



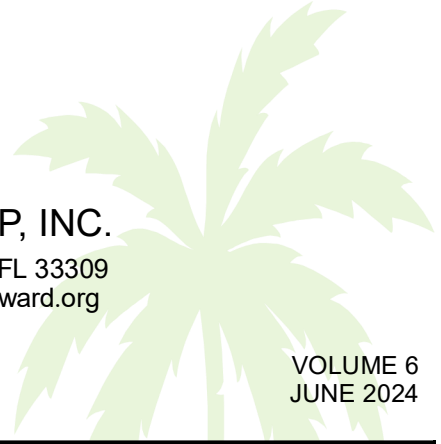
# SUITE 404

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)

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**Step 6** - "Were entirely ready to have God remove all these defects of character."

## Are We Really Willing to Change?

THE FIRST STEP was a cinch for me. I had run out of options, and the results of my drinking had been devastating; so self-debate about drinking simply didn't exist. I knew I couldn't drink safely. I did the First Step at the moment I entered a hospital for detoxification, and I have never questioned it since.

It then took several weeks to get to the Second Step, but it became apparent that I hadn't stopped drinking on my own. A Higher Power had obviously intervened, so the Third Step was understandable and necessary.

My sponsor pushed, shoved, and tugged, and I eventually did the Fourth and Fifth Steps. From that point onward, I made immense progress. Even the Ninth Step was faced with resolution and courage. I made the appropriate amends and experienced the feeling of liberation that my sponsor had promised. The other Steps were the logical extension of the program for me. I became active in Twelfth Step work and enjoyed the rewards.

Still, something was missing. There remained lingering feelings of vague discontent. The personality flaws I had uncovered in doing the Fourth and Fifth Steps had diminished--but were still there. And they started up the same old process that had produced feelings I had when drinking--impatience, irascibility, quick temper, and an unforgiving attitude toward others. I didn't like the way I felt, so I had dinner with my sponsor and discussed my situation frankly with him.

He gave me one of his knowing smiles, but said nothing. "Well," I demanded, "what's your solution to this problem?"

"You really think you've done all the Steps, don't you?" he asked. I assured him, somewhat indignantly, that I had. Hadn't I done the Fourth and Fifth with him? Had he not seen my Twelfth Step activity with his own eyes? Wasn't he aware of how faithfully--in my mind--I was doing the Tenth Step?

"All very true," he said, "but what about the *Sixth* Step?"

That came like a bolt from the blue. Of course, I was willing to change and have my Higher Power remove my defects of character, wasn't I? . . . Was I?

If I was sincerely willing to change, why did I remain so much the

*(continued on page 3)*

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**Happy Birthday AA** 

### CONCEPT VI

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

**Tradition Six** - "An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose ."

## Tradition Six

The sixth of our Twelve Points of AA Tradition is deemed so important that it states at length the relation of the AA movement to money and property.

This Tradition declares in substance that the accumulation of money, property, and the unwanted personal authority so often generated by material wealth comprise a cluster of serious hazards against which an AA group must ever be on guard.

Tradition Six also enjoins the group never to go into business nor ever to lend the AA name or money credit to any "outside" enterprise, no matter how good. Strongly expressed is the opinion that even clubs should not bear the AA name; that they ought to be separately incorporated and managed by those individual AAs who need or want clubs enough to financially support them.

We would thus divide the spiritual from the material, confine the AA movement to its sole aim, and ensure (however wealthy as individuals we may become) that AA itself shall always remain poor. We dare not risk the distractions of corporate wealth. Years of experience have proven these principles beyond doubt. They have become certainties, absolute verities for us.

Thank God, we AAs have never yet been caught in the kind of religious or political disputes which embroil the world of today. But we ought to face the fact that we have often quarreled violently about money, property, and the administration thereof. Money, in quantity, has always been a baleful influence in group life. Let a well-meaning donor present an AA group with a sizable sum and we break loose. Nor does trouble abate until that group, as such, somehow disposes of its bankroll. This experience is practically universal. "But," say our friends, "isn't this a confession of weakness? Other organizations do a lot of good with money. Why not AA?"

