



# SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 4  
APRIL 2023

## Step 4 - "Made a searching and fearless moral inventory of ourselves."

### Change in Focus

AS far back as I can remember, I had a love/hate relationship with my mother. On one hand, I adored her. On the other hand, I couldn't stand her. She was extremely controlling and intolerant of any opinion but her own.

I was always on edge around her. Anything could set her off. She would go into a rage if I did not fold the napkins perfectly or if I accidentally spilled something. One time, I did not smile well enough for a photographer. Another time, I slammed the car door on my thumb, and that somehow made her angry.

I also felt unsafe. When I was a little girl, I would want to snuggle up on her lap after school while she watched her soap operas. But she would push me away, just as she did when I tried to hold her hand as we crossed a busy street. "Get away from me," she would say.

And so, I acted out for the better part of my life, beginning in childhood. As an adult, I finally made it to AA, where it was pointed out that to stay sober I needed to look at the behaviors that drove my alcoholism. I would need to correct my thinking. Ultimately, this meant I would need to take the microscope off the behavior of others and take a hard look at myself.

I was desperate. I began working the Steps. Since my life was a mess in every way, I also got outside help. A year and half into recovery, I could no longer ignore my troubled relationship with my mother. I had to stop pretending everything was OK.

An important breakthrough came for me as I was telling my therapist about the emotional abuse I had suffered in a recent phone conversation with my mother. Initially, my therapist let me vent and then he stopped me. "What is your mom's pain?" he asked. This was a curious question. Up until this point I had never considered her point of view. Meanwhile, I was full of self-pity and absorbed in my own pain.

Shortly thereafter I did an entire Step Four exclusively on my relationship with my mom. I considered specific incidents between us. I wrote about what had happened and how I reacted. For the first time, I saw that in many cases, I truly was a victim of her emotional abuse. In other cases though, I saw that I had played a part. But I also saw how my sobriety

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**NEW  
WHERE & WHEN  
ARE AVAILABLE  
APRIL 2023**

### CONCEPT IV

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

**Tradition Four** - "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

## The Spice of Life

Maybe I attend two or three AA meetings a week, maybe not. I've often wondered if meetings can be defined in different ways, if what we say of God in Steps Three and Eleven also applies to a meeting: it's "as we understand" it.

One I attend is known locally as the "Anonymous Meeting of Alcoholics Anonymous." It is very anonymous: no GSR; not listed in any local, district, state, or national directories; known only by word of mouth and personal invitation. Its extreme anonymity makes it an extra safe place: the group has a good sampling of doctors, lawyers, and educators. I qualified as a professional drunk. I've also heard it said that one need not be apprehensive about utilizing a polysyllabic vocabulary in this meeting. Some lapsed or ex-members consider us a bit snobbish, cliquish, and self-centered, since (so far as I know) we do not contribute to the larger AA organization; rather, our one dollar contributions go to treat ourselves to an annual banquet. On the other hand, we have longevity--our banquet this past January celebrated twenty years. We also have a lot of sobriety--often 100 to 200 years' worth on a given evening. And we have stability: recently, six of the seven people present were there at this anonymous meeting--it was my own first AA meeting--seventeen years ago. I have some qualms about the group myself, but in addition to stability and longevity, we have a number of good, solid recovering friends who help each other stay sober.

Another one--well, it's a very open meeting, started in 1984 as a smoke-free group by an old-timer with severe emphysema and myself, a newcomer allergic to smoke. At that time all the other local meetings were smoke-filled. "Smoke didn't keep you out of bars," they said; actually, I had backed out of many a smoke-filled bar without a drink to go home and get drunk alone. We meet in a mental health center, and some of the people "upstairs" have no desire to stop drinking, though alcohol contributes to their problems. Escorted by a therapist, they sometimes sit in. Addicts can easily shift from one addiction to another, so we welcome overeaters, codependents (aren't we usually eligible for that ourselves?), sex and other addicts. Even narcotic addicts can attend, so long as they don't use at the meeting. We do not always confine our talk to "problems as they relate to alcoholism," but we do contribute to local, state, and national AA, and we have a good record of getting and keeping ourselves sober.

My other "meeting" differs somewhat--it's a small group that has lunch once a week in a public place. For that reason, we do not read the Preamble, the Steps, or Traditions; we do not say the Serenity or Lord's Prayer; we do not always confine our discussions to alcohol. Some regular diners wondered who we were and somehow decided we had something to do with flying. Well, some of us have flown pretty high; we believe in a Higher Power; and we have some connections with a spiritual world--so we let them believe what they wish. This group, too, has met for about twenty years; we're good, sober friends.

