



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOL
UME

Step 3 - 'Made a decision to turn our will and our lives over to the care of God *as we understood Him.*'

Peace Be Still

When he feels the urge to make ripples in the pond, he turns to his Higher Power

When I was about 19 years old, Uncle Billy and I sat fishing in a 12-foot flat-bottomed boat on a 10-acre pond outside Roanoke, Virginia. The sun began to rise, revealing thin wisps of fog dancing on the mirrored surface, reflecting the Blue Ridge Mountains, with dense mats of lily pads surrounding us. As the sun continued to rise we were regaled with subtle pops, like corks escaping champagne bottles. Then all around us lily pods burst open and the young, pink-white flowers greeted the dawn.

Several weeks ago, that scene came to mind as our Sunset Group AA meeting in Joshua Tree, California discussed the topic of serenity. It led me to consider how that quiet, still pond—one of my most captivating memories—lent itself as a metaphor for serenity, resentment and a multitude of thoughts in between.

Not long after the sun came up, Uncle Billy and I sat in our boat and began drinking beer and eventually sipping whiskey. Between the rising winds and the rocking of the boat accentuating our clumsy movements, the still areas of my mind and the placid pond both went from mirror-like calmness to whiskey-capped turmoil. As our laughter mounted, alcoholic merriment echoed off the surrounding woods, shattering the peace and quiet.

I spent 28 years confusing stimulation for happiness. By 2005 my life was like a 40-foot long speedboat on a 10-acre pond, cutting doughnuts as I pitched cinderblocks and boulders into frothy water, destroying lily pads and roiling the bottom of everything into a mud-choked mayhem.

Now in the calm sharing of our AA meeting, I realized that serenity is a fleeting condition: there's always some little wind stirring up ripples, even in my quietest moments. Sometimes I will still start throwing pebbles, then rocks, then boulders into my own quiet waters, as my mind races from a single thought to a string of them. It will lead to a resentment that eventually becomes a tirade or worse. Then, when I dwell on your poor behavior and judge you, I might even invite you to stand on my shores and heave your own smoldering rocks and boulders into my pond. Finally, there's that asteroid that comes out of nowhere and strikes the center of my pond and displaces half of the water, leaving the surface

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**THE INTERGROUP
APPRECIATION BANQUET
SEATING IS ALMOST AT
MAXIMUM CAPACITY
DON'T MISS OUT.
CALL INTERGROUP TODAY IF
YOU NEED A TICKET.
APRIL 23, TROPICAL ACRES -
\$50 PER PERSON**

CONCEPT III

To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

Tradition Three - "The only requirement for AA membership is a desire to stop drinking."

Ready to Bolt

In a chair by the door he waited for the first mention of God. Then Tradition Three came to his rescue.

As a child, I was curious about religion. Since my dad was an atheist he didn't want his children attending church. While he was adamant about his feelings, he did not ban us from going to services. However, my dad demanded equal time, so when I crept back home from Sunday services, he would ask me about the nature of the sermon I had just heard in church. Then he'd lecture me against the religion I was interested in. At that phase of my life, I considered my dad's lectures a bunch of bull. Later, while attending theology classes in college, I learned that my barely educated father was more learned than I thought. As far as I was concerned, my study of religion was over. I decided I too was an atheist.

As an atheist, I had reservations about joining AA. From the bits and pieces of information I had, I thought that AA was a religious program. Even though I wanted to be sober, I felt that I could not sacrifice my beliefs for the sake of sobriety. It seemed too big of an emotional expense, so I decided I had to do it alone.

Since I was somewhat successful at not drinking, I kept plugging away at sobriety—relapse after relapse. Sometimes I'd stay sober for a year or two and then I'd slip and drink for a while, until a drunken incident convinced me that I was out of control. Once more, I would white-knuckle it until I lost my grip on sanity. I'd rationalize that my behavior was too austere; I had to chill out. I'd make plans to drink like a normal person. It would work for a while; then my resolve would weaken and I'd go out again on a binge. Usually an incident would bring me back to reality.

