

SUITE 404

BROWARD COUNTY INTERGROUP, INC.

3317 NW 10th Terrace, Suite 404, Oakland Park, FL 33309 Phone 954-462-0265, 954-462-7202; www.aabroward.org Email: help@aabroward.org

> VOLUME 5 MAY 2021

Step 5 - "Admitted to God, ourselves and another human being the exact nature of our wrongs."

More Ups Than Downs A prank

shows her the futility of her rage while working on the Fifth Step

This past winter, I drove down to our little park, and some teenagers began throwing snowballs at my car. One hit my windshield hard. I burst into a rage. I ground my teeth as I stopped the car. The kids must have seen that I was furious. How gratifying! I got out of the car, and I can't tell you what my intentions were. Was I going to kill all the little darlings and chop them into small pieces? The absurdity of the thing hit me, and I began to laugh. I made a couple of snowballs and threw them at the kids. They threw a few at me. A good time was now being had by all. I said, "I think my score's pretty good for an adult." And I got back into the car and drove off, laughing.

It's wonderful when we can see a ridiculous element in something we're doing or thinking that's wrong. In the snowball episode, I admitted that I was being an ass. I didn't need God or an AA friend for that one, though I told on myself later.

Anger, like fear, is destructive and self-destructive. So are envy, resentment, self-pity, insecurity. Fear and insecurity can make us opinionated and domineering, which isn't good for our nearest and dearest. Good old aged-in-the-wood resentments can crop up with the right stimulus and make us take other people's inventories full-volume, or nag them gently and forever, so that life becomes miserable for our beloved victims. Resentment and envy can make us malicious and gossipy, unpleasant company both for those other people and for ourselves. Have we looked in the mirror when we're feeling this way? It's revelatory.

Perhaps we haven't lashed out at anybody with words or actually done anything to them. Perhaps our anger is backed up into depression, and we feel like the wrong end of a worm. Self-pity. Yes, yes! There's plenty of cause for this-situations all the way from irritating to tragic. But we need to regain our inner strength, or learn to get some if we're new in AA and feel we never had any.

If we have taken Step Four, we have probably discussed some of our character defects already, so it's easier to remember them now. Step Five is a further sharing and verbalization of the moral inventory. We are beginning to learn that nobody is going to send us to the guillotine because of our shortcomings. We won't be rejected. We won't be punished. Not in AA.

How many times I have taken this Step with myself, with my AA friends, and with God! And I haven't always done it too well. But I am learning, as I go along, to eliminate complaint and excuse and admit that I've done thus-and-thus to others or to myself, because of this or that anger or fear--or that I have omitted doing what I really wanted to do, because kindness and consideration have been submerged by harassment or worry. When someone else comes to you for help, or you listen to others at a closed meeting and contribute some remarks yourself, you find, for the thousandth time, that you are not alone. Other people have these feelings. They have done the same things. It's perfectly astonishing how

INSIDE TI	HIS ISSUE			
Tradition Five	2			
Word Puzzle	4			
Committee Updates 4				
Monthly Meetings 5				
Anniversar <mark>ie</mark> s	5			
Meeting Change	es 8			
Upcoming Events				

SHOP LOCAL

DON'T FORGET ...
WE SHIP ANYWHERE
IN THE U.S. AT
PRIORITY RATES AND
DELIVER LOCALLY

Concept V

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Tradition Five - "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

Keep the Door Open

Group members take stock after a burglary

I received the phone call about 10 A.M. Friday at work. It was Jenny W. "As secretary of the Steering Committee, I wanted you to know that the hall has been broken into . . . again!"

She explained that this time they had busted out one of the front panes to gain access. They stole the pay phone, tore up the soda machine, and tore open cabinets looking for money.

The literature cabinet is always the first place hit. It has a padlock on it, which may lead someone to think that valuables lie within. The padlock was busted to pieces. Fortunately, the cash box held no money, because we had instructed our literature people to drop the money from sales into the safe.

I left work and arrived at the hall a few minutes later. Bill T., Paul K., and Michael L. were already there. They were coordinating with the landlord and the police to get all particulars of the break-in recorded. I took some pictures, chatted a bit, and then headed back to work.

