



ROOM 502

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 10
OCTOBER 2015

STEP 10: *Continued to take personal inventory and when we were wrong promptly admitted it.*

Step Ten: up Close And Personal

Spiritual, mental, emotional, and physical inventories

I don't like going to doctors. But this sponsor of mine has a rule: if it bleeds, swells, or hurts for more than twenty-four hours, call a doctor.

So, "Call your doctor," was his suggestion when, one day, I casually mentioned a dull pain around my right ear, an annoyance more than anything, although at times it throbbed a bit. And no, I didn't know why it was hurting, though I thought it might have had something to do with swimming a couple days earlier and, yes, it had been going on for a few days.

I've heard that some people do what their sponsors suggest at breakneck speed, but I'm not in that group. A week went by, and my sponsor said, "How's the pain? Have you called your doctor yet?" I answered the questions in order: "Still as it was, but not getting any worse" and, "No; I tried, but his phone was busy." Silence from him. Then: "Don't you think you need to do a little more work on your Tenth Step?"

Tenth Step? What did the Tenth Step have to do with it? Personal inventory. . .when wrong. . .admitted it. What did this have to do with an earache? "Just read the Step," he suggested. "You've heard the words at every meeting. But maybe you need to understand more of what they mean." So I did what was suggested. Not at breakneck speed, of course, but I did it.

"Continued to take personal inventory": "Continued" was easy enough, since it refers to an ongoing process I do frequently--sometimes daily or even minute-by-minute. "Inventory" was also easy. It was an echo of the Fourth Step, where I did an inventory of myself.

But then I noticed a difference. It was always there, so how did I miss it? In the Fourth Step, the inventory was "moral"; in the Tenth Step, it is "personal." Was the different wording significant?

Perhaps it was; perhaps more than I'd first noticed. Bill W. warned us against complacency or self-congratulation

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Sober Halloween Tip

Be aware of people places and things that are threatening to your sobriety, and make healthy choices to spend time with different people in different places, doing different things.

Concept X

Every service responsibility should be matched by an equal service authority the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

Tradition 10: Alcoholics Anonymous has no opinion on outside issues: hence the A.A. name ought never be drawn into public controversy.

Tenth Tradition Checklist

AA's Twelve Traditions have, in my experience, often proved vital in keeping me sober, and helpful otherwise in all my affairs.

I could hear them down the street, before seeing them. Outside our AA meeting room, John and Jane were having at each other again, as they often did, in a political argument--good-natured, but earnest and loud. It was the year of a national election, long past, before I had ever heard of our Traditions. When I got to the door, I saw that one combatant wore a donkey pin; the other, an elephant. Both also wore exasperated looks on their red faces, and neither would listen to a word the other said.

Seeing me, they quit yelling and went into the meeting room with me, apparently leaving their strong differences outside. Just inside the door, they removed their political buttons.

"Why do that?" I asked. "Isn't it just as important to express your convictions in AA as anywhere else?"

John said, "National politics has no place in AA."

"What if I spoke to a new member I wanted to help, and she saw my political affiliation was different from hers?" Jane explained. "It might stand in the way of her listening to the AA message. What matters in AA is that we all have one thing in common--our drinking problem. Our various disagreements outside AA don't count here."

Being fresher from the barrooms than they were, I remembered a sign I had seen in one: "Politics, religion, and ladies are not appropriate topics of conversation in a saloon." The peace-ensuring wisdom of that had impressed me even when drunk. These AA's were smart, too, I thought; their practice of leaving arguments outside not only prevented their accidentally keeping some alcoholics out, it also helped hold together those already in the Fellowship by cutting down reasons for quarrels.

In retrospect, nearly a quarter-century later, that incident is now recognizable as my first brush with our Tenth Tradition, although it happened some time before the Traditions were written. In 1948, such experience-rooted, wise behavior was just called "the AA way."

