



# SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 2  
FEBRUARY 2024

**Step 2** - *"Came to believe that a Power greater than ourselves could restore us to sanity."*

## Facing Our Fears

I was born in Chicago in 1959 and raised a good Catholic girl. I went to church every Sunday and attended a Catholic school until the eighth grade. My journey into the world of alcohol, parties and men began when I met my friend Margaret in high school. By the time I was twenty-one years old, I had become a waitress and bartender in nightclubs. I moved to a small cabin in Wisconsin, where I had my first drunk driving accident on my way home one night. The next morning, I awoke to find myself in the hospital having plastic surgery to reconstruct my nose. My mother, worried about me, took me to a charismatic healing mass.

Even though I did not quit drinking, I did begin to think about changing my lifestyle and my career. After taking an associate degree in early childhood education, I began working with children in a wilderness program in the boundaries water canoe area in Minnesota. Someone there suggested that I go to Al-Anon to get a better perspective on how to deal with youth at risk. I was still drinking. On August 28, 1986, after about a year in Al-Anon, I got drunk and someone took my keys away because I was too drunk to drive home. I admitted the truth about myself. I haven't had a drink since.

Nine days after getting sober, I moved to Montana to go to school. My road to recovery began at that point. I found myself more involved in AA than school. In early sobriety, I was told to take bubble baths, pray, say the serenity prayer, not to get into a relationship the first year, and "Shut your mouth & listen, look at your own inventory, and don't judge anyone else." I thought, "Wow! What an order! I can't go through with it!"

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Don't forget to bring your cash to

**AA's Got Talent**

so you can get tickets to the

**50/50 Raffle!!**

### CONCEPT II

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

**Tradition Two** — *“For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”*

## My Ego and Tradition Two

I would like to share with my Grapevine friends a small portion of my Fifth Step and the experience with Tradition Two that led me to take this Step.

I try to live the gratitude I feel by carrying the message to the alcoholic who still suffers, whether newcomer or old-timer. After approximately six months of sobriety, I felt the need for a Sunday-afternoon group. (Toronto has over 180 meetings per week, but not one filled that time period.) When I spoke to a number of AAs, they all replied, "Sounds great! Call me when it's started."

Everything will happen when it is meant to. Finally, a full year later, someone looked thoughtfully at me for a moment, then asked, "When do we get started?" With a lot of help from a lot of people, the discussion group held its first meeting only two weeks after that question was asked. At that time, we had two members and about five visitors weekly. Three months later, we had grown to ten members and twenty to twenty-five visitors weekly--enough to break up into two smaller groups.

Now, there is one thing I failed to mention: I was with the group for the first of those months but was confined to the hospital or my home for the next two. Other AA members looked after the group. This period saw my thinking get more than a little squirrely. I believed that I had started the discussion group, that I had maintained it, and that I was responsible for helping all those people each Sunday. My second week back at the group was our business meeting. I was elected secretary, but I wanted the position of GSR, because it sounded more impressive. After all, didn't I deserve it? Needless to say, my ego was hurt.

My Friend Upstairs was taking care of me, though, as he has always done. For a couple of weeks, I'd go to other groups and unfailingly be asked to read the Traditions. Nobody but myself noticed my voice faltering on the Second Tradition: "For our group purpose there is but one ultimate authority--a loving God as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern." More and more, that began hitting home.

Looking at things honestly, I knew that a multitude of people provided the action behind the discussion group, including every individual who participated by coming. I admitted the obvious fact that the group had not only maintained itself while I was ill;

*(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](mailto:help@aabroward.org).

*(continued from page 1)*

But with the help of my sponsor I became a sober member of AA.

At three years sober, I started working in a treatment center in a wilderness program for adolescents, living in a log cabin in the mountains. It was there that God started to become my best friend. I had never had a problem with God, but the word, spirituality spoke to me deeply and took me off in every direction. As they say in the Big Book, I was rocketed into the fifth dimension.

