderdale, FL 33309

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VOLUME 3 MARCH 2018

Step Three — "Made a decision to turn our will and our lives over to the care of God as we understood Him."

TUNED IN - Step 3

At a concert recently, it occurred to me that musicians are a decisive lot. Timing, cooperating with one another, coordinating with the conductor--all call for conscious decisions.

What do concerts and musicians have to do with the Third Step?

We AAs are forever reminding one another that, since time is on our side now, the number one action we have to take today is to make up our minds to stay away from that first drink. If I can follow that suggestion, my timing, like that of an accomplished musician, will be perfect.

A second thing that musicians and the Third Step have in common is the need for cooperation. For an orchestra to give a good performance, the musicians must cooperate with their leader, and they must also be in harmony with one another. In the same way, if I am successfully to turn my will and my life over to the care of a Power greater than myself, or God, I ought to try to be in harmony with myself and to have the full cooperation of my body, mind, and spirit.

It was at beginners meetings that I started learning about the care of my body. There, I was shown the importance of eating regularly, of getting a proper amount of sleep, and of medical checkups. I began to see that the many activities and functions of my body had to be in harmony if I was to be made whole again. I started learning how to take care of myself all over again.

At regular discussion and at open (speaker) meetings I began to start pulling myself together mentally and emotionally. And it was at Step meetings that the healing of my spirit, which was already underway, took some giant strides forward. Thus was I able to see to the pulling together of my personal makeup, and as I grew in sobriety I became aware of an integration process into the Fellowship itself.

A third similarity between concert musicians and the taking of the Third Step is the eventual working together of my mind, body, and spirit.

For the longest time, as I made my fogbound efforts to cope with the Step, I haunted my fellow AAs with the question "How do I let go?" followed by "And what do I have to let go of?" As many times as I asked, I got that many answers, and more. The most on-target suggestion was that I try to stop worrying, and keep making my daily decision to stay away from the first drink. At the time I didn't appreciate it, but it was perhaps the best possible

INSIDE THIS ISSUE	
Tradition Three	2
Volunteer Opportunities	3
Local Read <mark>e</mark> rs Share	3
Anniversa <mark>rie</mark> s	5
Word Puzzle	6
Meeting Changes	8
Upcoming Events	8

TICKETS ARE NOW AVAILABLE...

Still only \$40

WE MUST HAVE THE MONEY
FOR ALL 10 SEATS IN ORDER TO
RESERVE YOUR TABLE

There are already 19 tables Reserved, so hurry to secure the seat of your choice.

Concept III

To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

(continued on page 4)

Tradition Three - "The only requirement for AA membership is a desire to stop drinking."

CENSORED Tradition 3

First of all, I speak as a grateful member of Alcoholics Anonymous. I owe everything in my life today to the recovery given to me in our program. I would also like to say that I came back into AA on the Third Tradition: "The only requirement for AA membership is a desire to stop drinking." I would not be alive or a free man today if I had not already known that no one could stop me from attending and participating in a meeting of Alcoholics Anonymous. During my last relapse I offended and probably terrified many AA members in this city because of my violent and bizarre behavior while under the influence. My actions included carrying firearms into AA members' homes, spitting on a member and violently denouncing AA in local clubs and restaurants--behavior which I was not particularly proud of the next day.

My drinking stopped one morning when I screamed out to the God I understood for help. I had reached a bottom which I could not accurately describe with a pen or words, and I wanted to be sober again more than anything. Something happened inside of me that morning and I knew for some reason I would not drink that day. I managed a few days of sobriety on my own, but I knew I would not make it any longer without help, and I prayed for an answer: anywhere but AA, please. But there was nowhere to go except AA. So I decided if I were ever to live a normal life again it was necessary to somehow humble myself sufficiently to walk back into a meeting hall.

One thought gave me the courage to enter those doors: "They cannot refuse me admission." I had learned that in my prior experiences with the program, and it certainly was instrumental in this recovery. During that first meeting back an old friend requested that the group discuss the Third Tradition and read the first paragraph from our "Twelve and Twelve," and I knew he did it to make me comfortable, and it helped. When my turn came to speak I thanked him and announced that I intended to stay, that my life depended upon it, and that if anyone didn't like it they could leave (this last statement being a product of my arrogance and my will to live).

Now, after almost five years, I have decided to share this experience because of resentment, of course. I myself have been avoiding certain meetings here in our fair city because of certain rules being imposed on the membership. Apparently there are a few groups here in this city, in a country which has a Constitution that gives us freedom of speech and expression, which have decided that if you attend their meetings you cannot speak about sex (which wipes out almost all talk about the Fourth Step in the Big Book), or drugs (which of course our founders wrote and spoke about), and perhaps these groups would even like to remove the chapter in the Big Book, "Doctor, Alcoholic, Addict," which is one of my favorites.

