



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 1
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Step 1 - “We admitted we were powerless over alcohol — that our lives had become unmanageable.”

Desert Dry Not drinking and not following the program, she found herself at an emotional bottom

A scorching hot summer in Arizona is a reminder of how dry I was after my first five years in AA. I was so dry that I was combustible. I would be on fire the moment things did not go my way.

Today, however, with the approach of September a smile crosses my face as I look forward to receiving my 26-year chip.

But let's start at the beginning. I remember sitting with my sponsor one evening when I had less than a month of sobriety. "Gail," I asked her, "Do you really think I am an alcoholic?"

She did not answer my question. Instead she asked me about my work life, my relationships, until it became clear to me that I was reviewing the wreckage of my past. It was an eye opener.

It was then that I embraced AA. I took it on as I had taken on many of my passionate interests. I would become a leader in AA just as I had in the women's movement, politics and environmental issues.

Service became my middle name. After five years of this, and not much program, I decided to return to my Eastern meditation practice. I was ready to leave the hive of AA confident that I would not drink.

But, I was a crusty, dry drunk. I was an alcoholic: self-centered, all-knowing and emotionally immature. I had not stayed for any of the promises to come true for me. I had left too soon and paid dearly for it over the next 18 years.

I was a drunk who did not drink. Bitterness and blaming others for my unhappiness took their toll when my partner of many years sought out the company of another and left me.

I felt like I had been hit by a truck. I was devastated. This was one of the greatest emotional tsunamis I have ever experienced.

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Happy
New
Year

CONCEPT I

**Final responsibility
and ultimate authority
for A.A. world services
should always reside
in the collective
conscience of our
whole Fellowship.**

Tradition One - "Our common welfare should come first; personal recovery depends upon AA unity."

23 precious years **After alcoholism takes her son, she finds comfort and acceptance in the first three Steps**

My life completely changed when I entered AA over 26 years ago. I stopped drinking and stopped the insanity, pain and self-loathing that went with it. I replaced my old way of life with one filled with new attitudes.

Suddenly, I felt I deserved to be happy, free and fulfilled. I started doing the next right thing. I went to meetings. I felt grateful and hopeful and began to believe in a power greater than myself, which later became a belief in a loving, all-knowing God.

Then, one year ago, my entire world changed for a second time. I was shaken by the death of my beautiful 23-year-old son, Corey. He struggled with this disease for five years, which included fighting, stealing and jail time.

Luckily, the pain he experienced brought him into recovery. At age 21, with two years of sobriety, I saw his joyful, glowing and happy spirit again. Then one day, he said, "I'm too young and maybe I'm not really an alcoholic, maybe I was a stupid kid who made mistakes, maybe I can manage and control my drinking."

Over the next year and a half, I watched the power of the disease in action and knew that he and his Higher Power would need to conquer it together.

With intervention from his dad and me, he chose recovery again. The smile and joy returned but, as we know, the demons can lurk beneath, clawing and trying to take control. After a few months of being sober, he decided to have one more party. It was his last.

Now, almost a year after his death, the power of this program and the grace of God have helped me continue to live through my pain and grief. The depth of the emptiness and sadness I experienced are impossible to describe. But time is a great healer. It gives us strength, courage and perspective.

I felt like a beginner in AA. I turned to the first three Steps to make it through.

For me, Step One allowed me to see that I am powerless over alcohol and death and all aspects of my attitudes, beliefs, thinking and behavior were unmanageable. I had to survive the torture I felt inside and accept that I have no control over it.

In Step Two, I came to believe that a power greater than myself could restore me to sanity. But I had to struggle with the idea that this power somehow took away the most precious person in my life and forced me into the depths of hell. Why, I wanted to know, did it take my son? Why not give him recovery so he could carry the message of recovery to other young people? I had great difficulty with this power. How could I love, trust and accept anything from a power that took my son?

In my Step Three, I quit struggling with the questions that plagued me and made a decision to turn my life and will over to the care of God, as I understand him. I had to sink so low to be

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Suite 404 is a monthly publication of Broward County Intergruop, 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.

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My sister, who has the same amount of sobriety as I do, and follows the program, came to be with me. She was a comfort.

On the third day of her visit, she asked me if I wanted to go to a meeting. I felt like a dying woman. "Yes," I said.

We went to a Sunday AA meditation meeting. I felt better in minutes. For the next year, I went to an AA meeting nearly every day. I listened to everything and everyone. As I sat in the rooms, meeting after meeting, I saw that the whole spiritual piece of AA was what I had missed. Now I was soaking it up and becoming less dry.

After that first year, it was no surprise that during some of the readings I would begin to think about what I had to do, or where I had to go after the meeting. That was until one morning when I was sitting in the front row of my home group facing the two framed documents of AA. I read the First Tradition and it was electrifying.

Our common welfare—yes it is our common welfare—should come first. That makes perfect sense to me. Personal recovery—that's my recovery, it means me. I am part of the whole—that depends on AA unity.

