



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 7
JULY 2021

Step 7 - "Humbly asked God to remove our shortcomings."

Half-measures Highway

Bulls--t! I thought. Joe, my new AA sponsor, had just said, "Five years is early sobriety." My first sponsor, busy with newer people, had turned me over to Joe. Although I resented my former sponsor for trading me like an aging minor league pitcher, I liked Joe. The remark also hurt because I approached my fifth anniversary of sobriety with much pride and joy.

Hadn't I worked my butt off for five years? When I finally admitted I was an alcoholic after seventeen years of drinking, and three years of Al-Anon, I was whipped and ready to take suggestions. I made eighty-seven meetings in ninety days, cleaned ashtrays, got a sponsor, worked the Steps, worked with others, and helped start a new meeting. I had it together.

I also survived a painful divorce during this time. I sponsored three guys with marginal success at staying sober. All three had problems other than alcohol that required occasional visits to mental health institutions.

I met a nurse at a singles ministry sponsored by a local church and we started dating. She had two boys, aged ten and four. With my seven-year-old daughter added, we made a nice family portrait. We married and shortly afterward I accepted a good job in another city. A new wife, new kids, new job, and a new town. Not to worry--I had five years of sobriety.

For six months, I traveled back and forth on weekends until we sold our house and bought one in the new city. I attended meetings infrequently because of travel and some consulting work that helped pay for the extra expenses. I dropped my sponsees and made a half-hearted attempt to connect with AA in my new town. They were friendly; I was judgmental. I compared them instead of identifying with them, and my five years of sobriety slowly eroded.

INSIDE THIS ISSUE

Tradition Seven	2
Word Puzzle	4
Committee Updates	4
Monthly Meetings	5
Anniversaries	5
Meeting Changes	8
Upcoming Events	8

SHOP LOCAL

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

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.

Continued on page 3

Tradition Seven - “Every AA group ought to be fully self-supporting, declining outside contributions.”

Tradition 7: The Price of a Drink

Whenever I go out to dinner in a restaurant with my husband or friends, I find myself drawn to the drinks section of the menu. I also find myself paying a lot of attention to the advertisements in the window of my local liquor store. Thanks to Alcoholics Anonymous and the hope and strength I found in its rooms, I have not had to take a drink since April 1988, and I am convinced that if I keep on following the suggestions, I will continue not to drink, one day at a time. So why my fascination with the price of alcohol? It has to do with the worth of my gratitude.

When I came into this fabulous Fellowship, I was lucky enough to get sober in a place where almost every time the Seventh Tradition basket was passed, someone explained about taking part in meeting the expenses of the group and helping to carry the message to other alcoholics whenever possible.

Early on, what I could do didn't amount to very much. I was single, barely able to meet my personal living expenses, and had a lot of financial amends to make. Even so, a small glimmer of awareness in my slowly clearing brain realized that, because AA helped me not to pick up that first drink, I was saving myself a lot of money on a daily basis. I didn't begrudge that dollar in the basket.

Several years later, I was doing better financially, not going to as many meetings every week, had gotten very involved in general service, and had watched area committees struggle to do service with the small amounts of money that most groups were able to send. It dawned on me then that there was nothing particularly sacred about "a buck in the basket." After consultation with other, wiser, women in the Fellowship, I decided to at least put in the price of a cup of coffee for myself and the newcomer with only some lint in his or her pocket.

Now I have trudged a few more years down that "Road of Happy Destiny" and connected a few more dots. I couldn't count the number of times that I have said in meetings, "I am grateful to AA and my Higher Power for not having to pick up that first drink today."

Connect. . . connect. . . connect. Why not put the price of that first drink that I didn't have to take today into the basket? It makes perfect sense to this alcoholic, since I know that not taking that first drink today has saved me not only the price of dozens more that I would have to chase it with, but saved my life, my self-respect, and a long list of other priceless personal assets that I owe to my sobriety.

So, now you know why I pay so much attention today to the drink list on the menu. Today, it's just another spiritual tool.

