



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 7

JULY 2022

Step 7 - *"Humbly asked Him to remove our shortcomings."*

One Night on a Church Playground

I had no idea that on January 21, 1999 my life was going to change forever. I was barely 15 years old and terrified I was going to die a horrific alcoholic death. I had been coming to AA and taking the suggestions, but my desire to drink overpowered the one to stay sober. So many nights I had promised my parents I would stay dry, but I got drunk despite my best intentions.

But on January 20, I got drunk for what I pray was the last time. I cried as I confessed my slip to my family and peers at my therapy group. I then rushed to an AA meeting, and while sitting there that day, I felt the grace of a Higher Power enter my spirit. I chose to believe because I wanted to have faith that this solution could work for me.

So why did I keep getting drunk if I was going to meetings, praying and calling other women in the program? Why did I have no defense after months of AA? Members of my home group had warned me about "people, places and things," but they didn't know what it was like to try to change all your friends as a high school freshman. But I finally realized they were right and began to listen.

I started going to 90 meetings in 90 days and drove with my home group all over New York to outgoing commitments. And I started doing the Steps right out of the Big Book. My sponsor Amy was the same age as my mother, but I respected her program. At young peoples' meetings, it was easier to focus on boys, chain smoking (since we were still able to smoke in meetings), or the next party—so I needed the stability of old-timers in my life. Slowly, things started to improve. But it was when I got to Step Seven that I began to really see and feel a change. I still consider Step Seven my favorite Step.

When I did Step Five with Amy, we were able to identify my patterns and behaviors. We made a list of my defects, and I went home and sat quietly for an hour making sure I was ready to move on. She felt I was holding on to some old behaviors and made me sit with Six and Seven for a period. Finally the pain of becoming "entirely ready" became unbearable. She was right. I didn't exactly want to stop stealing; I didn't want to stop sleeping around; I didn't want to start going to all my classes. Frankly, some of my defects still felt good. I certainly didn't want to have

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**YOUR
INTERGROUP
BOOKSTORE
IS NO LONGER
OPEN ON
SATURDAYS**

CONCEPT VII

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

Tradition Seven - “Every A.A. group out to be fully self-supporting, declining outside contributions.”

To Catch a Thief

Over the past 22 years that I’ve been a member of my home group, there have been several occurrences where money has disappeared—or was stolen, if you prefer. Three or four times the group treasurer, short of funds, had “borrowed” group money to buy cigarettes or coffee or something, with the intention of paying the money back at the end of the week. Over time, the amount owed and the accompanying guilt at not being able to pay the money back created a situation where the person felt so badly that they had to talk to someone, usually their sponsor or the group responsibility chair. It would then be brought to the attention of some of the group members. Since the treasurer couldn’t pay back the money, it was suggested that the person use their weekly Seventh Tradition contribution to repay the funds. We let them tell us when the money had been repaid. None of them drank.

In another situation the treasurer took the funds to pay his rent, which emptied the group bank account and dissolved our prudent reserve. When this information became public at our monthly responsibility meeting, some members of the group suggested that the person be forced to publicly apologize at our Open Speaker Meeting. After much discussion, a more seasoned member suggested that since the members of the group had elected the treasurer, that we were responsible. We had elected the treasurer.

That completely changed the tone of the discussion. We, the members of the group, had to be responsible. The other point brought up by this future delegate was the question of what was more important, a member’s sobriety or money which could be replaced. That former treasurer is no longer a member of the group, but he didn’t drink and is still sober. The group members dug into their pockets and replaced the money.

In another situation, contributions were not sufficient to meet the group’s financial obligations. No money was stolen. It was summertime and the money collected in the Seventh Tradition was insufficient to meet our expenses. The treasurer at the time felt that somehow it was his fault, so he started to pay the group bills from his own pocket. When the group found out, we were able to explain that it was our responsibility, not his. He was reimbursed, and we announced to the group that we needed those who could to contribute more. We replaced the funds and created a stronger prudent reserve.

My last example is more personal. My wife was the secretary/treasurer of her district. My son from my first marriage was experiencing his own difficulties in life, and came to live with us out of a juvenile custody facility. He took the district treasury, which my wife had not had time to deposit. At the time, I was the sole breadwinner with two young children plus my son and wife to support, and I was not happy. However, it was our responsibility to replace the money, and we did.

When I first got to AA, I had a lot of loudly expressed opinions on many aspects of the program, most of which I didn’t understand. These included the most common ones, such as wanting to be president of AA in recognition of my greatness, wanting to re-write the Big Book to suit my tastes and current language, thinking that I should be able to achieve 20 years of sobriety in two years, and the most popular of all—judging others. My sponsor calls it ego.

