

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.aabrowag

Step Five — "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

Reap the Rewards of the Fifth Step It's practical and effective tool of the program

I AM PRESENTLY twenty-five years old and have enjoyed a little over three years of reasonably contented sobriety. In the past, I was never contented. In fact, I was not even certain why I was staying sober. I paid a lot of lip service to the benefits of sobriety then, but I didn't feel the feelings as I do now. I assumed things would rub off on me. Some did, but spirituality didn't. For me, this takes some doing--work.

I hadn't been drinking or ingesting anything that was mood-altering. I read "How It Works" in the Big Book, went to meetings, did some outside speaking, attended other AA functions, made the effort to carry the message and practice these principles in all my affairs, and had taken one Fifth Step. So how come no "reasonable contentment"?

Fortunately, insight came from my Higher Power through other human beings. My AA friends were telling me that they could see something lacking in me. I was mistaking a lot of elated feelings for the deep, solid feelings of spirituality.

Thank God for one friend who had the love courage to share with me. His insight was spelled out plain and simple: "It's time to move into action. Get busy preparing for a Fifth Step, or you'll end up drunk!"

My initial reaction was defensiveness. I thought, "Mind your own sobriety; take your own inventory!" My thinking was that of a practicing alcoholic--not checking anything out, impulsive, full of denial. Did I need a Fifth Step?

Now I know there were some things I omitted from my first Fifth Step. At the time, I was as honest as I possibly could have been. However, I had not been sober too long, and my mind was preoccupied with other things. I was afraid even to look at some of the incidents and feelings from the past, much less talk about them. I wanted to hang on to some of my phoniness and inadequacies. I didn't understand what this key to a new life was that people were talking about. I did it for the sake of doing it, so I could say, "I took the Fifth Step."

If nothing else, this first Fifth Step was my introduction to an effective, practical working tool that would help me to ventilate, dump, take a look at the things that needed to be put on the table. All I had to do was use it.

I had grown complacent, and a lot of garbage had collected. I was losing sight of my character assets.

Thank God for that second Fifth Step. It gave me the fulfillment and awareness that I needed. The clergyman I took it with helped me to see that I was becoming more perfectionist as time passed.

Within the first two years of my sobriety, I took five Fifth Steps! When I began getting sober, if someone had told me this was what it would take, I would have said, "Go fly a kite." With each attempt, I was able to focus on something that had been a stumbling block. The third one spelled out impatience; the fourth, resentments; the fifth, forgiveness.

I had been planning on only one, but who am I to manage my life? There has always been a "flag" or signal to let me know when it's time for this Step. Learning to read those flags and signals is the important thing. (Continued on Page 3) Most often, it has come through other people. I think if it

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happy mother's day

Concept V

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration. Tradition Five — "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

Am I in the Right Place?

I walked into my first meeting of Alcoholics Anonymous one evening in May 1989, in Monterey, California. At that moment I'd been out of jail (my first and, I hope, my last time there) for twelve hours and had been without a drink for nineteen hours. It was the longest I had gone without a drink in almost two years. I had called AA that morning, literally begging for help. The man on the phone told me there was a meeting at noon that day. I explained to him, through my sobs, that I didn't have a car and was in no condition to drive and would not be able to go anywhere until my husband got home that evening. So he told me where the meetings were that evening.

I was fifteen minutes late for the meeting that night. Meetings are sometimes hard to find. My husband and I walked into a room so full of people there was no place to sit. We found a place against the back wall and I propped myself up with my husband helping to support me. I was shaking violently, my stomach was churning, my skin was crawling, I was sweating profusely, I couldn't stop crying, and there was a hole in my heart the size of the Grand Canyon. I was filled with that "pitiful, incomprehensible demoralization," and I was looking desperately for some help and hope. I looked around the room and knew immediately that I was in the right place. There were the Steps, Traditions, and Slogans on the wall, the Big Book was sitting on the table in the center of the room, and the coffee pot was over in the corner (though I dared not get a cup because I would have shaken every drop out of it). I recognized these things because my father had been sober for seventeen years at that time (he is still sober today) and I'd gone to some meetings with him when I was in my teens. But now, at the tender age of thirty-three, I was there for me.

Because we were late, we had missed the readings and the introduction of the speaker. The young lady speaking that night was sixteen years old. About ten minutes into her story I began to wonder if I was in the right place after all. By the time she finished, forty minutes later, I was sure I was in the wrong place, and I was beginning to panic. You see, during her entire talk, she never once mentioned the words alcohol, alcoholic, or alcoholism, and she never shared anything about drinking. She used a lot of drug lingo, so as far as I was concerned, she was speaking a foreign language. Throughout her talk I had been listening for something to identify with and get some hope from, but what I heard made me feel apart and alone.

