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

What My Pencil Reveals

Writing it all down helps him stay on the beam

How do I know when to take an inventory? I find it helpful to practice the Tenth Step at the end of my day. Usually at night, I go over my feelings, behavior and events that occurred during that specific 24-hour period. And I ask myself such questions as: Did I live a quality sobriety that day? Did I make a productive contribution to someone else's day or to the wider community in which I live? Did I refrain from criticizing or taking other peoples' inventories?

During my daily Tenth Step inventory, I review where I have made progress with my recovery, and obviously where I have gotten off track. I also consider any amends I need to make to those I may have harmed in any way, and I try to reflect on how I might avoid the same mistakes in the future. I also acknowledge my positive thinking and behaviors and reaffirm my relationship with my Higher Power.

I can also practice the Tenth Step at any hour of my day. If I am getting emotionally tense, uptight, or upset, I can stop and take a quick inventory. In our AA text, Twelve Steps and Twelve Traditions, this is called a “spot check” inventory. If I am resentful or angry with someone and I feel my peace and serenity is slipping, I do not have to wait for things to get worse before I stop to reflect on the situation.

The Tenth Step teaches me that I am not responsible for what someone else says or does, but that I am responsible for my own response and reactions to what someone else says or does.

With the Tenth Step in my life, I have been given choices, options and alternatives in how to act and react in any given situation. If I get emotionally tense, upset, or uptight, that is my problem, not someone else's. And the Tenth Step helps me to deal with it. For example, if I see my anger, resentment, ego, false pride or any other character defect or shortcoming flaring up, I can choose to let it go and replace it with an asset or positive quality.

There are also times in my life that call for major inventory-taking. I always need to continue to watch for new triggers,

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**Your Intergroup
Bookstore
will be CLOSED
on Thursday,
October 1st
FOR INVENTORY**

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 AA name ought never be drawn into public controversy.”

Oops ... Did I Say That?

The day I broke Tradition Ten, I didn't even know it! I had been in AA 13 years and only attending one meeting a week. I had just gotten a sponsor after all these years and hadn't really experienced the true fellowship of AA. It happened at the meeting I always went to but never spoke at. Sitting by my sponsor, I decided to speak, and out of my mouth came the words: "global warming" and "stop pollution." Who could be for global warming and pollution?

No one at the meeting said a word, except one person who made a joke about it. I didn't realize what I had done until the meeting was over. No one chastened me, but I realized I had goofed.

The Traditions are so important because they are the core that keeps AA strong. Many sobriety groups have split up because of different or personal opinions. The Washingtonian Society was a movement among alcoholics before AA began, which started in Baltimore over a century ago, and almost discovered the answer to alcoholism. At first the society was composed entirely of alcoholics trying to help one another. The Washingtonians permitted politicians and reformers, both alcoholics and non-alcoholics, to use the society for their own purposes. Abolition of slavery was a stormy political issue then. Washingtonian speakers publicly and violently took sides on this question. Within a very few years they had completely lost their effectiveness in helping alcoholics.

I had also broken another tradition—Tradition Five, which says that AA has but "one primary purpose"—to carry its message to the alcoholic who still suffers. I definitely do not want to be the reason that upsets a member to become agitated and go out in the drinking world again. Sobriety is too important.

—Naomi M., Terra Haute, IN

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Recovery Word Puzzle

SEELARV
REYTVNONI
CRASNITOE
ROTIGHCONSM
SEEMFROR
NOTYVLIEL



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

TAGDIEAT
LIEDTMI
LAVTINGI
MEDHLUB
DISCRAPO
TEARSDETR



Volunteer Opportunities

Our first [Sober Camping Conference](#) will be in January 2021.

VOLUNTEERS NEEDED Join us for the next planning meeting

Thursday, October 15th at 6:30 PM on Zoom

ID—945 3773 6868 PW—511230



Florida State Convention coming to Fort Lauderdale again in 2022!

Next planning meeting will be **Saturday, October 24th at 9 AM** on Zoom

ID —882 8429 1768 PW—FSC2022



The bookstore is still open on a limited schedule,

Monday—Friday 1-6 PM,
with mask — one person at a time.