Now tonight I have heard talk of another group imposing a rule which says you cannot swear if you are to speak at their open meeting. I am not sure what that would mean. Is it taking God's name in vain, or saying gosh darn?

If this trend continues perhaps we will need 500 or so different meetings in this small city of ours so we can all have a meeting to attend where we can meet the criteria for membership. Now I am not trying to make a case for or against sex, drugs, or swearing because, being a normal alcoholic, I have tried them all. All I would like is to be able to share my experience, strength, and hope the best way I can and if I fail to meet your expectations, dear members, please be patient with me because I'm not as sick as I used to be. In fact, I don't feel sick at all, thanks to the AA program which includes the Third Tradition--which, in my humble interpretation, means: no rules.

R.T., Sault Ste. Marie, Ontario

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DO YOU, OR SOMEONE ELSE IN YOUR GROUP, PERFORM SPECIAL SERVICES OR OWN YOUR OWN BUSINESS?



Would you consider giving a gift certificate to be raffled off at our Appreciation Banquet?

The basket raffle is a lot of fun and a key element to the fundraising success of the dinner.

Local Readers Share

My journey started in a small town in Wisconsin with a bar on every corner.

I experienced alcoholism with family members and never really thought much of it; drinking seemed to be the norm for every occasion. My first drink was around the age of 5 or 6, and it was the foam from the top of a beer. Nothing more. Over time, my desire to drink and feel like a grown up progressed. It went from managing to take two sips from someone's beer, to a half a glass, to a whole can, to trying to get as much alcohol as my family would allow me to have. I liked the feeling it gave me....the warm and fuzzy inside, feeling like a rebel because I knew I was getting away with it.

Throughout this progression, I had moved a lot and was not able to maintain friendships with any kids growing up and felt extremely alone. My family always gave me love and attention but there was a part of me that was missing. Alcohol made that missing piece feel whole. Until it didn't.

One of the most devastating moments of my life, was when my solution stopped working and alcohol turned its back on me. I had looked to a number of other things to make me feel whole again. Realizing nothing was working long term, and my consequences were piling up, I thought moving was going to be the solution to my problems.

Unfortunately, I wasn't aware that the problem was me. I ended up finding everything and everyone, in my new surroundings, just the same as they'd been in the place I left behind. I had every intention of doing the right thing and kicking my bad habits, but my own will power failed me each time I tried. I was destroying everything in my path including myself. All of the things I swore I wouldn't do, I had done for that drink, and at the end of the day I was alone once again. Nothing was removing the pain, guilt, anger, and shame I had carried for so long.

I remember my last 24 hours like it was yesterday. I had this overwhelming sinking feeling that my life was unraveling around me and I was running out of options. I didn't have any resources left: no money, no job, no friends, my family was fed up with my lies and me stealing from them. I was exhausted. I did something that Saturday night that I hadn't done in over 8 years. I prayed. (continued on page 6)

Volunteer Opportunities

The Next Planning meeting for the

55th Annual Intergroup Appreciation Banquet

will be held at the Intergroup office, 3317 NW 10 Terrace, Suite 404, Ft. Lauderdale

Tuesday, March 6, 2018 at 6:00 PM

2018 Florida State Convention at FORT LAUDERDALE BEACH

Next Planning Meeting is Saturday, March 17 at 9 AM

Broward County Water & WWTF, 2555 W Copans Rd., Bldg. #2, Pompano Beach

SERVICE KEEPS YOU SOBER

Pick up a commitment today!!



(continued from page 1)

answer to a very difficult question.

As I continue to learn how to let go of my old ways and opinions, my old willfulness, my old insistence on doing things my way, it becomes noticeably easier to make the kind of decision suggested in the Step.

In recent years, to correct a long-standing physical defect, I have been taking physical therapy. What a joy to be able to approach physical therapy with a decision to place myself in the care of my therapist, trusting that she won't harm me. (Incidentally, she's not even an AA member!)

Do you see a tie-in between the letting go aspect of the Third Step and the "attraction rather than promotion" of our Eleventh Tradition? In practicing the Step, I let go of my old identity as a power-driver (a promoter). I gain personal freedom, and the message of recovery copies through louder and clearer.

