



SUITE 404

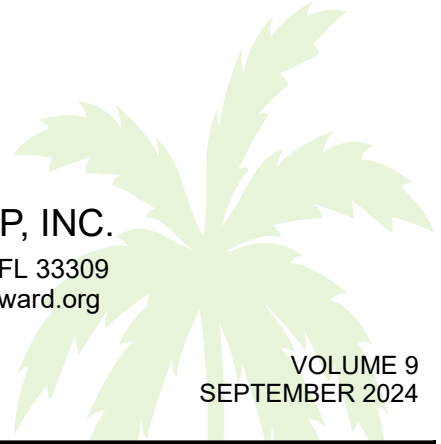
BROWARD COUNTY INTERGROUP, INC.

3317 NW 10th Terrace, Suite 404, Oakland Park, FL 33309

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Email: help@aabroward.org

VOLUME 9
SEPTEMBER 2024



Step 9 - “Made direct amends to all people except when to do so would injure them or others.”

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Off the sidelines

After several years of heavy drinking, I returned to the rooms of AA a spiritually and emotionally drained and broken man. For the first time, I followed the suggestions of many people and found a home group and a sponsor who had worked the Steps.

As I progressed through the Steps, I became frozen with fear at the prospect of the last name on my Eighth Step list—a coworker named Herbert. I ran scenarios through my head of different situations in which I would be rejected and humiliated by him. After many conversations with my sponsor, we decided that I’d turn that amends over to my Higher Power. I felt relief at the prospect that I might never have to make that amends.

Months went by. Then one day, I was attending my two grandsons’ soccer matches with my wife. After the first match ended, the crowd changed as one set of teams and fans left the area and another made their way into the field area. As the teams started to warm up, I looked down the sidelines and several feet away stood Herbert, the man to whom I owed my last amends.

Remembering how much animosity there had been between us, my first thought was to head to my car and leave. But as I stood there, it occurred to me this was the right time and place. I looked up and said out loud, “OK, I get the message.”

I then walked down the sidelines and approached Herbert. I asked how he was doing and then said I wanted to tell him I was wrong for the way I had treated him when we worked together. He listened. Then he extended his hand and said that he had forgotten about that a long time ago. We shook hands.

His wife, who was standing next to him, overheard all this. She asked me if this was a Twelfth Step amend. I was quite surprised and replied that it was and then said I was a recovering alcoholic. She gave me a big smile and told me she had just celebrated 25 years. For the next 10 minutes we all just chatted as if there had never been hard feelings between any of us.

What a moment! I believe that was the most liberating day since I first surrendered and turned my will and life over to my Higher Power.

—Clayton L. | Washington, Maine

Intergroup Picnic 2024
 Tickets Available Now
BUY IN BULK AND SAVE
3/\$30 (Advance sales)
kids under 8 eat free
See your Intergroup Rep
Or call the office
954.462.0403
LET'S TALK!!
NO LOUD BAND OR DJ THIS YEAR

CONCEPT IX

“Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.”

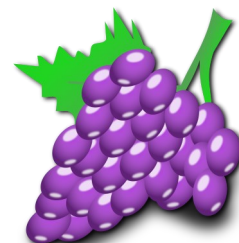
Tradition Nine - "AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

A Sense of Service

Generally, when we hear the word organization, we think of a situation where there are a lot of rules, and someone with a certain amount of power governs or is in control. Out of curiosity, I decided to look in the dictionary for a definition of the word "organize," and I found that to organize means to systematically prepare or arrange for effective operation. Isn't this what has been done in AA? We have service boards and committees of varying natures that we elect or appoint and who assume responsibility without trying to take on authority, people who, because of a true sense of spiritual simplicity and service to others, effectively carry out the duties of whatever job they are asked to perform. But this sense of service doesn't only apply at the level of boards or committees. Look at the group and the people who regularly get there early and set up the meeting area, the people who make the coffee, clean up the ashtrays, sweep the floor, and carry out the other tasks just because they know they have to be done. These are only a few examples, but the same principles apply in all of AA, be it at the level of group, intergroup, or general service. As long as we have members who continue to have the best interests of AA at heart and enjoy doing the things that need to be done without any notion of power or prestige, Tradition Nine won't be any problem.

