



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 5
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Step 5 - "Admitted to God, to ourselves, and another human being, the exact nature of our wrongs. "

All-American ALCOHOLIC

In 1998, I went on my last bender. After the hallucinations, shakes, and fog lifted, I added up my charges--I faced eighty-eight years in prison if I received a full sentence! What the hell happened?

I was raised in north central Indiana by great parents. The local country club was my playground and my parents started me swimming at age seven. I remember feeling awkward in most situations, with one exception: being around a pool, any pool. I recall hearing comments in my youth like, "He must have been born with gills," and I realized that I never felt "normal" except in the water. So, I immersed myself in the sport and by the time I entered high school, I felt very confident. At the end of my senior year, two state championships and two All-American certificates hung on my wall.

Off to a "Big Ten" university on full scholarship, to swim, grow, and experience life, I felt I was on the right track.

In my freshman year, I set every school record in the distance freestyle events. But, one day I asked one of the guys I really looked up to for a joint. Shortly after, the party was on!

By the end of my freshman year, I was miserable. I did not sign up for classes the next year until it was almost too late. The coach called me into his office to let me know that I needed to sign up for the next semester or lose my scholarship. Little did I know that my major was about to change--to partying! I was truly lost. I didn't know what to do--other than drink--and I didn't know why.

After two-and-a-half years, I lost my scholarship due to my grade point average dropping below the NCAA's minimum requirements. I left the school and entered rehab, not because of the loss but due to the first of six DUIs. Unfortunately, during thirty days of inpatient treatment and six weeks of aftercare, I do not remember anybody mentioning AA or that I might be an alcoholic. How strong denial is.

The next eighteen years were full of disappointment. I didn't think twice about taking someone's property, pride, position, or prestige to get what I wanted. I could hold a job for about a year, and there were many good ones: manager, co-owner, and owner of my own business. I moved to another state and four different towns, always with the same result--another arrest.

In November 1998, while making hooch in the county jail, I had a moment of clarity and asked God to help me out of this mess. I was still

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Thank you so very much
to everyone who supported
our 58th InterGroup
Appreciation Banquet. It
was an amazing fundraiser
and a wonderful evening!

CONCEPT V

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Tradition Five — “Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”

What A Group "Ought" To Be

The first thing Tradition Five tells us is what a group is, or at least "ought to be."

We are not a sociological entity, although sociologists find us fascinating. We are not a therapy group, although remarkable healing takes place among us. And we are not a religion, even though some people want to see us as such.

We are a spiritual entity, or at least "ought to be."

To me, that means that, although we are not saints, we "ought to" strive for spiritual progress. We follow a spiritual path laid out for us by Bill, Bob, and the first one hundred members of Alcoholics Anonymous. That spiritual path consists of the Twelve Steps, and by later development, the Twelve Traditions. They are suggestions only, but very firm suggestions--norms for our spiritual progress. We are a Fellowship of men and women who ought to come together as a spiritual entity.

We deal with two things here: our being and our doing. Clearly, what we are is going to have a lot to do with what we do. And what we do is going to have a strong influence on what we are.

We shake our heads at the "Two-Steppers" who, still on the First Step, take it upon themselves to run around "Twelfth-Stepping" whomever they can corner. We know they have not acquired a solid enough foundation in AA spirituality to pass it on to others. They forget the old saying: *nemo dat quod non habet* (No one can give what he doesn't have). Soon, without the gratification of instant success, discouragement sets in. The Two-Stepper must learn to be spiritual first, or give in to discouragement and quit AA.

Can this happen to a group? I think it can. When individuals in a group neglect the spiritual program of Alcoholics Anonymous and come to the meetings as if they were "fellowship" and nothing more; or when they dilute the meeting to focus on other things, or disparage spirituality, thinking it's the intrusion of religion; then, as a group, they stop being a spiritual entity. The group gets its spirituality from its members.

What does this mean to me personally? It means that my AA spirituality is the very foundation of my sobriety. The group will be as spiritual as its members are spiritual.

So my spiritual condition strengthens or weakens the spirituality of the group. Therefore, it increases or lessens our chances for survival as a group, and our chances for sobriety as individuals in the group.

Besides taking good care of my own spirituality, I try to encourage activity that might strengthen the spirituality of the group, such as Twelfth Step workshops. Weekend events can become very popular and even traditional occasions in the life of the group. Whatever strengthens the spirituality of the group strengthens my spirituality, and vice versa. Whatever does that, increases my chances of staying sober, and at the same time, helps me and the group to remain focused on our primary purpose.

—Anonymous

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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)

looking for the dove to fly down, the walls to crumble, or the phone call to tell me all my charges had been dropped, but instead God did it his way. He led me into an AA meeting on the inside.

The group of guys who twelfth-stepped me there are all examples of our program working. They were men who had what I wanted. I was jealous that they could put together two ideas, come up with a concept, and talk about it. I struggled with forming sentences that made sense. So, I involved myself in every positive program the jail had to offer, and it was there that I met my sponsor.