Of course, we of AA would be the first to say that many a fine enterprise does a lot of good with a lot of money. To these efforts, money is usually primary; it is their lifeblood. But money is *not* the lifeblood of AA. With us, it is very secondary. Even in small quantities, it is scarcely more than a necessary nuisance, something we wish we could do without entirely. Why is that so?

We explain this easily enough; we don't need money. The core of our AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting. It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all AA needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars apiece a year, easily met by voluntary contributions. Trivial indeed, *our* expenses!

Nowadays, the AA group answers its well-wishers saying: "Our expenses are trifling. As good earners, we can easily pay them. As we neither need nor want money, why risk its hazards? We'd rather stay poor. Thanks just the same!"

— 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](mailto:help@aabroward.org).

(continued from page 1)

same? I realized that I had been paying lip service to the Sixth Step. Compared to most of the other Steps, the Sixth is apparently simple. I believed this, because no overt action seemed required. There is none of the dramatic confrontation that exists when we do the Ninth Step, nor is there the feeling of accomplishment that comes with the Twelfth. The Sixth is not dramatic. There are no enthusiastic witnesses to rush up and shake one's hand. It's a rather solitary affair and hence seems simple.

The Sixth Step means facing ourselves, and that is often more difficult than being honest with another person. I have found it difficult to lie to others but still easy to lie to myself. When I say, all too swiftly, "Of course, I'm willing to change," I now ask myself, "Really? Who's kidding who?" The fact that I am now questioning my willingness to change has increased my ability to be increasingly willing. I simply don't take the process as lightly as I did before. I can't learn anything unless I'm sincerely willing to learn. Nor will making myself promises to change have any significance until the willingness factor is developed.

My sponsor intervened again with a few of his pointed questions. "You played football in college, didn't you?" he asked--knowing full well that I had. He reminded me that I had told him I absolutely hated the practice, "getting all those lumps and bruises for no good reason." And he also reminded me how I had said I loved the actual game, especially the applause when I did something very well.

"You know," he said, "no one gets all excited about the practice. It has no flash to it. It's the game that counts. But a good game performance requires hard practice. And the Sixth Step can be compared with football practice. If you're going to continue to make progress in the program and with the other eleven Steps, you have to really work on the Sixth Step. Don't stand around on one foot waiting for applause. There won't be any. But you'll play a far better game."

What my sponsor told me carries an important moral lesson. It's one I'm working diligently to learn, because I now--finally--see the true value of the Sixth Step.

— R. B. | Manhattan, NY

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*Things we cannot change....*

Mike D., Sue B., Dale W., Jack C.,  
Matthew B. and Gavin F.



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

**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

GNRGILNEI  
 BISIY TICLRAI  
 FOENCNI  
 MCOLUTAUCNAI  
 EVTSEIRI  
 UAISNCNE



*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.*

FRGTINIL  
 AFE GIDMIN  
 GUEVA  
 VTDERI  
 IRTGPESE  
 VTEDOC AA



## WE LOVE OUR CUSTOMERS



NEW JUNE 2024


## WHERE & WHENS ARE IN!!!

STILL ONLY \$1

LISTING ZOOM AND FACE-TO FACE MEETINGS



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



The next planning meeting will be held

**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

## June Celebrants

### Living in the Solution

Lesley A. ~ 5 yrs.  
Marshall B. ~ 6 yrs.  
Nancy S. ~ 6 yrs.  
Pat D. ~ 8 yrs.  
Joe H. ~ 9 yrs.  
Lloyd G. ~ 13 yrs.  
Pete S. ~ 26 yrs.  
Stan S. ~ 33 yrs.

### Oakland Park

Gene S. ~ 15 yrs.