—Pinky H. | London, Ontario

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Tradition Nine Checklist

1. **Do I still try to boss things in AA?**
2. **Do I resist formal aspects of AA because I fear them as authoritative?**
3. **Am I mature enough to understand and use all elements of the AA program – even if no one makes me do so – with a sense of personal responsibility?**
4. **Do I exercise patience and humility in any AA job I take?**
5. **Am I aware of all those to whom I am responsible in any AA job?**
6. **Why doesn't every AA group need a constitution and bylaws?**
7. **Have I learned to step out of an AA job gracefully – and profit thereby – when the time comes?**
8. **What has rotation to do with anonymity? With humility?**

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.

Warning! Holidays Ahead

Good news: No matter which holiday you celebrate—it's only 24 hours long!

It never seems to fail that when November rolls around there's a struggling newcomer in our group who asks at a closed meeting: "But how am I to get through the holidays?"

The answer from old-timers present is, just as unfailingly, the same: "A holiday, like any other day, need not be coped with until it comes. And when it does come, it is only twenty-four hours long."

There are other answers, of course—to the effect that one mustn't get too tired, must remember to eat, and would do well to avoid the kind of festivities that present particularly difficult temptations. It may be suggested that the newcomer try to look beneath the tinsel commercialism for the deeper meanings of Thanksgiving, peace, good will, and the dawning of a new year. All very helpful advice.

But, remembering how I had my own last drink one late October, and how near I came to panic at the thought of the meant-to-be-happy season ahead of me, I believe that the twenty-four-hour concept was the most immediately effective tool I was given.

As a beginner in AA, I was one of those who had to break the concept down into periods of thirty, twenty, or even ten minutes at a time. Often the lines of a favorite poem ran through my head as a kind of prayer: "Suffer this moment to be fair and clear." It is indeed only the moment we can hope to handle, whether or not that moment falls on a hectic holiday.

(continued on page 6)

Things we cannot change....

David Mc.



He will be missed by all who knew him. May he rest in peace.

Local Readers Share.....

A note from God

"Love people where they are. Do not try to take them to where you are. If you do, you will be doing my job. Your job is to simply love them and trust that I will do the rest. Everyone is exactly where I want them to be, so stop judging where they are and start loving them."

I got this message so deeply on my morning walk....I noticed these beautiful flowers and my first thought was to pick them and bring them home with me. Then, I realized if I did that, it would certainly ensure their death. They would look beautiful for a few days, but inevitably they would die.

So, I decided to simply admire them where they were and continue on with my morning walk.

Thank you God for speaking to me in a way that I can understand, hear and feel you with me.

— T.D.

General Service Office, NY

Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

Bridging The Gap

877.207.2242

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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

D R E G S P O S E R
 M Y N S T I O A I
 P E A R H O P C A D
 N O F G N U T I C I N
 T O O N T A R I
 P S Y L I M I C T I



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.

N A G R Y N I E
 T R E E G I S P
 P R O G T R U N I E
 D Y L O H A I
 D U J I G G N
 T A S T E N O M T P I

Thank you

To all our customers!
 We appreciate you.



The NEXT Intergroup Picnic planning meeting

will be held on

Sunday, September 22nd at 2:00 PM

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



The NEXT Gratitude Dinner planning meeting

will be held on

Sunday, September 8th at 1:30 PM

Lambda South Club, 1231-A East Las Olas Blvd., Ft. Lauderdale

SERVICE KEEPS YOU SOBER



A.A. Birthdays

September Celebrants

Women's Honesty ~
52 yrs.

Sober Today Club ~
13 yrs.

