



# Suite 404

BROWARD COUNTY INTERGROUP, INC.

Oakland Commerce Center  
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Fort Lauderdale, FL 33309

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VOLUME 7  
JULY 2019

## Step Seven - "Humbly asked Him to remove our shortcomings."

### Just Let Someone Cross Me!

When I'm good, I'm very, very good--but . . .

WHEN I think I have my numerous character defects under control, when I feel I am trustworthy, helpful, friendly, kind, cheerful, thrifty, brave, clean, and reverent, just let someone cross me! Anger quickly gives new life to resentment. When I am resentful, I become very important in my own eyes. I decide I should not be treated in this manner, because I am me! The big ego takes over, and if corrective measures do not follow, a drink can be the end result. Have any of you ever found your own big ego again in command? If so, what did you do to reacquire that comfortable feeling of not running the show? "Let go and let God"? "Made a decision . . ."?

I've listed a few of the tools I have tried. Some are rusty from lack of use, and one or two do not work because they are not properly used.

1. *"Him that loves ain't got no time to hate."* These words from a song I heard present a wonderful philosophy. How can you hate someone, or even resent someone, when you're busy loving them? This one I did use, and I applied the love to an object (actually a little child) which was not what or whom I was resenting. My resentment subsided.

2. *Gratitude.* It is extremely difficult to resent properly when you start being grateful. Just the act of thinking I am grateful for my sobriety reminds me of the wreck of humanity I was when I came into AA: nothing, absolutely nothing left; no self-respect, no friends, no hope. I am grateful, and therefore it is harder to resent anyone. A start toward getting a proper perspective is made.

Just last week, my mother gave me a lesson in gratitude. She said, "You know, I think so often of the AA talk I heard years ago by that girl who was blind, and told how her Seeing Eye dog refused to lead her when she was drinking. She said, 'We are always asking God for things, but we rarely thank Him.'" It gave me quite a start, because I realized that I'd just finished praying deeply for two favors, that both had been granted, and that I hadn't thanked God. How many other times have I forgotten?

3. *Getting outside myself.* Failure to do this was, and is, my biggest source of trouble. The first year I was in AA, all I could think of was myself. I'm not troubled much with this now--that is, when I'm controlling my defects. When I give way to

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**Your Intergroup  
Bookstore will be  
closed on July 4th  
in observance of  
Independence Day.  
Have a safe and sober  
Holiday!**

### Concept VII

The Charter and Bylaws of the General Service Board are legal Instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

## Tradition Seven - "Every A.A. group ought to be fully self-supporting, declining outside contributions."

### Money talks A beginner meets 'the God of just enough'

As I write these words, I am in my 51st day of sobriety. Paradoxically, it seems like an instant and a lifetime all at the same time. For someone who couldn't go more than a few days without acting on self-de-structive impulses, it also seems like a miracle. In a meeting I made it to yesterday (I actually went to two), the topic was "Thank God for AA." A man said that, yes, he thanks God for AA, but that, more importantly, he thanks AA for God.

For so much of my life I've dismissed the entire concept of God as a cheap fantasy. I thought I was just too smart for that and, while I wished I could believe in it, I thought it was mainly a crutch that weak people who couldn't cope with reality used to get through the day--this coming from the guy who needed alcohol and drugs just to get out of bed. I do, however, have a story to tell. I'm not going to say, "God did this." I have no clue what happened. All I know is that I feel like I've been living in the twilight zone and that I'm clearly not the one behind the wheel all the time. Here's an example:

While AA has no dues, it's customary for a collection basket to be passed around into which we usually place a dollar. Some people will drop in more than a dollar, occasionally even a ten, but I've tried not to carry much cash so that I'm not tempted to use it self-destructively. As my good friend and fellow recovering alcoholic Joe can attest, before a recent meeting I searched my pockets and wallet for money and found absolutely nothing--my wallet was completely empty.

