



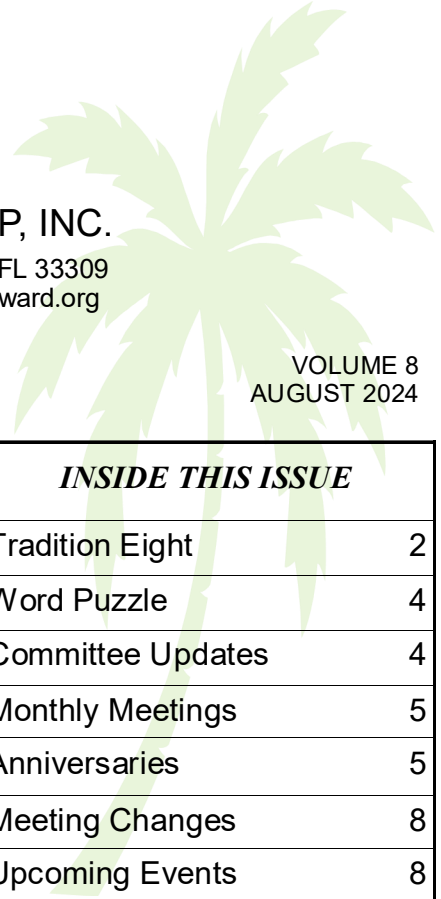
SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 8
AUGUST 2024



Step 8 - "Made a list of all persons we had harmed, and became willing to make amends to them all."

A New Way of Thinking

A few months ago, while she was arranging my grandmother's funeral, my mother was told that the ashes of her second husband were still stored at the mortuary. Mother married Theron when I was twelve, and they were married for seven or eight years. She and Theron divorced and both remarried before his death from cancer in 1984. No one had ever claimed his remains.

I was twelve the first time I got drunk. That evening, I blacked out, and when I was delivered to my home, I got sick. Theron cleaned me up and put me to bed. He was very patient and kind to me. As my disease progressed and I became more difficult, he also became more difficult. I was arrested several times, fired from jobs, stole their car, partied, and brought drugs into the house and attempted burglary at the home of a friend of Theron's. Finally, after being arrested again for drugs, this time at school, I was expelled and asked to leave their home.

My relationship with Theron had become intolerable. I know that my years of active alcoholism in that home contributed to the demise of the relationship between Theron and me as well as between him and my mother.

In 1992, eight years after he had died, I sobered up and started working the Steps. I put Theron's name on my Eighth Step list. I asked my Higher Power for the willingness to make amends, and believed this would be one I'd only be able to make indirectly, possibly just trying to live my life as a sober member of AA.

When I heard of the situation with his ashes, I inquired what was supposed to have happened to him. Mother told me that when he was dying, he had requested that his ashes be scattered over a nearby wilderness area in the Wallowa mountains. I knew this could be an opportunity to try to right a wrong. My sponsor agreed and suggested I make contact with Theron's wife, son, and daughter for their approval. I would be traveling to that area on my vacation, so I hoped to complete this goal. I was unsuccessful in locating his family, but I made the necessary arrangements to pick up his ashes.

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InterGroup Picnic 2024
 Tickets Available
 August 19th

BUY IN BULK AND SAVE
 3/\$30
 Advance sales only
 (kids under 8 eat free)

See your InterGroup Rep
 Or call the office
 954.462.0403

CONCEPT VIII

"The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities."

Tradition Eight - "Alcoholics Anonymous should remain forever non professional, but our service centers may employ special workers."

Amateurs Anonymous

What dismays me about my early days in Alcoholics Anonymous is the extent of intellectual arrogance and grandiosity that I brought with me--defects that were quickly enlisted in what was to become an ongoing tournament: me vs. the Eighth Tradition.

The word "nonprofessional," in AA parlance, means that I ought to act in a way that neither affirms nor implies that I am something other than a recovering alkie in a Fellowship of recovering alkies. It means that if professional help is what I need, I should go where such help is available--outside AA. Seems clear enough. Yet before I was ninety days sober I had become legal advisor to a fellow newcomer who was then in the divorce court; I advised another AA to stop taking the medication that a qualified doctor had prescribed; and I counseled two AAs in a lover's quarrel.