Serenity in the Park (SWR)

Carolina F. ~ 3 yrs.
Angie ~ 2 yrs.
Steve ~ 2 yrs.
Cristina M. ~ 35 yrs.
Richie V. ~ 6 yrs.

Living in the Solutions - Virtual

Laia T. ~ 2 yrs.
Alex M. ~ 3 yrs.

Broward Men's

Angel M. ~ 7 yrs.
Joe C. ~ 9 yrs.
Justin ~ 8 yrs.

Sober Women of Parkland

Betsy N. ~ 13 yrs.

Into Action

Karen D. ~ 23 yrs.

Saturday Morning Awareness

Nadine ~ 15 yrs.

Empowered Women

Melissa M. ~ 11 yrs.

Rule 62

Frannie C. ~ 7 yrs.

Sober on the Beach

Steven A. ~ 2 yrs.
Peter N. ~ 3 yrs.

Women's Honesty

Helen ~ 42 yrs.
Marissa ~ 14 yrs.

Beyond Your Wildest Dreams

Aileen W. ~ 29 yrs.

Hollywood Men's

Leon ~ 17 yrs.

Downtown Dry Dock

Kathy R. ~ 18 yrs.
Marlene A. ~ 18 yrs.
Jessica ~ 11 yrs.
Paul ~ 7 yrs.
Mitch ~ 36 yrs.
Walt ~ 41 yrs.

Other Notables

Scott W. ~ 31 yrs.
Ed B. ~ 27 yrs.
Peter H. ~ 27 yrs.
Katia L. ~ 17 yrs.
Carol B. ~ 34 yrs.
Thom F. ~ 50 yrs.
Collette D ~ 37 yrs.
Jim N. ~ 46 yrs.
Jami F. ~ 12 yrs.

Joy of Sobriety

Randall L. ~ 16 yrs.

Mountain Group

Lisa D. ~ 42 yrs.

B.A.L.L.S.

Tim B. ~ 20 yrs.
Chino ~ 22 yrs.
Alan P. ~ 38 yrs.

Tamarac Group

Barry G. ~ 29 yrs.

One Day at a Time

Yvonne S. ~ 15 yrs.

Davie Women's

Natasha ~ 3 yrs.

Just For Today

Mike B. ~ 25 yrs.
Eddie D. ~ 19 yrs.
Nancy A. ~ 22 yrs.

Don't Forget

Bob S. ~ 42 yrs.

Sunlight of the Spirit

Barbaree K. ~ 42 yrs.

Tuesday Night Step

Marty L. ~ 40 yrs.

Let's Do Lunch Bunch

Michael ~ 6 yrs.
Brett S. ~ 29 yrs.
Steve ~ 36 yrs.
Paul D. ~ 23 yrs.
Carmen R. ~ 35 yrs.
Darius - 10 yrs.

Riverside Group

Sheldon V. ~ 37 yrs.
Patricia M. ~ 15 yrs.

Serenity Sisters

Kim B. ~ 25 yrs.
Gwen C. ~ 13 yrs.

Big Book Quote of the Month:

"The old pleasures were gone. They were but memories. Never could we recapture the great moments of the past. There was an insistent yearning to enjoy life as we once did and a heartbreaking obsession that some new miracle of control would enable us to do it. There was always one more attempt—and one more failure."

Alcoholics Anonymous, page 151

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, September 22
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, September 14
at 10:00 AM

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

District 9 General Service

Meeting will be held on
Sunday, September 15
at 2:00 PM

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

HAPPY BIRTHDAY

AUGUST BIRTHDAYS ...not previously mentioned

Serenity Sisters

Nancy ~ 1 yr.

(continued from page 3)

As it happens, I had then (as I have now) a home to manage, a family to feed, and an office job to do. Then (though to a much lesser degree now), I had hard-drinking friends who loved to party. So the holidays meant too many demands on my time, as well as on my emotional and physical strength. I have learned this is apt to be especially true of women, even if they are not alcoholics.