Somehow, by instinct or the grace of God, the earliest AAs apparently arrived at this intelligent custom by coping with actual dilemmas. For instance, though surrounded by arguments following the repeal of prohibition, they knew enough to avoid the appearance of lining AA up with either the wets or the dries of the 1930's, long before such wisdom was codified as our Tradition Ten. Not only would such alignment have split the then-tiny, struggling band of nameless drunks into bitterly fractious factions, but taking sides in such a struggle would also have brought the Fellowship the enmity of everyone outside AA who differed with whatever the AA party line might have been.

Wet alcoholics like me (believing liquor should be legal) would have stayed away in droves from our movement if it had been dry (demanding national or local prohibition), and vice versa. So I suggest that, in a very real sense, "the AA way" later described in this Tradition saved my life.

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("After Twenty-Five Years," Grapevine, March 1960) and reminded us that, unless we keep growing, we fall back. It seems to me that one of the major purposes of the last three Steps is to keep us from complacency, to keep us growing so that we don't fall back into our old, sick ways and perhaps even into active alcoholism. Of course, that growth needs to continue on the moral level and we need to "inventory" it. But my inventory, and growth, also need to include all that I am as a "person," and that includes my spiritual, mental, emotional, and physical dimensions, to say nothing of how I relate to other people. And so, taking a "personal" inventory means that I attend to all aspects of myself, of my "person," including, but not only, the "moral" part of me.

"And when we were wrong, promptly admitted it." Over the years, how often had I heard that line and misunderstood it? At first, I thought that it meant to pay attention only to my faults or character defects. But that's not what the Step says; and, in fact, in the "Twelve and Twelve," Bill W. writes that we need to be aware not only of our limitations, defects, and shortcomings, but also of our strengths, talents, and successes. In short, we need to take a balanced approach to ourselves. Should my "personal inventory" reveal that I am off-balance in any aspect of myself, I should "promptly admit it."

"Admit it": This is not a mere acknowledgment that something about my person is off-balance, that some aspect of me needs correcting, but, once that's done, I must take action on restoring the balance. From first to last, AA is a program of action. It is not particularly useful for me simply to admit that some aspect of myself needs correcting and then to do nothing about it. Admission that something is the matter is the doorway to growth; but there will be no growth unless I follow up the admission with action.

My meditation on the Tenth Step showed me some powerful ways of applying it to my life that I had not seen before. Since alcoholism is an illness that affects all aspects of me, recovery from alcoholism must then include all aspects of me. For me, working the Tenth Step properly means being attentive to my moral growth--as well as my spiritual life, my mental and physical health, my emotional well-being, and my relationships with others. Should I find anything "wrong" about any of these aspects of me, I need to correct it as soon as I can.

"How's the pain now?" my sponsor asked some weeks later. "Gone," I replied. "Ear infection. Good antibiotics. Good doctor." And, I thought, Great Tenth Step!

—Jamie C. West Henrietta, New York—

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

My favorite passage from Alcoholics Anonymous (Page 87-88) "Into Action":

As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy will be done." We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

This passage helps restore my serenity and conscious contact during the day when stressed. That "Pause and prayer" is just what I need, and works every time.

—Bob H., Ft. Lauderdale, FL.—

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**

Continued from Page 2

It made possible my belonging to AA, even though I was soon to learn that I disagreed with many AA members on various other topics as well.

If AA had tied itself up with one particular Christian denomination, with humanism, with Islam, or with one particular school of psychology-psychiatry in the big wars beginning to brew in the 1930's, look how many of us would have had additional strong reasons for refusing to go to AA!

Among the most controversial matters of the 1970's are: a war, race, some young people's behavior, poverty, and pot. It is notable that AA has not divided itself into camps on these issues. I would not dream of dragging any one of them into an AA relationship, nor of trying to find out who in AA agrees with me on those topics and who does not. It is much more important to me to keep uppermost in my mind that our common endeavor--recovery from alcoholism--is the most important part of my relationship with other AAs.

