



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 10
OCTOBER 2018

Step Ten — “Continued to take personal inventory and when we were wrong promptly admitted it.”

Step Ten: Lost and Found

Several years ago, prior to getting sober, I was deer hunting in west Tennessee with a friend of mine. During the course of the day's hunt, we got separated from each other and I suddenly realized I was lost. I had absolutely no idea of how to find my way back to my car. Panic set in and I began to wander aimlessly through the dense forest looking for a familiar landmark or a logging trail that would lead me to the highway. I was no longer interested in hunting for deer, I only wanted out of that forest. Several hours later--exhausted, scared, and hungry--I emerged from the trees onto the highway just a few feet from my car. The relief I felt was immense.

One day while meditating, I happened to recall this dilemma in the forest and I realized that when I don't know where I'm going, it's usually because I don't know where I am. Consequently, I get diverted from the important things. Instead of building, creating, and working toward goals, I revert to merely coping. For me, it is necessary to maintain a constant spiritual point of reference. This means doing an honest daily inventory.

The first time I realized the importance of the Tenth Step, I was standing in front of a judge on a charge of driving while intoxicated. I had been found guilty in two lower courts but had appealed both decisions. I'd rationalized that I was innocent because I'd been a victim of entrapment. This judge proved to be no less wise than the others. Not only was I found guilty, I was given extra jail time and fined an additional five hundred dollars. I'd been sober for over three months before this final trial took place and I had let fear and false pride stop me from admitting my guilt.

That painful experience took place over eight years ago and today I am still having trouble with Step Ten. The admissions today, however, are not quite as dramatic as the drunk driving issue. Today the issues are ego, resentments, control, and being judgmental. The prices I pay for neglecting my Tenth Step are anger, loss of serenity, and loss of spiritual direction. I know that if I am remiss in working this Step, I will eventually build a formidable wall of darkness around myself that shuts me off from the sunlight of the spirit of God.

The Tenth Step helps me remain in the present. By immediately dealing with my daily problems and avoiding a buildup of emotional trash, I avoid the anxiety and stinking (continued on page 4)

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Concept X

Every service
responsibility
should be
matched by an
equal service
authority,
with the scope of
such authority
well defined.

Tradition Ten - "Alcoholics Anonymous has no opinion on outside issues; hence, the A.A. name ought never be drawn into public controversy."

An Island of Sanity

Many years ago, a nonalcoholic friend of AA who was one of our Class A trustees referred to Alcoholics Anonymous as "an island of sanity in a world gone mad." How true! And to keep it that way, we are guided by Tradition Ten.

Yet, I'm convinced that what goes on in the world around us does indeed affect AA in various ways--for example, the smoking/nonsmoking controversy, local drunk-driving laws, liability insurance requirements. Nonsmoking meetings are frequently mandated by someone or something other than the group conscience. Drunk-driving laws result in forced rather than voluntary attendance at AA meetings, and while we don't check up on our own members, we sign proof of attendance slips in the spirit of cooperation with the courts or other agencies associated with them.

Other current issues are more subtle. At a recent AA service event, I heard comments on introduction/identification ("I'm John/I'm an alcoholic"). According to some, this is a comparatively new custom (although this was in practice when I came to AA, eighteen years ago). The custom of closing meetings with the Lord's Prayer almost always comes up at such gatherings, but is now extended to holding hands and getting into a circle (which was *not* done when I came around).

A long time ago, our co-founder Dr. Bob warned: "Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have little to do with our actual AA work." Could he be referring to such expressions as "dysfunctional family" or "low self-esteem" which have crept into AA lingo in recent years? Not too long ago, I sponsored a young woman who felt like drinking all the time and consistently complained she was "not feeling good about herself." In frustration, I suggested that she might just as well drink rather than feel that bad all the time. I'd never, ever said that to anyone! She did drink but came back a few months later and has been sober ever since.

Last year, I attended a district-sponsored public information meeting, where a renowned clergyman/psychiatrist very active in the treatment of addictions spoke. He expressed concern that the main goal of society today is to "feel good." In contrast, the goal of fellowships such as Alcoholics Anonymous is to "do good." And by concentrating on "doing good," people discover that they "feel good." He expressed his hope that the rest of society would learn this too.

