



Suite 404

BROWARD COUNTY INTERGROUP, INC.
Oakland Commerce Center
3317 NW 10th Terrace, Suite 404
Fort Lauderdale, FL 33309
Phone 954-462-7202, 954-462-0265; www.aabroward.org

VOLUME 3
MARCH 2017

Step Three — *“Came to believe that a Power greater than ourselves could restore us to sanity.”*

A Measure of Humility

Third Step - There is humility in the willingness to be honest

I BELIEVE THAT Steps One, Two, and Three form a trilogy, and that no one of them will work if the other two are omitted.

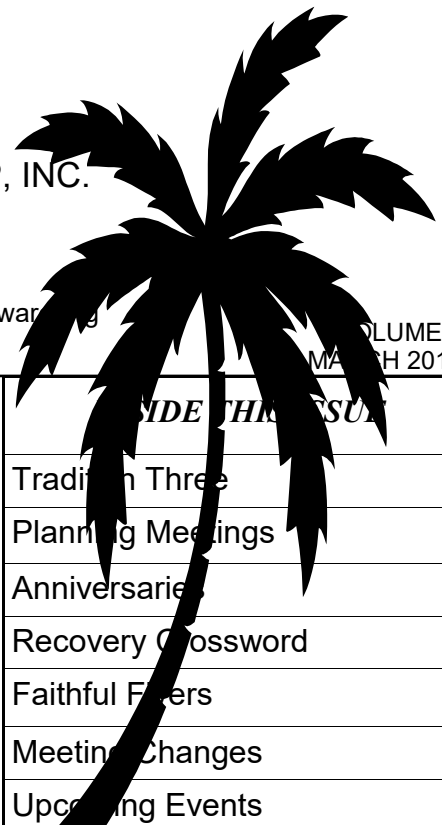
Step One means surrender. In other words, alcohol has power over me; it is bigger than I am; I can become totally obsessed and possessed by it. As soon as I came to that realization and felt my whole being rendered helpless, I had surrendered. Automatically, I became ready to believe that another power could arrest the power of alcohol; i.e., I was approaching Step Two.

Several experiences led me into the full meaning of Step Two. I had, for the first time, communication with another alcoholic when I came to AA. I discovered other people shared the same experiences I'd had with alcohol, but I could see that something was helping them beat it for periods much longer than the interludes when I had been able to stop drinking on my own. Not only that, but so many of them looked happy and full of life.

Second, these same people did not judge me for my terrible behavior. For the first time, I was totally accepted just the way I was--ill and beaten. Although I had always been a very religious person, I thought God had let me down, and any idea of a deity had become extremely remote and confusing to me.

I trusted, to some degree, that whatever was helping these other people in AA could help me, too. I followed along after them, kept attending meetings, and did whatever anyone suggested. I was sober a whole week, two weeks, a month, then two months. I began to develop something called faith--in exactly what, I wasn't sure. I didn't know how it worked or why, but it worked. "It" was, and is, the Power higher than myself that could arrest my obsession.

Into my third sober month, I became aware that my peers in AA loved and respected me. To me, this meant that maybe I was worth being loved and respected, and perhaps I could begin to think of myself in another way besides hateful and guilty. Also in my third month, I became ready for Step Three.

A large, stylized black silhouette of a palm tree is positioned on the right side of the page, partially overlapping the table and the blue box below it.

| SIDE THE RESUME | |
|--------------------|---|
| Tradition Three | 2 |
| Planning Meetings | 3 |
| Anniversaries | 5 |
| Recovery Crossword | 6 |
| Faithful Followers | 7 |
| Meeting Changes | 8 |
| Upcoming Events | 8 |

**Your
INTERGROUP
Bookstore
now has
SATURDAY
HOURS
9 AM — 1 PM
for your shopping
convenience.**

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.”

Tradition Three— “The only requirement for AA membership is a desire to stop drinking.”

