



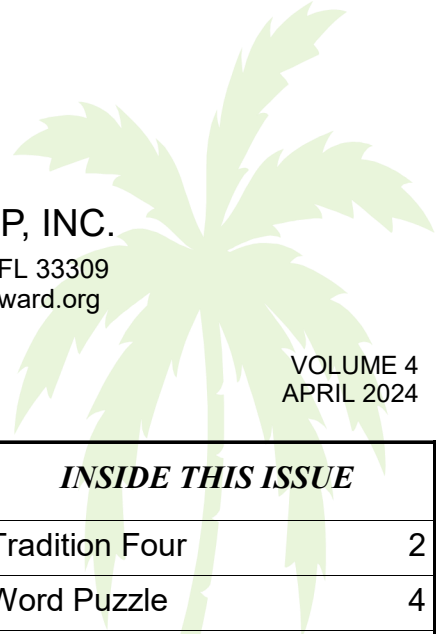
# SUITE 404

BROWARD COUNTY INTERGROUP, INC.

3317 NW 10th Terrace, Suite 404, Oakland Park, FL 33309  
 Phone 954-462-0265, 954-462-7202; www.aabroward.org

Email: [help@aabroward.org](mailto:help@aabroward.org)

VOLUME 4  
 APRIL 2024



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

<i>INSIDE THIS ISSUE</i>	
Tradition Four	2
Word Puzzle	4
Committee Updates	4
Monthly Meetings	5
Anniversaries	5
Meeting Changes	8
Upcoming Events	8

## The Resentment With No Name

When I finally gave up and begged God for help, I had been dry and going to AA meetings for seven years. I wasn't happy, joyous, or free; angry, scared, and losing hope was more like it. I also had a big resentment.

I'd tried the geographical cure--I moved from the Seattle area, where a judge had correctly diagnosed my alcoholism and directed me to AA--to south Texas, and then to Alaska. I kept thinking that adventure and excitement would be my answer. But in Alaska, my credit card, which I used to escape from the pain of my actions, expired. Because I had traveled so much, the new one hadn't caught up with me. I couldn't run. So I had to feel my life, and it felt scary. I remembered what I'd heard in a meeting, "What do you have to lose?" It was obvious, even to me, that my way wasn't working. So, one day out at the Soldotna Airport, I fell on my knees and said, "God, help me." And I really meant it.

I was willing to go to any lengths. Within a few days, I got a sponsor and started working the Steps.

John M. patiently worked with me. When I got to Step Four, he told me to write down the "people, institutions, or principles" that made me angry. One of the first people I put down was the commanding officer in my U.S. Navy aviation detachment. I couldn't remember his name.

My thinking went like this: I was over in Vietnam risking my life for my country (actually, I was getting three squares a day, a shower, and my own bed every night, with little risk of attack on my aircraft carrier). When my brother died, this "lifer" (a derogatory term) refused to give me emergency leave to go home and comfort my family. So, I certainly felt wronged. Wasn't I a victim? Didn't life suck? Why wasn't life more fair?



**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.

*(continued on page 3)*

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

## Tradition 4 Comes Alive!

The practical application of tradition four has helped enhance my sobriety in so many ways, and I was practicing it long before I knew it was tradition four!

One of my favorite aspects of tradition four is what it tells us in our 12 & 12 on page 49; this concept of Rule 62, which states "Don't take yourself too damn seriously."

As an alcoholic, it's so easy to be so serious all the time and try to manage my life. Today I'm grateful for my sponsor and for my fellowship around me that remind me often of this principle.

Another concept I love is the definition our literature gives on the last paragraph in the 12 & 12 on tradition four, talking about how humility is the ability to laugh at yourself when your plans don't go the way you want them to. It also tells us that every group has the right to be wrong.

The fact that every group has the ability to be autonomous, or self-governing, has been so cool to watch in action. Recently, I was able to take a trip to Australia and check out the local meetings there. Being involved at Broward County Intergroup, I was able to get in touch with someone who helped me connect with the A.A. community down under.

When I arrived in one of the cities, she picked me up from the train station and met me for dinner. The language of the heart is all we needed to connect, regardless that we had never met before and were from completely different countries! She proceeded to take me to a local meeting, and I went to another one as well when I was there, and tradition four was alive and well! I even got asked to speak at one, which is a memory I'll always be grateful for (probably because they love our American accents as much as we love their Australian accents!)