As I started looking deeper into the world of spirit, I became involved in a charismatic prayer group in my church. I also learned to walk the Red Road, which is the Native People's religion. During those years I went to a sweat lodge, a sun dance and a 10-day feast in Bear Butte, SD. I wanted to breathe, grow and learn anything that felt spiritually right for me. And I did it!

Then, at eight years of sobriety, I learned a valuable lesson. I realized I was still trying to control everything in my life and had to let go of everything but God. I had finally internalized the Third Step. That's when I stopped trying to work the program and the program started to work for me.

Later, I married and bought a home, a milestone for me. For my 20th sobriety anniversary, I gave myself a gift --a dream I had been waiting for my whole life. In 2006, I went to India and Nepal where I worked for Mother Theresa in Calcutta and an orphanage in Katmandu. I traveled on my own and faced fears that had paralyzed me for years.

Sobriety has taught me that I can live my life to the fullest. For me sobriety may be a slow process, but because I have God I can face my fears, live my dreams and give myself the greatest gifts in life—hope, love and charity. The hope of getting sober, the love I learned in AA, and the charity of giving back to others by doing service work for all humanity.

The world's greatest spiritual leaders have one thing in common. They faced their fears, and with love and compassion gave back to the world through their works, bringing hope and changing the world's outlook.

I believe that we do the same thing in Alcoholics Anonymous. We find hope for a new life through the Twelve Steps, which transforms our lives so that we can give back what we have been so freely given by reaching out our hands to help another alcoholic achieve sobriety.

BY: CHRIS L. | MISSOULA, MONTANA

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***Upcoming Benefit for Dr. Bob's House...3/23***

**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.**

3317 NW 10 Terrace, Ste. 404  
Ft. Lauderdale, FL 33309  
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

M H A D A S E  
L D R W O U F N E  
R F T O S N U T I R A  
V E N A E H  
C T R T N E O R S U C  
E A C N O



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.

F T V E C I F E E  
S L T P C A I  
N D A I T E M I N A  
M L U T A E T I  
E R S I D N I G  
Z Y A D L A P E R



**Telephone Relay currently has an opening on the third Friday of every month from 5:00-8:00 PM.**

If you have at least 1 year sober and would like to answer the AA hotline from your home, please call the office at 954.462.0403 and speak to Marsha or Sharon.

**A HUGE THANK YOU TO HELEN FOR HER YEARS OF SERVICE!!**

**The 60th Intergroup Appreciation Banquet** to be held in April 2024

will be having the next Planning meeting

**Wednesday, February 21 at 6:30 PM**

Intergroup Bookstore, 3317 NW 10th Terrace, Suite 404, Oakland Park

## GROUP NEEDS SUPPORT

**We Came to Stay AKA The Breakfast Meeting**

**SUNDAY 11 AM, 101 Club, 701 SW 10th St., Pompano**



*Things we cannot change...*

**Robert R, Karrie L**

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

**SERVICE KEEPS YOU SOBER**



# A.A. Birthdays

## February Celebrants

### Spiritual Principles

Roy C. ~ 7 yrs.  
Kerry W. ~ 39 yrs.  
Joe F. ~ 41 yrs.  
Laurey T. ~ 41 yrs.

### New Life Group

Rod ~ 7 yrs.

### East Naples Men's

Donald M. ~ 23 yrs.  
Richard P. ~ 31 yrs.  
Howard M. ~ 12 yrs.

### New Day

Ernie F. ~ 37 yrs.

### Pompano Beach

Susan ~ 13 yrs.

### Early Risers

Victoria L. ~ 13 yrs.

### Easier Softer Way

Richard W. ~ 8 yrs.  
Chris W. ~ 9 yrs.

### Saturday Morning

#### Awareness

Ryan T. ~ 10 yrs.  
Ann P. ~ 32 yrs.  
Jon J. ~ 42 yrs.

### Living in the

#### Solution

Giselle ~ 4 yr.  
Elena ~ 14 yrs.