And that's about it. I'm aware that I seldom attend any conventional old-time, coffee-and-doughnut AA meetings in smoke-filled rooms. I recall the Fourth Tradition: "Each group should be autonomous except in matters affecting other groups or AA as a whole." I don't believe any of these groups has a negative effect on the rest of AA, and they have helped many an alcoholic get and remain sober. They have been the basis of sobriety for over seventeen years.

—C.B. | SPRINGFIELD, OHIO

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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](mailto:help@aabroward.org).

*(continued from page 1)*

allowed me to take action in ways I couldn't before. I was no longer powerless over my behaviors. I had a choice now of how to respond to her. Most importantly, I saw that I did not have to hold on to resentments. I could forgive and move forward.

For me, forgiving my mother was a difficult process of one step forward, two steps back. All the while, the abuse kept coming, but I learned I had a voice that I could use lovingly to stand up to her.

One day, when my family and I were staying at her house, I said something she disliked. She went into a rage at me. I listened and silently asked for wisdom, not sure if I should speak up or let this one go. Suddenly, she stopped raging. In a soft, frightened-sounding voice she asked, "Did you hear how I was talking to you?" And then she added, "I can't believe how I was talking to you." She apologized and never spoke that way to me again.

There were many other stories of how she would act and how I would change my reaction. It was a slow process, and though eventually forgiveness came, I still disliked her. Her verbal abuse toward me was curbed, but she still had a mean streak. I often overheard her demeaning others. At meetings, when I shared stories about her, people would come up afterward and tell me how they hated her. I would tell them not to, as I didn't.

Then, an aunt who lived in the same city as my mom died and I had a strong desire to attend her funeral. I called my mom to tell her I was coming north. "What for?" she asked, and then made a terribly mean comment about my mother-in-law. My heart was saddened by the fact that she wasn't happy that I was coming to her town and that she had been so mean. I felt I would never know love and caring from her.

The next morning I was at the airport waiting to board the plane when my father called. He said something was wrong with Mom and he was rushing her to the hospital. He said I should contact him upon arrival. When my plane landed, I called him. My mom had had a stroke.

Instead of going to my aunt's funeral, I went directly to the hospital where my mom was just awakening. The damage to her mobility was minimal, it turned out, but she could not speak. She was diagnosed with global aphasia. Her thoughts in her head were clear, but when she tried to speak the words came out scrambled.

It was so painful to watch her change from the well-read, articulate and intelligent woman I knew to a woman who could not write her name or hold a conversation. To further complicate matters, she was at first unable to understand that her words were jumbled and that no one could understand what she said. Even after two years of therapy, she still struggles to form much more than a sentence.

Yet something has happened which has caught me by surprise and brought joy beyond belief. Even though the stroke took away her ability to speak, it gave her a newfound ability to demonstrate her love for me and others, which feels very good. I have changed and I continue to do so, but Mom has changed too. She is not mean anymore. Everywhere I go, people tell me how sweet she is. At first, I found this change hard to believe. But as I spent more time with her, it became clear that the stroke changed her personality.

People like my mom everywhere she goes now, even me. She is playful and she lives very much in the now. She can't say my name very well, but one of the few strings of words she can say to me is, "I love you." Recently she indicated that she wants to move to my city where she can spend the remainder of her years closer to me. For almost 20 years, this was a dream for me. It was yet another source of hurtfulness because every time I asked her about it, she either laughed or said no, she couldn't move away from her friends.

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**Bridging The Gap**

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P.O. Box 100126  
Ft. Lauderdale, FL 33310

# Recovery Word Puzzle

PIESCOOMRC  
SCITNINED  
ROOPPTRINO  
DREESTOC  
GOYLNVL  
PSYLOENATIR



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.

TOGANNID  
SEEPREN  
ZIICEPALTA  
IBRHOVAE  
NEECCIVENNO  
NAVILIPO

**IF YOUR GROUP HAS MADE A BASKET  
OR IS DONATING A GIFT  
for the raffle at our Appreciation Banquet  
PLEASE MAKE SURE IT GETS  
TO THE OFFICE BY APRIL 25TH**



Your Intergroup Office is planning to have a presence at the **Big Book Seminar in Boca held on Mother's Day Weekend**, again. We are in need of some volunteers to help us move and transport books to and from the hotel. Please call Mary if you can help. 954.462.0403

## SERVICE KEEPS YOU SOBER



# A.A. Birthdays

## April Celebrants

### Riverside Group

Chris ~ 7 yrs.  
Donna C. ~ 22 yrs.  
Jeri ~ 38 yrs.  
Laurie B. ~ 16 yrs.

### One Day at a Time

Kelly M. ~ 19 yrs.

### Victor E.

Joe G. ~ 25 yrs.