In spite of myself, and because of the kindness, patience, tolerance and encouragement of my fellow alcoholics, I have been allowed to make many mistakes in Alcoholics Anonymous. I’ve gently had my mind opened to other approaches prior to condemning others. There’s a reason that we take our time to make decisions in AA. Those who’ve gone before have seen these things occur. It’s how the Traditions evolved.

— P.N. | TORONTO, ONTARIO

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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)

to start paying for things! Making changes was scary and hard. I was reluctant to try to start living a different way. I had no idea how or where to begin.

For the next few weeks, I acted out with my character defects. And I was painfully aware of exactly what I was doing as I was doing it. When I stole something, I knew it was wrong and I felt guilty. I felt regret after casual encounters with boys, and I began to recognize when they treated me poorly. When I had a fight and cursed at my parents, I felt remorse and saw how my actions hurt those around me. While sitting in Step Six, I came again to a jumping off point, but this time it was in sobriety. I felt if I didn't do exactly as my sponsor asked me, I would surely drink again.

One Wednesday night at the Leonard Park Group, I sat outside on the church's playground and cried and cried. I began to pray. I got up and called my sponsor and told her I was ready to have a Higher Power remove all these defects of character. As with Step One, my surrender had to be complete if I expected to continue in AA. Again, I made the choice to believe that the people in the rooms had a solution that could work for me. My sponsor and I came up with a list of substitute behaviors and traits that I could employ rather than defaulting to my self-destructive ones.

The effects I felt were immediate, and this is what I love about Step Seven. I could actually see what was changing in me. For months people in AA were telling me I looked and sounded better, but I didn't really feel any better. Once I started changing the way I behaved, my growth became visible. I felt different. I felt sober.

I want to be clear: I did not take the Seventh Step and miraculously become a better person. I have battled with different incarnations of the same character defects throughout my entire sobriety. However, since that Wednesday night long ago, I think I have taken every single suggestion a sponsor has given me. Sometimes I kick and scream, but I do as I'm asked because I know that these women have my best interests at heart. I have done the Seventh Step more than once, and each time I do, I feel the freedom of surrendering these defects. I find new, sober, and estimable ways to behave that allow me to move gently through each day.

Today is my anniversary, and it is a relief to reflect on these last 15 years and celebrate all the changes. I am not the girl who came in here. I am a young woman who is filled with hope and does her best to carry that light into the world around me.

— Danna F., Warren, RI

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Do you speak Portuguese?

We have been getting an increasing number of calls at Intergroup for Portuguese meetings. There is a very large and ever-growing Brazilian population in Broward County and currently the only meetings for Portuguese speakers are online. If you know someone who speaks Portuguese, that may be interested in starting a meeting, we would be happy to have them use the Intergroup office to get started.

Please call the office, so we can start a list of people that are looking to have a meeting and stay sober. **954.462.0403 or email help@aabroward.org**

General Service Office, NY

Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

Bridging The Gap

877.207.2242

Broward Co. Intergroup, Inc.

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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

DIREMOPS
TREEDEPSC
FEDYTINI
TENSUSTRIMN
FILANNCAL
CREEDLAP



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.

TYCUDSO
NILGNEDIC
CURTSNEENO
HEEDVBA
MALTBEESI
VEEREDSR

2022 Intergroup Picnic has been reserved for Sunday, October 30th



NEXT PLANNING MEETING

will be held following the next monthly meeting at the Twelve Step House

Sunday, July 24th at 2:00 PM

Come join a committee and find out where you can do service!

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, July 16, 2022

More info, Chair2022fsc@gmail.com

Zoom ID 882 8429 1768 PW FSC2022

SERVICE KEEPS YOU SOBER



NEW BOOKSTORE HOURS

Mon.– Tues. - Thurs.– Fri. 1-6 PM / Wednesday 11 AM - 7 PM

A.A. Birthdays

July Celebrants

Men in Recovery

Harry O. ~ 32 yrs.
John D. ~ 12 yrs.
Richard W. ~ 12 yrs.
Casey M. ~ 21 yrs.

Serenity Altogether

Doug C. ~ 30 yrs.
Fred L. ~ 42 yrs.
Mary S. ~ 23 yrs.
Ken M. ~ 16 yrs.

Westside Men's

Eric S. ~ 23 yrs.
Richard R. ~ 31 yrs.

Ft. Lauderdale

Women's

Nancy B. ~ 33 yrs.
Diana H. ~ 22 yrs.
Pam ~ 26 yrs.

Live, Laugh, Love

Leslie B. ~ 14 yrs.
Juliyyet ~ 24 yrs.

Coral Springs Men's

Steve B. ~ 30 yrs.
Bill F. ~ 31 yrs.
Brett ~ 5 yrs.