We cannot--and should not--isolate ourselves from the world around us. Consequently, outside issues are bound to creep into our rooms. What we do about this--as individuals and as groups--depends on how well we learn about and apply--nay, live--the principles set down for us in *all* of our Twelve Traditions.

—Lois C., Pittsburgh, PA

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**WISHING YOU ALL A SAFE
AND HAPPY HALLOWEEN**



Local Readers Share.....

When I came to AA, I wanted to live in the rooms to stay wrapped in the cocoon of safety, safe from alcohol that had so damaged my life. I soon learned that I could not. I had to walk among the earth people; do what they did but not drink. I was in a position that required my attendance at several cocktail parties, long alcohol-filled meetings and dinners. I was beginning to feel all was lost until I read the 10th step promises!

The 10th step promises (pgs. 84-85) tell me that "We will seldom be interested in liquor. If tempted, we will recoil from it..." "We will see that our new attitude toward liquor has been given us without any thought or effort on our part." We have "been placed in a position of neutrality- **Safe and Protected.**"

That is all I needed to hear...if I am in fit spiritual condition I will be safe and I can live in the world and walk safely among the "normal" people. The 10th step promises gave me the courage to successfully use the rooms and the 12 steps to live and work in the world. Even though I have long since left that position I have never forgotten the importance of steps 10-12 and continue to reap the benefits of the 10th step promises!

A very grateful alcoholic,
Marsha M., Hollywood

Volunteer Opportunities

2017 INTERGROUP PICNIC — next planning meeting is
at The Twelve Step House, 205 SW 23rd St., Ft. Lauderdale
Tuesday, October 30th at 6:45 PM .

2018 DISTRICT 9 GRATITUDE DINNER

has the next planning meeting at the
Coral Ridge Presbyterian Church, 5555 N Federal Hwy., Fort Lauderdale
Saturday, October 20th at 1:00 PM

2019 AA's GOT TALENT next planning meeting is
at the 441 Group, 1452 N. State Road 7, Margate (next to Dunkin Donuts)
Saturday, October 20th at 1:30 PM.

2019 INTERGROUP BANQUET next planning meeting
is at the Intergroup Office, 3317 NW 10 Terrace, Suite 404, Ft Lauderdale
Tuesday, November 27th at 6 PM

Pick up a commitment today!!

SERVICE KEEPS YOU SOBER



(Continued from page 1)

thinking that can result from procrastination. One day at a time is still a way of life for me. I only have today. Yesterday is history and tomorrow is only an illusion, but if I am diligent and honest in my daily inventory, tomorrow will surely bring new opportunities for which I will be prepared.

I have a goal which, I am sorry to say, I've only been able to achieve with varying degrees of success. That goal is unconditional love for my fellow man. I guess I am still carrying too much emotional garbage around to be able to accept others just as they are. I've made lots of progress in this area but my ego still keeps me at its mercy. At least I have some idea of what the problem is and can use the Tenth Step as a powerful tool in my struggle toward spiritual progress. That--along with the help of a forgiving God, a loving wife, and a sponsor who seems to be able to accept me as I am--gives me hope. Without hope, I would surely drink again.

— Charles M., Murfreesboro, TN

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Fighting the Dragon of Procrastination

Let me employ all possible care not to mistake the bridge for the land: the Tenth Step is not a stopping place. It's a connecting point between my efforts to get to know myself better and my desire to get to know God better--God as I understand him.

But that wasn't the way I saw it to start with. It looked to me as if Bill W. had run out of steam and in order to round out to twelve (the magic number), he put in another inventory Step.

Because of my religious upbringing, and my later revolt against religion, the wording of the Fourth Step in the "Twelve and Twelve" had been very difficult for me, with its emphasis on the moral. More helpful was the Big Book because it talks of "personal" rather than "moral" inventory, thus freeing the way for this battle-scarred veteran of the religious wars.

On Step Ten in the "Twelve and Twelve," I found discussion of "spot checks." I'd been doing that from the beginning of my AA life. But with a difference. I did it only when I thought of it, usually when I was hurting. Now my spot-checking became more conscious and regulated. As a result, I was better able to deal with such problems as criticizing, losing my temper, sulking, and seeking to dominate.

