

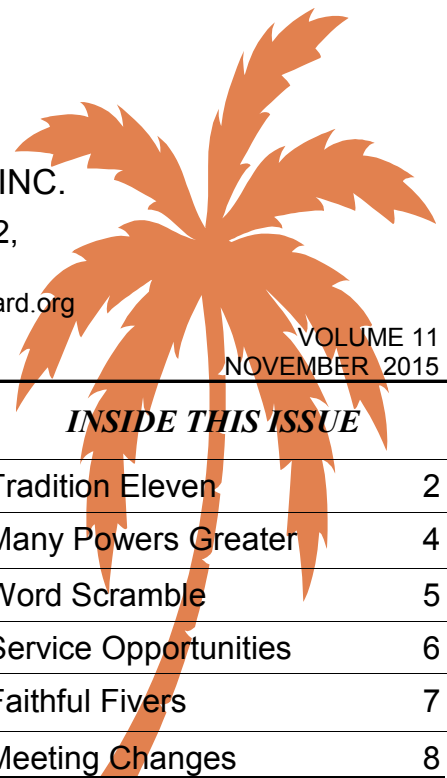


ROOM 502

BROWARD COUNTY INTERGROUP, INC.

305 South Andrews Avenue, Room 502,
Fort Lauderdale, FL 33301

Phone 954-462-0265, 954-462-7202; www.aabroward.org



VOLUME 11
NOVEMBER 2015

STEP 11:

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

THE MYSTERY OF MEDITATION

More than anything, I wanted to honestly take the Eleventh Step, not pretend I had taken the Eleventh Step. By that I mean I wanted to follow the sentence introducing Step Eleven in the Big Book, which states, "Step Eleven suggests prayer and meditation." It does not tell me, "Step Eleven suggests prayer and meditation, if you feel like it, and it's convenient and easy . . ."

Prayer, even when I am being honest, is simply prayer. It is my asking. Meditation for me seems to be a grownup version of prayer, the mature of offering of myself, without need or agenda, and the willingness listen to an answer, even if the answer is silence. For this alcoholic, meditation is all about growing up; it is about new knowledge and new ideas. Meditation for me is a venture into the unknown, a gamble with my pride, a true leap into powerlessness.

"Being still inexperienced and just having made conscious contact," as the Big Book says, I now found myself taking a huge risk and walking into the experience of attending a new Eleventh Step meditation meeting. No one chanted. Everyone sat normally in a chair. It was a closed AA meeting for men and women. We read the Eleventh Step in the Big Book out loud. Suggestions about meditation from the essay about the Eleventh Step in the "Twelve and Twelve" were read. We meditated silently for 20 minutes. And then we shared our meditation experience. Just like our Step work, some of us were on Step One in meditation; some carried experience and confidence that they willingly shared. We were all equals. The same AA principles applied in our meditation meeting that apply in any other AA meeting: new ideas, new knowledge, willingness, patience, perseverance, discipline, honesty and open-mindedness. It is the same way I live my life in sobriety, the same way I work for conscious contact, the same way I work to fit myself to be of maximum service to my creator.

This alcoholic has work to do. Meditation with my fellow drunks is an experience unlike any other.

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The Tamarac Group was surprised by their landlord, with this cake, to help celebrate the anniversary of the group.

Concept XI

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Tradition 11:

“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.”

Tradition 11: Put the Coffee On

A cheerful group in her diner draws in a young alcoholic

It was Wednesday again, and I was late for work, as usual. I flipped through the mail, stacks of unpaid bills. I never seemed to be able to pay them. I made a decent living managing a restaurant—I'd simply concluded that I was a terrible money manager. It cost me many sleepless nights.

I loved my job. Most of my life I had been painfully shy, introverted, or just too darn selfish to meet and get to know people. I was seventeen years old and scared most of the time. Every day at my restaurant, though, I got to be an actress. As I stepped over the threshold into the restaurant, I became a star on stage. I honestly felt that way. I forgot about being shy and performed. I made jokes, smiled a lot, and kidded the regulars. I had a ball.

And I looked forward to Wednesdays. Wednesdays were good days because it was busy. My favorite group came in every Wednesday at about 9:20 P.M. They congregated in the back room, pushing tables together and laying out ashtrays. We would then start the coffee rolling, and man, could they drink!

They were polite to all my staff, even if we messed up an order.