But the holidays may be just as hard in quite another way for the man or the woman who has lost home and family and job and friends, who lives quite alone, haunted at such a time by the rest of the world's apparent gaiety. The desire to escape too many people and activities and the desire to blot out loneliness and boredom can lead equally fast to the bottle. This is a frightening truth for one still battling the physical compulsion to drink. But it need not be fatal.

What do I remember about those first holidays? We had a houseful of guests for Thanksgiving. I know this only because I find it noted in an old date book. The day is a blank in my mind. On Christmas we had more guests, people who enjoyed cocktails before the feast while I hid out in the kitchen fussing over the food. We were invited to "open houses," which I had to skip. On New Year's Eve I asked my husband to take me to a double feature at the local movie. I was thus removed from temptation all evening, and when we came out it was past midnight. A new year had begun.

I know that I cried some during those holidays. I was often tight-lipped. More than once, I flounced out of the house to walk off a temper or a temptation. It was rough. And I was helped by remembering that, in a very different sense, it was rough for the Pilgrims on the first Thanksgiving, for the shepherds of Bethlehem on the first Christmas. Somehow, as I clung to the sobriety of the present moment, I felt closer than ever before to the long-ago origins of the holiday season. For all my shows of temperament, I believe I even made it a happier time for those around me than I had done in the past. Most importantly, I got through without a drink.

It was not until the evening of January first that I felt a full surge of thankfulness—blessed emotion—to my AA friends and to the Power beyond us all that had sustained me a few hours, a few minutes at a time. I had discovered that the program works, and I was far stronger within myself than I had been in mid-November.

If there is any message here for those coming to our Fellowship new and shaky in the late fall, it is this: Hang on; stick close; live for the day or the moment; don't let the mechanical reactions of the past sneak up on you; don't spoil the present, imperfect as it may seem, with a single shot, a single glass of enticingly sparkling wine. The sense of accomplishment and comfortableness that follows on making it through one's first sober holidays is beyond compare. There may be tensions in later years, but none quite so traumatic. And if ever the holiday blues do strike, call on your AA friends. They understand because they've been there, too. They have learned, as you will, the more than compensatory joys of gratitude, and giving, and beginning each day anew.

—M.C. | Pleasantville, New York

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*Wishing everyone a
safe and sober
holiday weekend.*



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: progressed, animosity, approached, functioning, rotation, simplicity, yearning, prestige, intergroup, holiday, judging, temptations

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 that met at Church of the Nazarene in Pompano Beach NO LONGER MEETS.

NEW MEETING Sober Seniors meets at Sober Today Club, 2035 Harding St, #102, Hollywood, 10:30 AM. OSPD.

Tuesday

NEW MEETING Ticket to Life meets at Church of the Nazarene, 916 NE 4th Street, Pompano Beach, 7 PM. OBB

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

Wednesday

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

Secular and Sober that met at MCC in Ft. Lauderdale NO LONGER MEETS.

Thursday

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

Saturday

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

Secular and Sober that met at MCC in Ft. Lauderdale NO LONGER MEETS.

Daily

Early Risers that was meeting at Dunkin Donuts has now gone back to St. Benedict's Church for Monday -Saturday meetings. It meets at Rae Carol Park on Sundays, 7421 NW 5th Street, Plantation. ORF 7 AM.

THIS MONTH IN AA HISTORY

September 30, 1939 - "Alcoholics and God" By Morris Markey is published in Liberty Magazine.

September 17, 1954 - Bill D., AA #3 dies.

September 11, 2001- Location of first AA office on Vesey St., is destroyed in the World Trade Center attacks.

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

- Sept. 2** **Labor Days Sales event** at Intergroup Office, 3317 NW 10th Terrace, Ste. 404, Oakland Park from 1-6 PM. **BIG BOOKS, TWELVE & TWELVES, MEDALLIONS** on sale
- 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.