



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 5
MAY 2024

Step 5 - *“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”*

Divorcing the Demons

My biggest demon has always been fear, which pursued me with a vengeance. I drank alcohol to silence the relentless voices. The pain led me to AA where I eagerly crawled aboard the lifeboat. I'd been paddling in my rowboat for forty-three years, screaming for someone to bring me the other oar and teach me how to row myself into the coursing current of life. With the love of the people in AA, and the Steps, I learned to chart my way into happier waters. Recently, I celebrated twenty-six years of sobriety. But it hasn't been all smooth sailing.

For seventeen years after I stopped drinking, a recurring uneasiness robbed me of joy. Valiant attempts to clear destructive character flaws faltered. Like weeding the lawn, I pulled out the top parts but left the deeply imbedded roots. Invariably the weeds of resentment, anger, and pride grew back.

Fears finally erupted with volcanic force. On my sixtieth birthday I sat in a psychologist's office, suffering from acute depression and agoraphobia.

A few days earlier I'd stopped at the supermarket to buy a turkey and fixings for my group's eighteenth anniversary, when a wave of panic washed over me. Feeling so shaky that I became faint, I grabbed my purchases and fled. At home I feared another panic attack, while just thinking of leaving home paralyzed me. Fears crouched in every corner like coiled snakes. The thought of driving or riding in a car was a nightmare--I was haunted by the thought that I would fling myself out onto the highway. Jumping into a bottle, however, wasn't a viable option for me.

Thus began my journey into taking a deeper look at all the yet-unresolved fears, and the guilt, perfectionism, control, criticism, and pride that were keeping me from being happy. I discovered my way of thinking caused my panic attacks and that I could change my thinking. This involved uncovering old ideas and doing a lot of deep soul-searching. Pain had prevented me from doing it earlier. Now, painful as it was, I knew it was the only way out of my dilemma.

Fear was like my Siamese twin; I needed to sever our togetherness. By discovering the origin of my fears, dissecting them and working through them, I defused them.

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CONCEPT V

Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion may be heard and personal grievances receive careful consideration.

Tradition Five “Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.”

On the 5th Tradition

Says the old proverb, "Shoemaker, stick to thy last." Trite, yes. But very true for us of AA. How well we need to heed the principle that it is better to do one thing supremely well than many things badly.

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death. So the society of Alcoholics Anonymous cannot, it dare not, ever be diverted from its primary purpose.

Temptations to do otherwise will come aplenty. Seeing fine works afoot in the field of alcohol, we shall be sorely tempted to loan out the name and credit of Alcoholics Anonymous to them; as a movement we shall be beset to finance and endorse other causes. Should our present success continue, people will commence to assert that AA is a brand-new way of life, maybe a new religion, capable of saving the world. We shall be told it is our bounden duty to show modern society how it ought to live.

Oh, how very attractive these projects and ideas can be! How flattering to imagine that we might be chosen to demonstrate that olden mystic promise: "The first shall be last and the last shall be first." Fantastic, you say. Yet, some of our well-wishers have begun to say such things.

Fortunately, most of us are convinced that these are perilous speculations, alluring ingredients of that heady new wine we are now being offered, each bottle marked "Success"!

Of this subtle vintage may we never drink too deeply. May we never forget that we live by the grace of God--on borrowed time; that anonymity is better than acclaim; that for us as a movement poverty is better than wealth.

And may we reflect with ever deepening conviction, that we shall never be at our best except when we hew only to the primary spiritual aim of AA. That of carrying its message to the alcoholic who still suffers alcoholism.

— **BILL W.**

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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.

(continued from page 1)

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Fear was like my Siamese twin; I needed to sever our togetherness. By discovering the origin of my fears, dissecting them and working through them, I defused them.

My wounded pride winced at the thought of being so fearful I couldn't drive for a while. One of my sponsees drove me to meetings. What a wonderful demonstration to me of how much false pride I'd possessed.

When I discerned I was the one who made me feel guilty, I divorced my lifelong companion guilt (though not without the pain that separation from an old friend can cause). The reward: I no longer have to punish myself with guilt.

I unearthed my perfectionism and decided I liked being human. Now that I had become "entirely willing," I could see that my need for approval had grown into people-pleasing.

Control isn't easy to spot but I'm doing less of it.