What interested me the most was the laughter. It was real belly laughing, the kind that makes you smile even if you didn't hear the joke. My office was just adjacent to the back room. Sometimes I would hold a glass up to the wall to hear what they were laughing about. I would be sad, because they laughed about things I sometimes cried about. I found myself pouring coffee back there probably more often than necessary. Occasionally I would have coffee with them. They stayed until about 11 P.M. or so, then they congregated in the parking lot for the "good-bye scene."

Eventually, I started to plan special things for Wednesday nights. I might bake a cake just for them. One time, I put colorable place mats down, and they actually colored them. The next week I had the place mats hanging from the ceiling. They laughed so hard! Once, I was heading to my car to go home, and they were still in the parking lot. I stopped to say good-bye and found myself shaking hands with each of them.

This became routine. They all knew me by name, and I was starting to learn theirs.

One night, one of them, Kevin, handed me a card. It had the name of a church followed by "Aberdeen Wednesday Night AA Group." He said, "Maybe you would like to come and see why we are so goofy!" I had no idea my life was about to change dramatically.

The next Wednesday night before work I went to one of their open meetings. I knew everyone there, but it felt different than it did in my restaurant. My stage was gone.

Someone shared from the podium what it used to be like, what happened, and what it was like now. I fought away tears. When they talked about what it used to be like, they talked about feelings I felt every day: inadequacy, inferiority, and overwhelming loneliness. I had never really thought of my drinking as a problem; it had always seemed like the answer.

Continued on Page 3

General Service Office, NY

P.O. Box 459
Grand Central Station
New York, NY 10164-0371
212.870.3127

Bridging The Gap

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Vero Beach, FL 32969-0275
(772)360-7949

District 9 General Service

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

Continued from Page 1

I love taking a chance that even the smallest amount of change might allow my Higher Power access to my heart and mind. I love the risk of failing in meditation. I love the risk of succeeding in meditation. I love the risk of not knowing the difference. I love the risk of being lost and sober in completely new territory. The results are worth all those risks, and more. Now I can honestly say I am living the Eleventh Step as our founders felt we ought to.

—ANONYMOUS, Staunton, Va.—

Reprinted from *Grapevine*
November 2010 Vol.0 No. 0

Continued from Page 2

Sometimes it would take away the nervous edge I felt in groups of people. Sometimes drinking would help me sleep at night, when the voices in my head wouldn't be quiet. Sometimes it made the guilt and shame I felt diminish a little. After that first meeting, I started to wonder if drinking might be a problem for me. I went to a few more open meetings. I curbed my drinking for several months. I thought I couldn't go to their meetings if I was drinking.

June 3, 1983, was my eighteenth birthday. I'd planned the night carefully to avoid drinking. I went out to eat with older friends. It went really well--so well that I thought I could have a little white wine after dinner. Then came the vodka, then the beer, then the Amarillo slammers, and, the next thing I knew, I woke up late for work. Work was a disaster. The cook didn't show, waitresses were disorganized, I was suffering from a major hangover. Then my "friends" started to show up to recite what I had done the night before. I had really tried not to drink. Now I was afraid I couldn't not drink. Everything I heard the AAs talk about at meetings came flooding back.

The next Wednesday, I went to a closed meeting.

Fast forward twenty years: Here I sit thinking about attraction rather than promotion and personal anonymity at the level of press, radio, and films. My whole story is based on attraction. I didn't even know they were from AA; I was just attracted to them. It reminds me that I never know who is watching. I need to be the best example of the Big Book I can, all the time.

Now, about personal anonymity. I am forever grateful "those guys" weren't afraid to let me know they went to AA. I may never have gotten here. I am not a manager at that restaurant anymore. I went to college, graduated, and work in my field. I have worked at the same place for sixteen years. I have a husband (I spilled water on him one of those Wednesday nights). We have two children and a granddaughter. I am happy and comfortable. I have had the benefit of active sponsorship and have been involved in all aspects of service work in AA. I have a home group and friends I love dearly. I have a deep and meaningful relationship with God. To think, I just came to see why they acted goofy!

—Lisa R., Aberdeen, South Dakota—

Reprinted from *AA Grapevine* ©
November 2008 Vol. 65 No. 6

Room 502 readers tell us about their favorite passages in AA literature

My favorite passage from the Big Book (Page 58, Chapter 5, "How It Works." "Being convinced, we were at Step Three, which is" ...let's just stop there. What the heck are they talking about? Indeed. Being convinced of what? OMG... the ABC's. A. We had a problem, B. No human power can do it for us anymore. Let's stop there again. It's just been my experience that if A. and B. are confronted with vigor and the same passion as that night, in that 1950 Studebaker, then C. "God could and would if He were sought" cannot make a lick of sense. Just can't. Ah, what a relief. Relax. You're here.