Being that we have the same program of action, this design for living, it didn't matter where I was from or what my specific experience had been in Alcoholics Anonymous. I think what I relate to always are the legacies of suffering and of recovery, which it talks about in our literature.

The primary purpose is always the same at any meeting of Alcoholics Anonymous, however the format, verbiage, and particulars of the meetings were quite different than what I was accustomed to. Even some of the pamphlets I had never seen before!

I'm so grateful for tradition four, whether it is on a group level or in my personal life, because it allows me and the groups I attend, the grace to figure out our own way. Thank goodness for rule 62 and the right to be wrong!

BY: KATRINA F. | FORT LAUDERDALE, FL

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)*

John told me that even if I couldn't find the people I needed to make amends to, I should change my attitude so that I would be willing to make the amend if God ever presented the opportunity.

Throughout the years, I persevered in cleaning up the wreckage of my past. I traveled to my father's grave and made peace with him. With the help of AA's principles, I no longer run, and I don't owe anyone any money. As I learned to work the principles of the program, other parts of my life began to improve. One day in 1992, in Anchorage, Alaska, I was asked to split a pitch with another member at a Sunday morning meeting. I met Stu, the other speaker. After the meeting, we decided to go out for breakfast.

As Stu and I talked, we shared about our drinking: "I did a lot of my drinking in the Navy," Stu said. "Oh, yeah? Me, too," I replied. "I was on a carrier at Yankee Station in 1968." "Really? Me, too." "I was an enlisted man in an aviation squadron on the F.D.R." "Oh yeah? Which one?"

I named the squadron. Stu piped up and said, "I was your commanding officer!" Afterward, I was able to tell him my story, and how working the Steps over four years had helped relieve me of my resentment against him.

The resentment-causing encounter between Stu and I occurred in 1968. I went on to drink another sixteen years and, when I was really feeling down, I would dredge up my resentment against a man whose name I couldn't remember. But in 1992, God brought us together in an AA meeting halfway around the world. My resentment was gone and we were both sober. What happened that morning proved to me that there is a God, that he loves me, and that his schedule is better than anything I can think up.

When I follow the "blueprint for living" in the Big Book, I get a life that is happy, joyous, and free.

When I first came to Alcoholics Anonymous, I couldn't see how the Steps would help me with my problems. But today, I no longer fight or question this program. Ever since I honestly did Step Three, the evidence of a loving God is everywhere, and each day I try to work the discipline outlined in Step Eleven into my life. I'm one of the fortunate ones.

BY: STEVE E. | PASO ROBLES, CALIFORNIA

Copyright © AA Grapevine, Inc., April 2007, Reprinted with permission.



**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

GEOSIDDNA  
 TEEVRANUD  
 SIPINELCPR  
 NDEWOCR  
 RIPNOOTORP  
 CAWKEERG



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.

DECLUSHE  
 NIPDESILIC  
 TREATONFU  
 ULOSSRYIE  
 IFONNIDIET  
 SEALCIGE

WE LOVE OUR  
VOLUNTEERS



**BIRTHDAY CORRECTIONS:**

*Debbie D. ~ 20 yrs*



**NEW WHERE AND WHENS ARE IN.**

**PLEASE MAKE SURE ALL GIFTS OR RAFFLE BASKETS  
 FOR THR BANQUET ARE IN THE OFFICE NO LATER  
 THAN THURSDAY, APRIL 25TH.**

**THANK YOU IN ADVANCE!**

*Things we cannot change...*

Robert C., Vivian G.



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

**SERVICE KEEPS YOU SOBER**



# A.A. Birthdays

## April Celebrants

**Riverside Group**

Chris ~ 8 yrs.  
 Donna C. ~ 23 yrs.  
 Jeri ~ 39 yrs.  
 Laurie B. ~ 17 yrs.

**One Day at a Time**

Kelly M. ~ 20 yrs.  
 Jimmy ~ 3 yrs.

**Victor E.**

Joe G. ~ 26 yrs.

**East Naples**

Paul B. ~ 39 yrs.

**Joy of Sobriety**

Paul P. ~ 37 yrs.