When the collection basket was brought out, I turned to a friend next to me and complained that I wished I had money and that I was going to give my pockets a cursory search and make a show of looking into my wallet so those across the room didn't think I was just trying to avoid making a contribution.

When I pulled out my wallet, however, suddenly there was a single, relatively crisp one dollar bill squarely in the middle. It wasn't so new as to appear perfect, nor was it old enough to have been scrunched to the side and be invisible.

Stunned, I mouthed the word "wow." I truly didn't know what to say or think. The man sitting next to me, an old-timer (in terms of sobriety, not biological age), leaned back with his arms folded across his chest, turned to me knowingly, and said, "That's God," and then, as if he were reading my mind, continued softly, "Not the God of winning-the-lottery, but the God of just enough."

It is possible that I'm desperately searching for something to hang onto, making mountains out of molehills; however, I was fine with my Higher Power being just a bunch of alcoholics sitting in a room and sharing. I don't presume to have any idea how that dollar got there, but I'm grateful to have something to grasp at, albeit in desperation. More likely, I've just been looking for everything I thought I was supposed to want, demanding its deliverance in my immediate time frame and missing all the times that God has been there to lend a hand or some guidance throughout my life.

Nevertheless, I doubt very much God's going to spot me every day, so I'm trying to keep a couple of singles folded separately from the rest of the cash in my wallet so I won't have to depend on any more miracles to save me from embarrassment.



—Philip R., Pelham, NY

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# Recovery Word Puzzle

MOTNINELIAI  
DEERSAR  
MUTEDCON  
SINCEDIO  
WIGNOPERME  
VOCESBRENA



Unscramble  
the letters.  
Answers to  
puzzle can be  
found on  
page 7.

CRAMLEI  
RUDECSHCN  
TAGPHISTE  
WITHTLGI  
FADSTEEL  
BEERTALEC

*Things we cannot change.....*



*Burt B.*

*He will be missed.  
May he Rest in Peace.*

## ASL OFFERED

at the following meetings:

Tuesday in Pembroke Pines: Surrender Group  
Wednesday in Hollywood: Happy Destiny (women's)  
Wednesday in Ft. Lauderdale: Secular and Sober

# Volunteer Opportunities

**44th Annual Intergroup Picnic** will have their first planning meeting

**Sunday, July 21st at 2 PM** (following Intergroup meeting)

**Twelve Step House, 215 SW 23 Street, Fort Lauderdale**

**District 9 Spaghetti Dinner** is having 2 planning meetings in July on **Wednesdays at 7PM**

**JULY 10, Skyline Chili** - 2834 N. University Drive, Sunrise 33322

**JULY 24, Denny's Restaurant** - 3151 NW 9th Ave., Ft. Lauderdale 33309

**District 9 General Service** is hosting the **Quarterly Area Assembly in October** in Boca

**Planning meeting on Tuesday, JULY 16th at 6:30 PM**

Hidden Woods at Deer Creek Clubhouse, 207 Deer Creek Blvd., Deerfield Beach

**2019 Gratitude Dinner**, to be held in November, has the next planning meeting on

**Sunday, July 28th at 1:30 PM**

**441 Group, 1452 N. State Rd. 7, Margate, FL 33063**

*Pick up a commitment today!!*

**SERVICE KEEPS YOU SOBER**



(3. *continued from page 1*)

resentment, back it all comes. All I can think of is me. The person I'm resenting has hurt me. I don't deserve this sort of treatment! How can they treat me this way? The big ego is in charge again and cannot lose itself in a book, in a TV show, or in an AA meeting. The big ego takes full time. It smothers serenity. It discourages companionship. It shortens sleep. It affects appetite. It reduces the dimensions of life to a radius of one inch around me. This was the worst part of alcoholism for me--having nothing other than myself. And yet I can slip back into the same dreaded condition simply by allowing myself the luxury of being resentful. So, to utilize this saving tool, to get outside myself, I first have to do some character-defect elimination.