### Brothers All Living

#### Life Sober (Balls)

Carlos R. ~ 31 yrs.

### Free To Be

Bob M. ~ 11 yrs.

### Into Action

Beth D. ~ 41 yrs.

### Dania After Work

Sherri D. ~ 14 yrs.  
Cathi D. ~ 6 yrs.

### Tamarac Group

Anne B. ~ 18 yrs.  
Victor T. ~ 24 yrs.

### Russian Alcoholics

Dmitriy T. ~ 8 yrs.

### Women's Honesty

Catherine P. ~ 22 yrs.  
Peggy ~ 51 yrs.

### Coral Springs As Bill

#### Sees It

Milinda B. ~ 18 yrs.

### Let's Do Lunch Bunch

Duayne K. ~ 18 yrs.  
Robert S. ~ 42 yrs.  
Daniel F. ~ 17 yrs.  
Jim A. ~ 22 yrs.  
Robert A. ~ 34 yrs.

### Living in the Solution

#### Virtual

Steve F. ~ 2 yrs.

### Oakland Park

Sandy P. ~ 53 yrs.  
Pete B. ~ 36 yrs.  
Jerry N. ~ 22 yrs.

### Women's Noontime

#### Boost

Priscilla M. ~ 22 yrs.

### Came to Believe

Laura M. ~ 20 yrs.

### Westside Men's

Greg G. ~ 16 yrs.

### Express Group

Reggie J. ~ 14 yrs.  
Diana P. ~ 11 yrs.  
Annie G. ~ 36 yrs.

### Melrose Park

George G. ~ 17 yrs.

### Serenity in the Park

#### SWR

Moisesito G. ~ 5 yrs.  
James G. ~ 5 yrs.  
Joy ~ 8 yrs.  
Rebecca ~ 8 yrs.

### Don't Forget

Jay L. ~ 43 yrs.

### Big Book

#### Quote of the Month:

*"When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed."*

Alcoholics Anonymous, page 25

## 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, February 25th  
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, February 10th  
at 10:00 AM**

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

## District 9 General Service

Meeting will be held on

**Sunday, February 25th  
at 2:00 PM**

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

# HAPPY BIRTHDAY

## JANUARY BIRTHDAYS

.....not previously mentioned

### Serenity Sisters

Deidre ~ 11 yrs.  
Faye ~ 9 yrs.  
Sabina ~ 1 yr.  
Ivy ~ 1 yr.

### Other Noteables

Susan A ~ 48 yrs.

### Women's Step by Step

Lisa ~ 1 yr.  
DeAnn ~ 7 yrs.  
Melissa ~ 8 yrs.  
Francesca ~ 10 yrs.  
Rena ~ 10 yrs.  
Charlotte ~ 13 yrs.  
Mary ~ 15 yrs.  
Adrienne ~ 15 yrs.  
Sherrill ~ 40 yrs.

### Oakland Park Group

Rob V. ~ 6 yrs.

### Bottom Line

Fred ~ 10 yrs.  
Dave M. ~ 39 yrs.  
Denis M. ~ 39 yrs.  
Donna T. ~ 29 yrs.  
Danny C. ~ 18 yrs.  
Gerard W. ~ 31 yrs.



(continued from page 2)

it had grown tremendously and become a very popular meeting. The other Traditions came into focus for me, and I realized that God as I understand him had used me--I was merely an instrument enabled through his grace to carry out his will. Though I am still a bit ashamed to confess this, at first I resented my Higher Power for taking the spotlight away from me. I took a mini-inventory and shared my findings with a wonderful man who had "just happened" to speak on Step Five at a meeting earlier that evening. By the end of our discussion, I realized that God was again working through one alcoholic to help another. What could be more beautiful!

My work was not done. The Ninth Step was also connected with this. The following Sunday afternoon, when it came my turn to discuss what was on my mind, I began, "For what I am about to say, I will probably lose some friends, but. . ." And the story was told. After the meeting, almost all the members came up to me and said little or nothing as they simply, lovingly put their arms around me. They understood.

