



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 11
NOVEMBER 2021

Step 11 - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Resentments & Doggie Bags

When I got to AA, I was full of resentments. I resented everybody for one reason or another. But I would have said that I didn't have an anger problem, as I hadn't hit anyone with a fist since grade school. I had pushed my anger inside and softened it with alcohol, but it soon rose to the surface after I stopped drinking. One Sunday morning, I ran to catch a train with another AA member and found myself with my hands around the neck of one of my students because he said, "Hi Jimmy," a nickname I've always hated.

When I was about 18 months sober, an older member at a meeting said to me, "Anger is a drug. Think about that." So I did. Then one day at a restaurant, the same guy gave me a prayer for resentments, written on the back of a doggy bag. I had just listed my top 10 resentments on another bag. He suggested that I say the prayer—for each resentment—several times a day for the next couple weeks, picturing all the people involved. I found that worked to lessen, if not eliminate, my resentments, and that seemed to take away some of the fuel that was feeding my anger.

It may be better to let anger out than to push it inside, but it seems better to let the process of recovery make it less and less of a problem as time goes by. As my attitudes changed and the world seemed like a better place to live in, there was less to get angry with. Over time, I began to accept reality and found that it isn't so bad after all. I came to understand myself better and lost the fear that there was some sort of monster under the surface. I could see that life happens and most of it has nothing to do with me. I could see that nobody was out to get me, even if some might have had reason to. I could see that God was doing a pretty good job of looking after all the stuff that was outside of my control, which was almost everything. I could see that God was actually treating me pretty well, giving me mercy, and that was far better than what I deserved.

There was a time when I would have wanted to test anyone who spoke like this at a meeting by spilling a bit of hot coffee on him after the meeting to check that out. I can't recall lashing out in anger in recent years, but I'm not sure I would pass that test. We don't become super-human, but can come to handle normal living fairly well.

—Jim F., Davenport, Australia

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You are invited
to attend
**the Intergroup
OPEN HOUSE**

Sunday, November 14th
from 11 AM—3 PM

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

Concept XI

**The trustees should
always have the best
possible committees,
corporate service
directors, executives,
staffs, and consult-
ants. Composition,
qualifications,
induction procedures,
and rights and duties
will always be matters
of serious concern.**

Tradition Eleven - Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Tradition 11: Put the Coffee On

A cheerful group in her diner draws in a young alcoholic

It was Wednesday again, and I was late for work, as usual. I flipped through the mail, stacks of unpaid bills. I never seemed to be able to pay them. I made a decent living managing a restaurant--I'd simply concluded that I was a terrible money manager. It cost me many sleepless nights.

I loved my job. Most of my life I had been painfully shy, introverted, or just too darn selfish to meet and get to know people. I was seventeen years old and scared most of the time. Every day at my restaurant, though, I got to be an actress. As I stepped over the threshold into the restaurant, I became a star on stage. I honestly felt that way. I forgot about being shy and performed. I made jokes, smiled a lot, and kidded the regulars. I had a ball.

And I looked forward to Wednesdays. Wednesdays were good days because it was busy. My favorite group came in every Wednesday at about 9:20 P.M. They congregated in the back room, pushing tables together and laying out ashtrays. We would then start the coffee rolling, and man, could they drink!

They were polite to all my staff, even if we messed up an order.

What interested me the most was the laughter. It was real belly laughing, the kind that makes you smile even if you didn't hear the joke. My office was just adjacent to the back room. Sometimes I would hold a glass up to the wall to hear what they were laughing about. I would be sad, because they laughed about things I sometimes cried about. I found myself pouring coffee back there probably more often than necessary. Occasionally I would have coffee with them. They stayed until about 11 P.M. or so, then they congregated in the parking lot for the "good-bye scene."

Eventually, I started to plan special things for Wednesday nights. I might bake a cake just for them. One time, I put colorable place mats down, and they actually colored them. The next week I had the place mats hanging from the ceiling. They laughed so hard! Once, I was heading to my car to go home, and they were still in the parking lot. I stopped to say good-bye and found myself shaking hands with each of them.

This became routine. They all knew me by name, and I was starting to learn theirs.

One night, one of them, Kevin, handed me a card. It had the name of a church followed by "Aberdeen Wednesday Night AA Group." He said, "Maybe you would like to come and see why we are so goofy!" I had no idea my life was about to change dramatically.

The next Wednesday night before work I went to one of their open meetings. I knew everyone there, but it felt different than it did in my restaurant. My stage was gone.

Someone shared from the podium what it used to be like, what happened, and what it was like now. I fought away tears. When they talked about what it used to be like, they talked about feelings I felt every day: inadequacy, inferiority, and overwhelming loneliness. I had never really thought of my drinking as a problem; it had always seemed like the answer. Sometimes it would take away the nervous edge I felt in groups of people. Sometimes drinking would help me sleep at night, when the voices in my head wouldn't be quiet. Sometimes it made the guilt and shame I felt diminish a little. After that first meeting, I started to wonder if drinking might be a problem for me. I went to a few more open meetings. I curbed my drinking

Continued on page 3

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.

"Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food or sunshine. And for the same reason. When we refuse air, light or food the body suffers. And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions and our intuitions of vitally needed support. As the body can fail its purpose for lack of nourishment, so can the soul. We all need the light of God's reality, the nourishment of His strength, and the atmosphere of His grace. To an amazing extent the facts of A.A. life confirm this ageless truth. "

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(continued from page 2)

for several months. I thought I couldn't go to their meetings if I was drinking.

June 3, 1983, was my eighteenth birthday. I'd planned the night carefully to avoid drinking. I went out to eat with older friends. It went really well--so well that I thought I could have a little white wine after dinner. Then came the vodka, then the beer, then the Amarillo slammers, and, the next thing I knew, I woke up late for work. Work was a disaster. The cook didn't show, waitresses were disorganized, I was suffering from a major hangover. Then my "friends" started to show up to recite what I had done the night before. I had really tried not to drink. Now I was afraid I couldn't not drink. Everything I heard the AAs talk about at meetings came flooding back.

The next Wednesday, I went to a closed meeting.

Fast forward twenty years: Here I sit thinking about attraction rather than promotion and personal anonymity at the level of press, radio, and films. My whole story is based on attraction. I didn't even know they were from AA; I was just attracted to them.

It reminds me that I never know who is watching. I need to be the best example of the Big Book I can, all the time.

Now, about personal anonymity. I am forever grateful "those guys" weren't afraid to let me know they went to AA. I may never have gotten here. I am not a manager at that restaurant anymore. I went to college, graduated, and work in my field. I have worked at the same place for sixteen years. I have a husband (I spilled water on him one of those Wednesday nights). We have two children and a granddaughter. I am happy and comfortable. I have had the benefit of active sponsorship and have been involved in all aspects of service work in AA. I have a home group and friends I love dearly. I have a deep and meaningful relationship with God. To think, I just came to see why they acted goofy!

LISA R. | ABERDEEN, SOUTH DAKOTA

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Recovery Word Puzzle

SEEMTESTNRN
 PICTNOOMISO
 OLYDAIH
 REEDSDVE
 NITLEMEAI
 GREALTHU



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.

TRIFEYRONII
 LARDTYMLACIA
 TRUENOI
 DOPEEMRRF
 ROAGHNEV
 BROOMFACETL



BROWARD COUNTY INTERGROUP'S FIRST SOBER CAMPING CONFERENCE IS HAPPENING

Mark your calendars for first weekend in April 2022

Tent Camping and Cabins Available— LIMITED OVERNIGHT CAPACITY

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, November 20, 2021 at 9:00 AM

More info, Chair2022fsc@gmail.com



*Thank you to all who
 Served!*

VETERAN'S DAY — NOVEMBER 11

SERVICE KEEPS YOU SOBER



A.A. Birthdays

November Celebrants

Broward Men's

John M. ~ 12 yrs.

Express Group

Larry C. ~ 40 yrs.

James ~ 10 yrs.

Joe T. ~ 10 yrs.

Mike ~ 7 yrs.

J.T. ~ 28 yrs.

Serenity Altogether

Bill N. ~ 47 yrs.

Y.A.N.A.

Marie H. ~ 6 yrs.

Sunshine Group

Mikey M. ~ 7 yrs.

Joe K. ~ 25 yrs.

Dan I. ~ 34 yrs.

Randy C. ~ 36 yrs.

Sonny ~ 36 yrs.

John ~ 37 yrs.

Davie Women's

Jewel P. ~ 7 yrs.

Caren L. ~ 33 yrs.

Let's Do Lunch

Tom S. ~ 9 yrs.

Steve ~ 13 yrs.

Dan V. ~ 9 yrs.

New Life Group

Edwin ~ 27 yrs.

Pompano Beach Group

Donna S. ~ 35 yrs.

Noontime Sobriety

Al C. ~ 14 yrs.

Living in the Solution

Craig G. ~ 13 yrs.

Emily L. ~ 8 yrs.

Mike C. ~ 4 yrs.

Peter V. ~ 1 yr.

Steve B. ~ 13 yrs.

Steve B. ~ 11 yrs.

Sober Sisters

Trish F. ~ 37 yrs.

Terri ~ 12 yrs.

Rachel ~ 19 yrs.

Emmy ~ 3 yrs.

Pauline ~ 9 yrs.

Jennifer C. ~ 10 yrs.

Oakland Park Group

Joel C. ~ 40 yrs.

Damien S. ~ 16 yrs.

Ft. Lauderdale Women's

Susan ~ 16 yrs.

True Self Group

Larry M. ~ 18 yrs.

Bonnie B. ~ 40 yrs.

Bernie B. ~ 40 yrs.

Eleventh Step Group

Maurice C. ~ 22 yrs.

Spiritual Principles

Melani S. ~ 28 yrs.

Westside Men's

Armen Z. ~ 28 yrs.

Sean M. ~ 14 yrs.

Tim A. ~ 12 yrs.