Judging and being critical were a major part of my background. But I learned that judging others was only a sign of my low self-worth. Finally, I heard what AA tried to teach me--that when I stand in judgment, the person I judge most harshly is myself.

Today, I'm grateful for the incapacitating agoraphobia I experienced because it forced me to deal with my character flaws and move toward the potential that God has for me. My previous efforts at housecleaning in Steps Four and Five had left a lot of cobwebs and dust which obstructed my view of the true picture. My denial and fear kept me from changing what needed to be altered. The process has been slow. But I don't have to strive for spiritual perfection, just spiritual progress. Instead of wondering why it took me so long to face the monsters, I'm grateful that at last, with God's help, it's possible.

Had I not faced the demons, I could have lost my life by drinking again. My happy sobriety today is due to a thorough housecleaning. Once I turned and faced my fears, I could walk away happy, joyous, and free.

— GLORIA L. | COLORADO SPRINGS, COLORADO

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A MOST SINCERE THANK YOU TO EVERYONE WHO HELPED OUR 2024 APPRECIATION BANQUET BECOME THE LARGEST FUNDRAISING SUCCESS EVER!

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|---|--|
| <ul style="list-style-type: none"> ◆ ATTENDEES ◆ COMMITTEE CHAIRS ◆ COMMITTEE VOLUNTEERS | <ul style="list-style-type: none"> ◆ RAFFLE TICKET SELLERS ◆ RAFFLE TICKET BUYERS ◆ RAFFLE CONTRIBUTORS |
|---|--|

CENTERPIECES PROVIDED BY DEBBIE C. OF HOORAYS FROM HOLLYWOOD

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James A Farley Station
New York, NY 10116-2407

Bridging The Gap

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Recovery Word Puzzle

M U L E Y P E R S
 C E E D E S N D D
 R I T E V E D D
 N U N B O D E
 L E S P U I R O
 V O O C I T N C I N



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.

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



WE LOVE OUR VOLUNTEERS



WHERE AND WHENS have gone back to print. Hope to have a May edition next week..

Please report all group changes as soon as possible.

*General Service District 9 needs your help to prepare for the **Founder's Day Picnic.***

The next two planning meetings will be held

Saturday, May 18th at 12 PM

Saturday, June 1st at 12 PM

Meetings held at the 101 Club, 700 SW 10th Street, Pompano Beach, FL

SERVICE KEEPS YOU SOBER



A.A. Birthdays

May Celebrants

Davie Women's

Diane G. - 7 yrs.
Jessica - 8 yrs.
Trish C-K. - 36 yrs.

Serenity in the Park - SWR

Mary - 4 yrs.
Amy - 31 yrs.
Vince - 2 yrs.
Greg - 3 yrs.

Mid Day Sobriety

Jeff B. - 11 yrs.
Greg - 3 yrs.
Hans M. - 1 yr.

Don't Forget

David H. ~ 12 yrs.
Ron J. ~ 40 yrs.

Ft. Lauderdale Women's

Jan S. ~ 39 yrs.
Jen ~ 15 yrs.

5:45 Happy Hour

Linden ~ 38 yrs.

Plantation Happy Hour

Keith N. ~ 9 yrs.
Howard S. ~ 9 yrs.
Lou P. ~ 24 yrs.
Robin S. ~ 30 yrs.

Freedom From Alcohol

Jackie S. ~ 42 yrs.

West Park Sunday Morning

Sheila C. ~ 30 yrs.

Saturday Morning Awareness

Joey B. ~ 12 yrs.

Express Group

Jodi W. ~ 23 yrs.

Serenity Sisters

Lisa K. ~ 11 yrs.
Lisa D. ~ 15 yrs.
Joyce ~ 29 yrs.
Ruth D. ~ 37 yrs.

Recovery on the Rocks

Mary R. ~ 18 yrs.

Women's Step Into Sobriety

Casandra C. ~ 10 yrs.

Sober on the Beach

Andrew K. ~ 3 yrs.

Sunshine Group

Donna H. ~ 16 yrs.
Dave A. ~ 13 yrs.

Happy Joyous & Free

Peggy D. ~ 20 yrs.

We Came to Stay ~ 38 yrs.