**Serenity in the Park—**

**SWR**

Bubba K. ~ 13 yrs.  
 Oscar R. ~ 5 yrs.  
 Lauren ~ 3 yrs.  
 Laura ~ 28 yrs.  
 Stu ~ 38 yrs.

**Margate Group**

Robin G. ~ 15 yrs.

**Serenity Sisters**

Linda M. ~ 2 yrs.  
 Sally H. ~ 2 yrs.

**Early Risers**

Steve L. ~ 25 yrs.

**Davie Women's Meeting**

Barbara N. ~ 19 yrs.  
 Colleen C. ~ 23 yrs.  
 Toni J. ~ 23 yrs.  
 Sandee L. ~ 33 yrs.  
 Eileen G. ~ 51 yrs.

**Meditation on the Rocks**

Sara P. ~ 6 yrs.

**5:45 Happy Hour**

Toni D. ~ 23 yrs.  
 Sara M. ~ 27 yrs.  
 Bernadette M. ~ 6 yrs.

**Ft. Lauderdale**

**Women**

Susan H. ~ 35 yrs

**Express Group**

Joanna P. ~ 20 yrs.  
 Iris S. ~ 37 yrs.  
 Edna C. ~ 14 yrs.

**Let's Do Lunch**

**Bunch**

Tony A. ~ 14 yrs.

**Came to Believe**

Bonnie T. ~ 21 yrs.

**Serenity in the Park—**

**SWR**

Bubba ~ 13 yrs.  
 Frank R. ~ 1yr.  
 Lauren ~ 3 yrs.

**Living in the Solution Virtual**

Al Coholic ~ 20 yrs.  
 Alta M. ~ 15 yrs.  
 Anne D. ~ 4 yrs.  
 Barbara N. ~ 19 yrs.  
 Nicholas P. ~ 5 yrs  
 Nina S. ~ 24 yrs.  
 Sylvia N. ~ 17 yrs.

**Womens Honesty**

Alexis H. ~ 8 yrs.  
 Ann G. ~ 34 yrs.  
 Avis J. ~ 5 yrs.  
 Debbie C. ~ 1 yr.  
 Phyllis K. ~ 52 yrs.  
 Megan M. ~ 2 yrs.  
 Sally ~ 2 yrs.  
 Tina R. ~ 1 yr.

**Lunch Bunch**

Evonne M. ~ 11 yrs.

**Mountain Group**

Michelle O. ~ 145yrs.  
 Craig L. ~ 17 yrs.  
 Rob B. ~ 40 yrs.

**Big Book  
 Quote of the Month:**

“Taking commercial inventory is a fact-finding and fact-facing process. It is an effort to discover the truth about the stock-in-trade.”

Alcoholics Anonymous, page 64

**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, April 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, April 13th**  
**at 10:00 AM**

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

**District 9 General Service**

Meeting will be held on

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

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

**HAPPY BIRTHDAY**

**MARCH BIRTHDAYS .....not previously mentioned**

**Oakland Park Group**

David J. ~ 41 yrs.

**Into Action Group**

Sandy S. ~ 21 yrs.

**Serenity in the Park—SWR**

Richman ~ 3 yrs.  
 Alberto ~ 1yr.  
 Sarah ~ 1 yr.  
 Madison ~ 1 yr.  
 Andrew ~ 1 yr.



## Local Readers Share.....

### A quiet sit with the natural world

This morning I woke up with untreated alcoholism. The first thing I did was say thank you to God for a good night sleep and grateful to have a bed to sleep in.

The next thing I do is get a cup of coffee and continue to connect with God. I read the 24 hours a day book, Daily reflections , as Bill sees it and 4 other non A.A. daily books. All these books help me to connect with God ,boost my faith and prepare me for the day ahead. I also send about 200 text messages to people in and out of the program. People who are important in my life and I also feel that a little Good Morning text might brighten up someone's day other than just mine. This all takes about an hour . I believe for me that this works so I can be prepared for what ever comes in my daily path. I will never be completely free from this disease so I must be ready for it when that time comes.

I attended 5 meetings a week and I share what I have learned in this program. I can not give what I don't have ( sound familiar) I sponsor men in this program. We meet once a month to go over the step number of that month. We also have a step meeting on Thursday nights ( a step a week). I love the steps and try and live them to the best of my ability.

