



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 11
NOVEMBER 2023

Step 11 - *"Sought through prayer and meditation to improve our conscious contact with God, as we understood him, praying only for knowledge of His will for us and the power to carry that out."*

There Is More to It Than Sobriety

At one of my early meetings an old-timer said, "If sobriety was all that the philosophy of Alcoholics Anonymous could give me, then I wouldn't be here tonight." That statement had little or no significance for me then, but in the light of my own experience and development, it has now become quite clear what the speaker had in mind.

The newcomer contacts AA with fear, shame, remorse, and a wealth of disorganized confusion. He or she has suddenly been tossed from a sea of strong drink upon a shore of doubtful hope --none too confident that this may not also be just another bitter alcoholic mirage. There is just one aim, and that is to stay sober. Sheer exhaustion from years of drinking makes it impossible to hope beyond that. Although told not to, one unconsciously counts the days, then the weeks, and then the months. As time progresses, it becomes more and more a source of amazement that "the thing really works." For the first time there comes a realization that with an honest effort a state of sobriety *can* be sustained. This is a victory, the likes of which he or she never dreamed could be won.

It is only natural that the newcomer will, in spite of all admonitions to the contrary, stop off for just awhile to enjoy the fruits of this new found life. It is the job of the old-timer to stand by patiently and see that the "baby" has a chance to see it all--that he or she doesn't tarry in one place--or long enough to get into mischief, for even sobriety can become monotonous and soon lose its glitter.

The next step for the newcomer must be one of progress, for without progress, the philosophy loses its vitality. Show me the one who slips and I will show you an alcoholic with a philosophy that has been allowed to wither and die on the vine.

(continued on page 3)

INSIDE THIS ISSUE

Tradition Eleven	2
Word Puzzle	4
Committee Updates	4
Monthly Meetings	5
Anniversaries	5
Meeting Changes	8
Upcoming Events	8



INTERGROUP
Pre-Holiday
SALES EVENT
Saturday
November 18th
11am—3pm

CONCEPT XI

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants.

Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Tradition Eleven - *“Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at levels of press radio and films.”*

Should We Change Our Name?

TWO of the most misunderstood and misused words in our fellowship are, in my opinion, alcoholics and anonymous.

Society's idea of an alcoholic is a drunken skid-row bum. It is sometimes hard for a newcomer to realize that the people he meets in AA might call themselves alcoholics, yet they are sober and do not reside on skid row. He carries his concept of a 'drunk' in with him; it usually takes a while to come to the realization that alcoholics are not necessarily drunks, nor for that matter, are drunks necessarily alcoholics.

I like to call myself an alcoholic because it reminds me that I am powerless over alcohol. To me the word means that I have a sickness whose symptoms include a mental obsession coupled with a physical compulsion to drink. However, I don't know what the word means to someone else, nor can I tell whether anyone else is an alcoholic. For us this is a self-diagnosed illness, and the word itself is merely a label, a means of identification.

I have heard a newcomer *insist* on having a definition of alcoholic so that he can determine whether he fits it. Some of my fellow members will actually try to define the word for the newcomer. He may have heard half a dozen different definitions at the same meeting, and if he wasn't confused when he got there he certainly was when he left.

I do not believe we are doing the newcomer a favor by going along with this line of thinking. I think we should remind him that the only requirement for membership is a desire to stop drinking, and suggest that he postpone the definitions until his brain is clear enough to tangle with them. Chances are, when he reaches that point, he will no longer be concerned.

The word anonymous is often bent, twisted, pulled apart and downright fractured. Traditions Eleven and Twelve teach us that we need maintain personal anonymity only at the public level. In so doing we are reminded to place principles before personalities. Yet I have heard members criticized for breaking their anonymity to friends because it "violates the Traditions." I have seen groups carry anonymity to such extremes that I felt I belonged to some secret society. I have known individuals who think so much of their anonymity that they place it ahead of their sobriety in importance and very often wind up getting drunk.