I've learned enough since my entry into AA, in 1960, to stay out of those arenas, but there is still another that can take me by surprise. True, I no longer play doctor or therapist where medications or relationships are concerned, and I don't give legal advice, but I can still catch myself wondering whether the latest newcomer in my home group is really an alcoholic. On what basis would I question anyone's qualification? What else, except my *expertise* on AA and on alcoholism itself. Old habits die hard!

I try to be particularly careful when introducing newcomers to the Twelve Steps. It seems to me that one of the reasons the Steps were suggested in the first place was to avoid professionalizing them. In my zeal to encourage newcomers to get involved with the Steps I sometimes talk about them as if they were the be-all and end-all. Looking back at my own beginnings, I think that if anyone had told me, even by inference, that I *had* to get on with the Steps, I wouldn't have stopped long enough to remark, "What an order! I can't go through with it." I simply would've run like hell.

Sometimes I complain about the way officers conduct the business of my home group and set myself up as an expert on the AA group. Heaven help me, but there were times when I was so sure I knew everything there was to know about AA history that I would actually hook my thumbs in my vest like a nineteenth century politician when speaking from the podium.

Another area where I am made particularly aware of the Eighth Tradition is in speaking to non-AA groups. I have found myself on panels with experts in the field of alcoholism and have been introduced as an expert myself. I make it a point to remember something I was told by a member of our local intergroup public information committee: We need to maintain our amateur standing. There is a practical side to this as well. Being nonprofessional means I don't have to worry about giving a letter-perfect presentation every time.

Tradition Eight also suggests that our service centers may employ special workers. Some of the experience that helped formulate this Tradition was played out in the days of the Forty-first Street Clubhouse when members had a hard time distinguishing between Twelfth Step work and office employment. This was in the early 1940s. The controversy was still all very new but I can just imagine the air turning blue with resentment as they tried to understand that the secretary, for instance, was not being paid to stay sober or to do Twelfth Step work but to answer the phone, write letters, keep records of business transactions, and so forth.

(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.

(continued from page 1)

The time came for me to strap on my backpack and hike into the wilderness area. I climbed the mountains overlooking a spot I knew he was fond of. I said a prayer thanking my Higher Power for this man in my life and the opportunity to grant his last request. This was a wonderful experience for me, yet it also brought on an awareness that inspired another amends.

When I returned to my mother's home a couple of days later, I was washing my pickup when a thought crossed my mind that I should make a deal with my mother to wash her car if she would let me use it that evening to go to a nearby town. My next thought was, "Why don't you just wash her car?" I began thinking about all the times I had used and abused--even stolen--her car in the past. I also thought about how she was retired and living on a limited income while I was working. So I washed her car, feeling grateful for the opportunity to be of service, and drove to town that evening in my own pickup.

This experience proved to me, once again, that I can act myself into a new way of thinking.

—DAVID D. | NORTH PLATTE, NEBRASKA

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Things we cannot change....

Maureen D., Big Guy



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

Local Readers Share.....

Came in from a world of violence, grabbed a coffee and a moment of silence

Looked around and the smiles and nods said, " Welcome Home "....

Then I read the sign that said. " You're Not Alone ".

Mother rocked her child in a rocking chair; saw we're all here ' cause we're not all there.....

Then....we all said the Serenity Prayer.....

I gotta admit that it feels kinda strange, to accept those things that I just can't change ..

*But I also must admit that there was a time... I tried to change those things by
drinking wine.*

Trust God, Clean house, help others.... Here I am...with my recovery sisters and brothers.....

*And if I keep it simple one day at a time ...when the elevator's s broken it's the
STEPS I climb.....*

I let go, let GOD ...and then I pray..... Because in order to keep it.....I gotta give it AWAY...

— Original Song written by Brian G.

General Service Office. NY

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James A Farley Station
New York, NY 10116-2407

Bridging The Gap

877.207.2242

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Area 15 Treasurer

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District 9 General Service

P.O. Box 100126
Ft. Lauderdale, FL 33310

Recovery Word Puzzle

BEERSDO
 FEWTTLH
 ROOTYNVSCRE
 RASTAUME
 HATLIFFU
 THISINOBINI



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.

