



# SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 1  
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**Step 1** - *"We admitted we were powerless over alcohol — that our lives had become unmanageable."*

## Stories My Mother Told Me

I grew up in the rooms of Alcoholics Anonymous. AA lingo was a part of my regular vocabulary long before I even learned to read. I remember my mother telling me when I was still quite young, "If you ever drink, you will be playing with fire. Alcoholism can be genetic and it runs on both sides of your family." I thought that having a mother in AA and a father who was a heavy drinker would prevent me from becoming an alcoholic.

When I was in grade school, I started to have the kind of feelings that would lead me to drinking. I was five years old when my parents split up. My mother had gotten sober and my father was still drinking. After their divorce, I became a shy, insecure and withdrawn child. I found it hard to make friends as we moved frequently. My mother and I settled down in Westminster, Calif. when I was eight. Even a more stable life failed to mitigate my insecurities.

Not long later, I was diagnosed with a learning disability. This only bolstered my insecurity. I felt ashamed and apart from the other children. I had always been behind scholastically and now there was a label to set me apart.

Grade school felt like an interminable struggle for me scholastically, socially and emotionally. I learned how to cheat my way through school in the fifth grade. My grades began to rise and my confidence went with it. Yet, I still felt like everyone else was part of something and I had missed out. At 14, I had my first drink.

I was finally free. I was free of all the feelings that tied me down. I embraced my first drink like another child might embrace Disney Land. I remember guarding that Goldschlager bottle behind my friend's house with my life. For every shot the other kids took, I took three.

The bits and pieces from that night I remember are a collage of wild, carefree fun. But the picture I got from my friends the next day looked very different. They said that I became violent and promiscuous. I figured they were overreacting.

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### CONCEPT I

**Final responsibility  
and ultimate  
authority for A.A.  
world services should  
always reside in the  
collective conscience of  
our whole fellowship.**

**Tradition One** — *“Our common welfare should come first; personal recovery depends upon A.A. unity.”*

## OK for this day

I could barely make it through each day without ending up drunk, but that was all I could do in that day. How would I ever manage a difficult pregnancy and eventually a brand-new baby?

But the woman sitting at the front of the room was my first and most vital lesson on how it could be done—by living life one day at a time and continuing to do “the next right thing” when life got rough. Donna B.’s husband was stationed in an extremely dangerous area of Iraq. “I buried him every day in my mind,” she told me later. But she managed to raise three terrifically rambunctious kids and keep this meeting alive for anyone who needed it, three days a week—all the while simply waiting for her husband’s next call, whenever it would come, to know he was still alive.

She became my first sponsor, and I followed her every step during my first year in the program. I rarely left her side and she helped me work the Steps for the first time.

Donna never told me how to live my life without alcohol—she just showed me that she could live hers that way. She told me during difficult times, “When you get sober, life isn’t going to be OK—but as long as you don’t drink, you will be.”

Truer words were never spoken. I sobered up just in time to face a terribly colicky baby, severe postpartum depression and the discovery that my six-year marriage, rock-solid through so many of my husband’s military deployments, now consisted of a hollow relationship that was devoid of any emotional intimacy or caring. Desperately I tried every imaginable remedy for us, and eventually learned another lesson, all on my own: I could not change someone else.

So I changed myself—my life and sobriety were both in danger by the time of our final split, and that night I took my 13-month-old daughter to a meeting where I vaguely knew some of the oldtimers. There I sobbed out my story, ending with the fearful realization that I had no idea where I was going to live or how I would even get my daughter’s crib there in a few short days.

But by the end of the meeting, that group of gentlemen had an apartment, a rental truck and a moving date all arranged for me. I could hardly believe it—how could these people give so much caring and support to a virtual stranger? The answer was through the miracles of my Higher Power and Alcoholics Anonymous.

Today life is not always OK—in fact, sometimes being a single parent makes me wonder if any part of life will reach “OK” again. However, through this program, I am now close friends and neighbors with many of those old-timers, and I know that I can count on them when going any further by myself seems unmanageable again. In fact, I even sit in Donna’s chair at that original meeting, now my home group, three days a week. We frequently have First Step meetings for newcomers, and I always tell them what Donna told me: For today, because I am here, I am OK.

Kate K., Lakewood, WA

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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)*

I quickly was transformed from a very shy girl to one of the most popular girls in school. I drank and dabbled in drugs throughout the next years in high school. I ditched class every chance I got to hang out and party. I don't know how I still managed to graduate.

After high school, I enrolled in college. I put a lot of hard work and dedication into my school work while also investing heavily into my drinking career. I could get through the week of school as long as I had a few beers waiting for me after class. Beer and wine would get me through the weekdays until the weekend when I could get completely obliterated.

As my drinking progressed, so did the consequences. I was starting to experience depression and the day-to-day tasks seemed more and more unmanageable. When I graduated college, I landed my dream job in the non-profit sector. Even though I was achieving the things I had hoped for, I was still dogged by depression. The only way I knew how to treat those feelings was by drinking alcohol.

