



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 10
OCTOBER 2021

Step 10 - "Continued to take personal inventory and when we were wrong promptly admitted it."

Time out!

When the kids misbehave, mom's Steps come in for a touchdown

The theme of a lot of meetings I've been attending lately has been the Tenth Step, particularly the "spot-check inventory." Recently, while on a vacation, I had the opportunity to visit a former sponsee. We hadn't seen each other in 16 years. During that time Beth, of course, had grown up (she got sober at 17). She had also married, moved out of the state where we both got sober, and had two children, who are now 3 and 6 years old. We caught up with each other and it was just like old times, though many things had happened. But we are both still sober: Beth has 20 years, and I have 24.

For hours, it was truly a pleasure to talk about the Steps, our sponsors, the Big Book, and life's adventures. During the course of our visit, several times we had to stop talking (no easy feat) so she could tend to her two children.

Once in a while, though, there would be some ... well ... misbehavior from her kids. But a really great thing happened whenever one of the children misbehaved. My friend or her husband would bring them to the "time out corner" for the allotted time. After the time was up, they were promptly asked, "Why did you do that?" the answer this one particular time was: "I got angry."

My friend replied, "Yes, you got angry, but what did you do with the anger?" Reluctantly, her child said, "I hit my brother with the stuffed animal!" Beth then said, "And what are you going to do about it?" The child smartly replied, "Nothing. Wait, I won't hit him again." Then my friend said, "That's good; but what else are you going to do, honey?"

The answer was "Apologize." She then went and apologized in full to her brother for hitting him with the stuffed animal. He accepted her apology and they went off to play again.

I thought to myself, Whoa! That was a Tenth Step she just guided her daughter through! The continuous Tenth Step is a process I still sometimes balk at, especially when I feel the old justifications creeping in. The time out is equivalent to the bad feeling in my stomach that I get when I do something wrong. The admission of the wrong is the equivalent of doing

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You are invited
to attend
**Intergroup's next
OPEN HOUSE**
Sunday, November 14th
from 1-3 PM

*Holiday Sales event, Refreshments,
Fellowship, Give-aways*

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."

In The Eyes Of The Beholder

LEARNING HOW TO SEE STRAIGHT, ONE DAY AT A TIME

When I first came to Alcoholics Anonymous, I had opinions on everything and knew for certain which was the right or wrong side of an issue. The longer I am in Alcoholics Anonymous, the more I am like our Tenth Tradition, without an opinion on outside issues.

AA gave me the ability to see both sides of many issues. I realize that although my viewpoint may be valid, it may not be reality. I tend to see the world through Dennis-colored glasses.

When I am absolutely sure that my viewpoint is right, I get into trouble. The minute I start trying to convince the rest of the world that the way I see things is really how they are, I am in conflict with someone. Even if I keep it to myself, it still usually leads to resentment. It is not that my viewpoint isn't good, it is just that there are many ways to see one situation. I prefer finding a viewpoint that makes me feel good instead of resentful.

When I find myself in an uncomfortable situation, I know that I have three options. First, I can get out of the situation by quitting or walking away from whatever is making me uncomfortable. My second option is acceptance. I can accept the situation however I may see it. My third option is my favorite. I can change the way I see the situation so that I am no longer uncomfortable.

Sometimes I feel like a traffic cop on the highway of life who judges and separates everything coming down the pike: "Ah, this is a good thing, put it over here," or "Oh no, this is bad, you go over there." I want to judge everything that happens in my life. But many things I thought were bad turned out to be good and vice versa.

My first great lesson in this came over sixteen years ago when God first got me sober. Like many of us, God had to give me plenty of rope before I finally asked for help. I faced a four-year sentence in federal prison and was on the run from a federal fugitive warrant. My life was in chaos. I couldn't stand it anymore and I had nowhere else to turn. For the first time in my life, I asked God to help me.