I had felt instantly safe when I had walked into the room that evening and seen those familiar things. But I became increasingly anxious and uncomfortable as the hour wore on. The only thing that kept me there was a desperate desire for help that only the dying can have and the hope that someone there could direct me to the right place after the meeting.

Thank God I stayed and thank God for old-timers. As we ended the Lord's Prayer, a little old lady detached herself from the circle and flew across the room and wrapped her arms around me (a bit of the DTs had begun, I'm sure). I told her through my sobs that I had to find an AA meeting that night and asked if she could please tell me where to go. She said, "Honey, you're in the right place. I know you haven't heard what you need to hear yet, but if you stay and have coffee with me there is another, much smaller meeting in an hour. I will be happy to drive you home afterwards so your husband can go on home now."

I stayed, and for the next five days that lady, and three or four others, stayed with me around the clock.

Though I didn't yet realize it, I had, at my very first AA meeting, learned a very valuable lesson. I had experienced firsthand why our Fifth Tradition states that "each group has but one primary purpose--to carry its message to the alcoholic who still suffers." It was a lesson I've carried with me ever since.

Today I am thankful that I can share my experience and help others to understand the importance of maintaining AA's singleness of purpose, especially when speaking at a speaker meeting. And I am especially thankful for that little old lady who also understood our Fifth Tradition and saw the desperation and confusion in my eyes that night.

⁻ Dilene S., Woodbridge, Virginia

Continued from Page 1

had been up to me, I wouldn't have taken any of my Fifth Steps.

The Big Book tells us that faith without works is dead. Here, in the action of Step Five, we can perform our verbal works. Like all other Steps, this Step is full of wisdom and knowledge that can be used as effective tools toward an abundant sobriety. We repeatedly work all the other Steps. This Step isn't worked as often, but it is worked vigorously.

I do make an effort to admit it when I'm wrong, but I am not always aware of my attitudes on a daily basis. What results from this is self-deception. Usually, by the time we get to a Fifth Step, we've let some things build up into a rationalization system. We can see this in a Fifth Step. We can reap spiritual rewards, take a look at our own life's meaning, begin to experience deeper meaning in fellowship and in awareness of our Higher Power.

-- T. R., St. Paul, Minnesota

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Volunteer opportunities

2017 INTERGROUP PICNIC first planning meeting is Saturday, May 27 at 11:30 AM at Twelve Step House

UNITY BREAKFAST XII planning meeting...

May 25 at 5:30 PM at the Intergroup office 3317 NW 10th Terrace, Suite 404, Fort Lauderdale

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

Come get involved— Sunday, May 28 at 1:30 PM at the Lambda South Clubhouse in Fort Lauderdale

Founder's Day Picnic Planning Meetings

May 3 — Lester's Diner in Fort Lauderdale on SR 84 May 17 — Lester's Diner in Pompano, 1924 E Atlantic Blvd.

WEDNESDAYS AT 7:00 PM

2018 Florida State Convention is at FORT LAUDERDALE BEACH AGAIN!!

Next Planning Meeting if you want to Volunteer is

Saturday, May 20 from 9 AM—11 AM Water Treatment Facility, 2555 Copans Road, Pompano

Your Move

Remember our primary purpose

Responses from readers to the February and May 1999 issues on the topic of using the Lord's Prayer at AA meetings.

Our Preamble says that AA is not allied with any politics, organization, or institution. I believe AA has done an admirable job of this, generally speaking, although I know of groups that appear to have been assimilated by the churches in which their meetings are held.

There are two points to remember: one, AA evolved from the Oxford Group, which was a Christian organization. Both Bill W. and Dr. Bob had been associated with these groups, and adapted the format and precepts of the new program in a nonsectarian way to form an organization with broad appeal to help other alcoholics achieve and maintain sobriety.

Two, although it was the intent of the founders to create a nonsectarian, nonreligious spiritual organization, U.S. society in the nineteen-thirties, 'forties, and 'fifties was less diverse than it is today. The first members adapted a prayer by a Christian theologian to become the well-loved Serenity Prayer. The Lord's Prayer was viewed as a benign inclusion because it was common to all Christian denominations.

Since then, due to the need for an effective way to combat alcoholism everywhere, Alcoholics Anonymous has grown to include many more members of the Jewish faith as well as Buddhists, Hindus, Moslems, people embracing Native American beliefs, and people of belief systems such as Wicca. Most embrace the concept of a Higher Power. Atheists and agnostics, upon coming into AA, also find the need for a Higher Power, even though it be the group itself, to rely upon to achieve sobriety.