I continue to do service in this program. I've been given a gift and I must give it back to the new comer and whoever wants it because this is what keeps me sober.

I hope whoever reads this will get something out of it and receive the gifts I have received.

I can't thank A.A. enough 🙌🙌❤️

## 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?



### THIS MONTH IN AA HISTORY

- April 1939 — Bank forecloses on Bill and Lois's home. They stay with Hank P. in Montclair, N.J.
- April 1940 — Bill W. and Hank P. transfer their Works Publishing Co. stock to the Alcoholic Foundation.
- April 1941 — First Florida A.A. meeting is held.
- April 1958 — The word "honest" dropped from A.A. Preamble, "an honest desire to stop drinking".

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: diagnosed, adventure, principles, wronged, proportion, wreckage, schedule, discipline, fortunate, seriously, definition, legacies

**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

**Bayview Beginners** is finally meeting again at St. John the Baptist Church in the Community Room, 4595 Bayview Drive, Ft. Lauderdale. OBG, 7 PM.

**NEW MEETING 10 and 11 at 7** meets at the Sober Today Club in Hollywood, 2035 Harding St., Ste. 102, OM, 7 PM.

### Tuesday

**Hollywood Young People** 1704 Buchanan Street, Hollywood. ORF, 8 PM.

**Perry Street South** moved a few doors down. Now meets at 1434 NE 26th Street in Wilton Manors. They are also now a CLOSED meeting.

**NEW MEETING Embracing Diversity** now meets at the West Broward Club in Davie, 8396-A State Rd 7. ODg, 7 PM.

### Friday

**Northwest Sobriety** which meets in Delevoe Park, 2520 NW 6th St., Ft. Lauderdale meets at 7 PM.

### Saturday

**NEW MEETING Beach AA** 1500 N Ft. Lauderdale Beach Blvd., Ft. Lauderdale. ODR, 8 AM.

**Weekend Beginners** at 101 Club in Pompano NO LONGER MEETS on Saturday only.

### Sunday

**The Anonymous Club** which meets in Ft. Lauderdale has changed the time to 7 PM.

**NEW MEETING Back to Basics– WBC** now meets at the West Broward Club in Davie, 8396-A State Road 7. OLT, 11 AM.

**KIS Lunchtime** that meets at West Broward Club in Davie now meets on Sunday, too. OLT, 12:30 PM.

### Daily

**NEW MEETING Wake Up and Live** at the West Broward Club, 8396-A State Road 7, Davie. Meeting every weekday M-F. O, 7 AM.

**Early Risers Group** will be moving both meetings in Plantation to the Dunkin Donuts at 9170 W State Rd. 7 beginning May 1st. 7 AM, 7 days per week.

**Serenity in the Park SWR** has changed the time to 5:30 PM for daily meetings.

**Serenity in the Park Hollywood** has changed the time to 5:30 PM for daily meetings.

## Upcoming Events

- Apr 5-7**      **South Florida Area 15 Quarterly Assembly** will be held in Boca Raton at the Town Center Marriott. Speaker meetings, workshops, and on Sunday the 3rd legacy in action. FREE
- Apr 28**      **60th Intergroup Appreciation Banquet** Tropical Acres Steakhouse, 2500 Griffin Rd, Dania, FL Starts at 4:00 PM, 4-course meal, 2 speakers and basket raffle . **This event is sold out.** Call Intergroup to be put on wait list if interested in attending. 954-462-0403.
- Apr 28**      **Bottom Line Group Picnic** Quiet Waters Park, Pavilion 1, 401 S. Powerline Rd., Deerfield. Meeting at 10 AM, Picnic (rain or shine) 11:30 AM—4:00 PM. \$10 Contribution, kids 12 and under are free with adult, entrance fee to park. Bring towel or beach chair and dish to share. Live band and 50/50 raffle.
- May 9-12**    **Big Book Seminar 2024** presented by the Paul Revere Group, Boca Raton Marriott, 5150 Town Center Circle, Boca. Registration begins on Thursday at 6 PM, program starts at 7 PM. Friday and Saturday all day with long dinner breaks. For more info or to register online go to [www.bigbookseminar.org](http://www.bigbookseminar.org)