--Fran C. Fort Lauderdale--

Room 502 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 or will@aabroward.org**

Many Powers Greater Than Me

A member describes how he came to practice Steps Two and Three

When I got to AA, Steps 2 and 3 reminded me of my unsuccessful attempts at mental gymnastics as a child and youth at the Lutheran church my mother sent me to. I was told that only complete faith in Jesus as savior counted, and that was pretty elusive. I tended to ask wiseacre questions like, "What happens to the kids who are born in Saudi Arabia. Was God prejudiced?"

An AA friend said that she was walking down a street in Canberra when a sidewalk evangelist accosted her. He said that she would go to hell if she didn't accept certain things. She said that the God she believed in wouldn't be that narrow-minded. The man exclaimed that, "God's very narrow-minded!" That reminds me of something Voltaire said: "God created man in his own image. And man returned the favor."

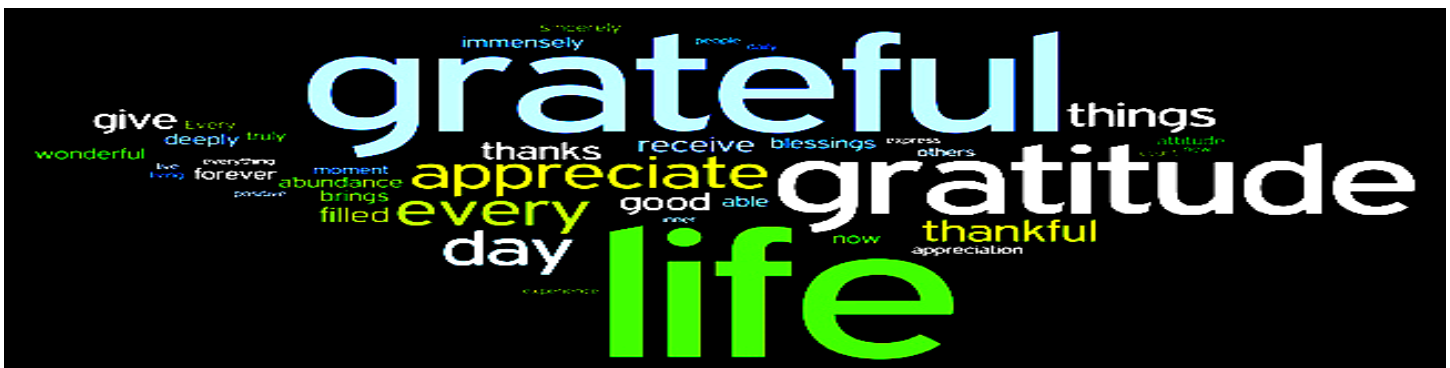
I couldn't seem to find the bits in the Big Book or 12 Steps and 12 Traditions where they told how to take Steps 2 and 3, but I got a lot out of *Came to Believe*. With all the stories in it about how members were able to take these Steps, I would think just about anyone could find something they could relate to. In one story, I read that somebody came to believe that something was running things, and it wasn't them, and I could accept that.

At a meeting last night, which included a reading about this Step, it hit me that I had always thought of it as being about finding God. But now I think it's more about just accepting that I need help and that there is something, or someone, that could help me. One guy said that he told an older member that he just couldn't believe. He was told to just substitute "hope" for "believe" making it, "Came to hope that a power greater than ourselves could return us to sanity." That seems pretty sensible to me and something those who could only hope to be returned to sanity could accept.

Refusing to believe seems more of a question of ego than real doubt. The world is full of powers greater than myself. I heard an anecdote once in which a guy told his sponsor that he just couldn't believe in a power greater than himself. He was told to go to the middle of the main street and take off all his clothes, and that he would soon see a power greater than himself coming up in a blue and white car.

The only trick is to believe that at least one of those powers could restore me to enough sanity so I would not feel the need to drink again. Being surrounded by others in meetings who have clearly been able to do that, it is hard to not accept that it is possible. It is just a matter of accepting that I need help.