There is nothing I know of in AA tradition to prevent persons who are uncomfortable with the prayers their group uses from holding a group conscience and adopting other opening or closing prayers. Nor is there anything to prevent such persons from forming a home group where they feel free to pray to their Higher Power in their own way. Every faith has a richness of prayers that could be adapted to an AA group.

Let us not use religious differences within AA to become a source of resentment and divert us from our primary purpose: "to stay sober and help other alcoholics to achieve sobriety."

-- Kay H., Amarillo, Texas

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Local Readers Share.....

It continues to delight me that a text written in the 1930's, remains relevant to me no matter how much sober time I have or how much I have changed and grown spiritually. There are an abundance of poignant, hopeful and lifesaving passages in the Big Book. Two of the quotes that I cherish and share a great deal, have a similar theme. Now that I am free of my enslavement to alcohol and drugs. I am able to think and act with grace and gratitude.

In the chapter 'The Family Afterward,' on page 124, I am shown what my greatest value is. "Cling to the thought that, in God's hands, the dark past is the greatest possession you have-the key to life and happiness for others. With it you avert death and misery for them."

My experiences, no matter how painful or tragic, are my gift that only I can share with another alcoholic that still suffers. Living in the 12 steps transforms the depths of disease and despair into a tool to help others.

On page 83 of the chapter 'Into Action' there is a gem that usually gets overshadowed by the "Promises". As we are cleaning away the wreckage of our past, we are guided to be "... tactful, considerate and humble without being servile or scraping." We are reminded that "As God's people we stand on our feet; we don't crawl before anyone."

As someone who spent years feeling unworthy, here was another gift; to be freed from the shame I had constantly lived with. As a result of doing the hard work, I am able to go anywhere with serenity and confidence. Even when it becomes necessary for me to make amends, I do so with dignity, diminishing my ego, but not me as a human being. These passages are just a few of the powerful and healing words in the Big Book that give me the solution to my alcoholism, the opportunity to grow spiritually and to carry this message of recovery.

JP, Fort Lauderdale



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> Bridging The Gap 877.207.2242

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May Celebrants

Express Group

Jodi ~ 16 yrs. Geri ~ 8 yrs. Donna ~ 8 yrs.

Serenity Alltogether

Ron J. ~ 33 yrs. David H. ~ 5 vrs.

Oldtimers

Gail O. ~ 34 yrs.

Fort Lauderdale Women's Judy J. ~ 12 yrs.

Broward Men's Sebastian ~ 2 yrs.

D.A.W.G. Aisling ~ 18 yrs.

Plantation Happy Hour

Keith N. ~ 2 yrs. Lou P. ~ 17 yrs. Howard S. ~ 2 yrs. Peggy D. ~ 12 yrs. Robin S. ~ 23 yrs.

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

April Celebrants-not previously mentioned

One Day at a Time

Kelly M. ~ 13 yrs. Paul B. ~ 32 yrs. Stew ~ 32 yrs. One Day at a Time Group ~ 30 yrs.

Riverside Group

Laurie B. ~ 10 yrs. Chirs ~ 1 yr. Jeri ~ 32 yrs. Donna C. ~ 16 yrs. Riverside Group ~ 35 yrs.

Plantation Happy Hour

Rob R. ~ 2 yrs. Mark W. ~ 2 yrs. Al C. ~ 13 yrs. Don C. ~ 23 yrs. Steve T. ~ 11 yrs. Ricky T. ~ 4 yrs. Noel ~ 6 yrs. Ashley V. ~ 2 yrs. Mary S. ~ 12 yrs. Sylvia N. ~ 10 yrs.

Other Notables
Paul P. ~ 30 yrs.

Things we cannot

change....

Dick K ...

Travis 3.

Jackie B.



RIP. You will be missed.

BCIC Broward County **Institutions Committee** Next Meeting: May 13th 10:00 a.m. at the Twelve Step House, 205 SW 23rd St., Ft. Lauderdale.

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



Upcoming Intergroup Meetings:

Twelve Step House 205 S.W. 23rd, Ft. Lauderdale May 21 and June 18 at 1:00 p.m.

Recovery Word Search

S D R W E R U Τ \mathbf{C} U R T S T Α N Α Α T T \mathbf{C} L A W E N E R O M Ι T E D A M E E P Ι L S Α L S O O I N O N O M M S S D E L U A R \mathbf{C} Η I V E В U N N I F E P O S E E S R Η P E N A R H G O C L O R R O F S T A N E R Y O D M Α N I T T E D E R T I S A D M O N A R N D P R I R Y P U R P S E I M O Α Α S T V N E W S I E W A T R T E D V Α S T V \mathbf{C} \mathbf{C} L T Y E I R O N U В O A I I N P U R S E L V E S V V F O O A A R X Т G R E \mathbf{C} E L E R S N Y Α Α M Α Ι N P P E G R P O G R O U R V Ι L Α S I T R N I M E S D U R P M E N T Α U S O E L \mathbf{C} O N S Ι D E R T Ι O N Α S L E Ι T L L I R E M R M D O Α O M S E G U R E Η T \mathbf{O} M N B L S S I N G

Words may be found vertically, horizontally, or diagonally forward or backward.