There was one problem, however, that I seemed unable to come to grips with: resentments. My fellow AAs frequently talked about the nature of them and how they dealt with them. And I would listen politely and sympathize that they still had what evidently was a serious problem for them. Viewing myself as the most benevolent man on the eastern seaboard, I could not face the fact that resentments were coming out my ears! Thank goodness, I was finally able to make a breakthrough but only as a direct result of regular attendance at AA meetings and practicing all the Steps to the best of my ability.

I found it helpful to review the foregoing Steps, in the light of the one I was focusing on. As I came to believe that I could be restored, I began my brand-new adventure in faith. By making an act of trust, I was admitting again that my power-driven ways--my reliance on self, to the exclusion of accepting any kind of help from outside myself--did not work.

(continued on Page 6)



Things we cannot change.....

Joe L. and Myron A.

They will be missed. May they Rest in Peace.

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

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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

AA BIRTHDAY'S

October Celebrants

Broward Men's

Bob ~ 34 yrs.
Larry ~ 22 yrs.
Drew ~ 3 yrs.

Smell the Coffee

Mark G. ~ 10 yrs.

Express Group

Sonia C. ~ 25 yrs.
Cookie ~ 31 yrs.

Women's Honesty

Robin K. ~ 15 yrs.

Lunch Bunch

Joe ~ 6 yrs.
Gerry G. ~ 8 yrs.
Clark ~ 11 yrs.
CC ~ 29 yrs.

Oakland Park

Mark Mc. ~ 28 yrs.
Ollie D. ~ 40 yrs.
Elizabeth W. ~ 19 yrs.

Men In Recovery

Jack C. ~ 25 yrs.

Free & Easy

Sam B. ~ 42 yrs.
Ted M. ~ 39 yrs.

Meeting in Print

June C. ~ 46 yrs.
Creig R. ~ 35 yrs.
Sondra V. ~ 24 yrs.

Focus on Sobriety

Ginger ~ 8 yrs.

One Day at a Time

Barbara L. ~ 26 yrs.

Westside Men's

Larry B. ~ 14 yrs.
Brian A. ~ 13 yrs.
Joe T. ~ 13 yrs.

Sunday Morning Together

Dawn R. ~ 30 yrs.

Sober Sisters

Adina S. ~ 2 yrs.
Tara D. ~ 6 yrs.

By the Book Beginners

Shannon R. ~ 15 yrs.

True Self

Leslie G ~ 20 yrs.

Midday Sobriety

Charlie P. ~ 11 yrs.

Pride 5:45

Eric P. ~ 7 yrs.

Joy of Sobriety

Tony ~ 6 yrs.
Sam C. ~ 6 yrs.
Kevin M. ~ 30 yrs.
Jason B. ~ 5 yrs.
Brian B. ~ 18 yrs.
Bob D. ~ 14 yrs.

YANA

Yolanda ~ 21 yrs.
Dave M. ~ 9 yrs.

**Downtown Dry Dock**

Stephanie W. ~ 3 yrs.
Marlene ~ 12 yrs.
Kathy R. ~ 12 yrs.
Lisa ~ 22 yrs.
Kevin ~ 2 yrs.
Walt ~ 35 yrs.
Mitch ~ 30 yrs.
Paul S. ~ 1 yr.
John ~ 31 yrs.

Free To Be

Sharon M. ~ 1 yr.
Ronna ~ 1 yr.
George ~ 4 yrs.
Bradford ~ 16 yrs.

BALLS

Danny ~ 1 yr.
Justin ~ 6 yrs.
Tim B. ~ 15 yrs.
Chino ~ 17 yrs.
Alan ~ 33 yrs.

Surrender is Freedom

Jeff N. ~ 2 yrs.
Dorothy ~ 3 yrs.
Megan ~ 7 yrs.
Roy ~ 11 yrs.
Helen ~ 37 yrs.

Bikers in Recovery

Kaitlyn ~ 3 yrs.

JOIN THE BIRTHDAY CLUB!

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.)