The worse I felt, the more I drank. By this time, I was drinking a bottle or two of wine and a few tall cans each night after work. I was able to hold my job but I was miserable. I could see that my drinking was not that of a normal person.

My drinking became problematic at home too. When my mother became concerned about it, I hid the bottles under the bed until no one was home, then I would recycle them for new bottles. She knew my drinking was out of control, but I was not able to hear her concerns.

The program I worked for ran out of funding and I was laid off. I remember feeling relieved. I no longer had to pull myself out of bed each morning with a hangover and wait it out until 5 p.m. when I could drink again. I could drink all I wanted on the weekdays, sleep off the hangovers and collect unemployment.

I thought I had it made. But matters began to worsen quickly. My depression got deeper and my drinking became out of control. I would try to go a day or two without drinking and when I succeeded, I thought I was managing well. But I was miserable until I picked up the next drink. I was starting to suffer more severe consequences. After waking up in the drunk tank on New Year's Day, I decided that I couldn't live like this anymore. I accepted my mother's invitation to attend an AA meeting.

I remember walking into the rooms of Alcoholics Anonymous at 28 years old and having an overwhelming sense of peace. I felt at home as everyone in the rooms welcomed me with open arms. Of course it was hard for me to be there at first. I didn't know how to do anything sober especially when it came to socializing, but the feelings of fear and wanting to crawl out of my skin soon vanished as I took the suggestions.

Now AA is an everyday part of my life. I learned that I could have fun sober! This astonished me at first, but now I have more fun sober than I ever did drunk. Life is so much bigger and brighter now that I live sober. AA turned me from a depressed and hopeless woman into a woman who is now happy, joyous, and free. I have a beautiful life today and I owe that all to my Higher Power, the program of Alcoholics Anonymous, and my mother who led the way.

TANYA M. | WESTMINSTER, CALIFORNIA Copyright © AA Grapevine, Inc., Online Exclusive February 2015, Reprinted with permission.

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# Recovery Word Puzzle

HTLYALCSAOLISC  
GIMATETI  
DSANGIEDO  
BMNRLATIENEI  
BRODLEAETIT  
QSCENUESCNOE



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.

GONESSTISGU  
LORMBTAPECI  
SPICUMSOORU  
PREETEDYLAS  
SCEELAGHNL  
TROONFECND

## HAVE YOU GOT TALENT??

**AA'S GOT TALENT** will be having their **Next Planning meeting**

**Sunday, January 14, 2024**

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

*Auditions after meeting.*

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

**Their second Planning meeting**

**Wednesday, January 17 at 6:30 PM**

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

*Things we cannot change...*

**Yolanda**

*She will be missed by all who knew her.*

*May she rest in peace.*



## SERVICE KEEPS YOU SOBER



# A.A. Birthdays

## January Celebrants

### Spiritual Principles

Cathy M. ~ 13 yrs.  
Andy K. ~ 23 yrs.  
Ann T. ~ 27 yrs.  
Peggy G. ~ 39 yrs.  
Jayne B. ~ 30 yrs.

### Downtown Dry Dock

Larry M. ~ 12 yrs.

### Deerfield Beach

Greg B. ~ 8 yrs.

### Margate Group

Bart C. ~ 15 yrs.

### Sunday Morning Together

Mike O. ~ 33 yrs.  
Joann P. ~ 13 yrs.

### Davie Women's

Erika T. ~ 10 yrs.

### Sunlight of the Spirit

Trish R. ~ 7 yrs.

### Smell the Coffee

George M. ~ 29 yrs.  
Donna E. ~ 35 yrs.

### 6:45 Greenbelt

Heather C. ~ 11 yrs.

### Language of the Heart

John G. ~ 39 yrs.

### Welcome Home

Beginners ~ 6 yrs.

### Peace of Mind

Howie K. ~ 43 yrs.

### Women's Step Into Sobriety

Susan C. ~ 13 yrs.

### Focus on Sobriety

Janet B. ~ 37 yrs.  
Anne B. ~ 18 yrs.  
Jean C. ~ 28 yrs.  
Randi ~ 26 yrs.  
Sherry C. ~ 27 yrs.

### 441 Group

Ebony D. ~ 16 yrs.

### Margate Group

Matt O. ~ 38 yrs.

### Riverside Group

Nanette ~ 24 yrs.

### Pride 5:45

Steve W. ~ 38 yrs.  
Clint W. ~ 39 yrs.  
Glenn K. ~ 49 yrs.

### One Day at a Time

Mena L. ~ 27 yrs.  
Paulette R. ~ 29 yrs.

### Express Group

Bill ~ 10 yrs.  
Larry H. ~ 12 yrs.

### Sober on the Beach

David L. ~ 44 yrs.

### Y.A.N.A.

Kelly T. ~ 21 yrs.

### Bottom Line Group

Kelly R. 12 yrs.

### Women's Honesty

Regina H. ~ 30 yrs.

### Serenity in the Park - Southwest Ranches

Julian ~ 8 yrs.  
Brittany ~ 1 yr.  
Gia R. ~ 13 yrs.  
Tony ~ 7 yrs.  
Sara ~ 4 yrs.  
Tim A. ~ 21 yrs.  
Ruben P. ~ 4 yrs.