4. *The Tenth Step*: "Continued to take personal inventory . . ." Am I becoming complacent? When I allow myself to be resentful, I must think I'm pretty much. Am I self-satisfied? But for God's mercy, I would be a drunken bum, in an institution, or dead. I did nothing but admit defeat. God and AA did all the rest.

5. *Dime therapy*. How often this kept me sober. But now it doesn't rid me of resentments; it only nurtures them. This is a tool that doesn't work.

6. *"Look unto yourself"*. When a resentment takes over, a part of inventory, for me, is asking, "Did I actually deserve this harsh treatment? Have I done something thoughtless, unkind? Did my big ego direct my thought into the wrong channels? Could I have acted in a better fashion?" A "Yes" to any of these quickly lessens a resentment.

7. *Prayer*. This is my last tool, but perhaps the best of all. I can use Step Seven and humbly ask God to take this resentment from me. When He does, I hope I remember to thank Him.

When the balloon of big ego deflates inside me, I'm a lot happier. I enjoy leading a normal life. I like it when my hands don't shake, when my mouth isn't dry, when my stomach doesn't churn, when I eat and sleep well. I like liking other people.

—C.G., St. Louis, MO

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### My First Meeting

My name is Michael and I sit in the back, Sipping my coffee instead of some Jack—

Eleven years ago, I woke up hungover; I thought it was time for me to get sober.

So, I went online to find my first meeting; I got there early, there was plenty of seating.

There was a man up front, behind a big long table. He had plenty of books and looked quite able.

I looked around and it was plain to see, Everyone there was like you—like me.

The meeting then started with a Serenity Prayer...I kept my head down, not up—didn't stare.

In order to speak, you must raise your hand. I thought it was odd that nobody stands.

Some people were happy, some people sad—one lady said she'd just lost her dad.

Everyone there said, "Thank you for sharing"... I thought it was nice and certainly caring.

There were prayers, and steps, and 12 traditions; they gave out chips for recognition.

I thought to myself, "well, it's only an hour"...maybe I can find my Higher Power".

That, in itself, wouldn't be so bad...maybe I'd feel better—less lonely, less sad.

So, we gathered together, got up from our chairs; We all held hands and said the Lord's Prayer.

As I walked to my car, I didn't know what to think, but one thing was sure....I'd had my last drink!

—Michael D., January 2019 (1/1/2008)

*submitted by Alan G., Plantation*

#### **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 Terrace, Ste 404  
Ft. Lauderdale, FL 33309  
954.462.7202

#### **BCIC**

P.O. Box 22701  
Ft. Lauderdale, FL 33335

#### **Area 15 General Service**

Treasurer, PO Box 1784  
Pompano Beach, FL 33061

#### **District 9 General Service**

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

# AA BIRTHDAY'S

## July Celebrants

### Broward Men's

Jay ~ 3 yrs.  
Joe A. ~ 4 yrs.

### Oakland Park

Mary W. ~ 28 yrs.  
Mike M. ~ 23 yrs.  
Mark W. ~ 16 yrs.

### Free and Easy

Larry H. ~ 39 yrs.  
Linda M. ~ 33 yrs.

### Westside Men's

Eric S. ~ 20 yrs.  
Richard R. ~ 28 yrs.

### Men in Recovery

Harry O. ~ 29 yrs.  
John D. ~ 9 yrs.  
Richard W. ~ 9 yrs.  
Casey M. ~ 18 yrs.

### Serenity Altogether

Ken M. ~ 13 yrs.  
Doug C. ~ 27 yrs.  
Fred L. ~ 39 yrs.

### Rule 62

Vickie T. ~ 33 yrs.

### Ft. Lauderdale

### Women's Group

Nancy B. ~ 30 yrs.  
Diana H. ~ 19 yrs.  
Pam ~ 23 yrs.

### Coral Springs Men's

Steve B. ~ 27 yrs.