REMINDER:**YOUR INTERGROUP BOOKSTORE WILL BE CLOSED**

Monday, October 1, 2018

for Annual Inventory

BCIC - Broward County Institutions Committee**Next Meeting:**

October 13 at 10:00 AM

Twelve Step House

205 SW 23rd St., Ft. Lauderdale

Next**Intergroup Meeting****Twelve Step House**

205 S.W. 23rd St., Ft. Lauderdale

**SUNDAY, October 21st
at 1:00 p.m.**

September Celebrants - not previously mentioned

Sober Sisters

Kendall ~ 5 yrs.

Joy of Sobriety

Frank G. ~ 41 yrs.
Steve H. ~ 30 yrs.

Let's Do Lunch Bunch

Steve H. ~ 8 yrs.
Paul D. ~ 18 yrs.
Carmen S. ~ 29 yrs.
Brett S. ~ 33 yrs.
Bob S. ~ 36 yrs.

Dania After Work

Megan M. ~ 7 yrs.

Friends of Joe

Collette ~ 31 yrs.
Jim N. ~ 40 yrs.
Big Dave ~ 48 yrs.

Women's Journey

Melissa ~ 1 yr.
Nadine ~ 1 yr.
DeeDee ~ 27 yrs.
Miriam ~ 32 yrs.

5-3-Zero

Melissa ~ 1 yr.
Bill ~ 6 yrs.
Rick ~ 39 yrs.

Women's Honesty

Jamie ~ 6 yrs.

Beyond Your Wildest Dreams

Aileen W. ~ 23 yrs.

Meditation at the Rock

Marlene P. ~ 3 yrs.

Bottom Line Group

Bianca S. ~ 2 yrs.
Dennis ~ 17 yrs.
Mike R. ~ 28 yrs.

Sands of Serenity

Rachel H. ~ 21 yrs.
Kris F. ~ 12 yrs.

Riverside Group

Sheldon V. ~ 31 yrs.

Deerfield Beach Study

Francesca ~ 1 yr.

Focus on Sobriety

Julie ~ 2 yrs.
Sally ~ 49 yrs.

Hollywood Men's

Tommy ~ 1 yr.
Vinney ~ 2 yrs.
Randy ~ 2 yrs.
Leon ~ 11 yrs.

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.*

PETADES
YQTUNAIT
MIRDCATA
DOSSNOPER
STOPONII
CREESVI



TEAMNOID
NICTOILNUANDO
LOXNUSICE
KEORTSOBO
SOONCUDFN
DINOIFNITCATIE

INTERESTED IN DOING A GOOD OLD FASHIONED TWELVE STEP CALL?

We need you to sign up on our new list! Call the office or fill out the form on Page 7 with your specific information. We want to know who is really available when someone calls in need.

(Continued from page 4)

My undertaking of a fearless and searching personal inventory was yet another exposure to the deflation at depth that Doctors Jung and Silkworth saw as requisite in the recovery of an alcoholic. In my willingness to detail the exact nature of my wrongs (and of my virtues, as well), my old defect of intellectual arrogance was dealt another major blow.

In the Sixth and Seventh Steps, I mustered faith and trust and willingness, drew heavily on the hope and courage that my fellow AAs shared with me at meetings, and--in the fashion of our AA pioneers--on my knees asked that my character defects be removed.

In the amends Steps, my intellectual pride was put on the spot as I reached out to others, both in and out of AA. My plea was for forgiveness and for the chance to set right my harmful actions done in actual drunkenness or through emotional drunkenness in sobriety.

There is one thing about the Tenth Step that confounds some of us. The leader of a Step meeting at my home group summed it up: "I don't mind admitting when I am wrong," he said, "but why do I have to do it promptly?"

In a series of pieces on the Steps published by the Grapevine some years back, the author had this to say: "'Promptness' is of fire-alarm importance whenever, through Step Ten, we find ourselves to have been in the wrong. If we delay admitting the wrong it may bury itself. . .and fester into misery."