Steve B. ~ 8 yrs.

Bayview Beginners

Natalia S. ~ 6 yrs.

Bikers in Recovery

Todd S. ~ 31 yrs.

No. Lauderdale Back To Basics

John S. ~ 21 yrs.

Easier Softer Way

Eddie G. ~ 39 yrs.

Surrender is Freedom

Nancy ~ 22 yrs.

Annie ~ 33 yrs.

Women's Step by Step

Sara B. ~ 8 yrs.

Other Notables

Jay G. ~ 25 yrs.

Bill P. ~ 19 yrs.

Mark H. ~ 15 yrs.

Maryann M. ~ 20 yrs.

Trudy ~ 30 yrs.

Focus on Sobriety

Barbara B. ~ 25 yrs.

Happy Destiny

Sue ~ 30 yrs.

Men in Recovery

Bill W. ~ 40 yrs.

Bob G. ~ 39 yrs.

Will S. ~ 12 yrs.

Stepping Out

John P. ~ 37 yrs.

Joe F. ~ 37 yrs.

Chrissy ~ 27 yrs.

Bob R. ~ 31 yrs.

Lunch Bunch

Jimmy Z. ~ 16 yrs.

Cliff ~ 27 yrs.

Jennifer ~ 9 yrs.

Tuesday Nt. After Work Women's

Casey J. ~ 8 yrs.

Our Lives Are On the Line

Michael V. ~ 44 yrs.

Bros. All Living Life Sober

Scott ~ 9 yrs.

Rick ~ 26 yrs.

Tamarac Group

Gary L. ~ 24 yrs.

Donna L. ~ 24 yrs.

Jamie M. ~ 27 yrs.

Downtown Dry Dock

Kim M. ~ 17 yrs.

Phyllis ~ 13 yrs.

Off the Hook

P.S. ~ 22 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.)



BCIC

Broward County Institutions Committee will hold their next meeting on
Saturday, November 13th
10:00 AM

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

The next **Intergroup Meeting** will be a HYBRID meeting
Sunday, November 21st
at 1 PM

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

October Celebrants *not previously mentioned*

Sober Sisters

Adina ~ 5 yrs.

Tara ~ 9 yrs.

Other Notables

June C. ~ 49 yrs.

Jason E. ~ 5 yrs.

Oakland Park Group

Drew B. ~ 15 yrs.

Mark B. ~ 31 yrs.

D.J. ~ 10 yrs.

NOVEMBER is sometimes remembered as GRATITUDE MONTH

because of Thanksgiving, and so
many of us were taught that Service is Gratitude in Action!!

Gratitude is exactly what we saw from our trusted servants and amazing volunteers
at both of our Special Events in October;
the Intergroup Appreciation Banquet and the Intergroup Picnic.
These were both wonderful opportunities for fellowship and successful fundraising events
thanks to the MANY who showed up with

*"...a genuine **gratitude** for blessings received,..."*

(Twelve Steps and Twelve Traditions, pg. 95)



We could never do it without you....YOU are what
makes our Intergroup Great!!



Things we cannot change...

Wally V. and John B.

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: resentments, composition, holiday, deserved, eliminate, laughter, inferiority, dramatically, routine, performed, hangover, grateful, comfortable

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.

Tuesday

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

Veterans in Recovery which met at Twelve Step House in Ft. Lauderdale NO LONGER MEETS.

St. Francis Men's which met at Twelve Step House in Ft. Lauderdale at noon NO LONGER MEETS.

NEW MEETING First Steps Beginners now meets at Lambda South Club, 1231 E Las Olas, Ft. Lauderdale 7 PM, OBG.

Wednesday

Sober Sisters is now meeting live again at Lambda South Club, 1231 E Las Olas, Ft. Lauderdale 7 PM.

Thursday

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

NEW MEETING First Steps Beginners now meets at Lambda South Club, 1231 E Las Olas, Ft. Lauderdale 7 PM, OBG.

Friday

North Broward Speaker Meeting which met at Danny's Halfway in Pompano (across from hospital) NO LONGER MEETS.

Saturday

Welcome Home Beginners that meets at Twelve Step House in Ft. Lauderdale will now meet for an hour and a half from 6 PM -7:30 PM.

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

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

Rule 62 which only meets online, now is going back to Sundays at 6 PM.

NEW MEETING First Steps Beginners now meets at Lambda South Club, 1231 E Las Olas, Ft. Lauderdale 7 PM, OBG.

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

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

Daily

Lunch Bunch now holds two (2) separate but simultaneous meetings....they are not Hybrid. You can either go to the online meeting, or you can go to St. Benedict's Episcopal Church in Plantation. 12:30 PM Mon-Sat.

**Your Intergroup Bookstore is now open on
Saturdays from 10 AM—2 PM
as well as Monday — Friday 1 PM — 6 PM**

Upcoming Events

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

Nov. 19-21 **SSAASA6** Virtual Event—Southern States AA Service Assembly hosted by Area 15 with AAWS and GSO attendance. Free learning event. Register at www.ssaasa6.org