In the practice of the Tradition, by letting go of my old promotional ways, which always rebounded to my own personal prestige, I allow the attractiveness of the AA message to shine through. We have a saying in AA that we need to get out of our own way. What could be more apt in a successful approach to the Third Step?

Practicing the Step is also an exercise in putting an end to my old ways of "self-will run riot." I used to fear that when I stopped functioning by willpower, God would take over my mind, and I would become a wishy-washy nobody. But it hasn't happened yet!

It came as a startling revelation, when I realized that for fifteen drinking years I had been turning my life and my will over to the care of alcohol as I understood it. Alcohol corroborated my belief in my own powerfulness. It assured me that my life was not only manageable but meaningful.

As a "higher power," alcohol seemed to do even more for me. On hangover mornings, when I was confronted by the "madness" of reality, a few drinks restored me to the "sanity" of the only way of life that any longer mattered.

By the time I arrived at AA's doors, drinking had ceased to be a part of my life; it had become my entire life. The decision I had been renewing every day was not that I would quit, but that I would pace my drinks so that I could better control my "higher power." Right to the very end, I still insisted that I was in charge, that my decisions were the right ones.

In a sense, God, as I understand him, is constantly third-stepping me. He doesn't impose his will on me nor try to sell me on the idea that being in his care has more to offer than being in the care of alcohol. Just the contrary. Working through AA, he shows me day by day the joy of sobriety that is within my reach. He suggests that I look at the route that has brought me to my present place in the scheme of things. He makes it clear that it's up to me whether I want to go further. The sobriety highway extends far beyond my present horizon, and I want my trust to extend beyond that horizon, too.

"Let go, let God!" Considering the freedom that allows me to make my decisions, it often seems that it is God who is letting go and letting me!

-W.H., New York, NY

The Raffle Committee is requesting all gift baskets and items be delivered to the Intergroup office before April 27th. They can also be dropped at Tropical Acres on the 28th <u>after</u> 5:30 PM.



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.

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

Area 15 General Service Cary White, PO Box 56

Sebring, FL 33870

District 9 General Service

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



March Celebrants

Sober Today

Bill D. ~ 33 yrs. Roz A. ~ 39 yrs. Ellen M. ~ 27 yrs.

East Naples Men's

Jim H. ~ 34 yrs. Mike R. ~ 13 yrs. Tony C. ~ 18 yrs. Gary G. ~ 24 yrs. Jerry T. ~ 17 yrs.

By the Book Beginner Pat R. ~ 27 yrs.

Mountain Group

Sarah O. ~ 27 yrs.

Friends of Pat C. Peggy R. ~ 22 yrs. Lauren C. ~ 7 yrs. Debbie O. ~ 3 yrs.

Margate Group

Janet M. ~ 44 yrs.

One Day at a Time

Roger S. ~ 26 yrs. Denny W. ~ 28 yrs.

Sober Sisters

Sharon G. ~ 32 yrs. Denise R. ~ 18 yrs.

Express Group

Tom M. ~ 28 yrs. Tyi ~ 4 yrs. Kristin ~ 2 yrs. Diane ~ 6 yrs.

Men's Independence Dave J. ~ 35 yrs.

Adam O. ~ 5 yrs. Jim W. ~ 29 yrs. Matthew I. ~ 14 yrs. Terrance W. ~ 9 yrs.

Downtown Drydock Marge Mc. ~ 28 yrs.

Saturday Morning

Awareness Lisa M. ~ 11 vrs.

Oakland Park Group

Fred S. ~ 53 yrs. Ken P. ~ 11 yrs.

Let's Study the Book

Bob H. ~ 27 yrs. Marilyn M. ~ 6 yrs.

Thursday Night

Philip S. ~ 11 yrs.

Serenity Alltogether

Ed T. ~ 41 yrs.

Other Notables

Kris R. ~ 10 yrs. Madelyn D. ~ 6 yrs. Josh F. ~ 13 yrs.

Conscious Contact



JOIN THE BIRTHDAY CLUB!

EVERYBOD'

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.)*

February Celebrants not previously mentioned



Happy Destiny

Fran ~ 15 yrs.

Let's Do Lunch **Bunch**

Bob S. ~ 36 yrs. Chris W. ~ 3 yrs. Daniel F. ~ 11 yrs. Dyane K. ~ 12 yrs. Jim A. ~ 16 yrs. Jim M. ~ 4 yrs. Robert A. ~ 27 yrs.

BCIC - Broward County **Institutions Committee**

Next Meeting:

March 10 at 10:00 AM

Twelve Step House

205 SW 23rd Street Ft. Lauderdale.

Things we cannot change.....

Juliyet

She will be missed. May she Rest in Peace.