For me, the need for promptness cannot be stressed too much. I don't know about you, but I have a distorted perception of time. It comes into play whenever there is a question involving remedial action that ought to be taken. Time structures seem to crumble, and once again the dragon of procrastination has his day. At such time, the need for promptness becomes an academic matter, and I can rationalize quite easily why I should defer action or not take any at all. It is fairly easy to spot this distortion in others, since it is so evident in myself. But whether it's the Tenth or the Fourth Step, I owe it to myself to keep the focus on me. My taking of your inventory is not going to help me one bit. And it certainly won't help you.

— W.H., NY, NY

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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., Bonnie T., Sally S. and the Women's Step by Step Group.

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: separated, quantity, dramatic, sponsored, position, service, dominate, unconditional, exclusion, bookstore, confounds, identification

I AM RESPONSIBLE....

WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP,
I WANT THE HAND OF A.A. ALWAYS TO BE THERE. AND FOR THAT: I AM RESPONSIBLE.

NAME: _____ GENDER: _____

PHONE: _____ EMAIL: _____

PREFER: VOICE: _____ TEXT: _____ EMAIL: _____ CITY OF RESIDENCE: _____

WILL CALL BACK: _____ AND/OR PAY A VISIT: _____

AVAILABILITY: MONDAY to FRIDAY: _____ WEEKENDS: _____

8:00am-12:00pm _____ 12:00pm-5:00pm _____ 5:00pm-9:00pm _____ 9:00pm-8:00am _____

TO COMPLETE A 12-STEP CALL, you only need to be sober one day, but you NEVER GO ALONE.
THANK YOU FOR YOUR SERVICE! SEND COMPLETED FORM TO: help@aabroward.org



MEETING CHANGES

Sunday

Nama-Stay Meditation is meeting again at the West Broward Club, 8396 A State Road 84, Davie, upstairs, but they have CHANGED THE TIME to 11:00 AM. Still an open meditation meeting.

Wednesday

Riverland Recovery which meets in Fort Lauderdale NO LONGER has the noontime meeting on Wednesday.

Friday

Women's Friday Night Big Book Study which meets in Coconut Creek is changing their time from 6:15 PM to 6:30 PM. Location and format remain the same.

Saturday

Sober Mommy and Me which met in Sunrise NO LONGER MEETS. They are currently seeking a new venue.

DAILY MEETINGS

Pompano Beach Group WILL BE MOVING TO A NEW LOCATION ON NOVEMBER 1st The new location is at the SE corner of McNab and Cypress on the first floor. 108-110 E. McNab, Pompano Beach, FL

NEW WHERE & WHENS ARE IN!!

ONE BIG TENT

New book with stories from
Atheists and Agnostics,
published by the AA Grapevine is

Now on sale
at your Intergroup Bookstore

*Thank you so very much
to all the groups
and individuals who
continue to support
Broward County Intergroup.
Your generous contributions
this fiscal year totaled
\$80,320.00*

Upcoming Events

- Oct. 5-7** **South Florida Area 15 Quarterly Assembly** will be held at the Boca Town Center Marriott. This is a free weekend of workshops and speakers and a great way to learn how our third legacy works. This is how the voice of each member contributes to AA in the world.
- Oct. 13** **District 9 Archives Early Timers Meeting** NSU, 3200 S. University Drive, FL. Dessert and coffee in the cafeteria with Archives display at 6 PM. 3 speakers in Steele Auditorium to follow. Terry Building.
- Oct. 13** **BCIC 31st Annual Workshop** Twelve Step House, 205 SW 23rd Street, Ft. Lauderdale, 11 AM Lunch and Speakers. No Charge. Learn how to take a meeting into an Institution.
- Nov. 2** **District 9 Gratitude Dinner** Coral Ridge Presbyterian Church, 5555 N. Federal Hwy, Fort Lauderdale to benefit the GSO in NY. 6:00 PM, Tickets \$15 in advance.
- Nov. 4** **43rd Intergroup Picnic** Snyder Park in Fort Lauderdale, 11 AM - 4 PM, 2 Speakers, Lunch, Volleyball, Live Band, Face Painting \$8 in advance, \$10 at gate, Kids under 12 eat free. Quantity discounts on tickets available, ask at Intergroup 954-462-0265. Checks and credit cards accepted for advance ticket sales.