GAYLE S.R. | HACKENSACK, NEW JERSEY Copyright © AA Grapevine, Inc., July 2008, Reprinted with permission.

**Your Intergroup Bookstore is now open on
Saturdays from 10 AM—2 PM**

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)

Finally, the family met me in the new city and we worked hard on our "fixer-upper." This gave me an excuse for missing meetings. I got involved in the boys' Little League and Boy Scout activities, which gave, me additional reasons to miss meetings.

My disease told me I wasn't too good at being a sponsor, and perhaps my skills were better suited for service work in baseball and scouts. On top of all this, I decided to go to night school and get a master's degree. This was the ultimate excuse for missing meetings. I met nice people in youth groups and at the university, but I had to learn that, for me, there is no substitute for the fellowship of Alcoholics Anonymous.

I spent another five years on this "half-measures" highway before it all caught up with me. I found myself in a psychiatrist's office begging for help with my obsessive suicidal thoughts. He diagnosed it as "vegetative depression." I had burned the candle at both ends and had no recovery in the middle. I didn't drink, but "sobriety" was trying to kill me.

I again became willing to take suggestions. This time, it was medication and therapy. And I started to go to a lot more meetings. During one therapy session, it was suggested that I might not be an alcoholic since my depression had been with me from youth. My reaction was immediate and profound. Yes, I was depressed. But no, I was an alcoholic. Thousands of voices, from hundreds of meetings I attended in those first five years, agreed with me in unison.

Soon after that therapy session, I decided to reinvent my program. I found a sponsor who could see right through me. I found a new home group with members who weren't afraid to confront me when I needed it. I found my old Step study team material and repeated all the Steps with my sponsor. Finally, I found a deeper relationship with my God who keeps me sober and sane today without medication.

Now, seven years later, the lesson learned is clear: I must never rest on my laurels--this disease is deadly. I've gotten involved in service work and successfully sponsor several guys. I know it's successful because I'm staying sober. I have discovered the program is a continuous process of surrender. As my friend, Benny, says, "We need to be willing to remain teachable on a daily basis."

ANONYMOUS | HUNTINGTON, WEST VIRGINIA

Copyright © AA Grapevine, Inc., November 2006, Reprinted with permission.



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

G O N G S S I T E S U
R E E D G U B G
R Y F E N I L D
S T Y R A S A H
D E E R D O
S C R E E L P S I



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.

S T U C L O O N N A T I
B U S S S M I N I O
R E S T M I S T N U N
H A T B E E L A C
L I D S C A U I
M U T T A L E I

The 65th Florida State Convention
hosted by District 9 at

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

August 3-7, 2022 will be having their

NEXT PLANNING MEETING

Saturday, July 24th

LIVE AND IN PERSON

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

We now have some
OPEN meeting directories for
the in-person meetings.



Available at bookstore
for \$.25 each

2021 Intergroup Picnic

Has volunteer positions available on the
following committees:

Tickets
Grill cook
Food Prep
Serving
Volleyball
Kids Games
Clean up
Coffee

Come get involved in the fun and fellowship!



2021 Intergroup Picnic

FIRST PLANNING MEETING

Sunday, July 18th

Twelve Step House

2:30 PM

Following Monthly Reps Meeting



The bookstore is still open only on a limited schedule,
Mon-Fri 1-6 PM and masks are now optional.
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

July Celebrants

Smell the Coffee

Liz J. ~ 32 yrs.
Mike ~ 11 yrs.

Broward Men's

Jay ~ 5 yrs.
Joe A. ~ 6 yrs.
Steven H. ~ 4 yrs.

Oakland Park

Mary W. ~ 30 yrs.
Mike M. ~ 25 yrs.
Mark W. ~ 18 yrs.

Free and Easy

Linda M. ~ 33 yrs.

Westside Men's

Eric S. ~ 22 yrs.
Richard R. ~ 30 yrs.

Men in Recovery

Harry O. ~ 31 yrs.
John D. ~ 11 yrs.
Richard W. ~ 11 yrs.
Casey M. ~ 20 yrs.