### East Naples Men's

Stan S. ~ 33 yrs.  
Pete S. ~ 26 yrs.  
Wade B. ~ 24 yrs.  
Ralph O. ~ 23 yrs.  
Luis F. ~ 21 yrs.

### Living in the Solution (virtual)

Marilyn M. ~ 50 yrs.  
Paula B. ~ 39 yrs.  
Shaunarae ~ 6 yrs.  
Pat F. ~ 6 yrs.

### 5:45 Happy Hour

Sandy S. ~ 34 yrs.

### Empowered Women

Debbie B. ~ 36 yrs.  
Julie D. ~ 6 yrs.  
Heather ~ 16 yrs.

### Ft. Lauderdale Women's

Nancy S. ~ 11 yrs.

### Serenity in the Park (E)

Patricia B. ~ 20 yrs.

### Mountain Group

Dawn D. ~ 8 yrs.

### One Day at a Time

Adelina S. ~ 12 yrs.  
Denise R. ~ 7 yrs.

### Meditation at the Rock

Melissa S. ~ 7 yrs.  
Ken K. ~ 13 yrs.

### Serenity in the Park - (SWR)

Viviana ~ 10 yrs.  
Joe H. ~ 29 yrs.  
Mark ~ 2 yrs.  
Peter ~ 2 yrs.  
Ruth ~ 13 yrs.

### Good Morning God

Matt M. ~ 15 yrs.

### I Came To Stay

Floyd G. ~ 10 yrs.

### Straight Talk

Mark O. ~ 33 yrs.

### B.A.L.L.S.

Drew ~ 11 yrs.

### Men's Independence

Ken W. ~ 21 yrs.

### Y.A.N.A.

Bruce P. ~ 31 yrs.

### Other Notables

Lynda Z. ~ 28 yrs.  
Sharon M. ~ 42 yrs.  
Kevin M. ~ 32 yrs.

### Women's Honesty

Brittany L. ~ 5 yrs.  
Lisa S. ~ 5 yrs.  
Shelby G. ~ 4 yrs.  
Telise C. ~ 1 yr.  
Tori ~ 3 yrs.

### Sunlight of the Spirit

Shannon A. ~ 12 yrs.

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

We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can he now take them all—every one? If we still cling to something we will not let go, we ask God to help us be willing.

Alcoholics Anonymous, page 76

### **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, June 23rd**  
**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,**  
**at 10:00 AM**

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

# HAPPY BIRTHDAY

## MAY BIRTHDAYS

.....not previously mentioned

### Women's Honesty

Holly W. ~ 1 yr.  
Kelly M. ~ 3 yrs.  
Patrisia L. ~ 9 yrs.

### Pride 5:45

Keith ~ 1 yr.

### Express Group

Bobby ~ 2 yrs.  
Jane C. ~ 11 yrs.  
Bobby ~ 12 yrs.  
Donna H. ~ 15 yrs.  
Lisa ~ 30 yrs.

### **District 9 General Service**

Meeting will be held on

**Sunday, June 23rd**  
**at 2:00 PM**

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

*Local Readers Share.....****The Language of His Heart***

The doctor called to say, "We think you should see a surgeon and we have an appointment for you this afternoon." This conversation occurred one week before Christmas 2023. One week into 2024, my husband was scheduled for open heart surgery. We decided to proceed with the procedure based on his diagnosis after we talked it over. Our thoughts were spinning as his heart was a ticking time bomb. Time was not on our side.

Days after his operation was scheduled, I informed my sponsor, family and close friends in AA. A plan was put in place so that I would not be alone during his 6-plus-hour surgery. My closest friends in AA, my sister, sister-in-law, and I, were a sight to behold. I'm so grateful they were there, given that everything was a big blur. The surgeon said, "Your husband did well and there were no complications." Imagine the surgeon's amazement when five women asked different questions! He patiently answered each of them. As for me, I was completely overwhelmed.

After a few hours, I went back to visit my husband. I took his hand in mine and told him I was there for him. Oddly, I handled the situation and his post-operative appearance better than I expected.