### Plantation Happy Hour

Noel ~ 12 yrs.

### Live, Laugh, Love

Evonne M. ~ 10 yrs.

### Mountain Group

Michelle O. ~ 14 yrs.  
Craig L. ~ 16 yrs.  
Rob B. ~ 39 yrs.

### Let's Do Lunch Bunch

Tony A. ~ 13 yrs.

### Meditation on the Rocks

Sara P. ~ 5 yrs.

### Davie Women's

Eileen G. ~ 50 yrs.

### Early Risers

Steve L. ~ 24 yrs.

### 5:45 Happy Hour

Toni D. ~ 22 yrs.  
Sara M. ~ 26 yrs.  
Bernadette M. ~ 5 yrs.

### Ft. Lauderdale Women

Susan H. ~ 34 yrs.

### Came to Believe

Bonnie T. ~ 20 yrs.

### Women's Honesty

Phyllis K. ~ 51 yrs.

### Other Notables

Rosie A. ~ 26 yrs.  
Kris R. ~ 8 yrs.

### Express Group

Joanna P. ~ 19 yrs.  
Maryann M. ~ 27 yrs.  
Iris S. ~ 36 yrs.  
Edna C. ~ 14 yrs.

### East Naples

Paul B. ~ 38 yrs.  
Stew ~ 38 yrs.

### Joy of Sobriety

Paul P. ~ 36 yrs.

### Serenity in the Park—SWR

Bubba K. ~ 12 yrs.  
Oscar R. ~ 4 yrs.  
Lauren ~ 2 yrs.  
Laura ~ 27 yrs.  
Stu ~ 37 yrs.

### New Day

Lilla ~ 5 yrs.

### Riverside Group ~ 41 yrs.

### One Day at a Time ~ 36 yrs.

### Let's Do Lunch Bunch ~ 35 yrs.

### Sunlight of the Spirit ~ 22 yrs.

### Living in the Solution Virtual

Barbara . N. ~ 18 yrs.  
Nicholas P. ~ 4 yrs.  
Alta M. ~ 14 yrs.  
Sylvia N. ~ 16 yrs.  
Al C. ~ 19 yrs.  
Nina S. ~ 23 yrs.

### Into Action Group

Robin G. ~ 14 yrs.

### YANA

Cheryl L. ~ 29 yrs.  
Steve P. ~ 7 yrs.

### Coral Springs Men's

Pat G. ~ 21 yrs.

### Friends of Pat C.

Marla B. ~ 13 yrs.  
Kathleen I. ~ 39 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.)*

### Big Book Quote of the Month:

*"But it is clear that we made our own misery. God didn't do it. Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence."*

Alcoholics Anonymous, p. 133

### BCIC

Broward County Institutions Committee will hold their next meeting on

**Saturday, April 8th  
At 10:00 AM**

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

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

**Sunday, April 23rd  
at 1:00 PM**

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

## March Celebrants

not previously mentioned.....

### Surrender is Freedom

Mary H. ~ 5 yrs.

### Serenity Sisters

Elaine ~ 5 yrs.





(continued from page 3)

I am sharing my story in hopes that others will be inspired to never give up. By the time this article goes to print, my mom will be here. After making sure this was truly her heart's desire, I took action and in a matter of a few weeks, sold her house and found her another one very close by (but not too much so) to me. We both can hardly wait. Thank you, God. I am so glad I did not quit before this miracle.

—Anonymous

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### **TRADITONS CHECKLIST**

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group consider the welfare of nearby groups in its actions and decisions? Or AA "as a whole"?
3. Do I judge or criticize other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders that know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. I am willing to help a newcomer go to any lengths — their lengths, not mine — to stay sober?
6. Do I ever criticize certain groups because I think they don't do things how I believe AA should be done?

PLEASE CHECK THE LISTING OF YOUR  
GROUP ON OUR  
WEBSITE FOR **ACCURACY**  
AND LET US KNOW OF ANY  
NECESSARY CHANGES AT YOUR EARLIEST  
CONVENIENCE

<https://aabroward.org/locations>

**WE LOVE OUR  
VOLUNTEERS**



## **NEXT Traditions Workshop Coming..**

**Intergroup Office on Saturday, JUNE 17th**

Call ahead to reserve your spot. Limited seating. Free event.  
Refreshments, Fellowship, Recovery  
Traditions 10, 11 AND 12

*Things we cannot change....*

Stu S.



*He will be missed by all who knew him. 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.