Stumbling Into AA

By the time I reached Alcoholics Anonymous in 1989 at the age of twenty-six, there was absolutely no doubt in my mind that I was a hopeless alcoholic, totally incapable of sustaining even short periods of sobriety. On a weekly basis I was consuming volumes of bourbon, beer, tequila, vodka, and anything else within arm's reach. I needed two beers in my morning shower just to stop the jitters. I couldn't fall asleep at night unless I had at least a few shots of bourbon before bed. I had given up on trying to remember my actions while drinking, preferring instead to simply tell those I'd offended the previous night not to bother with the humiliating details of my behavior; they should simply know that when I was drinking, I was incapable of the most rudimentary concepts of acceptable behavior.

Despite my total acceptance of the First Step when I came into AA, I noticed that the outward aspects of my story seemed to differ from the majority of the people that I met in AA. So for any new members of our Fellowship who also come from a "normal" family, here is a brief synopsis of my story. It played out very differently from the childhood horror stories I've heard in AA.

I was born in east-central Kentucky into a rural, middle-class, white, Protestant family. My father taught vocational school and ran his own auto mechanic shop, while my mother worked in a textile factory. I was the second of three children, sandwiched between a brother ten years older than me and a sister six years younger. Ours was a very happy family. There was no alcoholism in my family (to this day I've never seen either of my parents take a drink of alcohol), and I had no more or no less than the kids I grew up with. I enjoyed hunting and fishing with my father, and playing in Little League (I was always pretty good at sports), and I did well in school. We went to Sunday School and church. There was no abuse or alienation. I certainly seemed like a very normal and happy child, with no reason to suspect that I would eventually turn into a raging drunk.

I suppose I first began to feel different inside when I entered the seventh grade. Our county school system, which I attended, had just merged with the city school system, and suddenly we were all thrown in together, an adolescent crucible. The friends I'd grown up with, played sports with, been in class with, and spent all my time with, were now often nowhere to be found. I was no longer the top student or the best athlete in the fifth grade. (I'd been told that the high school basketball coach had seen me play and was expecting me to be a star player in a few years.) Suddenly I was on the outside.

I was beginning to suffer from bouts of guilt and depression, feeling that I wasn't going to live up to the expectations that I and others had put on my shoulders. My self-esteem plummeted. I began to dread waking up in the morning, catching the bus, and arriving at school. All of this at the age of thirteen.

By the time I was in eighth grade, I'd gained weight and began to develop acne. I was terribly self-conscious about my looks and scared of girls. I hated dances, as I had no rhythm and was terrified of the thought of trying to ask a girl to dance (my opinion of dances has yet to change). I found myself spending more time isolating and daydreaming; the fantasy world inside my mind was preferable to the real world and its fears.

Then it happened. At fourteen, on a campout with some friends, I drank alcohol for the first time. I gulped down every drop my stomach could hold, not stopping until I was incapable of standing. I vomited and dry-heaved the entire night, as ill as at any time in my life. But I considered it to be the solution to all my problems.

From that night on, I drank almost every weekend. Depending on how much money I had, what was on my agenda, and the availability of the booze, I might drink very lightly or very heavily. In truth, I often didn't know myself, an early warning sign for an alcoholic. I was still trying to do well in school, as I'd always planned on going to college. This was probably the main reason that I remained a weekend drinker. But my love for sports waned, because I enjoyed drinking on the weekends more than I enjoyed training. I also realized that while under the influence of alcohol I no longer suffered from guilt or felt so terribly shy around girls. Alcohol truly seemed to be nectar sent from high Olympus.

By the time I was seventeen, I had a drunk-driving citation (I should have had several more), and my parents were concerned about my drinking. I too was beginning to worry that the booze was starting to take its toll on my ability to succeed in life. Being a success was still paramount to my psychic makeup, so before my senior year of high school, I started going back to church and gave up the booze completely.

The change was phenomenal. My grades soared. I began an incredibly vigorous physical training regimen. I lifted weights six days a week, ran, and swam. The baby fat on my body became solid muscle. I graduated with honors, and once again everyone told me the world was my oyster. All I had to do was grow into its pearl.