That day, a plan was implemented. My friends and family discussed bringing food, walking our new puppy, and telling me to phone whenever I wanted to talk. Some were unprepared for my meltdowns over the next few weeks, but they handled me with care.

For many years, we have been telling our family about what Alcoholics Anonymous has done for us and how our friends have become like family. Our close friends and homegroup members kept checking in on me and asking about my husband's recovery. I was quite protective of him.

We have had excellent health up to this point. Prior to their deaths, I was able to make living amends and serve as an advocate for my mother and father. This was a completely different experience. I had a whole Using the 12 steps to process this medical event would ultimately lead me to emotional sobriety.

Upon his return home, we would need a lot of changes in our routine. The biggest change was that we'd be spending a lot of time together. Why was I scared? We had a routine, didn't we? Yes, but we lacked the ability to communicate.

During this time, my immaturity, and flaws, which I wasn't willing to admit, were magnified. I'd have to dig deep. I'd have to let go, and gulp, grow up.

I took some much-needed alone time and meditation, and it resulted in the memory of my wedding as a 19-year-old raging alcoholic. After memorizing my vows, I recited them as quickly as humanly possible so that we could get to the important part: the open bar waiting for us at our reception.

At 63 years old, married for 43 years, and 18 years sober, I began to reflect on my wedding vows: was I comforting him, honoring him, and keeping him in sickness and health? I started writing an Inventory every night (sometimes daily) and realized I could do better. It started with giving myself a rest. Then and only then was I able to hear him without having to interrupt. I have no concept of what it is like to have open heart surgery; only he had, and he was afraid.

We disconnected from everything for the next 6 weeks. We napped together. I read to him and spent quiet days on the patio. Before this, we had never appreciated our backyard. We hit the ultimate reset button.

I would have fallen apart if I hadn't been sober and had a sponsor encouraging me to embrace this time with my husband. The thought of having a drink never crossed my mind.

Our relationship has changed. It's grown stronger. I feel like I'm a newcomer. I'm thrilled about the future and can now understand when the ladies I sponsor describe a life-changing event.

My husband's heart had been healed. I frequently rest my ear on his chest and say, "Thank you, God, for posturing me and extending me the grace that only You can provide."

— Kim C., Pompano Beach

**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: lingering, irascibility, confine, accumulation, verities, nuisance, flirting, magnified, vague, divert, prestige, advocate

**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

### Wednesday

**Women's Step Into Sobriety** which meets in Dania Beach at 7:30 PM—NOW STARTS AT 7 PM.

### Thursday

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

### Friday

**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.

### Sunday

**Bottom Line Group** which meets in Deerfield Beach has added a men's meeting at 10 AM.

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

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

**Lauderdale By The Sea Meditation Meeting** meets at El Prado Park at 9 AM.

### Daily

**Wake up and Live** now meets at West Broward Club in Davie at 10 AM on M/T/Th/F.

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

**THE 2 SPANISH MEETINGS WHICH MET IN HALLANDALE NO LONGER MEET.**

(La Gran Decision and Circulo de Ganadores)

### THIS MONTH IN AA HISTORY

June 1, 1949 — Anne Smith, Dr. Bob's wife, dies.

June 10, 1935 — The date that is celebrated as Dr. Bob's last drink and the official founding date of AA.

June 21, 1944 — The first Issue of the AA Grapevine 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.*

## Upcoming Events

- 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.
- June 29**      **43rd Annual Co-Ed Eating Meeting** hosted by Hollywood Men's Group at United Methodist Church, 400 N. 35th Ave, Hollywood, FL. Free event, 7 PM, dinner and speakers.
- July 20**      **Customer Appreciation Day** Intergroup Bookstore, 3317 NW 10 Terrace, Ste. 404, Oakland Park, Saturday 11 AM—3 PM, Refreshments, Door Prizes, Literature and Gift Sales.