SUFFERS CONSIDERATION APPEAL PRIMARY PURPOSE PREVAIL CARRY MINORITY MESSAGE OPINION **FIVE STRUCTURE GROUP MOTHERS HOPE EXACT OURSELVES ADMITTED NATURE MEMORIAL** WRONGS **PLANNING GRIEVANCES**

SEMINAR BLESSING
ARCHIVES RENEWAL
OLDTIMERS FREE
HUMAN CLEAR
REWARDS
OMITTED





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!

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.

The principle behind the fifth step is





INTERGROUP BOOKSTORE NOW OPEN ON SATURDAYS 9 AM—1 PM

We are so grateful for all groups and individuals who contributed gifts, services, and baskets to our Banquet Raffle.

The 54th Annual Intergroup Banquet was a great success and so many people thought the raffle was the best yet.

Also, a HUGE SHOUT OUT to all the volunteers who helped make that night a raging success. It was really fun and successful.



THANK YOU!! THANK YOU!! THANK YOU!!



MEETING CHANGES

Monday

Riverland Recovery in Ft. Lauderdale, will now start at 7:00 PM, instead of 7:30, and it is now OBG.

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

First Step Sobriety in Pompano changed the time of Monday meeting to 7:30 PM rather than 8 PM

Tuesday

<u>Veterans In Recovery</u> now meets at the Twelve Step House at 8:15 PM. CCC, 205 SW 23rd St., Ft Lauderdale. <u>Splinter Group</u> that meets on the beach in Pompano meets there on Tuesday, not Thursday! (put in book wrong.)

Thursday

NEW MEETING—<u>Sober Women of Parkland</u> Parkland Community Ctr., 10559 Trails End, Parkland, 6:30 PM, ORFw.

NEW MEETING—Quick to Listen Twelve Step House, 205 SW 23rd Street, Fort Lauderdale, OSP 8:30 PM. Living Young & Sober is finally meeting again. They are now at the Lambda Clubhouse in Fort Lauderdale at 7:30 PM. 1231 E Las Olas Blvd., rear alley, room 3. ORFYP

Saturday

<u>Early Risers</u> which meets at Cleveland House on Hollywood beach will now meet at 9 AM on Saturday, rather than 7.

Sunday

NEW MEETING—Perry Street South has added a 3rd day.7:00 PM, CLT, ProAm Bldg., 1915 NE 45 St. #205, Ft. Lauderdale.

Good Morning God in Sunrise has changed the meeting time to 9:00 AM, instead of 9:30. Gold's Plaza, upstairs, 4525 N. Pine Island Road,.

NEW (OLD) MEETING—<u>Sunday Night As Bill Sees It</u> in Coral Springs is back at Kiwanis park. 6:30 PM. OAB. Safety Town Bldg., 520 Ramblewood Road.

Daily

<u>South Florida Group</u> which met in West Park daily at noon, 5:30 PM, 8:00 PM and 10 PM **No Longer Meets** at that location. They are currently seeking a new home, but all meetings are suspended until one is found.

<u>441 Group</u> in Margate, the 10 PM meeting no longer meets.

HELP WANTED—APPLY NOW PART TIME PAID POSITION AVAILABLE

Must have flexible hours, and strong customer service skills.

Call Mary at 954.462.0403 or send inquiry to help@aabroward.org

Upcoming Events

- **May 13** District 9 Archives Old Timer's Meeting—NSU, Terry Bldg., 3200 University Drive, Davie. Free service event. Coffee and dessert at 5:30 PM, 3 speakers and archives.
- **May 11- 39 Big Book Seminar,** Boca Raton Marriott in Boca. \$30 to register. For more info go **14** to www.bigbookseminar.org
- **June 4 Founder's Day Picnic** hosted by District 9 Snyder Park, 3299 SW 4th Ave., Ft. Lauderdale, 11 AM—4 PM, tickets \$8 advance, \$10 at park, kids eat free, DJ, volleyball.
- June 24 Unity Breakfast XII Plantation United Methodist Church, 1001 NW 70th Ave., hosted by Intergroup, District 9 General Service & Broward County Institutions Committee. Breakfast followed by a Speaker meeting. Tickets now available \$8. Breakfast at 9 AM.
- **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 27- 61st Florida State Convention, Hyatt Regency Jacksonville Riverfront, for more info go to www.Floridastateconvention.com—Registration \$35.