In the fall of 1981 I entered the University of Kentucky. I hadn't had a drink of alcohol in over a year. I looked and felt great. My mind was clear and sharp. It was going to be a wonderful and highly successful four years.

By the middle of my first semester I'd joined a fraternity and was making new friends. My classes were going well; the guy who had been assigned as my dorm roommate turned out to be a (continued on Page 4)

Continued from Page 1

I believe one of the prerequisites of Step Three is a complete understanding and acceptance of alcoholism as a disease or illness that has total power over me and will render me completely helpless in mind, body, and soul after the first drink. And so it was time to make the decision called for in Step Three--to turn my life and will over to the care of God as I *had come* to understand Him. I began to have insights into what "it," now labeled God, was all about. Through constant interrelationship with my fellow AA members, some indefinable force was making me be more honest with myself and people around me. In surrender and in acceptance of the illness, a measure of humility had been achieved, since I had lost some of my false pride. There is humility in the willingness to be honest.

With the acceptance of the illness came the realization that this was for keeps, all the days of my life; also, the acceptance that I was mentally and spiritually ill, and if I was to place my sober life in the hands of this Higher Power, I must be willing to keep putting one foot forward into the unknown, even in the face of fear. This spiritual force was calling me to the potential of love and the goodness buried within me.

Much later, the Twelve Steps began to fit together with an organized religion, but that is purely a personal choice of mine. AA and any formal religion still remain separate and always will. The spiritual power that arrests the power of my alcoholism is contained within the mutual need and love one alcoholic has for another, and the tools we use are the Twelve Steps and Traditions. Although the meanings contained in the Twelve Steps may be the same as the tenets or theology of an organized religion, the formal church alone cannot arrest my disease. I tried it, but it never worked, until I reached out my hand for help to another alcoholic.

I have discovered that the temptation to forget where I started from can be great. Many times, I find I have turned over my will for about an hour and taken it right back again. Step Eleven is a help in maintaining Step Three, but there are times when I have to come back and remake that Step Three decision.

This Step, therefore, having developed from Steps One and Two, calls for a commitment to physical, mental, and spiritual health born of humility, honesty, and faith.

- E.G. - Minneapolis, MN

Copyright © AA Grapevine, Inc.
November 1944, Volume 1, No.6, Reprinted with permission.

54th Intergroup Appreciation Banquet

Next Planning Meeting is March 8th at the Intergroup office 6 PM

TICKETS and SERVICE OPPORTUNITIES are available

Raffles, Decorations, Greeters, Program, Parking

District 9 has begun **planning for the 2017 Gratitude Dinner**
to be held in November to raise money for GSO

Come get involved— Sunday, March 26 at 1:00 PM
at the 101 Club

2018 State Convention - Next Planning Meeting

Saturday, March 18 from 9 AM—11 AM

Water Treatment Facility, 2555 Copans Road, Pompano

(Continued from page 2)

great guy, and we soon found we could always confide in each other, a perfect match. How could life get any better?

Of course it happened. One night everybody else was drinking, and I figured it was only being sociable that I should have one too. How could it hurt? I hadn't had a drink in a long time, proof that I didn't have a problem with alcohol. Alcoholics cannot stop drinking, everyone knows that.

The funny thing was that as I raised that first drink to my lips, a small voice was told me I would regret this simple act.

The remainder of my college years were a hazy, gaudy, alcoholic blur.

In the fifteen months that I'd gone without drinking, I'd crossed the line from a weekend moderate-to-heavy drinker to a complete alcoholic. I now began to drink nightly. I attended classes drunk. I attended social functions drunk. I attended family functions drunk. I tried to do everything drunk.

Naturally my grades suffered terribly, and I nearly flunked out of school. No longer was anyone telling me the world was mine for the taking. I was often an embarrassment to my friends and fraternity brothers. My reputation preceded me, and many women wanted nothing to do with me, afraid of my drunken escapades.