### Other Notables

Glenys H. ~ 38 yrs.  
Nancy F. ~ 23 yrs.  
Charlie C. ~ 32 yrs.  
Ed T. ~ 37 yrs.

### Tuesday Night Step

Don F. ~ 45 yrs.

### Women's Step by Step

Audra P. ~ 45 yrs.

### Living in the Solution

Sonia ~ 34 yrs.  
Clay ~ 29 yrs.  
Judi ~ 22 yrs.

### Women's Hope in Recovery

Adrienne ~ 14 yrs.

### Living in the Solution Virtual

Karen K. ~ 3 yrs.  
Maureen L. ~ 14 yrs.  
Frankie ~ 19 yrs.  
Sherri E. ~ 27 yrs.

### **Big Book Quote of the Month:**

*"We believe, and so suggested a few years ago, that the action of alcohol on these chronic alcoholics is a manifestation of an allergy; that the phenomenon of craving is limited to this class and never occurs in the average temperate drinker."*

Alcoholics Anonymous, page XXVIII

### **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, January 21st  
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, January 13th  
at 10:00 AM**

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

### **District 9 General Service**

Meeting will be held on

**Sunday, January 21st  
at 2:00 PM**

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

# HAPPY BIRTHDAY

## DECEMBER BIRTHDAYS

.....not previously mentioned

### Womans Honesty

Jamie W. ~ 3yrs

### Serenity in the Park—SWR

James P. ~ 1 yr.

## *Local Readers Share.....*

We live in uncertain times. Many of us now face challenges we may not have foreseen or even imagined. A sense of security we felt yesterday may no longer exist. Often, we are confronted with a reality that looks downright negative. In some cases, it may even feel like the end of our lives.

That is certainly how I felt as I watched the life I had crumble around me in 2011; I left it all behind to start over somewhere new. It felt like my own personal Armageddon. Little did I know that a wonderful new life awaited me. It included a community that would truly care for and understand me in a way no one ever had. My life's greatest blessing came to me that day disguised as a curse. I couldn't see it at the time, just as it remains beyond me sometimes to find the silver linings in the irritating obstacles in my life today.

So my holiday reflection is that I don't always know what's good for me, but today I trust that God does. What began as a mere intuitive feeling has developed into a fully functional relationship with a Power that I can call on when I need it and a sense of abiding peace. I no longer have to run the show; the wheel of life spins and I find myself content to be a spoke in it. God knows where it's going and that's enough. I no longer need to believe in happy endings.. I am living one.

Zach R., Lauderdale by the Sea, FL

### **Questions to consider from the Traditions Checklist for Tradition One**

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

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M A R T I N L U T H E R K I N G D A Y

## **THIS MONTH IN AA HISTORY**

Jan 1938—New York AA splits from Oxford Group.

Jan 1946—Readers Digest does story on AA.

Jan 1958—Bill W. writes article on Emotional Sobriety for the Grapevine.

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: Scholastically, Mitigate, Diagnosed, Interminable, Obliterated, Consequences, Suggestions, Problematic, Promiscuous, Desperately, Challenges, Confronted

**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

### Tuesday

**Tuesday Night Step Group** which meets in Plantation has decided to make the meeting OPEN.

### Wednesday

**New Meeting— The Sober Group** meets at Beach Pavillion—3464 NE 16 Street, Pompano Beach at 6 PM

### 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.

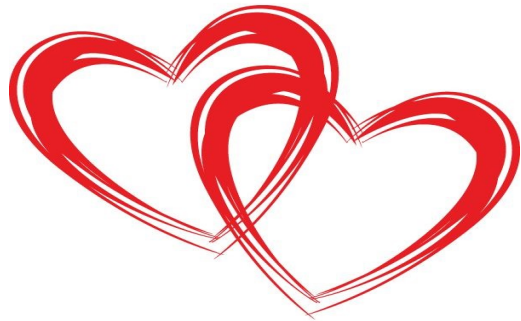
### Saturday

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

### Sunday

**Breakfast on the Beach** has changed locations and now meets at 1100 Seabreeze Blvd, Ft. Lauderdale. They still meet at George English Park in the event of rain.

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



Thank you  
everyone for a  
wonderful year

## Upcoming Events

- |                  |  |
|------------------|--|
| <b>Jan 5-7</b>   | <b>S. FL Area 15 Quarterly Assembly</b> Hyatt Regency Sarasota hosted by District 4. Free service event. Business meeting Sunday using the Third Legacy procedure.   |
| <b>Jan 13</b>    | <b>Traditions Workshop</b> (originally scheduled for December) Traditions 4-6 will be discussed, refreshments, fellowship, free event.   |
| <b>Jan 26-28</b> | <b>Southern States Women's Conference</b> Hyatt Riverfront Jacksonville, 225 E. Coastline Drive, Jacksonville, FL 32202, \$40 Early Registration <a href="https://southernstateswomensconference.org/registration">southernstateswomensconference.org/registration</a> |
| <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. Adult only event. 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>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 person. 10 seats needed to reserve a table. Advance sales only.            |