After eighteen months with charges in two counties, I was finally sentenced to the Indiana Department of Correction for fifteen years--seven years executed, eight years suspended. My sponsor, Jack, gave me his address before I went to prison.

At this point, I started to get real with myself for the first time in my life. My life was out of control. I could not figure out why I kept on digging myself deeper and deeper into trouble. AA showed me that I had to put down the shovel to be able to climb out of the hole that was my life. I met some really cool people in prison, especially the guys who came in to lead the Twelve Step meetings. They gave me hope and showed me that all was not lost. They were working the program on the streets, dealing with life's ups and downs without drinking to cope. Most of them had done some time somewhere and I could relate. Something was changing inside me for the better.

I ended up doing ten months in state prison. The rest of my sentence was modified to two years of house arrest. My first AA meeting on the street was the same day I was released, which my sponsor suggested. I needed to get hooked into AA and the Fellowship. I wore my prison khakis to the meeting because I had gained seventy pounds and had no clothes that fit me. I had no wheels. The guys would pick me up and take me to meetings. Using the group as my Higher Power, I intuitively knew what to do--get myself to meetings and get to work. I finally finished my Fourth Step after I had enough pens rolled to me at meetings. I completed my Fifth Step with Jack, sharing all the past I swore I would never tell anyone. What a miracle--I was released from my own prison. And I ended up only doing eighteen months on house arrest.

Today, I have embraced this new way of life. AA has given me hope. I have been employed with the same company for over six years and I have received three promotions. I got married, but am currently going through a divorce. Relationships, feelings, and emotions have been the hardest issues to handle. This is why I surround myself with my AA brothers, sisters, and my God.

I brought my Dad to my five-year anniversary meeting so maybe he could understand me a little better. At one point, years ago, he'd told me, "I love you; you're my son. But I don't like you." Today, thank God, I am not that same person. Now we hang out together. What a change. This AA thing really works.

AL F. | KOKOMO, INDIANA

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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

SEEMDIMR

RAISELEMB

LOSSHARPICH

CAPENIPTORAI

TROONSACNEDI

ROLEMAMI



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.

TUFINDOONA

TAPSLYRTIUI

NUNEIFECL

DESSPDUNE

DAMCBEER

PITIDEMASTONN

FOUNDERS DAY PICNIC will be held **LIVE** this year
June 5th at Snyder Park in Ft. Lauderdale

COME GET A COMMITMENT TO VOLUNTEER

NEXT PLANNING MEETING will be held on

Tuesday, May 10th, 2022 at 7:00 PM

Skyline Chili, 2834 N University Drive, Sunrise, FL. 33322

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, May 21st, 2022 at 9:00 AM

More info, Chair2022fsc@gmail.com

Zoom ID 882 8429 1768 PW FSC2022

SERVICE KEEPS YOU SOBER



WISHING YOU ALL A SAFE, HAPPY AND
SOBER MEMORIAL DAY WEEKEND!

A.A. Birthdays

May Celebrants

Serenity Altogether

David H. ~ 10 yrs.
Ron J. ~ 38 yrs.

Sober Sisters

Jan S. ~ 37 yrs.
Jen ~ 13 yrs.
Karen L. ~ 13 yrs.

Express Group

Bobby ~ 10 yrs.
Geri ~ 13 yrs.

5:45 Happy Hour

Linden ~ 36 yrs.

Friends of Joe

Larry F. ~ 29 yrs.

Plantation Happy Hour

Keith N. ~ 7 yrs.
Howard S. ~ 7 yrs.
Lou P. ~ 22 yrs.
Robin S. ~ 28 yrs.

Recovery at the Rock

Mary R. ~ 16 yrs.

Women's Step Into

Sobriety

Cassandra C. ~ 8 yrs.

Sunshine Group

Donna H. ~ 14 yrs.
Dave A. ~ 11 yrs.

Big Book Café

Peggy D. ~ 18 yrs.

We Came to Stay ~ 36

yrs.

Other Notables

Amanda P. ~ 9 yrs.
Victoria R. ~ 12 yrs.
Rob D. ~ 13 yrs.
Christopher C. ~ 16 yrs.
Aisling ~ 23 yrs.
Jeff S. ~ 33 yrs.
Russell S. ~ 33 yrs.
Gail O. ~ 39 yrs.
MaryJo W. ~ 36 yrs.

Living in the Solution

Marisbel ~ 2 yrs.
Arlene R. ~ 3 yrs.
Billy E. ~ 5 yrs.
Glenn H. ~ 7 yrs.
Mike B. ~ 9 yrs.
Nancy H. ~ 11 yrs.

Living in the

Solution Virtual

JoAnn E. ~ 2 yrs.
Rusty ~ 7 yrs.
Cookie ~ 30 yrs.
Ellen F. ~ 32 yrs.