Serenity Altogether

Doug C. ~ 29 yrs.
Fred L. ~ 41 yrs.
Mary S. ~ 22 yrs.
Ken M. ~ 15 yrs.

Joy of Sobriety

Bob ~ 36 yrs.

Bikers in Recovery

Emilio ~ 22 yrs.
Leon J. ~ 14 yrs.
Donna M. ~ 16 yrs.
Bill F. ~ 5 yrs.
Rich W. ~ 5 yrs.

You Are Not Alone

Sharon G. ~ 22 yrs.
Janet T. ~ 19 yrs.
Marie H. ~ 13 yrs.

Sunshine Group

Deanna ~ 5 yrs.

Living in the Solution

David W. ~ 1 yr.
Monica ~ 1 yr.
Jena P. ~ 2 yrs.
Sandra C. ~ 4 yrs.
Jenny J. ~ 13 yrs.
David H. ~ 16 yrs.
Mike G. ~ 21 yrs.
Jill S. ~ 40 yrs.

Ft. Lauderdale Women's

Nancy B. ~ 32 yrs.
Diana H. ~ 21 yrs.
Pam ~ 25 yrs.

Live, Laugh, Love

Leslie B. ~ 13 yrs.
Juliya ~ 23 yrs.

Coral Springs Men's

Steve B. ~ 29 yrs.
Bill F. ~ 30 yrs.

Tamarac Group

Rhonda D. ~ 17 yrs.

Friends of Pat C.

Mare C. ~ 24 yrs.
Maria W. ~ 9 yrs.

Sands of Serenity

Laura W. ~ 23 yrs.

Free To Be

Dara ~ 11 yrs.

Each Day a New Beginning

Michael E. ~ 13 yrs.

Lunch Bunch

Gary ~ 51 yrs.
Walter ~ 22 yrs.

Thursday Night Study

Nicolle N. ~ 8 yrs.

Eleventh Step

Marty ~ 8 yrs.

Rule 62

Vickie T. ~ 35 yrs.

Don't Forget

Doug W. ~ 10 yrs.

B.A.L.L.S. Group

Elias G. ~ 18 yrs.
Richie ~ 32 yrs.
Nick ~ 6 yrs.
Randall ~ 26 yrs.

Happy Destiny

Liz A. ~ 13 yrs.
Sharon S. ~ 12 yrs.

First Things First

Carole L. ~ 15 yrs.
Mona Lisa ~ 8 yrs.

441 Group

Ebony ~ 13 yrs.

Women's Step by Step

Karen V. ~ 40 yrs.

Mountain Group

Jolynn J. ~ 13 yrs.

Women's Honesty

Becky P. ~ 39 yrs.
Marcia S. ~ 25 yrs.
Rachel ~ 13 yrs.
Emma L. ~ 32 yrs.

Surrender is Freedom

Diane R. ~ 33 yrs.

Spiritual Principles

Zane ~ 7 yrs.
Beth ~ 37 yrs.

By Any Means

Peter S. ~ 30 yrs.

Primary Purpose

Edmark G. ~ 7 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.)

**STAY SAFE,
STAY SOBER &
STAY HEALTHY
PLEASE**



BCIC

Broward County Institutions Committee will hold their next meeting on

**Saturday, July 10
10:00 AM**

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

The next **Intergroup Meeting** will be a HYBRID meeting
**Sunday, July 18
1:00 PM**

Zoom ID 241 331 6306 PW 6Hzur4
Twelve Step House
205 SW 23rd St., Ft. Lauderdale



*The Long-awaited 2020 Broward County
Intergroup Appreciation Banquet is finally
going to happen.....*

Saturday, October 2, 2021

Tropical Acres Steakhouse

6:00—10:00 PM

*Would you or your group like to contribute
a gift or basket for the raffle?*



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

Send an invitation link to Help@aabroward.org

Is your meeting looking for a new physical home?

Lambda South Club is renting space.

Call Intergroup for details.