By my senior year I had, amazingly, met a wonderful girl and we began to date seriously. I guess she felt my drinking was a college phase, and I'd outgrow it by the time I managed to squeak out a degree and join the real world. We dated for our entire senior year and began to talk of marriage after graduation. She was an honor student and had already been accepted to graduate school. Her future was set. There was only one small problem: I was not outgrowing my college drinking phase. Unlike high school, this time there was no stopping. Alcohol was in the driver's seat, and I was simply along for the ride. Finally, a few months after graduation, she presented an ultimatum: either the bottle went or she went. Like any good alcoholic, I told her that the bottle was not going anywhere. She walked out the door and out of my life. I had chosen booze over someone I loved.

The next four years were one long alcoholic nightmare. My grades weren't sufficient to acquire a job in my field, so with perfect alcoholic reasoning I took a job bartending. Of course I spent nearly every penny I earned on booze. I fell behind on my student loan payments, which ruined my credit. My car was falling apart, and I was always living in some crummy apartment with no food and hardly any furniture. I was resentful at everyone I knew who'd achieved any degree of success, always envious of what they had and what I lacked. I hated every aspect of my life.

This perpetual agony finally came to a crashing conclusion on Halloween night, 1989. On that night I drank so much alcohol in such a short period of time that I had alcoholic hallucinations. I ended up wrecking the apartment, punching my roommate, and giving up all hope. I was completely defeated. I had surrendered.

The next day I stumbled into my first AA meeting. I was scared to death, my hands were shaking so much I couldn't hold a cup of coffee, and I was still trying to decipher reality from imagination. But amid all this confusion I remember one man telling me to go the rest of that day without taking a drink and come back to another meeting tomorrow. That is what I did, and have been doing ever since. By the grace of my Higher Power and the Fellowship of AA I haven't had another drink.

Over the years, I've worked the Steps to the best of my ability and have tried to be active in service work. I found that I couldn't accept the Higher Power I'd grown up with; I had to develop a concept of a Higher Power of my own understanding. Because of my slow progress with the spiritual aspect of the program, I actually found the "action" Steps (Four, Five, Eight, Nine) to be easier for me than the "decision" Steps. Because of Alcoholics Anonymous, I again have a wonderful relationship with my family. I have even acquired some of those superficial successes that had so long eluded me (even though I don't think I'll be the pearl in the world's oyster).

I am proof that you don't have to fit anyone's stereotype of an alcoholic. This disease does not necessarily run in families; you don't need to come in through jails or mental institutions or treatment centers; there is no age requirement or minimum standard of abuse; alcoholism is not a respecter of race, sex, religion, or social class; it disregards intelligence, will-power, and moral fabric. As Tradition Three says: "The only requirement for membership is a desire to stop drinking."

— Eric P., Lexington, KY

Copyright © AA Grapevine, Inc.
March 1952, Volume 8, No.10, Reprinted with permission.

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

Cary White, PO Box 56
Sebring, FL 33870

District 9 General Service

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

A.A. Birthdays

March Celebrants

Plantation Happy Hour

Tom ~ 13 yrs.
Sharon ~ 2 yrs.
Michelle ~ 2 yrs.
Grace ~ 18 yrs.
Frank ~ 2 yrs.

Let's Study the Book

Marilyn M. ~ 5 yrs.

Margate Group

Janet M. ~ 43 yrs.

Express Group

Diane ~ 5 yrs.
Tom M. ~ 27 yrs.

Serenity Alltogether

Dave J. ~ 34 yrs.
Ed T. ~ 40 yrs.

Friends of Pat C.

Debbie O. ~ 2 yrs.
Lauren C. ~ 6 yrs.
Peggy R. ~ 21 yrs.

East Naples Men's

Jim H. ~ 33 yrs.
Tony C. ~ 17 yrs.
Mike R. ~ 12 yrs.
Gary G. ~ 23 yrs.
Jerry T. ~ 16 yrs.

Then and Now

Moe ~ 1 yr.