During that day, I went through a variety of emotions. My first reaction was to feel anger. How could they? I thought. Feelings of violation and victimization wanted to run riot through my brain. But why shouldn't I be angry? I thought. That hall has helped countless lives, and this is how some sick person treats us?

Then the Fifth Tradition hit me: "Each group has but one primary purpose--to carry its message to the alcoholic who still suffers." A minor inconvenience of a few stolen dollars or replacing a piece of machinery is a small expense compared to all the good our hall has accomplished.

That night, at our speaker's meeting, Murray N. pulled me aside and said, "The thief didn't realize what is of value around here. If you want to talk about tangibles, how about the plaque commemorating Vern S., one of our club's founding members? What about our podium, donated as a memorial to one of our deceased members? But the intangibles are far more important. What about the love we have for each other that no one can steal? What about the camaraderie and the fellowship?"

Before the Lord's Prayer that night, I spoke briefly to our members about the break-in. I encouraged all to keep it in perspective. As practicing alcoholics, we have all been "victims" and, at times, perpetrators of injustice. The important thing was to continue in the spirit of Tradition Five-continue to reach out to the still-suffering alcoholic.

RICK. R | S SUMMIT, MISSOURI

Copyright $\ensuremath{\mathbb{C}}$ AA Grapevine, Inc., March 2008 Reprinted with permission.



Suite 404 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. The deadline for submission is the 15th of each month. Material may be edited for space and content. We welcome your stories, news and comments. Please send your submissions to help@aabroward.org.

(continued from page 1)

often we go back to thinking of ourselves as "special."

When I was drinking, I was an angry person who hated herself and took other people's inventories. When I was first sober, I was an angry person and went on taking other people's inventories. Now and again, I still am tempted to set somebody straight. If I do, I try to make amends. I am not as given to arrogance as I was, because I am slowly accepting myself, liabilities and all. I even think I might have a few assets. AA taught me that it was safe to evaluate

Ten thousand thanks and a golden coffee mug to those who have listened to me so long and helped me find out about myself. It's a wonderful feeling to know that you don't have to be a god or a goddess, or a saint or a genius, to lead a reasonably happy, sober, healthy, communicative, constructive, and useful life--with some laughter thrown in for good measure.

— F. M. | NEW CANAAN, CONNECTICUT

Copyright © AA Grapevine, Inc., May 2011, Reprinted with permission.

The Rewards of Relay



I have a wonderful service commitment called Telephone Relay which allows me to be the "hand of AA" for my local Intergroup office. I actually answer the Intergroup phones at home a few hours a week, when the Intergroup office is closed and the phone lines are forwarded to my cell phone.

One day as I volunteering at Intergroup, I received a phone call from a gentleman who said he needed help. He said he had a large home in Fort

Lauderdale and he would like a roommate. This is not the kind of help we usually give at Intergroup, and clearly it was an outside issue. He further explained that he did not even need any rent money, just a roommate. He had been calling often and did not seem to want to take any of the other suggestions he'd been given previously, so I had an idea. I took his number and said I would give it to a friend, and if she was interested she could call him and they could arrange a meeting.

I had an old friend I had recently seen on Facebook who seemed to be out of sorts. She had found a "fantastic place to live" and then moved in, and realized it wasn't quite so fantastic. She was looking again, for a place to live, because it wasn't working out. So, I gave her this gentleman's number and then forgot about it.

A few weeks passed and this morning there was a Voicemail on my phone saying, "thank you for referring me to so and so. I took him to BARC and then he will be going to IRT." I was flabbergasted, sitting there with my mouth hanging open!! This woman was a friend from my drinking days and we had never discussed my recovery. I had no idea she even knew what these things were!

I immediately phoned her to inquire about the message and find out how she was familiar with these institutions. She told me that she had been sober for several years and then relapsed. She knew she couldn't move in with an alcoholic unless he got treatment. She has since cleaned up his place and is moving in to see how things work out.

Again, I am amazed at how my Higher Power works. You never know when you might help another alcoholic. As we say, "I am Responsible. When anyone, anywhere reaches out for help, I want the hand of AA always to be there." And for that, I am responsible.