I chose to share this experience with you because I know that somewhere someone is feeling what I did. To such a friend, I say, "Others who have been there know the original anger and frustration. We know the hurt ego and the guilt that follows. We know the God-given feeling of peace that finally comes when we accept the fact that we are only instruments fulfilling his plan. You are not alone."

BY: Y. T. | TORONTO, ONTARIO

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## WE are humbly requesting donations for the raffle at our 60th Appreciation Banquet in April.



*Are you or someone in your group a hairdresser, nail  
tech or massage therapist?  
Do you have access to restaurants or vacation rentals  
that can be comped?*

**WE APPRECIATE ALL AND ANY  
SUPPORT!**



### THIS MONTH IN AA HISTORY

- 1938: Rockefeller gave \$5,000 to AA.
- 1943: AA's were granted the right to use cars for 12th step work in emergency cases, despite gas rationing.
- 1945: World War II paper shortage forced reduction in size of the Big Book.
- 1971: AA groups worldwide held a memorial service for Bill Wilson.

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.	Milinda B.
Hurbert N.	John L.	Sandra C.	Nancy V.	Belinda	Dylan F.

Answers from page 4: Ashamed, Wonderful, Frustration, Heaven, Reconstruct, Canoe, Effective, Plastic, Maintained, Ultimate, Desiring, Paralyzed

**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](mailto: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](mailto: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

### Tuesday

**Tuesday Night Step Group** in Plantation has decided to make the meeting OPEN and start the meeting at 7 PM.

### Wednesday

**Page 21 Big Book Study** which met at Twelve Step House in Ft. Lauderdale NO LONGER MEETS.

### Thursday

**Ft. Lauderdale Women's Group** which meets at the Twelve Step house changed the time to 12 noon.

**Came to Believe** which met in Pembroke Pines has moved to Dunkin Donuts Conference Room at 9740 Griffin Road in Cooper City.

**Empowered Sober Women** which met at Fourth Dimension Club in Hollywood NO LONGER MEETS.

**Free Thinkers Meeting** in Wilton Manors has changed the time to 7 PM.

### Saturday

**Harbor Group** which met in Hollywood at Sober Today Club NO LONGER MEETS.

### Sunday

**Lauderdale by the Sea Meditation** NO LONGER MEETS.

### Daily

**Bottom Line Group** now meets 7 days per week at 7 PM. Palm Plaza, 823 SE 8th Avenue, Suite 100, Deerfield.



# Happy Valentines Day



## Upcoming Events

- |                  |  |
|------------------|--|
| <b>Feb 3</b>     | <b>AA's Got Talent</b> Coral Springs Charter School, 3205 N University Drive, Coral Springs. Desserts and coffee at 5:30 PM, Entertainment 6:30 PM, cash raffle. <b>Adult only event.</b> Tickets on sale \$15 per person.                                       |
| <b>Mar 15-17</b> | <b>18th Annual Soberstock</b> will be in Brooksville, FL. Camping, speaker meetings, music. AA with Alanon and Alateen participation. For more info: <a href="http://www.soberstock.com">www.soberstock.com</a>  |
| <b>Mar 23</b>    | <b>Benefit for Dr. Bob's Home</b> (where it all started) Broward County PBA Hall, 2901 SW 26th Terrace, Ft. Lauderdale \$40. Includes lunch, raffles, speakers. For more info, please email <a href="mailto:Deborah@tybroevents.com">Deborah@tybroevents.com</a> |
| <b>Apr 28</b>    | <b>60th Intergroup Appreciation Banquet</b> Tropical Acres Steakhouse, 2500 Griffin Rd, Dania, FL Starts at 4:00 PM, 4-course meal, 2 speakers and basket raffle. Tickets on sale now, \$55 per person. 10 seats needed to reserve a table. Advance sales only.  |