Mountain Group

Sarah O. ~ 26yrs.

One Day at a Time

Roger S. ~ 21 yrs.

Women's Honesty

Elizabeth P. ~ 32 yrs.
Linda ~ 9 yrs.

Other Notables

Ellen M. ~ 26 yrs.
Kris R. ~ 9 yrs.
Madelyn D. ~ 5 yrs.
Josh F. ~ 12 yrs.

Sobriety on Two

Laura B. ~ 21 yrs.

Thursday Nt. Study

Philip S. ~ 10 yrs.

We Came to Stay

Cheryl L. ~ 22 yrs.

Oakland Park

Ken P. ~ 10yrs.
Bob H. ~ 26yrs.

February Celebrants- not previously mentioned

Happy Destiny

Fran ~ 14 yrs.

One Day at a Time

Arthur N. ~ 8 yrs.

Came to Believe

Laura M ~ 13 yrs.

Each Day a New Beginning ~ 14 yrs.

Y.A.N.A.

Cathi D. ~ 3 yrs.

Saturday Morning Awareness

Ryan T. ~ 3 yrs.
Ann P. ~ 25 yrs.
Jon J. ~ 35 yrs.

Other Notables

Courtney W. ~ 9 yrs.
Neal M. ~ 13 yrs.
Joe ~ 17 yrs.
Joe B. ~ 8 yrs.

Downtown Dry Dock

John K. ~ 26 yrs.

Coral Springs As Bill Sees It

Milinda B. ~ 11 yrs.

No. Lauderdale Back to Basics

Victor T. ~ 16 yrs.

Feb. Celebs. Continued

Surrender is Freedom

Cheryl F. ~ 16 yrs.

True Self

Warren B. ~ 33 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.*

Lou G.



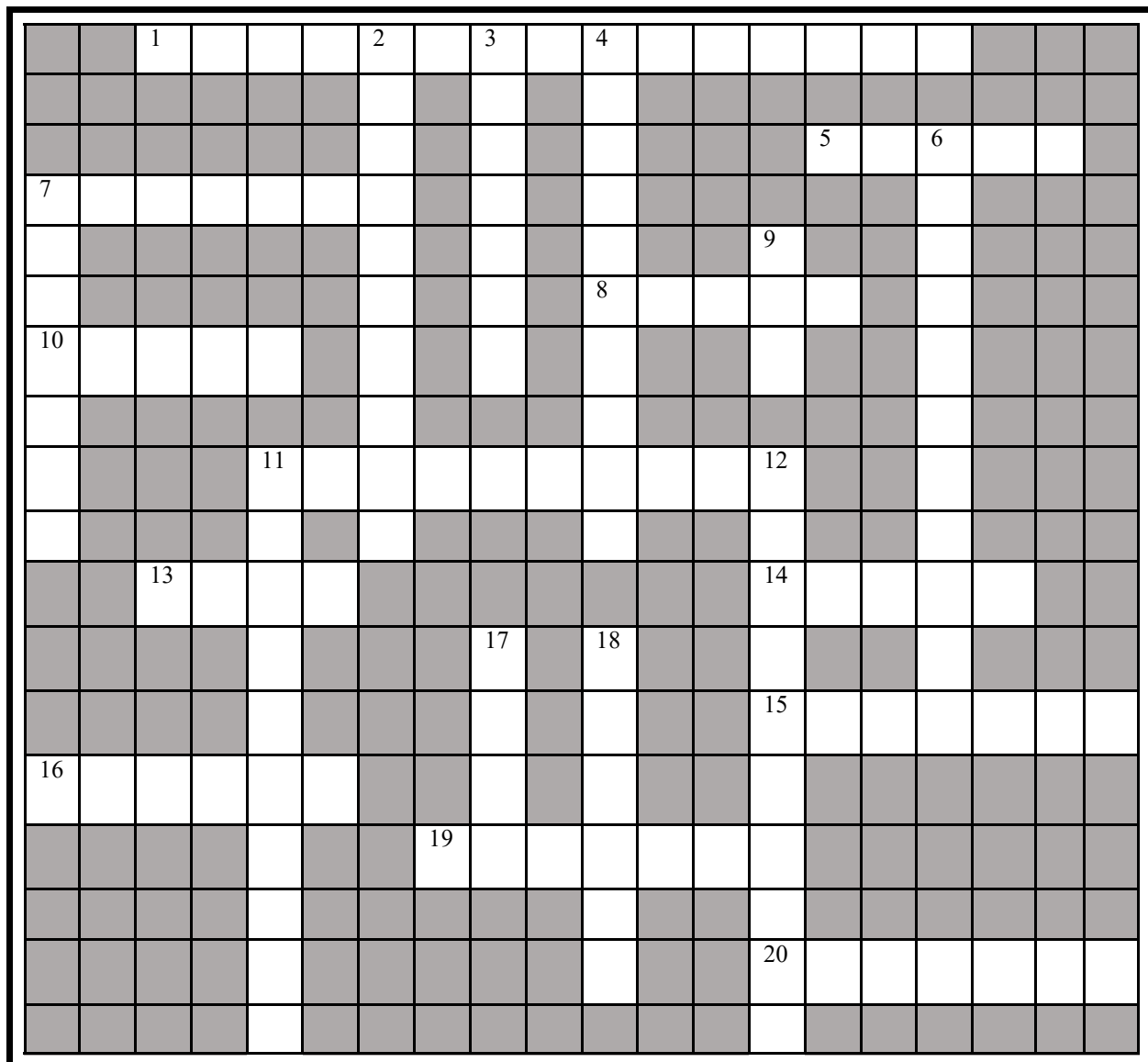
RIP. You will be missed.