--Anonymous, Ft. Lauderdale

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 10 Terrace, Ste. 404 Ft. Lauderdale, FL 33309 954.462.0265

BCIC

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

Area 15 General Service

Treasurer, P.O. Box 311 Safety Harbor, FL 34695

District 9 General Service

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

Recovery Word Puzzle

TRIPRYOI
RRUTTSEUC
MEENIILTA
SPEEDIO
REETTURLA
RAMCDEAREAI



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.

TARGISTH
DEARWSR
PEELSDRA
NOVIDLEV
STONETRIGAIR
LUSHDEEC

The 65th Florida State Convention

will be hosted by District 9 at



Ft. Lauderdale's Beautiful Harbor Beach Marriott Resort & Spa

August 3-7, 2022

A lot of planning is required to pull this off so go get involved... lots of great opportunities for service!

Some Committees of Interest: Registration, Hospitality, Transportation, Golf, Greeters, Security, Merchandise, LGBT, Archives, Alanon, Grapevine, Program, Decorations, Accessibilities, Graphics

NEXT PLANNING MEETING May 22nd at 9 AM on Zoom

Meeting ID: 882 8429 1768 ~~ Passcode: FSC2022

Future planning meeting Dates:

Saturday, June 19th

Saturday, July 24th

For more information contact Karen V., Convention Chair at 954.554.0346 or at Chair2022FSC@qmail.com

HAVE A SAFE, SOBER & HAPPY MEMORIAL DAY WEEKEND!!





The bookstore is still open only on a limited schedule,
Mon-Fri 1-6 PM and masks must be worn.
Please just call, email or place the order online
and we will get it ready for pickup or shipping.
We accept cash, checks or credit cards.

SERVICE KEEPS YOU SOBER



A.A. Birthdays

May Celebrants

Serenity Altogether David H. ~ 9 yrs. Ron J. ~ 37 yrs.

Sober Sisters Jan S. ~ 36 yrs. Jen ~ 12 yrs. Karen L. ~ 12 yrs.

Express Group Bobby ~ 9 yrs. Geri ~ 12 yrs.

5:45 Happy Hour Linden ~ 35 yrs.

Friends of Joe Larry F. ~ 28 yrs.

Plantation Happy Hour

Keith N. ~ 6 yrs. Howard S. ~ 6 yrs. Lou P. ~ 21 yrs. Robin S. ~ 27 yrs.

Living in the Solution

Joann E. ~ 1 yr.
Marisbel ~ 1 yr.
Arlene R. ~ 2 yrs.
Billy E. ~ 4 yrs.
Rusty M. ~ 6 y rs.
Glenn H. ~ 6 yrs.
Mike B. ~ 8 yrs.
Nancy H. ~ 10 yrs.
Ellen F. ~ 31 yrs.

Broward Men's Sebastian ~ 6 yrs.

Coral Ridge Group Jodi W. ~ 20 yrs.

Then and Now Tim S. ~ 38 yrs.

Meditation at the Rock

Mary R. ~ 15 yrs. Sunshine Group

Donna H. ~ 12 yrs. Dave A. ~ 9 yrs.

Big Book Café Peggy D. ~ 16 yrs.

Tough Love MaryJo W. ~ 35 yrs.

Ft. Lauderdale Women Judy J. ~ 16 yrs.

Women's Step Into Sobriety

Casandra C. ~ 7 yrs.

Freedom From Alcohol Jackie S. ~ 39 yrs.

Happy Destiny Sheila C. ~ 27 yrs.

Saturday Morning Awareness Joey B. ~ 9 yrs.

We Came to Stay ~ 34 yrs.

Other Notables

Amanda P. ~ 8 yrs. Victoria R. ~ 11 yrs. Rob D. ~ 12 yrs. Christopher C. ~ 15 yrs. Aisling ~ 22 yrs. Jeff S. ~ 32 yrs. Russell S. ~ 32 yrs. Gail O. ~ 38yrs.

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, STAY SOBER & STAY HEALTHY PLEASE







BCIC

Broward County Institutions Committee will hold their next meeting on

Saturday, May 8th 10:00 AM

Twelve Step House, 205 SW 23rd St., Ft. Lauderdale AND on Zoom

The next Intergroup Meeting

will be held via Zoom

Sunday, May 16th 1:00 PM

Zoom ID 241 331 6306 PW 6Hzur4

CONGRATULATIONS ON ANOTHER YEAR SOBER!