(continued on page 6)

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)

True progress can find its beginning only when the door swings open to a spiritual consciousness. Up to this time the alcoholic has been dealing with a world made up entirely of material things. Up until this time nothing has mattered except those things of the flesh. And it was among those things he or she became lost in despair. With the opening of the door to God, as we understand Him, we begin to find wisdom, and with that--understanding. Solomon, when urging those about him to heed the word of God, said, "Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding."

Nothing of any permanent value can be had for the alcoholic in our philosophy until there comes that spiritual awakening. It comes first through *making a decision to turn our will and our lives over to the care of God, as we understand Him*, and, last but not least, *seeking through prayer and meditation to improve our conscious contact with God as we understand him, praying only for knowledge of His will for us and the power to carry that out*. In the growing knowledge of God, as we understand Him, we find life, and with that life there comes a wisdom and understanding of our fellow man, from which comes peace and contentment. Without this peace and contentment, which gives us the power to discern and evaluate the worthwhile things in life, the alcoholic is not able to enjoy that confidence which will keep him most safe.

I was no different from any other alcoholic when I came on the Program. I wanted sobriety. I was far from convinced that I could find it in our philosophy--but sobriety I wanted--at any cost. I was blinded by my great need for sobriety and, as a consequence, I could see nothing else but that. As great as that need for sobriety was at the time I wanted it, I can now see that sobriety itself holds little comfort. Although I quite realize that at best sobriety can be elusive, still through God, as I understand Him, I am at last finding comfort and a peace of mind which guards me from the common disasters which befall those who fail to walk with the protective arms of their God about them.

BY: RUSS | CARY, ILLINOIS

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HAPPY THANKSGIVING



General Service Office, NY

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

Bridging The Gap

877.207.2242

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954.462.0265

BCIC

P.O. Box 22701
Ft. Lauderdale, FL 33335

Area 15 Treasurer

PO Box 590835
Ft Lauderdale, FL 33359-0835

District 9 General Service

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

Recovery Word Puzzle

NITDIETMAO
XHOSUENTAI
UNTONOMOSO
CIMSFIHE
PSOLHPHYOI
VCXTESEIEU



Unscramble the letters. Answers to puzzle can be found on page 7. Words for this puzzle have been used somewhere else in this

SCOPMUILNO
BIRNTONSTCIOU
VDATECEO
MPICSOTOSINO
ZAERNOLAITI
MAZMENATE

HAVE YOU GOT TALENT??

AA's GOT TALENT will be having their **First Planning meeting**

Saturday, November 4th at 1:30 PM

441 Group in Margate, Village Plaza, 1452 N SR 7

Come sign up for service. Auditions following.

MEETING SPACE FOR RENT..

Coral Springs Community Center

\$40/month

For more information call Sally

Things we cannot change...

Brett S.



He will be missed by all who knew him. May he rest in peace.

SERVICE KEEPS YOU SOBER



A.A. Birthdays

November Celebrants

Broward Men's

John M. ~ 14 yrs.

Express Group

Larry C. ~ 42 yrs.

James ~ 12 yrs.

Mike ~ 9 yrs.

J.T. ~ 30 yrs.

Davie Women's

Jewel P. ~ 9 yrs.

Caren L. ~ 35 yrs.

Let's Do Lunch

Tom S. ~ 11 yrs.

Steve ~ 15 yrs.

Dan V. ~ 11 yrs.

Pompano Beach

Donna S. ~ 37 yrs.

Noontime Sobriety

Al C. ~ 16 yrs.

Downtown Dry Dock

Kim M. ~ 19 yrs.

Phyllis ~ 15 yrs.

Bros. All Living Life

Sober

Scott ~ 11 yrs.

Rick ~ 28 yrs.

Tuesday Nt. After

Work Women's

Casey J. ~ 10 yrs.

Our Lives On the Line

Michael V. ~ 46 yrs.

Living in the Solution

Craig G. ~ 15 yrs.

Emily L. ~ 10 yrs.

Mike C. ~ 6 yrs.