Next **Intergroup Meeting Twelve Step House** 205 S.W. 23rd, Ft. Lauderdale **SUNDAY, MARCH 18** at 1:00 p.m.

Recovery Word Puzzle

Unscramble the letters. Answers to puzzle can be found on page 7. Words for this puzzle have been used somewhere else in this edition of Suite 404.

CINIDOSE
TEEMENL
SCUTEVEXIE
PREHIMBMES
ITINOTDRA
TEEMNURRIQE



TARFICETICE
RINFDGUNIAS
YURJOEN
DNSCEROE
KRIDGINN
MORRFEP

(continued from page 3)

I didn't know what I was praying to, or what I believed in, but I knew that I didn't have the answer to my problems anymore. The feeling of emptiness and despair were consuming me and nothing was going to take that away except for my God. I didn't know what that was at the time, but I asked for help and I got it. Funny enough, while I was praying I had terms and conditions with my God. I told him I wouldn't tell my parents I needed help and I wouldn't go to treatment.

So, God's answer was a bit more extreme than anything I expected.... I woke up in jail, coming to from a blackout. It was later explained to me, that I had driven during this blackout and hit a family crossing the street at a red light. I didn't stop for the red light and my car hit the father and the mother, missing their children, and I just continued driving, leaving them for dead. Thankfully, the mother only suffered minor scrapes and bruising, but the father's leg was completely shattered from the knee down.

My first thought, after the officer explained what happened was "how in the hell am I going to get out of here?" I was selfish and self-centered to the core! A woman handed me a Big Book and told me I should probably read it. So, I skipped the Forwards and Preface and went straight to *The Doctor's Opinion*. For the first time in my entire alcoholic career, I saw an answer to why I couldn't stop drinking, and some insight into what was wrong with me. The book further stated that there was a solution to the problem.

I detoxed in that jail, and 43 days later I manipulated my way out of jail, into the rehab I said I'd never go to. I had my first few spiritual experiences with God and had no idea how much my life was going to change. Facing prison time, court dates, and having no idea what I was in for, actually kept me sober long enough to do the right thing. I knew deep down in the pit of my soul that picking up or running from my problems was not going to be my solution anymore. The fear of going to prison, for what I had done to that family, kept me sober long enough to get into the solution. God sent angels to guide me and bring me messages, and ultimately I got into the rooms of Alcoholics Anonymous.

I can't put into words the amount of gratitude I have for each little thing that happened, and every person that brought me a little closer to God. I got a sponsor and started going through the book of Alcoholics Anonymous. I was still foggy, and didn't understand much, but my sponsor was patient and explained her experiences to help me understand. I went to meetings and was living in halfway with women who mostly had the same goal. It wasn't easy, but AA said just take one day at a time, and keep coming back. So, I did.

(continued on page 7)

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., Arielle V., Jay L. 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

ANSWERS TO PUZZLE: decision, element, executives, membership, tradition, requirement, certificate, fundraising, journey, censored, drinking, perform

(Continued from page 6)

I didn't really see any other options at the time. Slowly, but surely, I started getting better.

About a year and a couple months after the day of my DUI crash, I had to go to court for my sentencing. I had been told, 2 weeks prior, the best offer the Courts had for me was 2 years time in a Florida State Prison and 2 years time on felony probation, following the incarceration. That was the best outcome I thought I would get, considering the circumstances.

A friend told me, not long before my court date, that I wasn't going to prison to be punished, but that I was going to carry the message of Alcoholics Anonymous to women who didn't have a solution or were extremely limited to meetings and fellowship. I would never be alone. God, and my family in AA, would be with me doing my time, and everything would be ok as long as I continued to do God's work. He was right. I ended up going to a place where another amazing woman was already doing just that, and she had a very similar story to mine. That same friend told me about her and I never thought I'd make it to the same prison to meet her but I did. She was a little piece of home and helped me more than I think she will ever know. She is now my sponsor and together we helped women in that prison. I also know that they helped change me. I had a lot of growing to do, and that was the perfect set up for growth.

Now, having been home for a year and a half, I can say a lot of amazing things are happening, still. The *Promises* mentioned in the Big Book are coming true more and more each day. Working with others and doing service has kept me in the middle of AA. Going to meetings and saying yes, when asked to show up, has further strengthened my recovery. Especially when I don't feel like it. Being held accountable is so important for my recovery, and the more I grow up in the rooms, the more I realize I am just a big kid trying to find my way. With God, my sponsor, the program, and the fellowship, I am able to grow up in a safe place and become the woman I was always meant to be.