Place your order in advance by phone, email or online at
www.aabroward.org for shipping or come by and shop.

SERVICE KEEPS YOU SOBER



(continued from page 1)

stumbling blocks, and negative thinking and behavior. And I also try to see if old character defects and shortcomings are starting to surface again and rear their ugly heads. This keeps me vigilant, and vigilance is the price of my sobriety, because as a recovering alcoholic, I forever walk in the shadow of tragedy. I am always only an arm's length from a drink and a drug. But, on the other hand, I am also always only an arm's length from the tools of the AA program. And the Tenth Step is one of those tools.

When I am not sure what is troubling me, I can take out my Tenth Step journal and write down what I am thinking and feeling, and what is going on in my life. Instead of getting "down in the dumps," I can write until my pencil begins to reveal to me what is occurring in my head and my heart.

Sometimes, I review my writings with another person, preferably my sponsor. From my Fifth Step experience, I know that sharing my hurts, anxieties, and negativity, to a certain extent, actually frees me from them. In the past, I attempted to do it alone and manage my life by my own devices and resources. This obviously did not work. Hopefully, I have learned enough humility, through the Twelve Step process, to go to a sponsor or a trusted friend for help and support when I need it.

Slowly but surely, I'm moving away from the center of the universe. And with the Tenth Step, when I acknowledge and understand that operating from my self-will-run-riot defeats me every time, I can let go of my futile attempts to satisfy and gratify the great "I am," and the great "I want." By working the Twelve Steps in my life to the best of my ability, one day at a time, I can be more patient and tolerant even toward those people who rub me the wrong way. The reward is that I ultimately end up feeling more positive about myself.

With the Tenth Step, I am alive. I am learning and growing, one day at a time. And for that, I am grateful.

— Gary T., Poughkeepsie, NY Copyright © AA Grapevine, Inc., October 2012, Reprinted with permission.



*Broward County Intergroup is truly humbled
by and so grateful for the continuing
support of our many friends and volunteers.
We are only able to provide services with all your help!
Thank you, thank you, thank you!!*



Eyes on the Horizon

Confronted with loss and mourning, he went back to AA after a long time away

I could see age 70 on the distant horizon. I was soon eligible for a 30-year medallion even though my meeting schedule had fallen from dismal to nonexistent. My daily meditations and readings were also sporadic. My spirituality and connection to the God of my understanding had waned, though I didn't really see it.

My wife of almost 45 years had 33 years of sobriety, and was suffering with COPD. She had to be on continuous oxygen therapy. Her health was deteriorating and I was becoming more and

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Treasurer, PO Box 1784
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District 9 General Service
P.O. Box 100126
Ft. Lauderdale, FL 33310

AA BIRTHDAY'S

October Celebrants

Broward Men's

Bob A. ~ 36 yrs.
Drew ~ 4 yrs.
Larry M. ~ 24 yrs.

Express Group

Cookie ~ 33 yrs.
Sonia C. ~ 27 yrs.

Free & Easy

Sam B. ~ 44 yrs.
Ted M. ~ 41 yrs.

Friends of Pat C.

Katie W. ~ 7 yrs.

Meeting in Print

Creig R. ~ 37 yrs.
Sondra V. ~ 26 yrs.

Midday Sobriety

Charlie P. ~ 13 yrs.

Women's Step Into Sobriety

Becky ~ 9 yrs.

Ft. Lauderdale 12 Step Group

Jimmy E. ~ 31 yrs.

Davie Women's

Kass C. ~ 37 yrs.

Sunlight of the Spirit

Dawn R. ~ 32 yrs.

Bottom Line Group

Mike R. ~ 30 yrs.
Dennis ~ 19 yrs.
Bianca ~ 4 yrs.

Into Action

Debbie C. ~ 13 yrs.

Speak Freedom Morning

Nancy H. ~ 35 yrs.

Women's Honesty

Robin K. ~ 17 yrs.

By the Book Beginners

Shannon R. ~ 17 yrs.

Pride 5:45

Eric P. ~ 9 yrs.

Smell the Coffee

Mark G. ~ 12 yrs.