One night, while driving home with one eye closed, I was wondering when this farce would end. A red light from a police car answered that question. This was my first DUI. Once again, I had an incentive to quit drinking. As I aimed my pickup to the roadside, I'd never have another drink. I didn't know how I would accomplish the assignment, but I knew I would go to any length to do it.

The next morning, instead of trying to keep my arrest a secret, I telephoned my ex-wife, my children and my sisters. Since they live in different communities, it was unlikely they'd have learned of my arrest. I felt that the humiliation of being truthful would reinforce my commitment to sobriety. And since I figured I'd be mandated to attend AA, I thought I should start going to meetings before I was ordered to.

As I entered the room for my first AA meeting, I was scared. I knew that this was a fork in the road. More than likely, I thought, this decision would change my life forever. Little did I know how much. I took the seat nearest to the door. I was ready to exit at the first mention of God. It didn't take long. As someone read the Preamble and the Traditions, God was mentioned over and over again. I was on the verge of bolting when I noticed the Third Tradition on the wall. I certainly had the desire to quit drinking; that meant that I had a right to stay there. So I did.

(continued on page 3)

(continued from page 1)

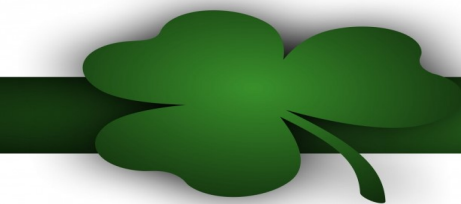
foaming for days, weeks or even years. That's what it felt like this past January when my friend of 20 years died of a heart attack two months before his 45th birthday.

Such were my thoughts that morning in the meeting, when I suddenly remembered words that I used to say to myself in my youth: Peace, be still.

At that moment, I realized that God is always available to calm the turmoil and do for me what I cannot do for myself. I can do a few things, like not throw new thoughts in after the old, and perhaps avoid a growing resentment. I can stop dwelling on your poor behavior, instead of recognizing how familiar it is—because it's also my own poor behavior. I've noticed that when I stop contributing to my own drama, the waters quiet down quite a bit. Finally, for the big ones I don't see coming, I can always turn to God and ask, "Please, let there be peace, help me be still."

—Ed L., Wrightwood, Calif.

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(continued from page 2)

At first, I was so busy reacting to the word God that I didn't hear all the words being said. After a while, I learned that when some of the people said the word God they weren't referring to a divine entity. They were referring to a "Group of Drunks," the "Great Outdoors" or the "Gift of Desperation." That was when I started to calm down. From that moment on, I started to hear and appreciate the messages. I realized that there is a place in this program for a person with my beliefs. I just had to stop fighting and accept everything for its own value. I had to respect other peoples' choices. And I had a choice of making whatever was said part of my program or not. Since I identified with most drunkalogs, it wasn't hard for me to choose a group of drunks as my Higher Power. As I started to understand, I realized that my fellow drunks had the answer to my dilemma of how to stay sober. They reinforced my commitment and advised me of alternative behaviors. Like my successful predecessors, I just had to work the Steps, get a sponsor and do service.

Yes, it wasn't always so simple, but each day I learned more and made some progress. Sometimes I had setbacks, but they also seemed to strengthen my program. Joining AA was not the easiest thing I've ever done, but I've never felt so comfortable being sober before. Thanks AA.

TOM F. | FORT BRAGG, CALIFORNIA

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New York, NY 10116-2407

Bridging The Gap

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BCIC

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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

TIPAYCCA
PRAMTHEO
LOTTISIMANU
HAMMYE
NICESODI
KEENAW



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.

HATTSIE
FERSICCIA
NINEICDT
MASTGINNES
REEFCORNI
DADTEAMN

FOUNDER'S DAY PICNIC is happening LIVE in 2022 at Snyder Park!