Peter V. ~ 3 yr.

Steve B. ~ 15 yrs.

Steve B. ~ 13 yrs.

Serenity in the Park - SWR

Fran B. ~ 2 yrs.

Susan ~ 14 yrs.

Don F. ~ 40 yrs.

Ft. Lauderdale Woman's

Susan ~ 18 yrs.

True Self Group

Larry M. ~ 20 yrs.

Bonnie B. ~ 42 yrs.

Bernie B. ~ 42 yrs.

Eleventh Step Group

Maurice C. ~ 24 yrs.

Spiritual Principles

Melani S. ~ 30 yrs.

Westside Men's

Armen Z. ~ 30 yrs.

Sean M. ~ 16 yrs.

Tim A. ~ 14 yrs.

Steve B. ~ 10 yrs.

Bayview Beginners

Natalia S. ~ 8 yrs.

Serenity in the Park— East

Keith T ~ 12 yrs.

Bikers in Recovery

Todd S. ~ 33 yrs.

Lauderdale Back To Basics

John S. ~ 23 yrs.

Lunch Bunch

Jimmy Z. ~ 18 yrs.

Cliff ~ 29 yrs.

Jennifer ~ 11 yrs.

Surrender is Freedom

Nancy ~ 24 yrs.

Annie ~ 35 yrs.

Women's Step by Step

Sara B. ~ 10 yrs.

Other Notables

Bill P. ~ 21 yrs.

Mark H. ~ 17 yrs.

Maryann M. ~ 22 yrs.

Trudy ~ 32 yrs.

Brent H ~ 31 yrs.

Focus on Sobriety

Barbara B. ~ 27 yrs.

Empowered Women

Sue ~ 32 yrs.

Men in Recovery

Bill W. ~ 42 yrs.

Bob G. ~ 41 yrs.

Will S. ~ 14 yrs.

Stepping Out

John P. ~ 39 yrs.

Joe F. ~ 39 yrs.

Chrissy ~ 29 yrs.

Bob R. ~ 33 yrs.

Women's Honesty

Janet M. ~ 1 yr.

Big Book Quote of the Month:

"We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves."

Alcoholics Anonymous, pgs. 87-88

BECOME A FAITHFUL FIVER

Set up regular monthly contributions to Intergroup using Zelle, PayPal or bank draft.

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

**Sunday, November 12th
at 1:00 PM**

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

BCIC

Broward County Institutions Committee will hold their next meeting on

**Saturday, November 11th
at 10:00 AM**

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

District 9 GSR Meeting

The next meeting will be held on

**Sunday, November 19th
at 2:00 PM**

Sanctuary, 1400 N. Federal Hwy., FTL
New Rep Workshop at 12:30 PM

**HAPPY
BIRTHDAY**

OCTOBER BIRTHDAYS

.....not previously mentioned

Serenity Sisters

Jean M. ~ 12yrs

Marilyn ~ 8 yrs.

Dale ~ 9 yrs.

Barbara ~ 33 yrs.

Joan ~ 28 yrs.

Katie ~ 4 yrs.

Serenity in the Park-SWR

Ingrid S. ~ 7 yrs.

Khristina ~ 8 yrs.

Rita ~ 14 yrs.

Alfonso P. ~ 46 yrs.

Matt Z. ~ 2 yrs.

(continued from page 2)

Granted, a member is free to do what he will with his own anonymity at a level other than public. However, the real purpose behind anonymity, I think, is not secrecy founded on a fear of being known. This sounds as if we are doing something sinful or unlawful. I truly believe that we live and work anonymously so that we may never be in a position to take credit for staying sober and/or helping others to achieve sobriety. We can't use glory if we are to remain humble, and we are taught that humility is essential to sobriety.

What should we do about all this? Change the name of the fellowship? Certainly not. I think it would be a mistake even to consider such a step. We have a heritage of thirty years which should be cherished and honored. We are known all over the world as Alcoholics Anonymous, not as Sobriety, Inc. or Recovery Unlimited.