Other Notables

Amanda P. ~ 11 yrs.
Victoria R. ~ 14 yrs.
Rob D. ~ 15 yrs.
Christopher C. ~ 18 yrs.
Aisling ~ 25 yrs.
Larry F. ~ 31 yrs.
Jeff S. ~ 35 yrs.
Russell S. ~ 35 yrs.
Gail O. ~ 41 yrs.
MaryJo W. ~ 38 yrs.

Living in the Solution

Arlene R. ~ 5 yrs.
Billy E. ~ 7 yrs.
Glenn H. ~ 9 yrs.
Mike B. ~ 11 yrs.
Nancy H. ~ 13 yrs.

12 Steppers Men's

Mike O. ~ 2 yr.
Mike B. ~ 11 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, May 19th
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, May 11th
at 10:00 AM

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

District 9 General Service

Meeting will be held on

Sunday, May 19th
at 2:00 PM

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

HAPPY BIRTHDAY

APRIL BIRTHDAYS

.....not previously mentioned

Serenity Sisters

Linda M. ~ 1 yr. (correction)
Shirley ~ 37 yrs.

Mid Day Sobriety

Oscar R. - 5 yrs.
John F. - 37 yrs.

Local Readers Share.....

A Quiet Sit With the Natural World

I sit quietly in nature. Eyes closed to remove the sense of security my eyes give me. I listen. I hear all the noises that the insects, trees, shrubs and crawlers provide. I perceive danger everywhere.

My mind tells me everything is out to get me. That I am not safe. Open your eyes so you can see it coming and stop it thus creating a safe environment for yourself. My breath shallows and my chest tightens. I remember to take a deep belly breath. My body relaxes enough to breathe with more ease.

Where is that loving God you say you believe in?

Then the gentle breeze blows cooling my body and brushing across my face and a sweet soft song of a far off bird catches my attention. I feel safe. The environment around me feels nurturing. There you are God. Always present, gentle and loving.
GOD Great Outdoors

BY: TONEE - POMPANO BEACH, FL

HAPPY
Mother's Day



THIS MONTH IN AA HISTORY

May 1951 — Al-Anon is founded by Lois W. and Anne B.

May 12, 1935 — Bill W. met Doctor Bob at the home of Henrietta Seiberling.

May 8, 1971 — Bill W. buried in private ceremony, East Dorset, Vermont.

May 29, 1980 — “Dr. Bob and the Good Oldtimers” was published.

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: supremely, descended, diverted, bounden, perilous, conviction, vengeance, celebrated, uneasiness, paralyzed, dissecting, judging

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

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

Tuesday

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 SR 7, ODg, 7 PM.

Thursday

New Way of Life which met in Davie at 7:30 PM—NO LONGER MEETS.

Friday

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

Choices. Which met at 5:30 at Sullivan Park in Deerfield—NO LONGER MEETS.

Saturday

NEW MEETING Women's Beginners West Broward Club, 8396-A SR 7, Davie. CRFw, 2 PM.

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

Sunday

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

Stirling Room The 9 AM meeting will now be meeting at 8 AM at the new location (see below).

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

Stirling Room The 12 PM meeting will now be meeting at 1 PM at the new location (see below).

Daily

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.

Wake up and Live—which met at West Broward Club at 7 AM—NO LONGER MEETS.

STIRLING ROOM has MOVED as of May 1st and is now NON-SMOKING. New location is 3221 NW 75 Terrace, Store #5-7, Davie. Most meetings have remained at same time.

Upcoming Events

- 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
- June 9** **Founders Day Picnic** will be held at Synder Park Cauldwell Pavillion at 3922 SW 4th Ave, Fort Lauderdale, 11 AM—4 PM, Live DJ, Meeting at 2 PM, \$10 in advance/\$12 at gate.
- June 16** **Traditions Workshop 10-12** Intergroup Bookstore, 3317 NW 10 Terrace, Ste. 404, Oakland Park, Saturday 7-9 PM, Food, Fellowship, FREE EVENT, interactive discussion on traditions 10, 11 and 12. Bring a sponsee, friend or newcomer. Limited seating, call to sign-up.
- July 20** **Customer Appreciation Day** Intergroup Bookstore, 3317 NW 10 Terrace, Ste. 404, Oakland Park, Saturday 11AM—3 PM, Refreshments, Door Prizes, Literature and Gift Sales.