First planning meeting will be Tuesday, March 29th at 7:00 PM

at Skyline Chili, 2834 N University Drive, Sunrise.

Come pick up flyers, tickets to sell or sign up to help at Picnic in June

Contact Bobby V. or Steve B. for more info

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

Will have the next planning meeting on Zoom, March 1st at 8:00 PM

We still 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, March 19th, 2022 at 9:00 AM

More info, Chair2022fsc@gmail.com

SERVICE KEEPS YOU SOBER



A.A. Birthdays

March Celebrants

Spiritual Principles

Carol P. ~ 8 yrs.
Jennifer M. ~ 12 yrs.
Lorna V. ~ 23 yrs.

By the Book

Beginners

Patrick R. ~ 31 yrs.
Don G. ~ 14 yrs.

Men's Independence

Jim W. ~ 33 yrs.
Matthew I. ~ 18 yrs.
Terrence W. ~ 13 yrs.
Adam O. ~ 9 yrs.

Margate Group

Janet M. ~ 38 yrs.

Tough Love

Patrick M ~ 11 yrs.

Express Group

Diane ~ 10 yrs.
Kristin ~ 6 yrs.
Tyi ~ 8 yrs.
Tom M. ~ 32 yrs.

Women's Step Into

Sobriety

Betsy B. ~ 13 yrs.
Debbie D. ~ 18 yrs.

Entirely Ready

Pat W. ~ 21 yrs.

Sobriety on Two

Laura B. ~ 26 yrs.

Splinter Group

Elizabeth C. ~ 5 yrs.

Sober Sisters

Sharon G. ~ 36 yrs.
Denise R. ~ 22 yrs.
Attracta ~ 3 yr.

5:45 Happy Hour

Dana ~ 27 yr.
Rick ~ 30 yrs.

Serenity Altogether

Bob H. ~ 31 yrs.
David J. ~ 39 yrs.

Davie Women's

Group ~ 42 yrs.

East Naples Men's

Gary G. ~ 28 yrs.
Jerry T. ~ 21 yrs.
Mike R. ~ 17 yrs.
Tony C. ~ 22 yrs.
Jim H. ~ 38 yrs.

Coral Ridge Group

Tracie D. ~ 13 yrs.

One Day at a Time

Roger S. ~ 26 yrs.

Friends of Pat C.

Debbie O. ~ 7 yrs.
Lauren C. ~ 11 yrs.
Peggy R. ~ 26 yrs.

Let's Do Lunch

Bunch

Joe G. ~ 31 yrs.
Richard B. ~ 10 yrs.

Surrender is Freedom

Ellen M. ~ 31 yrs.

Sobriety on Two

Laura B. ~ 26 yrs.

Other Notables

April ~ 34 yrs.
Art ~ 39 yrs.

Saturday Morning Awareness

Lisa M. ~ 15 yrs.

Thursday Night Study

Philip S. ~ 15 yrs.

Sober Today

Bill D. ~ 37 yrs.

Oakland Park

Fred S. ~ 57 yrs.
Ken P. ~ 15 yrs.

Rule 62

Marge M. ~ 32 yrs.

Friends of Ralph C.

Chris ~ 39 yrs.

Women's Honesty

Maria M. ~ 11 yrs.
Erica C. ~ 34 yrs.
Elizabeth P. ~ 37 yrs.
Deana ~ 9 yrs.

Coral Ridge Group ~ 52 yrs.

We Came To Stay

Cheryl L. ~ 27 yrs.

Mountain Group

Sarah O. ~ 31 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, March 12th
10:00 AM

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

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

Sunday, March 27th
at 1:00 PM

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

FEBRUARY CELEBRANTS *not previously mentioned....*

Thursday Night Study Group

Brian H. ~ 34 yrs

Dania After Work

Gary C. ~ 19 yrs.