### Don't Forget

Doug W. ~ 8 yrs.

### B.A.L.L.S. Group

Elias G. ~ 16 yrs.  
Richie ~ 30 yrs.  
Nick ~ 4 yrs.  
Randall ~ 24 yrs.

### Happy Destiny

Liz A. ~ 11 yrs.  
Sharon S. ~ 10 yrs.

### Women's Journey

Carole L. ~ 13 yrs.  
Ebony ~ 11 yrs.  
Mona Lisa ~ 6 yrs.

### Women's Step by Step

Karen V. ~ 38 yrs.

### Mountain Group

Jolynn J. ~ 11 yrs.

### Live, Laugh, Love

Leslie B. ~ 11 yrs.  
Juliya ~ 21 yrs.

### Women's Honesty

Becky P. ~ 37 yrs.  
Marcia S. ~ 23 yrs.  
Rachel ~ 11 yrs.

### Northeast Group

Richard H. ~ 39 yrs.

### Sands of Serenity

Laura W. ~ 21 yrs.

### Meeting in Print

Rhonda D. ~ 15 yrs.

### Friends of Pat C.

Mare C. ~ 22 yrs.  
Maria W. ~ 7 yrs.

### Meditation at the Rock

Mary S. ~ 20 yrs.

### Other Notables

Linette K. ~ 7 yrs.  
Emma L. ~ 30 yrs.  
Bill F. ~ 28 yrs.  
Michelle Y. ~ 3 yrs.  
Liz J. ~ 30 yrs.

### Sober Sisters

Ashley ~ 27 yrs.

### Free to Be

Dara ~ 9 yrs.

### Joy of Sobriety

Bob ~ 34 yrs.

### Bikers in Recovery

Emilio ~ 20 yrs.  
Leon J. ~ 12 yrs.  
Donna M. ~ 14 yrs.  
Bill F. ~ 3 yrs.  
Rich W. ~ 3 yrs.

### Each Day a New Beginning

Michael E. ~ 11 yrs.

### Surrender is Freedom

Diane R. ~ 31 yrs.

### You Are Not Alone

Sharon G. ~ 20 yrs.  
Janet T. ~ 17 yrs.  
Marie H. ~ 11 yrs.

### Lunch Bunch

Gary ~ 49 yrs.  
Walter ~ 20 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.)*

## BRIDGING THE GAP

has a new number

**724-680-0430**

### BCIC - Broward County Institutions Committee

Next Meeting:

July 13th- 10:00 a.m.

Twelve Step House

205 SW 23rd St., Ft. Lauderdale

### Next Intergroup Meeting

Twelve Step House

205 S.W. 23<sup>rd</sup> St., Ft. Lauderdale

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



## June Celebrants not previously mentioned

### Happy Destiny

Julie D. ~ 1 yr.  
Heather ~ 11 yrs.

### 441 Group

Jill W. ~ 11 yrs.

### Sunshine Group

Richard H. ~ 12 yrs.

### Other Notable

Nancy R. ~ 35 yrs.

### Let's Do Lunch Bunch

Bruce ~ 1 yr.  
Hani ~ 2 yrs.



## *Local Readers Share.....*

*"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen."* Alcoholics Anonymous, p. 76

I developed a new relationship with myself in Steps 4 and 5. I was able to see through this process how fear, shame, guilt and remorse had governed and guided me.

Conscious thought, guidance from members' experience, strength and hope, and a patient sponsor, had combined so that my perceptions began changing. Step 6 started me on a path of willingness and honesty. Spiritual perception now started to change.

How I perceive someone weaving in and out of traffic, cutting people off — no longer angered me (change of perception)...I would think "His wife must be in the back seat, in labor — new life taking place," or "What would God do?"

Did I not have a perception change as I entered the rooms for the first time? I had to either give up the drink or I would die. Upon a request to God, my obsession to drink was removed. You told me, "God is everything or He is nothing."