Tamarac Group

Rhonda D. ~ 18 yrs.

Friends of Pat C.

Mare C. ~ 25 yrs.
Maria W. ~ 10 yrs.

Women's Honesty

Becky P. ~ 40 yrs.
Marcia S. ~ 26 yrs.
Rachel ~ 14 yrs.
Emma L. ~ 33 yrs.

Spiritual Principles

Zane ~ 8 yrs.
Beth ~ 38 yrs.

Eleventh Step

Marty ~ 9 yrs.

Living in the Solution Virtual

Tim ~ 1 yr.
Bonnie W. ~ 5 yrs.
Jeanne H. ~ 5 yrs.
Sandra C. ~ 5 yrs.
MaryBelle ~ 35 yrs.

Smell the Coffee

Liz J. ~ 33 yrs.
Mike ~ 12 yrs.

Broward Men's

Jay ~ 6 yrs.
Joe A. ~ 7 yrs.
Steven H. ~ 5 yrs.

Oakland Park

Mary W. ~ 31 yrs.
Mike M. ~ 26 yrs.
Mark W. ~ 19 yrs.

Sands of Serenity

Laura W. ~ 24 yrs.

Free To Be

Dara ~ 12 yrs.

Lunch Bunch

Gary ~ 52 yrs.
Walter ~ 23 yrs.

Thursday Night Study

Nicolle N. ~ 9 yrs.

Rule 62

Vickie T. ~ 36 yrs.

Don't Forget

Doug W. ~ 11 yrs.
Michael E. ~ 14 yrs.

B.A.L.L.S. Group

Elias G. ~ 19 yrs.
Richie ~ 33 yrs.
Nick ~ 7 yrs.
Randall ~ 27 yrs.

By Any Means

Peter S. ~ 31 yrs.

Joy of Sobriety

Bob ~ 37 yrs.

Bikers in Recovery

Emilio ~ 23 yrs.
Leon J. ~ 15 yrs.
Donna M. ~ 17 yrs.
Bill F. ~ 6 yrs.
Rich W. ~ 6 yrs.

You Are Not Alone

Sharon G. ~ 23 yrs.
Janet T. ~ 20 yrs.
Marie H. ~ 14 yrs.
Diane R. ~ 34 yrs.

Sunshine Group

Deanna ~ 6 yrs.

Living in the Solution

Jenny J. ~ 14 yrs.
David H. ~ 17 yrs.
Mike G. ~ 22 yrs.
Jill S. ~ 41 yrs.

First Things First

Carole L. ~ 16 yrs.
Mona Lisa ~ 9 yrs.

441 Group

Ebony ~ 14 yrs.

Women's Step by Step

Karen V. ~ 41 yrs.

Mountain Group

Jolynn J. ~ 14 yrs.

Serenity in the Park W

Robert B. ~ 1 yr.
Monica P. ~ 2 yrs.
Lee H. ~ 1 yr.
French Bernard ~ 23 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, July 9th
10:00 AM

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

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

Sunday, July 24th
at 1:00 PM

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



NEW JUNE 2022

WHERE & WHENS ARE IN!!!

STILL ONLY \$1

LISTING ZOOM AND FACE-TO FACE MEETINGS



Contributions for the
first half of the year were
\$53,164

Thank you so much to all the groups
and individuals who continue to
support Intergroup in Broward County.

Things we cannot change....

Wayne G., Joe G.



*They will be missed by all who knew
them. May they rest in peace.*

**Any interest in CAMPING
or PERFORMING ??**

Intergroup is now exploring venues to
make our **Camping Conference** and the
AA's Got Talent Show a reality for early
2023. If you have any comments or
suggestions, please contact us.

**YOUR INTERGROUP OFFICE
WILL BE CLOSED
ON MONDAY, JULY 4TH
IN OBSERVANCE
OF THE HOLIDAY.
IT WILL REOPEN
ON TUESDAY AT 1:00 PM**

Get Registered!