LEND DIAE
 RAN CUEGOE
 DIGETTARU
 CERIXEPEEN
 VERDOECRE
 PINTREESER

Thank you

To all our customers
 We appreciate you



The NEXT Intergroup Picnic planning meeting

will be held on

August 18th at 1:00 PM

12-Step House, 205 SW 23rd Street, Fort Lauderdale, FL



The NEXT Gratitude Dinner planning meeting

will be held on

August 17th at 12:30 PM

PBG, 108 - 110 E. McNab Road, Pompano Beach, FL

SERVICE KEEPS YOU SOBER



A.A. Birthdays

August Celebrants

Women's Honesty

Marsha M. ~ 28 yrs.
Charmaine D ~ 9 yrs.
Katrina F. ~ 8 yrs.
Amanda H. ~ 2 yrs
Michele B. ~ 18 yrs
Ilana H. ~ 8 yrs.
Desiree K. ~ 6 yrs
Emily M. ~ 7 yrs.
Rachel M. ~ 15 yrs.
Katherine C. ~ 33 yrs.

Davie Women's

Patty L. ~ 19 yrs.
Carmen D. ~ 16 yrs.
Lori B. ~ 16 yrs.
Eula K. ~ 32 yrs.

Sober on the Beach

Joe. ~ 2 yrs.
Cassie ~ 1 yr.
Ben ~ 5 yrs.

Living in the

Solution — Virtual

Steve B. ~ 7 yrs.

Empowered Women

Kathy G. ~ 46 yrs.

Broward Men's

Max ~ 10 yrs.
JD ~ 10 yrs.
Will ~ 10 yrs.
Brian E. ~ 9 yrs.

Oakland Park

Don W. ~ 42 yrs.
David S. ~ 42 yrs.
Rick B. ~ 30 yrs.
Nicole B. ~ 14 yrs.

Spiritual Principles

Peter G. ~ 15 yrs.
Carmen D. ~ 16 yrs.
Glenn S. ~ 24 yrs.
Linda W. ~ 41 yrs.

Women's Step by Step

Jennifer R. ~ 10 yrs.

Serenity Sisters

Donna ~ 1 yr.
Sherrill ~ 17 yrs.
RuthAnn ~ 44 yrs.

Let's Do Lunch

Charlie G. ~ 30 yrs.

Downtown Dry Dock

Terri S. ~ 21 yrs.
Patty M. ~ 18 yrs.

Bayview Beginners

Erica ~ 8 yrs.

Chickee Group

Sue Y. ~ 41 yrs.

Coral Springs As Bill Sees It

Barbara ~ 14 yrs.
Monica ~ 13 yrs.
Mark ~ 35 yrs.
Kevin ~ 11 yrs.

Easier Softer Way

Taryn ~ 22 yrs.
Nancy G. ~ 11 yrs.

Riverside Group

Denise J. ~ 46 yrs.

Express Group ~ 48 yrs.

Joanne ~ 37 yrs.
Vernon ~ 36 yrs.

Serenity in the Park—SWR

Rick S. ~ 2 yrs.
Todd G. ~ 3 yrs.
Nancy F. ~ 6 yrs.
Alison B. ~ 8 yrs.
Peter ~ 15 yrs.
Louis ~ 32 yrs.
Mathew B. ~ 37 yrs.

Living in the Solution

Martin S. ~ 10yrs.
Ron R. ~ 5 yrs.
Sally S. ~ 13 yrs.
Suzanne K. ~ 3 yrs.

Hollywood Men's

Joe A. ~ 36 yrs.
Tom ~ 29 yrs.

New Day Group

Karo ~ 16 yrs.
Jeanne B. ~ 9 yrs.
Frank M. ~ 9 yrs.

Men's Independence

Nico ~ 14 yrs.

Entirely Ready

Adie M. ~ 37 yrs.

Westside Men's

Scott Z. ~ 31 yrs.

Fort Lauderdale Women's

Lisa M. ~ 19 yrs.
Beverly P. ~ 38 yrs.

Big Book Quote of the Month:

"We of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book."

*Alcoholics Anonymous, page ix
Forward to First Edition*

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, Aug 18
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, Aug 10
at 10:00 AM

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

District 9 General Service

Meeting will be held on

Sunday, Aug 18
at 2:00 PM

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

HAPPY BIRTHDAY

JULY BIRTHDAYSnot previously mentioned

One Day at a Time Group

Eddie N. ~ 15 yrs.

Serenity Sisters ~ 5 yrs.

Laura ~ 26 yrs.