How do we see and change the real us? Someone said "The treasure map is located in the Big Book." The precise instructions in the Big Book have cleared the path over and over. Step 7 has given me an understanding (change of perception) of where the real treasure is located. Acceptance that God loves me totally, asking that He remove from me every single defect of character, thus making me fit to do His will, leads me straight to the Treasure. With Step 7, I have been given a new language — the language of the heart.

— John D., Hollywood, FL

# *Happy Independence Day!!*



### **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 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., Suzanne J., Bob H., Anonymous I, Elizabeth B., Ron J., Tim S., Lois O., Richard H., Jennifer S., Pat R., Beth D., Craig G., Sandy P., Leo H., Vickie T., Howie K., Kerry W., Lewis G., James H., Joanne D., Gerry B., Don W., Eric P., Tara D., Denise J., Howard S., Bob D., Robert H., Sally S., Anonymous II, Jane T., Fran C., Peter S., Deborah C., Women's Step by Step and Rachel L.

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: elimination, readers, document, decision, empowering, observance, miracle, scrunched, spaghetti, twilight, deflates, celebrate

## 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](mailto:help@aabroward.org)



## MEETING CHANGES

### Monday

**NEW MEETING Parkland Happy Hour** meets at 4901 Godfrey Rd. in Parkland, 4 PM, OD.

**North Beach Group** which meets at St. Mark's Church on Oakland Park Blvd. in Ft. Lauderdale is now an OPEN meeting.

### Wednesday

**5:30 Meeting at 441** is now an OPEN meeting for Beginners, in Margate.

**NEW MEETING Parkland Happy Hour** meets at 4901 Godfrey Rd. in Parkland, 4 PM, OD.

### Thursday

**Redeeming Grace Women's Recovery** meets at 8:30 PM. New City Fellowship Church, 2740 Van Buren St., Hollywood. OSPDw

**Donuts and Solution** meets at the Wellness Center, 5225 NW 33rd Avenue, Ft. Lauderdale at 7:00 PM, CSP.

### Friday

**I Came To Stay** which met at the 101 Club in Pompano NO LONGER MEETS.

**Recovery on the Rocks** which met at Christ Community Church in Pompano NO LONGER MEETS.

**NEW MEETING Parkland Happy Hour** meets at 4901 Godfrey Rd. in Parkland, 4 PM, OD.

### Saturday

**Saturday Night Anniversary Meeting** that met at Lambda South once a month, NO LONGER MEETS.

**KIS Lunchtime** which meets at WBC in Davie M-F has added a meeting on Saturday at 12:30 PM.

**NEW MEETING Secular and Sober** will now meet on Saturdays at Noon at the MCC, 1480 SW 9th Avenue, upstairs—Room 1 (Sunshine Cathedral) OCCag.

*Thank you so very much to all the groups and individuals who continue to buy their literature through the Intergroup office. We so appreciate you.  
Thank you, too, for your generous contributions!!*

## Make sure you check out the new design [www.aabroward.org](http://www.aabroward.org)

[Order online](#)

[View upcoming events](#)

[Get the newsletter](#)

[Find meetings](#)

[Make a contribution](#)

### Upcoming Events

**July 31- Aug 4** **63rd Florida State Convention** will be in Miami. Get registered today at 63.FloridaStateConvention.com Trump Doral Hotel. Speakers, Archives, Fun, Fellowship.

**Aug. 10** **Carry the Message Day 2019** hosted by District 9 General Service and BCIC. NSU, Terry Bldg., 3200 S. University Drive, Davie. Coffee, Dessert 5:30. 2 speakers at 7 PM. Free service Event. Bring a newcomer and dessert, and learn about the many service opportunities.

**Aug. 24** **Traditions Workshop (1-3)** hosted by Broward County Intergroup. Limited seating. 7 PM at Intergroup bookstore. Refreshments. Call or email to reserve your spot. [help@aabroward.org](mailto:help@aabroward.org)