www.FloridaStateConvention.com

August 3-7, 2022 FTL Beach

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.	Drew B.	Kerry W.	Ed H.	Gina B.
Liz J	Gerry B.	Steven L.	Glen P.	Laura E.	Valerie J.	Marsha M.	Thomas J.	Marcy B.
Gregory C.	Robert H.	Barbara S.	Richard M.	Janine C.	Giselle P.	Maggie H.	Sandy R.	Wilma D.
Suzanne J.	Don W.	Jenae R.	Ali S.	Sheila C.	Laurel	Javier C.	Gayle K.	Anne B.
Bob H.	Drew B.	Michael T.	Kathy	Marilyn M.	Tony A.	John B.	Phyllis P.	Susan O.
Anonymous	David S.	Alexander W.	Peggy D.	Elizabeth C.	Julie L.	Arthur M.	Marcy H.	Lorna V.
Elizabeth B.	David J.	Gary S.	Peggy G.	Larry C.	Carla B.	Debra B.	Douglas R.	Walter B.
Ron J.	Bonnie T.	Dave J.	Tracy S.	Robert K.	Corinne S.	Kerry F.	Sally S.	Denis H.
Jennifer S.	Anonymous	Patrick M.	Carmen D.	Jackie P.	Jennifer E.	Craig S.	Kathleen R.	George D.
Pat R.	Michael E.	Patrick C.	Sharon G.	Gil W.	Michael P.	Paul A.	Emily P.	Steven S.
Beth D.	Stephen W.	Joe G.	Jeff H.	Nancy M.	Nancy N.	Robert M.	Christine Y.	Dianne N.
Craig G.	Marlene A.	Nancy S.	Paul	Trish F.	E - Walter	Sam B.	Barbaree K.	Laurey T.
Vickie T.	Ernie F.	Mary S.	Victoria M.	Robert A.	George O.	Dan M.	Karen L.	Adie M.
Howie K.	HBeta	Allison B.	Robert S.	Nancy G.	Gwendolyn	Stephen H.	Michael B.	
Sheldon V.	Dennis G.	Ellen F.		Deborah C.				

Answers from page 4: promised, respected, identify, instruments, financial, replaced, custody, declining, encounters, behaved, estimable, reserved

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

24 Hours a Day Group is finally meeting again at St. Ambrose Church in Deerfield Beach, 380 S. Federal Hwy. OD at 7:30 PM.

Tuesday

NEW MEETING Back to the Basics meets at the Sunshine Cathedral, 1480 SW 9th Avenue, Ft. Lauderdale. OSS at 7 PM.

Then and Now men's meeting that was at West Broward Club in Davie on Tuesday NO LONGER MEETS.

Wednesday

NEW MEETING The Sober Group meets at the NE 16th St. Pavilion in Pompano Beach. ORF at 6 PM.

From Under the Bridge which met at the 101 Club in Pompano at 5:30 NO LONGER MEETS.

Thursday

Search For Serenity that met at the Sanctuary in Ft. Lauderdale NO LONGER MEETS.

Free Thinkers has moved from Oakland Park to Wilton Manors, 1410 NE 26th Ave. OD 7:30 PM, agnostics.

Friday

Women's Friday Night Big Book Study is finally meeting Live again at North Creek Presbyterian Church, 4601 NW 71st Place, Coconut Creek. CBBw at 6:30 PM.

Sunday

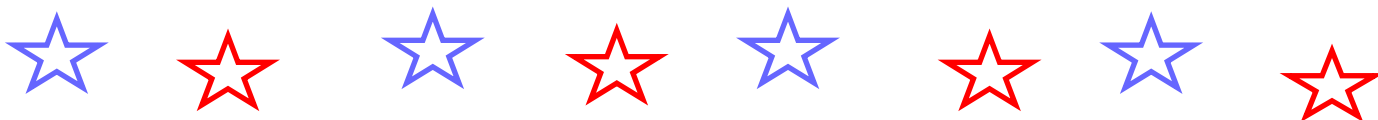
Conscious Contact now meets again at St. Benedict's Church in Plantation, 7801 NW 5th Street. OM at 7 PM.

Halfway to the Next Step in Pompano at 1754 NE 50 St. has changed time to 7 PM. They meet outdoors.

Daily

Arbol de Vida now meeting again at Cokesbury Methodist in Margate, 1800 NW 65th Ave. ODSP 8-9:30 PM

Serenity in the Park (W) meets 7 days a week at SW Ranches Equestrian Park, 5480 SW 148 Ave, Volunteer Road. ORF 5:30 PM.



HAPPY INDEPENDENCE DAY!

"KNOW A NEW FREEDOM AND A NEW HAPPINESS"

Upcoming Events

- | | |
|-------------------|---|
| July 4 | Pompano Beach Group is having a Fourth of July celebration at Kester Park. Covered Dish. 11 AM—4 PM Games, bounce house, meeting, 50/50 raffle. FREE event. |
| July 22-24 | South Florida Area 15 General Assembly hosted by District 10, at Miami Marriott Dadeland. Workshops, Speakers, Banquets. For more info: www.district9aa.org |
| Aug. 3-7 | 65th Florida State Convention 2022 , Ft. Lauderdale Harbor Beach Marriott Resort & Spa, \$40 registration. Overflow parking with shuttle service available for commuters. Golf, Volleyball, 2 mile walk/run, Entertainment, Banquets and lots of speakers. Marathon meetings and so much fellowship. Register online at www.floridastateconvention.com |