



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

VOLUME 10
OCTOBER 2024

Step 10 - "Continued to take personal inventory and when we were wrong promptly admitted it."

Fighting the Dragon of Procrastination

Let me employ all possible care not to mistake the bridge for the land: the Tenth Step is not a stopping place. It's a connecting point between my efforts to get to know myself better and my desire to get to know God better--God as I understand him.

But that wasn't the way I saw it to start with. It looked to me as if Bill W. had run out of steam and in order to round out to twelve (the magic number), he put in another inventory Step.

Because of my religious upbringing, and my later revolt against religion, the wording of the Fourth Step in the "Twelve and Twelve" had been very difficult for me, with its emphasis on the moral. More helpful was the Big Book because it talks of "personal" rather than "moral" inventory, thus freeing the way for this battle-scarred veteran of the religious wars.

On Step Ten in the "Twelve and Twelve," I found discussion of "spot checks." I'd been doing that from the beginning of my AA life. But with a difference. I did it only when I thought of it, usually when I was hurting. Now my spot-checking became more conscious and regulated. As a result, I was better able to deal with such problems as criticizing, losing my temper, sulking, and seeking to dominate.

There was one problem, however, that I seemed unable to come to grips with: resentments. My fellow AAs frequently talked about the nature of them and how they dealt with them. And I would listen politely and sympathize that they still had what evidently was a serious problem for them. Viewing myself as the most benevolent man on the eastern seaboard, I could not face the fact that resentments were coming out my ears! Thank goodness, I was finally able to make a breakthrough but only as a direct result of regular attendance at AA meetings and practicing all the Steps to the best of my ability.

(continued on page 3)

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

InterGroup Picnic 2024

**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 X

**Every service
responsibility should
be matched by an
equal service
authority, with the
scope of such
authority well
defined.**

Tradition Ten - "Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy."

The Beauty of Tradition Ten

Sobriety in AA is the first thing in my life that has really worked. I'm especially grateful for Tradition Ten, where it is suggested that AA groups never get involved in the messy business of debating outside issues. The wonderful "extra" implied by this Tradition is that I, as an individual recovering alcoholic, am free to simply enjoy sobriety in AA, without having to defend my position on any outside issue.

You see, I grew up in the sixties. I lived with my parents (one alcoholic, one social drinker) who were closely associated with a small, left-wing, private college in the Northeast. It was a school where expressing your opinions in public was very important. On campus, where I hung out as a thirteen-year-old, I heard lots of angry rhetoric about Vietnam, civil rights, and a lot else. My parents brought the same kind of political anger home with them, and challenged me to come up with informed positions on the same issues. I was only an eighth grader, but I was expected to engage in adult-style discussions. If I didn't have an opinion on the issue at hand, I was considered a failure or a nonthinker.

Looking back, it was probably great training for a future alcoholic. I got very good at hiding the things I was truly ashamed of (especially the amount I drank), using a smoke screen of vaguely directed political opinion.

As my disease progressed, I was often broke, unemployed, hungover, and in need of a place to stay. Usually, my parents would take me in, and for months at a time I'd live at home, trying to get my act together. Deep down inside I knew I was sick and crazy from booze. But at the time, dealing with it was too frightening. It was easier to engage my parents in a petty debate over some global issue beyond our control than to draw attention to the real reason I was out of work.

Today, I'm sober and grateful for what it was like, what happened, and what it's like now. I'm even grateful to my parents, who put up with me as an active alcoholic while also living with their own illnesses. But I'm especially grateful to the alcoholics who founded this Fellowship and gave us the guidelines by which we run our groups. Tradition Ten frees AAs to concentrate on what we have in common--recovery, unity, service--rather than waste time debating outside issues.

== Matt F., Brooklyn, New York

Copyright © AA Grapevine, Inc., October 2012 Reprinted with permission.



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)

I found it helpful to review the foregoing Steps, in the light of the one I was focusing on. As I came to believe that I could be restored, I began my brand-new adventure in faith. By making an act of trust, I was admitting again that my power-driven ways--my reliance on self, to the exclusion of accepting any kind of help from outside myself--did not work.

My undertaking of a fearless and searching personal inventory was yet another exposure to the deflation at depth that Doctors Jung and Silkworth saw as requisite in the recovery of an alcoholic. In my willingness to detail the exact nature of my wrongs (and of my virtues, as well), my old defect of intellectual arrogance was dealt another major blow.