**Thank you to our Faithful Fivers and all our Contributors! You are all so appreciated!**

Allison B.	Daniel D.	Ryan W.	Don F.	Kerry W.	Ellen F.
Anonymous	Bob B.	Shannon S.	H-Beta	Marsha M.	Ernie F.
Anonymous	Lee R.	Robert M.	Patricia C.	Mary S.	Walter B.
Beth D.	Anthony M.	Susan C.	Lorraine C.	Michael E.	Marcy B.
Carmen D.	Ashley F.	Margaret L.	Fred L.	Michael P.	Nancy G.
Robert H.	Bill W.	Matthew S.	Jerrod F.	Pat R.	Marlene A.
Craig G.	Charmaine D.	Travis P.	Ken J.	Phyllis P.	Sam B.
Lew G.	Gregory C.	Teri B.	Katrina F.	Robert A.	Sharon G.
Deborah C.	Jan S.	Tim S.	James H.	Ron J.	Stephen H.
Debra B.	Jean Marie	Tim H.	Jennifer S.	Steven S.	Howie K.
Dennis G.	Jeff H.	Todd G.	John B.	Susan O.	Elizabeth W.
Don W.	Jolynn J.	Lois M.	Kerry F.	Suzanne J.	Joyce K.
Liz J.	Tom J.	Pat W.	Victoria M.	Vickie T.	Melinda

Answers from page 4: microscope, incidents, proportion, escorted, lovingly, personality, donating, presence, capitalize, behavior, convenience, pavilion

**If you are interested in becoming a faithful fiver, you can set up automatic payments from your bank account or in PayPal. You can also send payments by Zelle to help@aabroward.org**

## 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 AM-12 PM \_\_\_\_\_ 12 PM-5 PM \_\_\_\_\_ 5 PM-9 PM \_\_\_\_\_ 9 PM-8AM \_\_\_\_\_

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

Margate Men's Book Study which meets at Fellowship Recovery Center in Margate meets at 6 PM. CBBSTm

### Tuesday

NEW MEETING at the West Broward Club. Men's Step Study at 7 PM. 8396 A State Rd. 7, above the transmission shop.

Live at 5 is the Big Book meeting at the Sober Today Club in Hollywood. This is a new time/name.

### Wednesday

NEW MEETING Turning Point will meet at Sober Today Club at 10:30 AM in Hollywood. OSPw

### Thursday

NEW MEETING Entirely Ready has replaced the Freedom Group. It meets at the South Florida Wellness Network, 5225 NW 33 Ave., Oakland Park. OSPST 7 PM.

Atlantic Women's which met at Fellowship Recovery Center in Margate NO LONGER MEETS.

Spiritual Walk is now meeting again in Ft. Lauderdale at the First Christian Church, 201 SE 13th Street. CD 7 PM.

Right on Target will now only meet once per week on Tuesdays in Deerfield. The Thursday night meeting NO LONGER MEETS.

### Sunday

Halfway to the Next Step which met in Pompano NO LONGER MEETS.

441 Group now has a meditation meeting at 3 PM. Village Plaza, 1452 N SR 7, Margate

### Daily

NEW MEETING at Sober Today Club in Hollywood at 12:15 PM every day called the **Daily Dose**. ORF.

Serenity in the Park (SWR) and Serenity in the Park East are now both meeting at 5:30 PM again.

## Upcoming Events

- |                  |                                                                                                                                                                                                                                                                                  |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Apr 16</b>    | <b>Victor E Annual Picnic</b> Snyder Park, Caldwell Pavilion, 11 AM—4 PM, 50/50 Raffle, Speaker at 2 PM, Magic Bus Band and plenty of food. Free family event. 3299 SW 4th Avenue, Ft. Lauderdale                                                                                |
| <b>Apr 29</b>    | <b>59th Intergroup Appreciation Dinner</b> must have ticket to attend. Adults only. 2 Speakers, 4-course meal, raffles and fellowship. Beautiful evening out at Tropical Acres Steakhouse in Ft. Lauderdale. 6-10 PM. Limited Seating. All tickets must be purchased in advance. |
| <b>May 11-14</b> | <b>Big Book Seminar 2023</b> in the spirit of Joe & Charlie. Boca Marriott Town Center, 5150 Town Center Circle, Boca Raton. Workshops start Thursday night. Register at <a href="http://bigbookseminar.org">bigbookseminar.org</a>                                              |
| <b>May 13</b>    | <b>Old Timer's Meeting</b> presented by District 9 Archives. 101 Club, 700 SW 10th Street (and Dixie) Pompano, 6-9 PM, coffee and desserts, 3 speakers                                                                                                                           |
| <b>Jun 4</b>     | <b>Founder's Day Picnic</b> hosted by District 9, Snyder Park, Ft. Lauderdale, music, fellowship, speaker meeting, lots of fun for the whole family.                                                                                                                             |