I felt embraced by something warm and invisible. A spirit perhaps. Or Bill and Dr. Bob. Or maybe just the power greater than all. I have no clue. But I do know that I am where I belong. I am whole and complete with no parts left out.

—Meredith L., Tucson, AZ Copyright© AA Grapevine, Inc. September 2014 online exclusive. Reprinted with permission.

(continued from page 2)

brought to a place of trust. God keeps showing me how much he loves me. He gave me beautiful, loving friends in this program who are there to love me, pray for me and support me and my family. God showed me that life on this earth is transient and uncertain.

In a small section of the cemetery where Corey's body rests, there is a 21-year-old, a 20-year-old, a few in their 40s, a baby of one year, another of two weeks and a man in his 70s. We all don't live to be 80 and die in our sleep.

So, one year later, I use the Steps to help me heal and grow through my grief. I will continue to use the Steps to explore my purpose in honoring my son and helping others to make the choice to not pick up, no matter what. I still practice today what I learned 26 years ago: Don't drink, go to meetings and find a loving Higher Power who will give you strength, even in the worst of times.

I write this with gratitude that I was a sober mother to a beautiful, loving boy for 23 precious years and I pray that what happened to me doesn't have to happen to others.

—Joan O., Marietta, GA Copyright © AA Grapevine, Inc., February 2018 Reprinted with permission.

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Recovery Word Puzzle

DAMCREBE
DOETINCFN
RAMITEMU
MELTTUAI
DATESTUTI
SAIDSEE



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.

NYNSITAI
SEENPISTM
CYRENGEFILTI
BISVNIELI
GONTTENCIN
TOTINUSSNITI

SCC 2022

Broward County Intergroup's **Sober Camping Conference**

to be held at Hugh Birch State Park in Ft. Lauderdale, April 1-3, 2022

Will have the next planning meeting on Zoom, January 11th at 8:00 PM

We need volunteers to serve on various committees. Come sign up and serve.

Zoom ID 241 331 6306 PW 6Hzur4

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, January 22, 2022 at 9:00 AM

More info, Chair2022fsc@gmail.com

SERVICE KEEPS YOU SOBER



Thank you so much to all the groups and individuals who helped us to remain financially solvent in 2021, all the volunteers who helped us provide service to alcoholics in need, and all the wonderful members of Broward County AA who help to make our Intergroup an ongoing expression of fellowship, love and service. Bless you all in 2022.

A.A. Birthdays

January Celebrants

Spiritual Principles

Jayne B. ~ 28 yrs.

Serenity Altogether

Dennis M. ~ 33 yrs.

Smell the Coffee

George M. ~ 27 yrs.

Donna E. ~ 33 yrs.

Alcoholics and God

Heather C. ~ 9 yrs.

Focus on Sobriety

Janet B. ~ 35 yrs.

Anne B. ~ 16 yrs.

Jean C. ~ 26 yrs.

Randi ~ 26 yrs.

Sherry C. ~ 25 yrs.

Sober Sisters

Stephanie S. ~ 7 yrs.

441 Group

Ebony D. ~ 14 yrs.

Freedom From

Alcohol

Richard S. ~ 23 yrs.

Margate Group

Matt O. ~ 36 yrs.

Riverside Group

Howie K. ~ 41 yrs.

Nanette ~ 22 yrs.

Pride 5:45

Steve W. ~ 36 yrs.

Clint W. ~ 37 yrs.

Glenn K. ~ 47 yrs.

One Day at a Time

Mena L. ~ 20 yrs.

Paulette R. ~ 22 yrs.

Express Group

Bill ~ 8 yrs.

Larry H. ~ 10 yrs.

Sober on the Beach

David L. ~ 42 yrs.

Welcome Home

Beginners ~ 4 yrs.

Y.A.N.A.

Kelly T. ~ 19 yrs.

Women's Honesty

Regina H. ~ 28 yrs.

NOW Group

Bobby V. ~ 34 yrs.

Other Notables

Debra H. ~ 26 yrs.

Glenys H. ~ 36 yrs.

Nancy F. ~ 21 yrs.

Charlie C. ~ 30 yrs.

Ed T. ~ 35 yrs.

Meghan ~ 11 yrs.

Tuesday Night Step

Don F. ~ 43 yrs.

Women's Step by Step

Audra P. ~ 43 yrs.

Living in the Solution

Sonia ~ 32 yrs.

Clay ~ 27 yrs.

Judi ~ 20 yrs.

Women's Hope in Recovery

Adrienne ~ 12 yrs.

Candlelight Meditation

Joe B. ~ 21 yrs.

Language of the Heart

John G. ~ 37 yrs.

Living in the Solution Virtual

Karen K. ~ 1 yr.

Victoria R. ~ 2 yrs.

Maureen L. ~ 11 yrs.