Sunshine Group

Jamie R. ~ 5 yrs.

Sober Sisters

Jenn S. ~ 27 yrs.
Marisa ~ 14 yrs.

Willing and Able

Cassie ~ 7 yrs.

Westside Men's

Jon G. ~ 6 yrs.

Dania After Work

Alison ~ 6 yrs.

Just For Today

Paula K. ~ 4 yrs.
Steven N. ~ 3 yrs.

Free To Be

Michelle ~ 14 yrs.

Other Notables

Jack ~ 45 yrs.
Jenny B. ~ 14 yrs.
Evan L. ~ 13 yrs.
Matt H. ~ 13 yrs.

Freedom From Alcohol

Scott ~ 31 yrs.
Tony ~ 39 yrs.
Mimi ~ 42 yrs.
Gerry D. ~ 53 yrs.

Happy Destiny

Iris ~ 5 yrs.

Let's Do Lunch Bunch

Tom G. ~ 13 yrs.

Women's Step by Step

Judy O. ~ 11 yrs.

Easier Softer Way

Stephanie W. ~ 4 yrs.



Pink Cake Box

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.)

**STAY SAFE
AND
STAY HEALTHY**



BCIC

Broward County Institutions Committee

will hold their next meeting on

**Saturday, October 10th
10:00 AM**

This will be a Hybrid meeting
www.bcic-aa.com

**The next
Intergroup Meeting**
will be held on Zoom

**Sunday, October 18th
at 1:00 PM**

ID: 935 7626 4471 PW: 362813



(Continued from page 4)

more involved in caring for her at home. I justified skipping meetings and reducing AA contacts.

The fire of my sobriety was going out and nearly dead. In addition, my youngest son, in his 30s, was suffering from depression and struggling with addiction. I was semiretired and working a few days a week.

Then one day in March, I came home from work and found that my son had hanged himself in my basement. With my wife's health going downhill, I poured myself into helping her. That enabled me to avoid dealing with my feelings and reaching out for any AA help for myself.

The following November my spouse died. I stuffed my feelings about both events by "keeping busy" for about another year. Meetings and AA contacts were still a very distant part of my life. It was a dry year rather than a sober one.

I found myself very angry. I was angry at the God of my understanding, angry at the world, and angry at my sobriety. I didn't want to drink, but I didn't want to live either. What was I to do?

An ember of sobriety sparked and a voice in my head said, "Go to a meeting." Was it a voice of one of my three sponsors, who I had outlived, or the voice of my Higher Power? Perhaps all of the above.

That night I went to an AA meeting and shared my pain and sorrow. They fanned the embers and restarted my fire of sobriety.

The next day, I went to a noontime meeting and again shared the pain I was in. One gentleman shared the recent loss of his wife and a woman shared about the suicide of her child.

They told me what they did to get through these experiences in their lives. The group carried me through the pain and helped me to dry my tears. They loved me until I could love myself again. The God of my understanding and AA returned me to a healthy sobriety.

To help me with my anger and grief, I have been seeing a therapist. She has helped me deal with my grief and the loss of my family members. The God of my understanding puts people in my life when I need them most.

Almost six years later, that AA group is my home group. I go to meetings on a regular basis. My daily meditations and readings have been reinstated. I now have a lovely woman in my life. Both a wedding and a 35-year medallion are on the near horizon.

Each sunrise in the eastern horizon and each sunset in the western horizon reminds me to thank my Higher Power for the beginning and ending of another day of sobriety.

—Larry A., Andrews, NC

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Things we cannot change.....



Bob B.

He will be missed.

May he Rest in Peace.