Ft. Lauderdale

Women

Judy J. ~ 17 yrs.

Freedom From

Alcohol

Jackie S. ~ 40 yrs.

West Park Sunday

Morning

Sheila C. ~ 28 yrs.

Saturday Morning

Awareness

Joey B. ~ 10 yrs.

Broward Men's

Sebastian ~ 7 yrs.

Coral Ridge Group

Jodi W. ~ 21 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.)



APRIL CELEBRANTS

not previously mentioned....

Spiritual Principles

Gary S ~ 5 yrs.
Lee R ~ 24 yrs.



BCIC

Broward County Institutions Committee will hold their next meeting on

Saturday, May 14th
10:00 AM

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

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

Sunday, May 22nd
at 1:00 PM

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

If your group makes regular contributions to Intergroup, please make sure you check the contribution report to see that they are listed.



We have been receiving some contributions through Zelle and PayPal that have no group name, and we don't know who to credit—they just go into Alcoholics Anonymous

ANNOUNCEMENTS FOR THE GOOD OF AA

- **Beginning JUNE 1st** the Intergroup Bookstore will **NO LONGER be open on Saturdays**. They will, instead, open for extended hours on Wednesdays. **So, the new hours will be:** Monday, Tuesday, Thurs., Friday 1-6 PM
Wednesdays 11 AM - 7 PM
- District 9 General Service members are finally meeting live again, but have changed venues. Rather than NSU in Davie, **they now meet at 1400 N. Federal Hwy. in Ft. Lauderdale—The Sanctuary**. The monthly meeting times are the same.
- Area 15 General Service Quarterly Assemblies are now meeting live again. The next assembly will be held in Miami at the Miami Marriott Dadeland, July 22-24. For more information go to area15aa.org or contact secretary@district9aa.org

Things We Cannot Change.....

Paul W.



He will be missed. May he 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: immersed, miserable, scholarship, appreciation, consideration, memorial, foundation, spirituality, influence, suspended, embraced, disappointment

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 is now meeting live again at St. David's Church on University Drive in Davie. 11 AM.

1st Step Sobriety that met in Pompano NO LONGER MEETS.

East Naples Men's Group meetings are now back in-person, as Hybrid meetings. St. Maximilian Kolbe Catholic Church, 701 N Hiatus Road, Pembroke Pines. OBGm 6 PM, CDm 7:30 PM.

New Way of Life that meets Monday in Davie at Griffin Road Church of Christ now meets at 7 PM.

Tuesday

The Tamarac Group is no longer Hybrid on Tuesdays—in person only.

True Self Group has moved BACK to the Sober Today Club in Hollywood. 1633 S 21st Avenue. 7:30 PM.

Wednesday

Meditation at the Rock has changed its name and format to Recovery at the Rock. Same time and place. OSPD.

1st Step Sobriety that met in Pompano NO LONGER MEETS.

Thursday

NEW MEETING Sermon on the Mount now meets at the Sober Today Club in Hollywood at 3:30 PM. OD

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

Express Group has merged with the Express Beginners, so there is no longer an 8:30 PM meeting at this time, only meeting at 7 PM. Christ Lutheran Church, 1955 E Oakland Park Blvd.

Redeeming Grace Women's in Hollywood has changed their meeting time to 7 PM.

Friday

1st Step Sobriety that met in Pompano NO LONGER MEETS.

Saturday

Lambda Rising is now meeting in person at Lambda South Club, Ft. Lauderdale. OMg 8:30 AM.

To Stay Alive Saturday Night which met in Miramar NO LONGER MEETS.

Sunday

The Anonymous Club that meets Hybrid in Ft. Lauderdale has changed the time. They now meet at 7:30 PM

Good Morning God is now meeting on Sundays again, in Tamarac at Our Place Too. OBB 10 AM.

Lambda Rising is now meeting in person at Lambda South Club, Ft. Lauderdale. OMg 8:30 AM.

Halfway to the Next Step 1754 NE 50 St., Pompano, has changed their time to 7 PM.

Daily

Serenity in the Park East which meets at TY Park in Hollywood is now meeting at 5:30 PM again.

PLEASE KEEP OFFICE UPDATED ON ANY CHANGES TO YOUR MEETINGS

Upcoming Events

May 5-8

Big Book Seminar, in the spirit of Joe & Charlie, presented by the Paul Revere group. Boca Town Center Marriott, Boca Raton. For schedule or to register, go to www.bigbookseminar.com

May 14

District 9 Old Timers Meeting hosted by District 9 Archives, will be held at the 101 Club, 700 SW 10th Street & Dixie, Pompano. Coffee & dessert at 6 PM, Speakers at 7:30. FREE event, but please bring a newcomer and a dessert.

June 5

District 9 Founders Day Picnic Snyder Park, Ft. Lauderdale. Tickets \$8 in advance, \$10 at gate, DJ, dancing, volleyball, speaker, dessert contest and surprises!! Pay to park.