SATURDAY, MAY 8

2:00 PM to 4:30 PM Forward, Preface, Doctors Opinion

4:45 PM to 6:30 PM Bill's Story, Chapter Two

6:30 PM to 7:30 PM Dinner

7:30 PM to 9:00 PM Chapters Three and Four Times are EDT (GMT-4)

Zoom Meeting ID: 819 3543 5145 PW: bigbook

SUNDAY, MAY 9

9:30 AM to 10:30 AM How it Works & Step 3

10:45 AM to 12:00 PM Step Four

12:00 PM to 1:00 PM Lunch

1:00 PM to 2:30 PM Steps Four, Five, Six and Seven

2:45 PM to 4:00 PM Steps Eight, Nine and the Promises

4:15 PM to 5:30 PM Steps Ten, Eleven and Twelve

The Paul Revere Group Presents



www.bigbookseminar.org

WE LOVE OUR CUSTOMERS!!

Our Customer Appreciation Day was lots of fun! Thank you to everyone who came out to the Bookstore for fellowship on April 25.

Congratulations Lori B. on your new blanket!

This year's traditional Big Book Seminar has been changed to a FREE virtual Big Book Study.

This event is presented by Pat and Brian, like in years past.

All contributions welcome. Proceeds will benefit local Intergroups and AAWS.

THANK YOU TO ALL BROWARD COUNTY

FOR YOUR ENDLESS SUPPORT

Whether you have been answering phones, showing up to monthly meetings as your group's Rep, helping with our events, promoting our website, book sales and events, or working in the office

YOU ARE SO APPRECIATED!!











Are you looking for a new Space to hold your in-person Meeting?

Lambda South Clubhouse has rooms for rent in the heart of downtown Ft. Lauderdale.



WANT YOUR ONLINE MEETING TO SHOW UP ON THE MEETING GUIDE APP WITH ONE-TOUCH ENTRY?

Send an invitation link to Help@aabroward.org



Things we cannot change...

Marc W. and Tim K.

They will be missed. May they rest in peace.



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.

(Easy to set up with your bank or through PayPal)

Thank you to our Faithful Fivers and all our Contributors! You are all so appreciated!

Tom J	James H.	Brian H.	Al G.	Fred L.	Cassandre D.	Kerry W.	Ed H.	Gina B.
Liz J	Gerry B.	Steven L.	Glen P.	Laura E.	Drew B.	Marsha M.	Thomas J.	Marcy B.
Gregory C.	Robert H.	Barbara S.	Richard M.	Janine C.	Valerie J.	Maggie H.	Sandy R.	Wilma D.
Suzanne J.	Don W.	Jenae R.	Ali S.	Sheila C.	Giselle P.	Jim S.	Gayle K.	Anne B.
Bob H.	Denise J.	Jerilynn D.	Erich N.	Marilyn M.	Laurel	Javier C.	Phyllis P.	Susan O.
Anonmous	Drew B.	Charmaine	Russell S.	Elizabeth C.	Tony A.	John B.	Marcy H.	Lorna V.
Elizabeth B.	David S.	Michael T.	Nicolle N.	Chester W.	Julie L.	Arthur M.	Douglas R.	Walter B.
Ron J.	David J.	Alexander W.	Kathy	Larry C.	Amanda T.	Debra B.	Sally S.	Denis H.
Lois O.	Bonnie T.	Gary S.	Peggy D.	Robert K.	Kathryn R.	Kerry F.	Kathleen R.	George D.
Jennifer S.	Anonymous	Dave J.	Peggy G.	Jackie P.	Carla B.	Nick B.	Phillip N.	Kenneth K.
Pat R.	Michael E.	Patrick M.	Tracy S.	Dan D.	Corinne S.	Heidi A.	Charles W.	Stephen U.
Beth D.	Stephen W.	Patrick C.	Carmen D.	Robert B.	Jennifer E.	Craig S.	Emily P.	Steven S.
Craig G.	Marlene A.	Joe G.	Sharon G.	Gil W.	Michael P.	Paul A.	Christine Y.	Dianne N.
Vickie T.	Ernie F.	Nancy S.	Jeff H.	Nancy M.	Nancy N.	Robert M.	Barbaree K.	Justine H.
Howie K.	HBeta	Mary S.	Paul	Trish F.	E - Walter	Sam B.	Karen L.	Laurey T.
Sheldon V.	Ronald B.	Allison B.	Victoria M.	Robert A.	George O.	Dan M.	Michael B.	Adie M.
Stephen H.	Dennis G.	Ellen F.						