Grapevine Online Exclusive



Room 502 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 stories, news and comments. The deadline for submission is the 15th of each month.

Material may be edited for space and content and cannot be returned.

A.A. Birthdays

Focus on Sobriety

Barbara B. ~ 19yrs.

TGIF

Jay G. ~ 19yrs.

Here and Now

Terry G. ~ 5yrs.

Spiro N. ~ 6yrs.

Ray S. ~ 40yrs.

Stepping Out

John P. ~ 31yrs.

Joe F. ~ 31yrs.

Chrisy ~ 21yrs.

Bob R. ~ 25yrs.

Westside Men's

Armen Z. ~ 22yrs.

Sean M. ~ 8yrs.

Tim A. ~ 6yrs.

Men in Recovery

Frank P. ~ 43yrs.

Bill W. ~ 34yrs.

Bob G. ~ 33yrs.

Will S. ~ 6yrs.

Oakland Park

Damian S. ~ 10yrs.

Joel C. ~ 34yrs.

Dan I. ~ 28yrs.

Jack P. ~ 45yrs.

Ft. Lauderdale Women's

Sue E. ~ 10yrs.

Don't Forget Group

Bill N. ~ 41yrs.

Downtown Dry Dock

Louise ~ 30yrs.

Trey ~ 36yrs.

Sully ~ 36yrs.

Delores ~ 36yrs.

Lunch Bunch

Jimmy Z. ~ 11yrs

Cliff ~ 22yrs.

Jennifer ~ 4yrs.

Mountain Group

Mike H. ~ 7yrs.

Patty P. ~ 12yrs.

Lynn W. ~ 15yrs.

Kay R. ~ 41yrs.

Sober Women Today

Lori A. ~ 26yrs.

Sober Sisters

Rachel G. ~ 13yrs.

Meeting in Print

Chet R. ~ 23yrs.

Free and Easy Group

Tom F. ~ 41yrs.

Live Laugh Love

Pam ~ 1 yr.

Jewel ~ 1 yr.

October Celebrants

(not previously submitted)

Sober Today Group

Stephen C. ~ 31 yrs.



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 today. 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.
305 S. Andrews Ave., Suite 502,
Ft. Lauderdale, FL 33301

As we express

our *gratitude*

We must never forget that the highest appreciation Is not to utter words,

but to

Live by them

Congratulations to all of our celebrants. You deserve to be recognized. Celebrants should be submitted as early as possible, by the 15th, of the preceding month at the latest. (Example) May celebrants should be submitted by April 15th, to be published in the May Newsletter. Thank you for your time and effort.

Word Scramble Step Eleven

1. nmayrilirep _____
2. mpsoeerhta _____
3. ueolisscdr _____
4. gpstenscunio _____
5. stirghueo _____
6. vertinaleo _____
7. dipsosee _____
8. syskerllec _____
9. lydginea _____
10. tansebail _____

(answers on page 7)

BCIC Broward County Institutions Committee

Next Meeting: November 14th
10:00 a.m. at the Twelve Step House,
205 SW 23rd St., Ft. Lauderdale.

Intergroup Meetings

will be now held at

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

Steering Committee meets at 11:30 a.m.

Upcoming Meetings

November 15th — December 20th

Service Opportunities

Broward County Intergroup's 5th Annual

AA's Got Talent

We need volunteers, bring your talents to us. Committee chairs, co-chairs, TALENT needed!

We welcome singers, dancers, comedians, musicians to sign-up:

Excluding bands due to time limitation of equipment set-up /break-down

Planning Meeting Schedule

Saturday, November 21, Saturday, December 19,
and lastly, Saturday, January 30, 2016

All planning meetings will be at the 441 Group, at 1:30 p.m.

441 Group, 1452 State Road 7, Margate, FL 33063

INTERGROUP IS MOVING

We have finally found a great space more centrally located to accommodate our members, and offer more convenience to members and staff alike.

Ground Floor – Plenty of Parking – Right at I-95 and Oakland

MOVING DAY WILL BE SCHEDULED IN THE FIRST TWO WEEKS OF DECEMBER.

STAY TUNED FOR UPDATES!

New Address

3317 NW 10th Terrace, Suite 404

Fort Lauderdale, FL 33309

The new Where and When is going to print soon.

Please check your group's current listing for accuracy and contact the Intergroup office with any changes or updates.

(954) 462-0265 or 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.