BCIC Broward County
Institutions Committee
Next Meeting: March 11th
10:00 a.m. at the Twelve Step House,
205 SW 23rd St., Ft. Lauderdale.

**Upcoming
Intergroup Meetings:**

The Twelve Step House
205 S.W. 23rd, Ft. Lauderdale,
March 19 and April 23
at 1:00 p.m.

Recovery Crossword



ACROSS

1. Concept 3 warns us about this.
5. Both our disease and our legacy are _____ fold.
7. We keep going to meetings to stay _____.
8. One of our GV slogans that we all need to do.
10. Your GSR carries this collectively.
11. They meet once a year in April.
13. We get this one day at a time.
14. Lack of this was our dilemma.
15. Only a Higher Power could do this.
16. What we hope to restore.
19. What we do in 2nd step.
20. Right of decision is talked about here.

DOWN

2. Why it works.
3. Members of AA.
4. Those who carry out plans.
6. That which is required.
7. Our third legacy.
9. This step must be done perfectly.
11. Members united for service assignments.
12. What you bring with you.
17. What we need to start the program.
18. Only requirement.

ANSWERS 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.

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

WE ARE FOREVER GRATEFUL

to the groups and individuals who have made generous financial contributions to Broward County Intergroup, or volunteer their time to help the sick and suffering alcoholic.

WE COULDN'T DO IT WITHOUT YOU!!

NEW WHERE & WHENS ARE IN!

**PLEASE LOOK UP YOUR
GROUP TO INSURE THAT IT'S LISTED**

ACCURATELY.

And please always call in changes as they occur, so that we can keep our website up-to-date.

ANSWERS TO CROSSWORD - pg. 6

ACROSS

1. Right of Decision
5. Three
7. Stopped
8. Think
10. Voice
11. Conference
13. Time
14. Power
15. Restore
16. Sanity
19. Believe

DOWN

2. Traditions
3. Fellows
4. Executives
6. Requirement
7. Service
9. One
11. Committees
12. Experience
17. Hope
18. Desire

Contributions for 2016

Member groups and individuals who made contributions to Broward County Intergroup from January—December 2016 totaled
\$83,194.00

Does your group have an Intergroup Rep? Monthly minutes and Financials are always available in the office and by request.