Surrender is Freedom

Sheryl F. ~ 21 yrs

DO YOU KNOW WHERE YOUR MONEY GOES??

Are you the responsible member of AA who contributes to help carry the message? Then, pay attention to where that contribution goes.....

- ♦ Remember that the pie charts are only suggested guidelines.
- ♦ Go to your business meetings and be a part of the group conscience.
- ♦ Read the reports from the entities that you contribute to.



58th INTERGROUP APPRECIATION BANQUET GIFT BASKET RAFFLE

Intergroup is requesting that your group donate a gift basket for our banquet.
It is a fun way for each group to contribute a personalized gift!
The basket raffle is an important element to the fundraising success of Intergroup.



THANK YOU FOR YOUR SUPPORT! QUESTIONS? help@aabroward.org

Baskets or pictures/descriptions need to be at Intergroup no later than April 20th.

Things We Cannot Change.....

Linda E. and Tim S.



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: capacity, metaphor, stimulation, mayhem, decision, weaken, atheist, sacrifice, incident, assignment, reinforce, mandated

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

Monday Morning Women which met at St. David's in Davie NO LONGER MEETS.

Tuesday

True Self Group that met at the Sober Today Club in Hollywood has moved to Hollywood Hills United Methodist Church at 400 N 35th Avenue. Enter through back and go up the stairs. 7:30 PM.

Tuesday Night Step Group is now meeting in-person and virtually at St. Benedict's Episcopal Church, 7801 NW 5th Street, Plantation. 7:30 PM. CSTR

Wednesday

Live Laugh Love is now in person again only on Wednesday at St. Benedict's Episcopal Church, 7801 NW 5th Street, Plantation. 7 PM Ow. (The Saturday meeting is still Zoom only.)

Thursday

Seniors in Sobriety that met in Coral Springs at 10 AM NO LONGER MEETS.

Saturday

Saturday Night Raw that met at South Beach Park in Ft. Lauderdale NO LONGER MEETS.

New Life that met at Mitchell Moore Center in Pompano NO LONGER MEETS on Saturdays.

Sunday

Good Morning God is no longer meeting on Sundays in Tamarac at Our Place Too.

Daily

Pride 5:45 now ONLY meets live and is in-person 7 days per week in Wilton Manors at the Pride Center.

Bottom Line no longer meets at 10 AM or 7 PM.

NEW WHERE & WHENS ARE HERE

LISTING BOTH IN-PERSON AND ONLINE MEETINGS

PLEASE LET US KNOW IF YOU KNOW OF ANY CHANGES TO MEETINGS!!

Upcoming Events

- | | |
|------------------|---|
| Apr. 1-3 | SCC 2022 Broward County Intergroup's first Sober Camping Conference. Birch State Park. Save the date! Only 118 overnight spots. \$115 for total weekend including registration, T-shirt, lodging and all meals. Commuter registration is \$15. Call or email office ASAP at 954.462.0403 or help@aabroward.org to reserve spot with credit card, or send payment with completed registration form by March 25. Workshops, fun, food, fellowship. |
| Apr. 8-10 | South Florida Area 15 General Service Assembly - Boca Town Center Marriott |
| Apr. 23 | 58th Intergroup Appreciation Banquet will be held at Tropical Acres, Griffin Rd. \$50, fundraiser for Intergroup. 4 course meal, 2 speakers, basket raffle, fellowship. Must have ticket to attend. Limited seating. |
| May 5-8 | Big Book Seminar "in the spirit of Joe and Charlie" - Boca Town Center Marriott, register at bigbookseminar.org |
| June 5 | Founder's Day Picnic 2022 Snyder Park, Caldwell Pavilion, Ft. Lauderdale. \$8 in advance/\$10 at the park, kids under 8 eat free. 11AM—4 PM Rain or shine. Celebrating AA's 87th birthday!! Meeting at 2 PM, Bake off, Volleyball, Live DJ, Dancing. |