The federal marshals caught up with me the very next day and took me away to prison. I looked at my situation and decided that this was the worst thing that had ever happened to me. But, to my great surprise, it turned out to be one of the best experiences of my life because I found Alcoholics Anonymous.

So, I don't really know what's good or what's bad. I don't know what the outcome of any action will be. I only know what I want, and I am sure that if I always got what I wanted, I would soon find myself lying in the gutter, again, with a bottle in my hand. I have to trust that each day God gives me just what I need.

The Steps have taught me how to see things from another's perspective by giving me simple spiritual tools to use. It is amazing how quickly my attitude changes when I apply spiritual principles.

One time, my boss called me in and told me--forcefully--what a terrible job I had done on a project. Talk about feeling uncomfortable! Immediately, I became angry and defensive. Then, my sponsor's training kicked in and I started applying spiritual principles.

I told myself that this wasn't typical behavior for my boss and wondered if something might be wrong. It occurred to me that she might be having a tough time, and I decided to check and see if I

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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)

a Fifth Step. Admitting that she would not do it again was like a child's version of the Sixth Step—she was ready to have the defect of character removed. While the kids were not humbly asking God to remove their shortcoming, they had learned it would not be a good idea to hit each other again. When she admitted that she should apologize to her brother for hitting him, she had become willing and was doing the Eighth Step. The apology was definitely a Ninth Step amends. I was really impressed at the process set up to teach the kids at a young age how to successfully do a Tenth Step. At 24 years sober, I still have a tough time with promptly admitting what I did wrong at times.

This was a real "Aha!" moment for me. I now am determined to try even harder to work the Tenth Step continuously and to promptly admit when I am wrong. If a 3- and a 6-year-old can successfully work it each day, with a little help, I can too.

I was amazed and so hopeful for these kids' futures because they were being taught how to successfully do the Tenth Step before ever reaching middle school. I was also very proud of my former sponsee for practicing these principles in the education of her children.

JEANNE F. | ATLANTIC BEACH, FLORIDA

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(continued from page 2)

could help. I stopped feeling persecuted. This was no longer my problem.

I asked her if something was wrong and there was. She had had a rough day and felt much better after she told me about it. After our talk, I said that I would make the necessary corrections on the project. We both felt much better.

That incident showed me how easily I could change my attitude by applying spiritual principles and looking at things from the other person's perspective.

Applying spiritual principles to my family life is always the most difficult and requires the most effort. It's helpful for me to observe that my reactions to the same situation are sometimes different and depend upon how spiritually fit I am on a given day.

When my children were younger and still liked to jump up and down on the furniture, sometimes I reacted by shouting, "How many times have I told you kids not to jump on the furniture? Now get off of there!" But when I was more spiritually fit, I looked at them laughing and playing and realized how beautiful they were, and how much I loved them.

How life looks to me depends on how I look at it. While this sounds simple, just like everything else in Alcoholics Anonymous, it requires continual practice in order to get good at it. I get better at it as each year passes. I am grateful that Alcoholics Anonymous is teaching me how to see straight, one day at a time.

D.W., Tucson, AZ

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



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.

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

**THANK YOU SO VERY MUCH TO EVERYONE WHO MADE SUCH
GENEROUS DONATIONS OF GIFT ITEMS TO OUR BANQUET RAFFLE.
THEY ARE CRUCIAL TO THE SUCCESS OF THE EVENT'S FUNDRAISING EFFORTS!**

Bikers in Recovery The Ft. Lauderdale 12 Step Group Sunlight of the Spirit Oldtimers Group
Sunshine Group Attitude of Gratitude Dania After Work Group Live Laugh Love Surrender is Freedom
Easier Softer Way Mountain Group Just For Today Freedom From Alcohol Living in the Solution
Brothers All Living Life Sober Davie Women's Group Women's Honesty Love & Service Group On Sober Grounds
Free To Be Saturday Morning Awareness Express Group Friends of Pat C.
Women's Step by Step Anonymous Donor I Anonymous Donor II