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., Jean G., Ron J. Bob H., Anonymous I, Bobby V., Janet M., Dan C., Lu W., Elizabeth B., Happiness Is Group, Lillian M., Fran C., Milinda B., Barbara S., Lois O., Richard H., Timothy S., Richard S., Sam B., Mark S. Howard S., Douglas C., Jennifer S., the other Bob H., Carol B., the original Bob H., Leslie R.

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.

305 S. Andrews Ave., Suite 502, Ft. Lauderdale, FL 33301

*Things we cannot change,
He will be missed by all who knew Him.*

Mike F.

Answers from page 5:

1. preliminary 2. atmosphere 3. disclosure 4. unsuspecting
5. righteous 6. revelation 7. episodes 8. recklessly
9. delaying 10. insatiable

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

MEETING CHANGES

Monday

NEW MEETING Sober Moms, 6:00p.m., Christ Church, 901 E. McNab., Pompano ,OBG.

NEW MEETING Lambda Rising 11th Step Group, 7:00p.m., Lambda Clubhouse, 1231 Las Olas, OMg.

NEW MEETING Big Book Meditation, 7:00p.m., St. Francis & Clare Church, 101 NE 3rd St, Fort Lauderdale.

Tuesday

NEW MEETING Perry Street South Group, 7:00p.m., Pro Am Building, 1915 NE 45th St. Ft. Lauderdale, CSD.

NEW MEETING The Place, 7:30p.m., Mt. Olivet Church , 649 NW 15th Way, Ft. Lauderdale, 33311 OCC.

NEW MEETING Spiritual Beginners, 7:00p.m., Christ Church, 901 E. McNab., Pompano, OBG.

Wednesday

Ladies Night, 8:00 p.m., 1400 N Federal Hwy, The Sanctuary, Ft. Lauderdale. **No longer meets.**

NEW MEETING The Broad Highway, 10:00p.m., Sober Today Club, 1633 S 21st. Ave., Hollywood, 33023 LT.

Thursday

NEW MEETING Our Little Meeting, 6:30p.m., Ocean Breeze Recovery, 2413 E Atlantic Blvd., Pompano ,CWBB.

Chickee Group, Now meets at 8:00p.m. not 8:30p.m., Tribal Headquarters, 6300 Stirling Road Hollywood, FL.

NEW MEETING East Side Back To Basics, 7:00p.m., Christ Church, 901 E. McNab., Pompano ,OBG.

Friday

NEW MEETING Recovery On The Rocks, 7:30p.m., Unity Church, 261 SE 12th Ave, Pompano Beach, ORF.

Saturday

NEW MEETING Saturday Night Solutions, 8:30p.m., Sober Today Club, 1633 S 21st. Ave., Hollywood, 33023

Daily Meetings

Oakland Park Kick Off, 5:30-6:30, 7:00-8:00 p.m., M-F, Mother Francis Outreach, 278 NE 35th Ct., Oakland Park.

SPANISH MEETINGS

NEW MEETING Circulo De Ganadores, 7:00p.m., Wednesday. Gulf Stream Chaplin's Trailer, 901 S. Federal Hwy., Hallandale.

Upcoming Events

- | | |
|-----------------|---|
| Nov. 6 | District 9 52nd Gratitude Dinner , Coral Ridge Presbyterian Church, 5555 N. Federal Hwy, Ft. Lauderdale. Coffee at 6, Dinner at 7, Speaker at 8:30. Tickets \$15. All proceeds to benefit the General Service Office in New York. |
| Dec. 5 | General Service, District 9, Holiday Dinner & Karaoke , NSU Cafeteria, 3200 S. University Dr., Davie. 6:00 p.m. Dinner,- 5:45-7:30 p.m. Karaoke, 7:30 p.m. Singing Contest, 8:15 p.m. Speaker. \$8.00., In Advance, \$10.00, at The Door, Bring a newcomer! NSU is a totally smoke-free facility. |
| Feb. 6 | 5th Annual AAs Got Talent , Coral Springs Charter School, 3205 North University Dr. Coral Springs. Contact organizers at: AATalent2016@gmail.com. Tickets \$10.00. Adults only. Coffee and desserts! |
| April 23 | 53rd Annual Intergroup Appreciation Banquet , Tropical Acres Steak House, 2500 Griffin Rd., Ft. Lauderdale. 6:00 p.m. to 11:00 p.m. Dinner, Speaker meeting. \$40.00. Save the date! Tickets available soon. |