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., Vickie T., Howie K., Lewis G., James H., Gerry B., Don W., Eric P., Tara D., Denise J., Robert M., Susan S., Drew B., David S., Bonnie T., Robert H., Sally S., Anonymous II, Michael E., Stephen W., Marlene A., Ernie F., HBeta, Brian H., Steven L., Robin S., Barbara S., Jenae R., Jerilynn D., Charmaine, Fran C., Women's Step by Step, Rachel L., Michael T., Alexander W., Gary S., Dave J., Patrick M., Patrick C., Mary C., Patsy K., Joe G., Nancy S., Al G., Ann L., Glen P., Richard M., Ali S., Erich N., Russell S., Nicolle, Kathy, Peggy, Tracy

**WE HAVE NEVER NEEDED YOUR SUPPORT AS
MUCH AS WE DO NOW!**

Please consider becoming a faithful fiver today. Have your bank send us an Auto payment every month from your account, transfer with **ZELLE to help@aabroward.org** or

DONATE NOW ON OUR WEBSITE USING PAYPAL

ANSWERS TO PUZZLE from page 3: reveals, inventory, reactions, shortcoming, reformers, violently, agitated, limited, vigilant, Humbled, sporadic, restarted

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

The Workshop Group in Hollywood has moved from the Luther Memorial Lutheran Church to Fourth Dimension. Group meets on Sunday at 7 PM. Step or Concept each week.

By the Book Beginners which met at Christ Community Church in Pompano has moved to the Women's Club in Deerfield Beach. They now meet on Thursday, rather than Tuesday, still at 7:30 PM.

NEW MEETING Saturday Night Raw meets outside on Fort Lauderdale Beach, 1100 Sea Breeze Blvd., Ft. Lauderdale Beach Park, south side, next to B Ocean Hotel on Saturday 8:30 PM. OSP

NEW MEETING Serenity in the Park meets outside in Topeekeegee Yugnee (TY) Park, 3300 N Park Rd, Hollwood. Monday-Saturday at 5:30 PM. ORF

NEW MEETING Peace of Mind meeting at Royal Palm Christian Church, 9600 Royal Palm Blvd., Coral Springs on Mondays at 5:30 PM. OD.

Sober Women Today which met in Ft. Lauderdale on Saturdays NO LONGER MEETS.

Spiritual Carport that met at West Broward Club in Davie on Wednesdays NO LONGER MEETS.

Building a Foundation meetings which met in Oakland Park on various nights NO LONGER MEET.

NEW MEETING The Way Out Our Place 2, 8447 W. McNab Rd., Tamarac meets on Monday at 7:30 PM. OSTBG

NEW MEETING By the Book—Hollywood Sober Today Club, 1633 S 21st Ave., Hollywood meets on Tuesday at 7:30 PM. OLTD

A complete list of Local Zoom meetings is now available for download on the Intergroup website.
www.aabroward.org / There is a Hybrid designation for meetings that meet live and on zoom.

Each group is autonomous and every location has it's own guidelines in place. You may be asked to wear masks at all times, and you may not be allowed in due to diminished capacity.

LOCATIONS THAT CURRENTLY MEET IN PERSON - SEPARATED BY CITY

Dania: Masonic Lodge **Davie:** West Broward Club, Stirling Room **Deerfield:** Women's Club, Bottom Line

Coral Springs: Royal Palm Christian Church **Hollywood:** Fourth Dimension Club, Sober Today Club

Ft. Lauderdale: Lamba South Club, Twelve Step House, Sunshine Cathedral, Church by the Sea, Underground Coffeehaus

Margate: 441 Group, Cokesbury United Methodist Church **Oakland Park:** Solid Rock Church, Unitarian Church

Pembroke Pines: Epworth United Methodist Church **Plantation:** St. Benedict's Episcopal Church

Pompano Beach: 101 Club, Pompano Beach Group, Unity Church **Tamarac:** Our Place 2

Upcoming Events

Oct. 3 **District 9 Archives is hosting a Virtual Long-Timer's event** by combining the Early Timer and Old Timer speakers into one program on Zoom. ID: 871 2115 1944 / PW: 866700 7:00 PM

Oct. 9-11 **Area 15 South Florida Quarterly Assembly** meeting on Zoom to include voting. Check www.area15aa.org or speak to your GSR, ACM or DCM for more info.

Oct. 17-18 **Big Book Comes Alive** presented by the Paul Revere Group, 2:00–9:00 Saturday and 9:30–5:30 Sunday. Zoom ID: 863 624 708 / PW:622661

Oct. 25 **45th Annual Intergroup Picnic HAS BEEN CANCELLED.**

HAPPY HALLOWEEN