In the Sixth and Seventh Steps, I mustered faith and trust and willingness, drew heavily on the hope and courage that my fellow AAs shared with me at meetings, and--in the fashion of our AA pioneers--on my knees asked that my character defects be removed.

In the amends Steps, my intellectual pride was put on the spot as I reached out to others, both in and out of AA. My plea was for forgiveness and for the chance to set right my harmful actions done in actual drunkenness or through emotional drunkenness in sobriety.

There is one thing about the Tenth Step that confounds some of us. The leader of a Step meeting at my home group summed it up: "I

don't mind admitting when I am wrong," he said, "but why do I have to do it promptly?"

In a series of pieces on the Steps published by the Grapevine some years back, the author had this to say: "'Promptness' is of fire-alarm importance whenever, through Step Ten, we find ourselves to have been in the wrong. If we delay admitting the wrong it may bury itself. . .and fester into misery."

For me, the need for promptness cannot be stressed too much. I don't know about you, but I have a distorted perception of time. It comes into play whenever there is a question involving remedial action that ought to be taken. Time structures seem to crumble, and once again the dragon of procrastination has his day. At such time, the need for promptness becomes an academic matter, and I can rationalize quite easily why I should defer action or not take any at all.

It is fairly easy to spot this distortion in others, since it is so evident in myself. But whether it's the Tenth or the Fourth Step, I owe it to myself to keep the focus on me. My taking of your inventory is not going to help me one bit. And it certainly won't help you.

— W. H., New York, New York

Copyright © AA Grapevine, Inc., October 1997 Reprinted with permission.

Things we cannot change....

Sheila C., Bill M. and Carol L.



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

MTEONDAI
 TPEODCERT
 HPIAYTESMZ
 SXGENIERSP
 ABERADSO
 TULIYJBUAFNIS



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.

NEGTCNOINC
 VREYONTNI
 OHAYUTRTI
 KNHTIRONNE
 FGIDATNEL
 AGEIDNBT

Thank you

To all our customers
 We appreciate you



The last Intergroup Picnic planning meeting will be held on

Sunday, October 20th, 2:00 PM

Twelve Step House, 205 SW 23rd Street, Fort Lauderdale



The first AA's Got Talent planning meeting will be held on

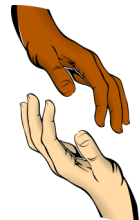
Sunday, October 13th at 12:30 PM

441 Group, Village Plaza, 1452 North SR 7, Margate

The last Gratitude Dinner planning meeting will be held on

Saturday, October 19th at 12:00 PM

Twelve Step House, 205 SW 23rd Street, Fort Lauderdale



SERVICE KEEPS YOU SOBER



A.A. Birthdays

October Celebrants

Women's Honesty

Robin K. ~ 21 yrs.
 Kelly C. ~ 23 yrs.
 Katherine C. ~ 2 yrs.
 Bettina G. ~ 1 yr.

Serenity Sisters

Dale ~ 10 yrs.
 Joan ~ 29 yrs.
 Marglyn ~ 9 yrs.
 Barbara ~ 39 yrs.

Serenity in the Park SWR

Matt Z. ~ 3 yrs.
 Ingrid ~ 8 yrs.
 Khristina ~ 9 yrs.

Saturday Morning Awareness

Stephen W. ~ 2 yrs.
 Nicole ~ 3 yrs.
 John S. ~ 19 yrs.
 Stephan ~ 26 yrs.
 Rachel H. ~ 27 yrs.
 Ted ~ 32 yrs.
 Marty ~ 40 yrs.

Sunshine Group

Jamie R. ~ 9 yrs.



Sunlight of the Spirit

Dawn R. ~ 36 yrs.

Westside Men's

Jon G. ~ 10 yrs.

Dania After Work

Alison ~ 10 yrs.

Express Group

Cookie ~ 37 yrs.
 Sonia C. ~ 31 yrs.

Downtown Dry Dock

Jason E. ~ 8 yrs.

Coral Springs

Debbie C. ~ 17 yrs.

Pompano Men's ~ 55 yrs.

**Big Book
 Quote of the Month:**

"We reviewed our own conduct over the years past. Where had we been selfish, dishonest, or inconsiderate? Whom had we hurt? Did we unjustifiably arouse jealousy, suspicion or bitterness? Where were we at fault, what should we have done instead? We got this all down on paper and looked at it."

Alcoholics Anonymous, page 69

BECOME A GRATEFUL GIVER

Set up regular monthly contributions to Intergroup using Zelle, PayPal or bank draft.