MEETING CHANGES

Wednesday

NEW MEETING—Secular and Sober - MCC (Sunshine Cathedral) Room 1, upstairs, 1480 SW 9th Avenue, Fort Lauderdale, 6:45 PM, OCC, Agnostic

NEW MEETING—New Life - Pompano Recreation Center, 901 NW 10th Street, Pompano, OSPD, 7 PM—8:30 PM

This meeting is an hour and half.

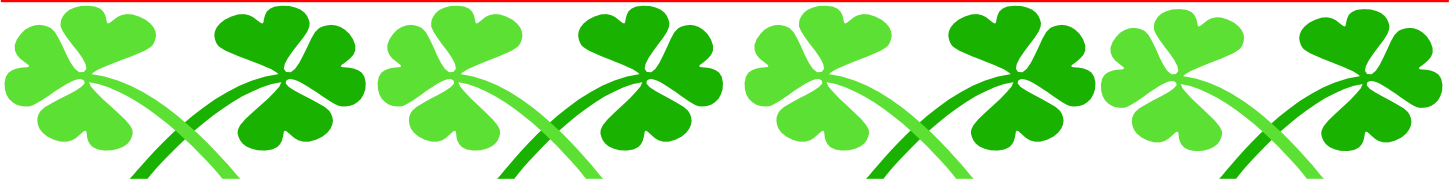
Thursday

Practice These Principles, Margate has added a Thursday meeting at 6 PM. Open Double Speaker.

NEW MEETING—The Meeting Upstairs - 100 E. Sample Rd. (Medical Plaza Bldg.) Unit 310, Pompano Beach, 8 PM, OLTD - across from hospital.

Saturday

NEW (OLD) MEETING—Saturday Night Sobriety in Coral Springs is back at Kiwanis Park. 8 PM, OSP (double speaker) Safety Town Bldg., 520 Ramblewood Drive.



Do you love Raffles ?!

We are looking for groups that would like to contribute
a basket of goods or any other gift item to be raffled off at our

54th Annual Volunteer Appreciation Dinner, April 22nd

**This year you will put your tickets
right into the box
that corresponds with
the gift of your choice.**



Upcoming Events

- March 4** **District 9's Spring Fling, 50's Dance & Dress up**, NSU Campus, 3200 S. University Dr., Terry Bldg., Davie, Hot dogs and root beer floats at 5:30 PM, Speaker at 6:30 PM...Tickets \$10 at door. Raffle, DJ, food and fellowship.
- Mar. 17-19** **SoberStock 2017**, Camp Brorein, 16901 Boy Scout Rd., Odessa, FL.
Three days of speakers, meetings, bands, food & fellowship. Weekend \$50.00 at the gate includes your food. For more info go to www.soberstock.com.
- Mar. 15-19** **Florida Roundup 2017**, The Deauville Beach Resort, 6701 Collins Avenue, Miami 33141. Registration \$70.00, For more info, or to register, go to: floridaroundup.org.
- Apr. 7-9** **South Florida Area 15 Qtly Assembly** - Boca Marriott - free service event with workshops and speakers. For more info go to www.area15aa.org
- April 22** **Free & Easy 38th Anniversary**, double speaker eating meeting, 9 - 11 AM, Luther Memorial Lutheran Church, 441 in Hollywood, FL
- April 22** **54th Annual Intergroup Appreciation Banquet**, Tropical Acres Steak House, 2500 Griffin Rd., Ft. Lauderdale. 6:00 PM to 11:00 PM. Dinner, Speaker, raffles. \$40.00 per person. Call to reserve a table. Tickets are now available and may be purchased with a CC by calling the Intergroup office.
- July 7-9** **FCYPAA** - 36th Florida Conference of Young People in AA, St. Augustine, FL to book a room, pre-register for \$15, get more details go to www.fcypaa36.com
- July 27-30** **61st Florida State Convention**, Hyatt Regency Jacksonville Riverfront, FL— to get more info go to www.Floridastateconvention.com—Registration \$35