But outside AA, as a private citizen not identified as an AA member, I am, of course, free to act as I choose on those subjects, just as any other concerned person is. Instead of limiting my freedom, this Tradition gives me complete liberty outside the Fellowship, and frees me to concentrate on recovery alone while I am in AA circles.

Only when I began preparing this series of articles did I discover how beautifully many other Traditions support this one. Number One (common welfare) reminds me that our common bond is more important than our various differences outside AA. Two (group conscience) tells me that leaders are only servants in AA, not governors with the power to take us into public controversies. Three (membership requirement) reminds me that alcoholics who want our help need not agree with us on any issues. Four (group autonomy) declares that each group can run its own affairs--as long as it does not drag the rest of us into a public battle.

Oh, if only the whole world valued its common good as loudly as it pursues its individual controversies! That is the essence of Tradition Ten, as I understand it--and we all know whose inventory we take in AA, right?

Tenth Tradition Checklist

1. Do I ever give the impression that there really is an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Freudianism? Catholicism? Judaism? Agnosticism? Jails? Alcohol? Drinking? Other alcoholism agencies? Jungianism? Protestantism? Or... The Federal or state government? Alcohol education? Legalizing marijuana? Vitamins? Theories of alcoholism? Detoxification centers? Missions? Research into alcohol problems? Paraldehyde? Teen-age drinking? Tax-supported alcoholism programs? Al-Anon? Alateen? The alcoholic beverage industry? Non-alcoholics?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"? How?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be like if this Tradition were not in effect? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

—B. L. Manhattan, New York—

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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

October Celebrants

Westside Men's

Larry B. ~ 11yrs.
Brian A. ~ 10yrs.
Joe T. ~ 10yrs.

Meeting in Print

June C. ~ 43yrs.
Creig R. ~ 32yrs.
Sandy R. ~ 21yrs.
Sondra V. ~ 21yrs.
Craig G. ~ 30yrs.

Serenity All

Together Group

Mark G. ~ 7yrs.

Focus on Sobriety

Ginger M. ~ 5yrs.

One Day at a Time

Barbara L. ~ 23yrs.

You Are Not Alone

Yolanda ~ 18yrs.
Dave M. ~ 6yrs.

Oakland Park

Elizabeth W. ~ 16yrs.
Laura O. ~ 3yrs.
Mark McC. ~ 25yrs.
Will B. ~ 7yrs.
Ollie D. ~ 37yrs.

WBC Lunch Bunch

Joe ~ 3yrs.
Gerry G. ~ 5yrs.
Clark ~ 8yrs.
CC ~ 26yrs.
Cookie ~ 28yrs.

Men in Recovery

Jack C. ~ 23yrs.

Come as You Are

Eric P. ~ 4yrs.

Ft. Lauderdale

Women's

Laura P. ~ 1yr.

Free and Easy

Group

Sam B ~ 38 yrs.
Ted M ~ 36 yrs.
Melanie S ~ 21 yrs.

September Celebrants (not previously submitted)

Saturday Morning Awareness

Fran C. ~ 15yrs.

Ft. Lauderdale Women's

Kathy K. ~ 9yrs.
Nichole T. ~ 2yrs.

Live Laugh Love

Michelle ~ 3yrs.

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



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 Tradition Ten

1. oleisravntorc _____
2. emimrebhsp _____
3. pssetbilinoisrei _____
4. gotnnasisnihwa _____
5. ertnsorcoen _____
6. ehsziameerp _____
7. prtaooinorc _____
8. lyicalpcrat _____
9. etveensescffi _____
10. gknisildi _____

(answers on page 6)

BCIC Broward County Institutions Committee

Next Meeting: October 10th
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

October 18th — November 15th

Service Opportunities



Picnic Committee - Join our Picnic committee to see that this year's picnic is our best ever! Adults \$7/Kids \$3 - Food, fun, jousting, music, games, raffles, volleyball. Snyder Park, Cauldwell Pavilion, October 11th.