The next **Intergroup Meeting**

will be held on
Sunday, October 20th
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, October 12th
at 10:00 AM

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

Please make sure you get your group's Anniversaries in on time in order to be mentioned.

HAPPY BIRTHDAY

SEPTEMBER BIRTHDAYSnot previously mentioned

B.A.L.L.S. (correction)

Tim B. ~ 21 yrs.
 Chino ~ 23 yrs.
 Alan P. ~ 39 yrs.

District 9 General Service

Meeting will be held on

Sunday, October 20th
at 2:00 PM

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

INTERGROUP NEEDS YOUR HELP

We have dipped into our Prudent Reserve twice in the past 2 months.

Contributions and literature sales are down. The contributions list attached shows a comparison of group contributions through August 2024 vs. 2023.

Expenses have gone up this year and we are not meeting our budget.

- Payroll was increased for cost of living 2 years ago
 - Accounting costs have increased
 - Computer and equipment costs are up
- Our office lease has now added CAM charges

Please support your local Intergroup office through literature sales and/or contributions if you can!

Answers from page 4: DOMINATE, PROTECTED, SYMPATHIZE, EXPRESSING, SEABOARD, UNJUSTIFIABLY, CONNECTING, INVENTORY, AUTHORITY, NONTHINKER, DEFLATING, DEBATING

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 Sober Seniors Sober Today Club, 2035 Harding St, #102, Hollywood. 10:30 AM. OSD **Lighthouse Point Trinity** that met in Pompano NO LONGER MEETS.

Tuesday

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

Wednesday

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

Thursday

TEMPORARY MOVE: Came to Believe West that meets in Cooper City will temporarily (**on 10/3**) be meeting in the Dunkin Donuts Conference Room at 9170 W. State Road 84, Davie, FL

Sober Women of Parkland that met at Pines Trails Park NO LONGER MEETS

Saturday

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

Sunday

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.

Lauderdale by the Sea Beach Meditation which met in El Prado Park NO LONGER MEETS.

THIS MONTH IN AA HISTORY

- OCT 1, 1957** AA Comes of Age is published.
- OCT 1954** The Alcoholic Foundation is renamed "General Service Board of A.A."
- OCT 17, 1935** Ebby T. moves in with Bill and Lois Wilson.

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

- Oct 4-6** **South Florida Area 15 General Assembly** Boca Town Center Marriott, 5150 Town Center Circle, Boca Raton. Friday and Saturday Speaker meetings, workshops. Free service event. Sunday Business meeting where you can see the third legacy in action.
- Oct 12** **District 9 Archives' Early Timers Event** 101 Club, 700 SW 10th Street, Pompano. Archives on display, 3 speakers.
- 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.
- Nov 9** **District 9 Gratitude Dinner** First Baptist Church Ft. Lauderdale, 301 E Broward Blvd. Must have ticket to attend. Limited seating.
- Feb 1** **AA's Got Talent 2025!** Coral Springs Charter School - *tickets coming soon.* \$15

**CONTRIBUTIONS THRU AUGUST 2024
VS. AUGUST 2023**

	2024	2023
11 Step Conscious Contact	150	135
441 Group	150	250
545 Happy Hour	2250	1900
53Zero Group	76	232.5
Alcoholics Anonymous	5327.74	4690.02
BS (101)		200
Big Book Cafe	700	
Boca Men's		130.5
Bottom Line Group	120	280
Brothers in Sobriety	65	
Brothers Living Life	80.4	88
Broward Men's	622	448
Broward Women's	550.5	665
Broward Young Peoples	361.36	264.5
Butterfly Effect		20
Came to Believe		130
Central Fact	354	737.64
Choices	197	350
Coconut Creek Group	55	130
Coral Springs As Bill Sees It		50
Coral Springs Group	360	170
Coral Springs Men	60	90
Dania After Work	450	1560
Daily Reflections with Pride	413.38	579.19
Davie Women's		96
Deerfld Beach Happy Hour		617.5
Deerfield Beach Oldtimers	34.81	90
Deerfield Beach Study	817.63	175
Don't Forget	840	840
Downtown Dry Dock		150
Each Day a New Beginning	4696	2472.45
Early Risers	500	1500
Easier Softer Way	2500	3750
East Naples Men's Group	2091	1306.63
Enjoy the Journey	610	311
Express Group	5	172
Eye Opener		70.72
Free to Be	800	600
Free to Be Zoom		400
Free Thinkers		100
Freedom From Alcohol	264.65	114.84