2022 Florida State Convention to be held on Fort Lauderdale Beach

STILL NEEDS VOLUNTEERS...NEXT PLANNING MEETING

The Center for Spiritual Living 4849 North Dixie Hwy, Oakland Park, FL 33334
Mask required if not vaccinated (facility rules)

Hybrid option Available

Saturday, October 23rd at 9:00 AM

More info, District9aa.org

**THANK YOU SO MUCH TO THE FOLLOWING SPECIAL WORKERS
AND VOLUNTEERS WHO CONTRIBUTED TO ANOTHER
PHENOMENAL ANNUAL INVENTORY:**

Marsha M., Sharon G., PS C., Don W., David J., Jeff O., Steve W.



SERVICE KEEPS YOU SOBER



A.A. Birthdays

October Celebrants

Pride 5:45

Eric P. ~ 10 yrs.

Broward Men's

Bob A. ~ 37 yrs.

Drew ~ 5 yrs.

Larry M. ~ 25 yrs.

Express Group

Cookie ~ 34 yrs.

Sonia C. ~ 28 yrs.

Living in the Solution

Sam B. ~ 45 yrs.

Jeff R. ~ 30 yrs.

Rita V. ~ 12 yrs.

Khristina ~ 6 yrs.

Ingrid S. ~ 5 yrs.

Matt K. ~ 5 yrs.

Maureen S. ~ 3 yrs.

Free To Be

Michelle ~ 15 yrs.

Other Notables

Ted M. ~ 42 yrs.

Jenny B. ~ 15 yrs.

Evan L. ~ 14 yrs.

Matt H. ~ 14 yrs.

Tara ~ 9 yrs.

Freedom From

Alcohol

Scott ~ 32 yrs.

Tony ~ 40 yrs.

Mimi ~ 43 yrs.

Gerry D. ~ 54 yrs.

By the Book

Beginners

Randy D. ~ 33 yrs.

Shannon R. ~ 18 yrs.

In the Solution

Sam C. ~ 9 yrs.

Smell the Coffee

Mark G. ~ 13 yrs.

Sunshine Group

Jamie R. ~ 6 yrs.

Sober Sisters

Jenn S. ~ 28 yrs.

Marisa ~ 15 yrs.

Willing and Able

Cassie ~ 8 yrs.

Westside Men's

Jon G. ~ 7 yrs.

Dania After Work

Alison ~ 7 yrs.

Just For Today

Paula K. ~ 5 yrs.

Steven N. ~ 4 yrs.

Let's Do Lunch

Bunch

Tom G. ~ 14 yrs.

Women's Step by

Step

Judy O. ~ 12 yrs.

Easier Softer Way

Stephanie W. ~ 5 yrs.

Sober Sisters

Adina ~ 5 yrs.

One Day at a Time

Barbara L. ~ 29 yrs.

Serenity Altogether

Bill H. ~ 5 yrs.

Pompano Men's Group ~ 52 yrs.

Joy of Sobriety

Charlie P. ~ 14 yrs.

Women's Step Into

Sobriety

Becky ~ 10 yrs.

Ft. Lauderdale 12

Step Group

Jimmy E. ~ 32 yrs.

Sunlight of the Spirit

Dawn R. ~ 33 yrs.

Bottom Line Group

Mike R. ~ 31 yrs.

Dennis ~ 20 yrs.

Bianca ~ 5 yrs.

Into Action

Debbie C. ~ 14 yrs.

Speak Freedom

Morning

Nancy H. ~ 36 yrs.

Women's Honesty

Robin K. ~ 18 yrs.

Focus on Sobriety

Ginger ~ 11 yrs.

Oakland Park Group

Drew B. ~ 15 yrs.

Mark B. ~ 31 yrs.

D.J. ~ 10 yrs.