(continued from page2)

Newcomers still ask, as I did, why we have paid AA workers (professionals). As it was pointed out to me, the staff at our local intergroup office, for example, is not paid to do Twelfth Step work. By opening up and helping to keep open the doors to institutions and correctional facilities, by collecting data on local groups and publishing updated meeting directories, along with many other fundamental activities, the intergroup staff is paving the way for Twelfth Step work. It makes my Twelfth Step work that much easier. And carrying the message of hope and recovery is the real "business" of AA. But why a paid staff? Why not volunteers? To attempt to conduct such an enterprise on a solely volunteer basis would be highly impractical. As for hiring AAs, who better to hire than people who know AA best!

Just for today, it is a good idea for me to stick close to simple basic AA as I encounter it in my home group and at others. Every single recovering alkie at every single meeting tells me, by word or deed, that nonprofessionalism in AA is one of the best ideas we ever had. (Incidentally, my friends are quick to remind me of it whenever I get too big for my AA britches!)

—W. H. | New York, New York

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Local Readers Share

Dear Alcohol,

I remember growing up, seeing you around. You were a friend of my parents. They always seemed to enjoy your company, with lots of laughter and jokes! You made me feel comfortable in my own skin, took away my shyness and inhibitions! You seemed to do for me that which I could never do by myself!

As I grew older, you were there after a hard days work, you were there after an argument with my girlfriend or spouse, and to uplift me during any type of celebration. Such an amazing companion! Over time, our relationship changed. You started to take more control of my life.

So, when I was finally able to admit that I needed help for getting away from you, to admit to others what a problem you were.....my life changed. I was introduced to a group of people that knew you all too well. They shared their own experiences with you and they were exactly like mine! Hell, they even wrote a book about it! So after spending time with these wonderful people and following some simple suggestions, I started to realize all the lies and deception you had brought into my life.

You are indeed cunning, baffling and powerful, but I was able to find the One that was more powerful than you. I found a loving God who helped me to push you away.

Although you are still out there, I now have the tools to keep you away!. So..... good riddance alcohol! Know this: I will be telling others about you.

Faithfully Not Yours,

Steve



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: sobered, twelfth, controversy, amateurs, faithful, inhibitions, deadline, encourage, gratitude, experience, recovered, enterprise

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

Monday Night Study now meets at Church of the Nazarene, 916 NE 4th Street, Pompano Beach, 7 PM.
(This was formerly Wednesday Night Study.)

Tuesday

Serenity Sisters West that was meeting in Davie NO LONGER MEETS.

Wednesday

Recovery on the Rocks which met in Oakland Park NO LONGER MEETS.

Thursday

Free Thinkers now meets at 7:00 PM instead of 7:30 PM in Wilton Manors. OD.

Spiritual Walk Group that met in Ft. Lauderdale NO LONGER MEETS.

Saturday

NEW LITERATURE MEETING meets at 8:30 PM at West Broward Club in Davie.

NEW LISTING Deerfield Beach Old Timers, meets at Katie Luther Chapel, 959 SE 6th Ave, Deerfield Beach. OSP.

Sunday

Early Risers that was meeting 7 days a week in Plantation now meets only Monday—Saturday at 7 AM.

THIS MONTH IN AA HISTORY

AUGUST 11, 1938 — Akron and NY members start writing stories for Big Book.

AUGUST 16, 1939 — Dr. Bob and Sister Ignatia admit 1st alcoholic to St. Thomas Hospital, Akron.

AUGUST 1981 — Sales of the Big Book passes 3,000,000.

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

- Aug 1- 4** **Florida State Convention** Hyatt Regency, Jacksonville. Register at <https://67.floridastateconvention.com>
- Sept 15** **Traditions Workshop** at Intergroup Office, 3317 NW 10th Terrace, Ste. 404, Oakland Park. Traditions 1-3 will be discussed, Food and Fellowship. Free Event. 3-5 PM.
- Sept 21** **Carry the Message Day** at 101 Club, 700 SW 10th Street, Pompano Beach. Free service event presented by District, Intergroup and Institutions. Speakers, service postings.
- Oct 27** **Annual Intergroup Picnic** Snyder Park, Fort Lauderdale. 11 AM - 4 PM. Games, speakers, food and real fellowship. Raffle. **NO LOUD MUSIC** and NO pets allowed. Tickets \$12 each or 3/\$30 if purchased in advance. Kids under 8 eat free.