**CONTRIBUTIONS THRU AUGUST 2024
VS. AUGUST 2023**

	2024	2023
French Intergroup	250	500
Fri N t Downtown Big Book	629	376
Friends of Pat C		600
Ft Lauderdale Beach Mtg	100	
Ft Lauderdale Women's	100	55
FtL Primary Purpose BB Stdy	100	300
Ft Lauderdale 12 Step	526.97	580
H.A.L.T. (TSH)		400
HALT (Lambda)	260	100
Halfway to the Next Step		176
Happy Joyous and Free	425	400
Harbor Group	150	140
Hollywood Men's Group		330.89
Hope Among Women		440
How it Works Step		40
Imperial Pt. Fri. Beginners	40	50
Imperial Point Sunday	200	200
Intergroup Meeting	802	730.5
Into Action	150	30
KIS Lunchtime	755	189
Kiss Today	321.25	640
LBTS Beach Meditation	90	
Lambda Rising	500	250
Language of the Heart		434
Lauderdale by the Sea		150
Let's Study the Book	30	
Life in Recovery	157.8	
Lighthouse Point Group	90	210
Living in the Solution	1765	1935
Living in the Solution Virtual	1541	2530
Living Sober	100	100
lunch Bunch in Plantation	97.4	550.8
Lunch Bunch Zoom	5	
Lunch Express	388.17	1079.89
Made a Decision	172	130
Margate Group	100	138.5
Margate Men's Book Study		20
Men's Independence	300	
Mid Day Sobriety	800	800
Mountain Group	122	99
New Beginnings	250	200

CONTRIBUTIONS THRU AUGUST 2024 VS. AUGUST 2023		
	2024	2023
New Day Group	523.44	175
New Leaf	105	67.5
New Way of Life	125	225
Nooners	700	1950
Noontime Sober Living		375
North Beach Group	65	208
Northwest Sobriety	75	
Oakland Park Group	396	943.5
OFF THE HOOK	148.25	
Old Timers Group	766.32	
One Day at a Time	212.48	210
One Step at a Time	60	
Online Men's Independence		225
Open Door	185.72	215
Our Lives on The Line	200	100
Paul Revere Group		217.36
Peace of Mind	436.15	80
Pembroke Pines Last Stand	134.4	90
Pompano Beach Group	2885.54	600
Pompano Men's Group	150	200
Pride 545	1104.34	2046.11
Recovery on the Rocks	251	150
Right on Target	289	388
Riverside	588.4	630.81
Rule 62	88.5	163.5
Russian Speaking AA	150	300
Sand Pebbles Group	600	700
Sands of Serenity		300
Saturday AM Awareness	1607.22	1527.59
Serenity at 6:30 AM	150	250
Serenity in the Park east	300	347.5
Serenity in the Park-SWR	1406.25	806.21
Serenity Sisters	360	540
Serenity Sisters West	31	
Smell the Coffee	13.99	16.79
Sober in the City BB	72.36	
Sober Friends		177
Sober on the Beach	400	275
Sober Today	100	300
Sober Women of Parkland	36.5	192.5
Spiritual Gangsters	100	

CONTRIBUTIONS THRU AUGUST 2024 VS. AUGUST 2023		
	2024	2023
Spiritual Principles	739.5	438
Splinter group	1188.68	1564.17
Sunday Morning Attitude of Gratitude	120	
Sunday Morning Together	200	200
Sun Nt As Bill Sees It	50	100
Sunday Sunshine on Zoom	218.5	490.57
Sunlight of the Spirit	275	183.75
Sunrise Serenity	416.59	229.81
Surrender Group	62.5	50.28
Surrender is Freedom	485	650
The Anonymous Club	268.48	428.18
The Outsiders	384.74	260
Thursday Nt. Study	0.45	189.46
Tough Love	50	
Traditions & Steps at 7	40	30
True Self Group		75
Tues Nt. Step Group	160	261
University Big Book Study	275	280
Victor E	1500	1175
Weds Nt As Bill Sees It	100	40
West Broward Women's	15	
Weston/Bonav BB Wkshp	150	300
Westside Men's Group	1945.63	2352.38
Why It Works	550	599.5
Wicked Sobah		50
Women's Primary Purpose	20	108
Wom's Friday Nt. BB Study	200	50
Women's Honesty	50	200
Women's Hope in Recovery	201	125
Women's Sober Tribe	170	250
Women's Step by Step	120	240
Women's Step Into Sobriety	100	50
YANA Group	570	540
Yana Online Group	768.2	1280
You Are Off the Hook	192	
TOTALS	63,536.19	68553.54