*Celebrate your Freedom from Bondage
with a grateful heart*



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.			Gwendolyn			

Answers from page 4: suggestions, begrudge, friendly, ashtrays, eroded, priceless, consultation, submission, instruments, teachable, suicidal, ultimate

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

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

Ft. Lauderdale Primary Purpose Big Book Study now meets live again at First Presbyterian Church, 401 SE 15th Ave., Ft. Lauderdale. Fellowship 6:30, Meeting 7:15 PM

Tuesday

Why It Works meets live at First Presbyterian Church, Ft. Lauderdale, 451 Tarpon Dr. 7:30 PM.

Surrender Group is now meeting live again at Faith Presbyterian, 1700 NW 98th Ave., Pembroke Pines.

Women's Step by Step has moved to Unity Church in Pompano. Now meets live at 7 PM. (Hybrid)

True Self Group is now live again at Sober Today Club in Hollywood. OM 7:30 PM.

Wednesday

Don't Forget has gone back to live meetings at the Sanctuary, 1400 N Federal Hwy., Ft. Lauderdale.

Riverside Group has gone back to live meetings at Christ Church, 10021 W Sample Rd., Coral Springs.

Sober Sisters will be meeting live again at Lambda South in Fort Lauderdale beginning on July 7th. 7 PM

One Day at a Time now meeting live again at St. Bartholomew Church in Miramar. 8 PM, Masks mandatory.

Thursday

Express Group is now meeting live at Christ Lutheran Church in Ft. Lauderdale. OBG 7 PM—OSPD 8:30 PM.

Our Charge is now meeting live again at Luther Memorial Lutheran, 1925 N State Rd 7, Hollywood

Atlantic Donut Meeting will be live again starting July 8th, St. Stephen's Fellowship Hall, 2500 14th Street Causeway, Pompano Beach. 7:30 PM.

Sober Today Group now meets in Hollywood at the Sober Today Club has changed the time to 7:30 PM

Sober Women of Parkland is now meeting live again at Parkland Community Center. 6:30 PM. (Hybrid)

NEW MEETING New Perspective, S. Florida Wellness Center, 5225 NW 33 Ave., Ft. Lauderdale, 6 PM. OLT.

Alcoholics and God now live at First Presbyterian Church, 451 Tarpon Dr., Ft. Lauderdale. 7:15 PM (Hybrid)

Friday

Oakland Park Group meets at Comm. Presby. Church, 4433 Bougainvillea, Lauderdale by the Sea. CD 8:30 PM.

In the Solution is now meeting live at Lambda South in Ft. Lauderdale at 7 PM.

Saturday

NEW MEETING Butterfly Effect now meets at the West Broward Club in Davie. 7 PM. OYP.

Harbor Group book study is meeting live now at the Sober Today Club in Hollywood. 7 PM.

Sunday

Sunday Night As Bill Sees It will be meeting live again at Royal Palm Christian Church, 9600 Royal Palm Blvd. in Coral Springs, beginning on July 11th.

Daily

Downtown Dry Dock is now meeting live again at Sanctuary, 1400 N Federal Hwy., Ft. Lauderdale

Easier Softer Way is now meeting live again M-F 8 AM at All Saints Episcopal in Fort Lauderdale.

KISS Today at Sober Today Club in Hollywood will no longer be Hybrid.

Upcoming Events

- Aug. 5-8** **64th Florida State Convention** Hyatt Regency Jacksonville Riverfront in Jacksonville, FL—<https://www.64.floridastateconvention.com/>
- Aug. 14** **Carry the Message Day** virtual service event for Broward County, presenting the many different service opportunities available through District, Intergroup and Institutions.
- Oct. 2** **Intergroup Appreciation Banquet** Tropical Acres on Griffin Road, must have ticket to attend. Raffles, Dinner, Speakers. 6:00-10:00 PM
- Oct. 24** **Intergroup Picnic** Caldwell Pavilion at Snyder Park in Fort Lauderdale. \$8 in advance, \$10 at gate. Live band, speakers, lunch, games. Kids under 8 eat free.