MEETING CHANGES

Tuesday

NEW MEETING <u>Spread the Word</u> at the West Broward Club, 5625 S. University Drive, Davie at 11 AM. ORF <u>Eatin' Meeting</u> that met in Oakland Park NO LONGER MEETS.

<u>Perry Street South</u> has moved from Fort Lauderdale to SunServe office, 2312 Wilton Drive, Wilton Manors. This meeting is for Straight and Gay people. Time and format remain the same.

NEW MEETING <u>Reflections for Tomorrow</u> meets at 7 PM, St. Francis Community Center, 1020 NW 13 Ave. Rear, Ft. Lauderdale. OLT

NEW MEETING Monday Night Study will meet at 8:30 PM, Luther Memorial Lutheran Church, 1925 N SR7, Hollywood. OBB

Wednesday

The New Leaf which meets in Davie has gone back to their 5:30 PM meeting time.

Thursday

<u>Then and Now Men's</u> which meets in Plantation on Tuesday has added a day. St. Benedict's Church, 7801 NW 5 Street, 5:30 PM. OBG

<u>Living Young & Sober</u> has moved **AGAIN** from 208 SE 8th Street to the Twelve Step House, 205 SW 23 St.. Fort Lauderdale. They will meet in the member's room at 7:30 PM. ORFYP.

Friday

Freedom from Alcohol which meets in Lauderdale by the Sea has made the Friday meeting OPEN.

12 on 2 which met in Oakland Park NO LONGER MEETS.

<u>Perry Street South</u> has moved from Fort Lauderdale to SunServe office, 2312 Wilton Drive, Wilton Manors. This meeting is for Straight and Gay people. Time and format remain the same.

Saturday

NEW MEETING Sober Mommy & Me meets at All Saints Catholic Church, 10900 W Oakland Park Blvd. in Sunrise, 11 AM, kids welcome OLT — **THIS IS A NEW TIME**

NEW MEETING Welcome Home Beginners Twelve Step House, 205 SW 23 St., Ft. Lauderdale, 7 PM. OBG.

Ninth Chapter Our Savior Lutheran School, 8001 NW 5th St. in Grade 1 Room, Plantation. 7:30 PM OSPD

<u>Saturday Night Solutions</u> which met at the Sober Today Club in Hollywood NO LONGER MEETS.

NEW MEETING Saturday Nite Live will meet at 7 PM, AARC Bldg., 3550 Powerline Rd., Oakland Park. OSPD **Daily**

NEW MEETING KIS Lunchtime meets Mon-Fri at 12:30 PM, West Broward Club, 5625 N University Drive, Davie

Upcoming Events

- Mar. 3 Spring Fling Festival hosted by District 9. NSU, Terry Bldg., 3200 S. University, Davie. 6 PM, Disco dancing, hot dogs and root beer floats, Tickets \$8 in advance, \$10 at door, Meeting 8 PM.
- Mar. 14- Florida Roundup DoubleTree Miami Airport and Convention Center, 11 NW 72nd Avenue,
 - **18** Miami, for more info or to register go to www.floridaroundup.org
- Mar. 16- Soberstock 3-day weekend of AA/Alanon/Alateen speakers, bands, meetings, food and fellow-
 - 18 ship, Camp Brorein, 16901 Boy Scout Rd., Odessa, FL. Registration \$60 per person, by Mar. 10
- **Mar. 19** Davie Women's Group Anniversary, potluck speaker meeting open to all, dinner at 6 PM, Speaker at 7 PM. St. David's Catholic Church, 3900 S. University Drive, Davie.
- **April 7** Sunlight of the Spirit Group 17th Anniversary breakfast/speaker meeting, food 9 AM, Speaker 10 AM. St. John's Episcopal Church, 1704 Buchanan St, Hollywood.
- **Apr. 28 55th Annual Intergroup Appreciation Dinner**, Tropical Acres, Griffin Rd., Davie, 6-10 PM, Dinner, Raffles, 2 Speakers, 4-course meal \$40. Tickets must be purchased in advance, and do not include raffle tickets. Limited seating. Tables are reserved for 10 or more with payment.
- **May 4-6 19th Spring Into Sobriety Women's Conference** Hotel Venezia Resort in Venice. For more info e-mail womensis@gmail.com or call 941-681-0747. \$30 Advance registration ONLY.
- May 10- 40th Big Book Seminar in the spirit of Joe & Charlie. Boca Raton Marriott, 5150 Town Center
 13 Circle, Boca Raton. \$30 to register. More info at www.bigbookseminar.org