Answers from page 4: priority, structure, eliminate, episode, literature, comaradarie, straight, rewards, relapsed, involved, Registration, schedule

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:	EM	AIL:	
PREFER: VOICE:	TEXT: EMAII	L: CITY OF	RESIDENCE:
WILL CALL BACK	:	AND/OR PAY	A VISIT:
AVAILABILITY:	MONDAY to FRIDAY:	W	EEKENDS:
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

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.

MEETING CHANGES

Monday

<u>Coral Springs Men's Group</u> which meets at New Dawn Community Church in Coral Springs has a new address: 9955 NW 31st Street. 8:30 PM.

<u>Margate Men's Book Study</u> moved to St. Vincent's Catholic Church, 6350 NW 18th St., Margate. 7 PM Tuesday

NEW MEETING Stairway to Heaven West Broward Club in Davie, OLTm 7:00 PM

Sandpebble Group that meets in Deerfield is now meeting in person again. OSP, 5:30 PM.

<u>Joy of Living</u> now meets at Fourth Dimension Club in Hollywood, 4425 Hollywood Blvd., rear, Hybrid 7 PM **Wednesday**

NEW MEETING <u>Design For Living</u> Sunshine Cathedral, 1480 SW 9th Ave., Ft. Lauderdale, OSTSP, 7 PM <u>Women's Primary Purpose</u> now Hybrid, Community Presbyterian, 1920 SE 4th St., Deerfield 7 PM **Thursday**

<u>Donuts & Solution</u> which met at S.FI. Wellness Ctr. In Ft. Lauderdale is not open to the public at this time. **NEW MEETING Back to the Book** Our Place 2, 8447 W McNab, Tamarac. OSS 7:30 PM

Friday

North Broward Speaker Meeting is meeting in person outside at 5 NE 44th Street, Pompano. 7:30 PM. Imperial Point Beginners moved to Unity of Pompano, 261 SE 13 Ave., Pompano—Meeting live at 7 PM. OBG NEW MEETING Friday Night Lights 437 SW 2nd Court, Pompano Beach, 7 PM. ORF

Saturday

<u>New Life Group</u> in Pompano has started a new meeting at PF Insurance, 164 N Powerline Road. OSS 2 PM. **Sunday**

<u>Halfway to the Next Step</u> in Pompano has moved to 1754 NE 50th St., OSPm 7:30 PM. (changed again)

Another Day at St. Benedict's in Plantation now ONLY meets on Sunday.

Pompano Beach Group has changed the time on the 11:30 AM meeting. Now at 1:30 PM.

Daily

<u>Free to Be</u> now meeting in person again, but still on Zoom (NOT Hybrid) The Sanctuary, 1400 N. Federal Hwy., Ft. Lauderdale 3:30 PM

<u>Another Day</u> at St. Benedict's in Plantation now ONLY meeting on Sunday. Other 6 days suspended. **Serenity in the Park (SWR)** is now meeting at 5:30 PM.

Off the Hook Flamingo Park, Sunrise is NO LONGER meeting on Saturday & Sunday. Now only M-F 5:30 PM.

PLEASE CHECK OUR WEBSITE WWW.AABROWARD.ORG TO MAKE SURE YOUR MEETING IS LISTED ACCURATELY. IF NOT, PLEASE GET CHANGES CALLED IN ASAP SO THAT WE CAN TELL OTHERS.

Upcoming Events

- **May 1 Early Timers and Old Timers Meeting** virtual event hosted by District 9 Archives. 6:30-9:00 PM for Log in and PW go to District9aa.org
- **May 8-9 Virtual Big Book Study/Seminar** the Paul Revere Group is hosting a free big book study. All donations to support Intergroup and GSO. For more info or schedule go to www.bigbookseminar.org
- June 25 FCYPAA (Young People) Convention Bonaventure Hotel, Weston. For more info go to District9aa.org
- **Aug. 5-8 64th Florida State Convention** Hyatt Regency Jacksonville Riverfront in Jacksonville, FL—https://www.64.floridastateconvention.com/