No, I would not advocate changing the name simply because some of us don't know how to handle it. What I would suggest is that we give consideration to amending our thinking to conform to the spirit of the name.

BY: J. S. C. | NEW HARTFORD, NEW YORK

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**Showing gratitude is one of the simplest,
yet most powerful things humans can do for
each other**

- Randy Pausch

**THANK YOU
VETERANS**

THIS MONTH IN AA HISTORY

Nov 1939 – Ebby Carries the message to Bill.

Nov 15, 1949 - Bill W. suggests that groups devote Thanksgiving week to discuss the 12 Traditions.

Nov 16, 1950 - Dr. Bob Dies.

PLEASE CHECK THE LISTING OF YOUR
GROUP ON

OUR WEBSITE FOR ACCURACY

<https://aabroward.org/locations>

We are not responsible for the chair app.

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.	Trish C-K.	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
Hurbert N.	John L.	Sandra C.	Nancy V.	Belinda	Dylan F.

Answers from page 4: meditation, exhaustion, monotonous, mischief, philosophy, executives, compulsion, contributions, advocate, compositions, realization, amazement

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

Big Book Meditation which met in Wilton Manors has moved to The Sanctuary, 1400 N. Federal Hwy., Room 103, Ft. Lauderdale. OMg, 7 PM.

Tuesday

Coral Ridge Group which met in Fort Lauderdale NO LONGER MEETS.

Deerfield Beach Happy Hour Group NO LONGER has a Tuesday meeting.

Wednesday

Les Vacanciers French meeting is at Sober Today Club in Hollywood again., 2035 Harding St. 8 PM.

Thursday

Free Thinkers meets at The Little Gate, 1410 NE 26th Street, Wilton Manors. 7:30 PM. OD.

Came to Believe that was meeting at the Temple in Cooper City in NO LONGER MEETING.

Entirely Ready that met at S.Fla. Wellness Network in Oakland Park NO LONGER MEETS.

Friday

NEW MEETING Men's Midday Step Meeting St. Katherine Drexel Church in the Saint Vincent DePaul room, 2501 S. Post Rd, Weston, FL 33327. 12:30 PM CSTm

Northwest Sobriety is now meeting again at Delevoe Park, 2520 NW 6th Street, Fort Lauderdale. ORF 7 PM.

The Broad Highway which met daily, is now only meeting Thursdays at 8 PM. CBB

Saturday

Free and Easy which was meeting in Hollywood has moved to the Behavioral Health unit in Davie, 5595 S. University Drive, 9 AM.

Sunday

Imperial Point Sunday which meets at St. Stephen's in Pompano has changed their time to 7 PM.

Daily

Serenity in the Park (SWR) will begin meeting at 4:45 PM again, due to time change, beginning on Nov. 5th.

Daily Dose that meets at Sober Today Club in Hollywood will now meet at 12 Noon.



*Thank you to everyone who came out to
support our Intergroup Picnic and to all the
fabulous volunteers who pulled it together!
We appreciate you all so much!*



Upcoming Events

- | | |
|-------------------|---|
| Nov 11 | Gratitude Dinner First Baptist Church, Broward Blvd., Fort Lauderdale. Limited seating. Must have advance ticket. |
| Nov 18 | Intergroup Pre-Holiday Sales Event , Broward County Intergroup. Gifts, raffles and giveaways! Sales on Triplates, Conference approved literature, meditation books and other gift items. Bring a newcomer. |
| Nov 17- 19 | SSAASA7 Sheraton Orlando North, Orlando, FL. Service assembly. For more info go to: ssaasa7.org |
| Dec 16 | Traditions Workshop Traditions 4-6. Broward County Intergroup. Limited seating. Call office to reserve your spot. Refreshments served. Free Event. |
| Jan 5-7 | S. FL Area 15 Quarterly Assembly Hyatt Regency Sarasota hosted by District 4. |
| Feb 3 | AA's Got Talent Coral Springs Charter School, Entertainment, Desserts, Raffle. Adult only event. |