Tickets are available now

If you want to get involved call Mary at
(954) 462-0265 or email: help@aabroward.org.

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, October 24, 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

GRATITUDE DINNER PLANNING

SUNDAY, OCTOBER 24, 2015

1:00 PM

**Pompano Beach Group, 215 S. Federal Hwy
Pompano Beach, FL 33060**

Just For Today

When I came into AA, my mind was spinning in all directions – it was a wonder that my head stayed attached to my body. I was constantly fretting about the yesterdays and terrified of the tomorrows. I felt that I had to know exactly what was going to happen the next day, the next week, the next month. My poor sponsor was worn out listening to me. She was constantly reminding me to live 'just one day at a time' or, 'to live in the now' – but these were totally foreign concepts to this sick alcoholic. Finally at a meeting (where else) I finally 'got it.' A fellow AA'er recited this ditty: "If you keep one eye on yesterday, and one eye on tomorrow, today you will be cockeyed." I immediately identified.

—Jan K., Pompano Beach, FL—

**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.**

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., June C., 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,
They will be missed by all who knew them.*

*Jimmy C., Vince M.,
Ken S., Wendy B.*

Answers from page 5:

1. controversial 2. membership 3. responsibilities 4. washingtonians
5. cornerstone 6. reemphasize 7. corporation 8. practically 9. effectiveness 10. disliking

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.

MEETING CHANGES

Monday

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

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.

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.

Friday

Friday Night Step by Step, 8:30 p.m., Memorial Urgent Care, Pembroke Pines. **No longer meets.**

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

In The Solution, 8:30p.m., Lambda Clubhouse, 1231 Las Olas, Ft. Lauderdale, **No longer meets.**

Saturday

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

Sunday

Miracle on 4th Street, 7:00 p.m., Beach at Briny Ave & SE 4th Street. Pompano, **No longer meets.**

Be Still, 7:30 p.m., Sunrise Room, 4525 N Pine Island Road, Gold's Plaza. **No longer meets.**

SPANISH MEETINGS

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

Thursday

La Luz Hispana 6:30 p.m., St. Maximillian Church, 701 N Hiatus rd., Pembroke Pines. **No longer meets.**

Upcoming Events

- Oct. 2-4** **Area 15 General Service Quarterly Assembly**, "We Will Be Amazed." Marriott North, 6650 N. Andrews Ave Ft. Lauderdale. Come and learn about the three legacies, Recovery, Unity, and Service. A.A. Groups are encouraged to attend and participate.
- Oct. 11** **40th Annual Broward County Intergroup Picnic**, Snyder Park Caldwell Pavilion, 3299 SW 4th Ave., Ft. Lauderdale, 11:30 a.m. to Sundown. 50/50 raffle, Karaoke, Bake Off, Volleyball, Jousting, A.A. Speaker Meeting. Tickets \$7.00 in advance.
- Oct. 10** **District 9 Archive Committee's Early Timers' Meeting**, featuring three speakers with over 25 years sobriety. Coffee and dessert 5:00 p.m., meeting at 7:00 p.m. Full archives display. NSU Terry Building, Steele Auditorium, 3200 S. University Dr., This is a free event. Bring a newcomer and a dessert.
- Oct. 30-
Nov.1** **Serenity by the Sea**, The Waldorf Astoria Naples, 475 Seagate Drive, Naples. For more information email jeddleman@aol.com or call Intergroup. \$40.00 Registration. Hotel \$105 per night. Speakers, Workshops, Meetings with Alanon - participation, Entertainment, Panel Discussions, Specialty Meetings.
- Nov. 6** **District 9 52nd Gratitude Dinner**, Coral Ridge Presbyterian Church, 5555 N. Federal Hwy, Ft. Lauderdale. Coffee at 5, Dinner at 6, Speaker at 7:30. Tickets \$15. All proceeds to benefit the General Service Office in New York.
- Feb. 1** **3rd Annual AAs Got Talent**, Coral Springs Charter School, \$10.00. Adults only.