Y.A.N.A.

Yolanda ~ 24 yrs.

Men in Recovery

Jack C. ~ 28 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, October 9th,

10:00 AM

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

The next **Intergroup Meeting**

will be a HYBRID meeting

Sunday, October 17th

at 1 PM

Zoom ID 241 331 6306 PW 6Hzur4

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

September Celebrants

not previously mentioned

Spiritual Principles

Lois P. ~ 18 yrs.

Eileen W. ~ 37 yrs.



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

1. Do I ever give the impression that there really *is* an "AA opinion" on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the "AA opinion"?
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 without this Tradition? 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?

Reprinted with permission. Copyright © AA Grapevine, Inc. "Twelve Traditions Checklist"



**HAVE A SAFE
AND HAPPY
HALLOWEEN**



Things we cannot change...

Stephen S., Grace M.

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.
Anonymous	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.	Robert S.	Nancy G.	Gwendolyn			

Answers from page 4: apology, promptly, matched, defined, misbehaved, outcome, viewpoint, fugitive, separates, beholder, reactions, opinion

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

Women's Honesty is a Hybrid meeting, Hollywood Hills United Methodist Church, 400 N. 35th Ave., Back – door entrance. Masks required. 7:30 PM. CRFw.

Big Book Meditation now live again at Parishes of Sts. Francis & Clare in Wilton Manors. 7 PM OMD

Life in Recovery now meets live again at Zion Church Hall in Deerfield Beach. CLTw 7 PM.

New Way of Life is now live again at Griffin Road Church of Christ in Davie. OD 8 PM.

Tuesday

Joy of Sobriety which met at the Sanctuary in Ft. Lauderdale at 8:30 PM NO LONGER MEETS.

True Self Group is no longer meeting live at Sober Today Club in Hollywood. OM 7:30 PM.

Perry Street South is now meeting live at Lambda South Club, Ft. Lauderdale. OSPD 7 PM.

Wednesday

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

NEW MEETING Wednesday Night Women's meets at 6 PM, All Saints Episcopal Church. OLTW

New Life has moved back to Mitchell Moore Center, 901 NW 10 St., Pompano Beach. OD 7 PM.

Thursday

NEW MEETING Empowered Sober Women meets live at 4th Dimension Club in Hollywood at 7 PM. OSW

New Way of Life is now live again at Gloria Dei Lutheran Church in Davie. OSPD 7:30 PM

Saturday

NEW MEETING Emotional Sobriety now meets live at the 4th Dimension Club in Hollywood at 7 PM. OD.

New Day is now meeting Hybrid at 9 AM, Herb Skolnick Center in Pompano Beach.

Free and Easy that met at the Luther Memorial Lutheran Church in Hollywood at 9 AM NO LONGER MEETS.

Sunday

Imperial Point Speakers Meeting is now live again, but has moved to St. Stephen's Lutheran Church, 1400 NE 14th Causeway, Pompano Beach. OSP

Spiritual Principles is now meeting live again at Ivanhoe Community Room in Davie. 9:30 AM.

Meditation Meeting that was at Sunshine Cathedral in Ft. Lauderdale at 6 PM NO LONGER MEETS.

Daily

Free To Be now meets every day at 3:30 in person at Sanctuary in Ft. Lauderdale, 1400 N Federal Hwy.

Lunch Express now meets live at Pride Center, Wilton Manors only M-F at 12:10. ORFg

Pride 5:45 now meets live at Pride Center, Wilton Manors **only M-F** at 5:45. OSPg

MASKS ARE MANDATORY AT PRIDE CENTER—capacity 58 people

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

Upcoming Events

- | | |
|----------------|---|
| 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. |
| Nov. 14 | Holiday Open House Sales, Refreshments, Giveaways at your Intergroup office 11 AM—3 PM. Bring a newcomer. 3317 NW 10th Terrace, Ste. 404, Oakland Park |