Frankie ~ 16 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, January 7th

10:00 AM

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

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

Sunday, January 23rd

at 1 PM

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



This Month in AA History

- ♦ January 1, 1948—First A.A. meeting in Japan. The meeting was conducted in English.
- ♦ January 2, 1889—Bridget Della Mary Gavin (Sister Ignatia) was born in Ballyhane, Ireland. As the admitting nurse at St. Thomas Hospital in Akron, Ohio, she brought alcoholic patients in under other diagnoses in order to treat them, as hospital policy denied care to alcoholics. She worked closely with Dr. Bob, co-founder of A.A., there. She gave discharged patients a Sacred Heart medallion to wear, which is believed to be the origin of A.A.'s custom of giving out tokens (coins) to mark periods of sobriety.
- ♦ January 6, 2000—Stephen Poe, compiler of the Concordance to Alcoholics Anonymous (Big Book Dictionary) died.
- ♦ January 10, 1937—First A.A. meeting not in a home met at King School, Akron, Ohio.
- ♦ January 17, 1919—The 18th Amendment, "Prohibition", became law. It would remain on the books until December of 1933.
- ♦ January 20, 1954—Hank P., early A.A. member, A.A. promoter, and author of "The Unbeliever" story in the first edition Big Book, died in Pennington, New Jersey.
- ♦ January 24, 1971—Bill W., A.A.'s co-founder and author of the Big Book, died at Miami Beach, Florida at age 75.
- ♦ January 26, 1971—The New York Times published Bill W.'s obituary on page one.
- ♦ January 30, 1961—Dr. Carl Jung, replying to a letter from Bill W., explained he always believed that "Spiritus Contra Spiritum", or "One spirit conquers another" (a spiritual experience will defeat the spirits aka alcohol.)

Tradition One: Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

Reprinted from The Twelve Traditions Checklist © AA Grapevine, Inc.

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: EMBRACED, CONFIDENT, IMMATURE, ULTIMATE, ATTITUDES, DISEASE, INSANITY, EMPTINESS, ELECTRIFYING, INVISIBLE, CONTINGENT, INSTITUTIONS

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

Davie Women's is now meeting live again at St. David's Catholic Church in Davie at 7 PM, 3900 S. University Drive, 2nd Floor.

Monday Morning Women is now meeting live again at St. David's Church on University Drive in Davie. 11 AM. **Focus on Sobriety** which used to meet in Tamarac NO LONGER MEETS.

Bonaventure Weston BB Workshop is now meeting live again in Weston at St. Bonaventure Church.

Big Book Meditation in Wilton Manors has moved to 1410 NE 26th Street.

Tuesday

NEW MEETING **First Steps Beginners** NO LONGER MEETS at Lambda South Club.

NEW MEETING Sisters Staying Sober Fellowship Recovery Ctr., 5900 W Atlantic Blvd., Margate. 7 PM, Ow.

Wednesday

Women's Step Into Sobriety is now live again at Dania Women's Club, 17 NW 1 Ave, Dania. CRFw—Hybrid.

Thursday

NEW MEETING **First Steps Beginners** NO LONGER MEETS at Lambda South Club in Ft. Lauderdale.

Came to Believe in Pembroke Pines is now meeting live again at 7 PM, Temple Beth Emet, 4807 S Flamingo Road, Cooper City.

Friday

Touristique (French) is now meeting again at Trinity Lutheran Church in Pembroke Pines. 8 PM.

Nuts & Bolts that met at the Sober Today Club in Hollywood NO LONGER MEETS.

Saturday

NEW MEETING **First Steps Beginners** NO LONGER MEETS at Lambda South Club.

Lauderdale by the Sea meeting has moved to Deerfield. They now meet at the Community Presbyterian Church office at 1920 SE 4th Street.

Sunday

Sunday Night Group (French) is now meeting at Sober Today Club in Hollywood. 8 PM.

Daily

Living in the Solution is now meeting live again at St. David's Catholic Church in Davie at 8 AM, 3900 S. University Drive, 2nd Floor.

Mid Day Sobriety is now meeting live again at St. David's Catholic Church in Davie, Mon-Fri at noon, 3900 S. University Drive, 2nd Floor.

Bottom Line Group has meetings every night at 7 PM, but there is no Chair on Sun—Thurs. Building is open.

Nuevo Porvenir is now meeting live again in Pembroke Pines, 1466 S. Palm Avenue. (Spanish).

Buscando Humilidad (Spanish) is now meeting live again at West Broward Club in Davie on M/W/F 8:30 PM.

Welcome 2022!!

Upcoming Events

Jan. 14-16 **S.Fla. Area 15 General Service Assembly** will be held virtually, again. Go to Area15aa.org for more info.

Apr. 1-3 **SCC2022** Broward County Intergroup's first Sober Camping Conference. Birch State Park. Save the date! Only 118 overnight spots. \$45 registration for adult overnight includes T-shirt and lodging. Meal charges separate. Commuter registration is \$30. Call or email office 954.462.0403 or help@aabroward.org to reserve spot with credit card, or send payment with completed registration form before March 1st. Workshops, fun, food, fellowship.