



SUITE 404

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VOLUME 11
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Step 11 - "Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will and the power to carry that out."

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Sounds of Silence

My home group usually seizes up if there's a whole forty-five seconds of silence between shares. Then someone leaps into the breach, saying, "I'll talk because I just can't stand the silence." This might be part of my problem with meditation. As an alcoholic, I'm used to having a few plates spinning in the air and lots of cunning plans chattering away in my brainpan. The prospect of any kind of silence is truly frightening.

Approaching silence is what we do when we meditate. In prayer, as I have been taught to think of it, I get to yak to the Higher Power and, God knows, I'm comfortable with that. But listening? Not my forté.

We are encouraged in the Big Book to look for our own methods in this area. That scares me too because when I'm not busy resisting everything and everyone, I want to be completely dictated to.

Early in my sobriety, my first sponsee told me that she had no clue at all about meditation, and sitting still just made her "committee" get louder. Miraculously, when I opened my mouth to answer her, someone else talked. That someone quoted an old-timer who advised that we let go of our old ideas about what meditation is and try to find some place that already exists in our lives where we feel the bondage of self drop away. My sponsee knew exactly what that meant and told me that when she went to swim laps at the pool, there was a point when it was just the water and the movement and the sound. "That's it! Go there," I said. She said "But that's exercise, not meditation."

Yes, it is meditation. A little research showed me that, historically, people have tried to reach that state she described in her swimming many, many ways, and not a few of them have involved movement. In fact, AA co-founder Bill W. practiced a walking and breathing meditation to get through his depression while he was writing *Twelve Steps and Twelve Traditions*.

Years later, another sponsee told me she couldn't meditate because she couldn't stop her mind. But the point of meditation is not to stop the mind, but to watch the mind--to develop a witness position on that running commentary of self-obsessed fear that can dominate. I believe anything

(continued on page 3)

2025
AA's Got Talent
Tickets on sale
soon.
\$15 each

CONCEPT XI

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Tradition Eleven - "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

My Experience on Tradition Eleven

The Eleventh Tradition of Alcoholics Anonymous (A.A.) can be both confusing and controversial in practice. I encountered this firsthand while serving on the Public Information/Cooperation with the Professional Community Committee (PI/CPC) for District 9 in Broward County.

At first, I believed A.A.'s public policy of "attraction rather than promotion" meant that we don't talk about A.A. on any public level at all. On the other hand, members of A.A. have been "Twelve-Stepping" sick and suffering alcoholics since the fellowship's founding—starting with Bill W.'s visit to Dr. Bob in Akron. This raised an important question: How does attraction work, and what is considered promotion?

A.A. has wrestled with these questions since its earliest days, and fortunately, there are guiding answers. A deeper look at the Eleventh Tradition in *The Twelve Steps and Twelve Traditions* reveals that one of the main concerns is how individual members present themselves publicly. This Tradition, along with Tradition Twelve, emphasizes the importance of anonymity in A.A.'s approach to public relations.

Anonymity serves as a safeguard, preventing individual members from becoming public representatives of A.A. As the chapter points out, the fellowship is full of "irrepressible promoters"—a gentle reminder of the ego-driven tendencies many of us carry. But what happens if a public figure associated with A.A. relapses? Or if their character flaws become highly visible? Such scenarios could harm A.A.'s credibility and discourage others from seeking help.

The Eleventh Tradition teaches the value of personal restraint. It encourages members to focus on recovery and service without seeking public recognition. Additionally, the long form of the Tradition advises us to avoid "sensational" advertising,

reinforcing the principles of humility and attraction—not flashy promotion. I got a chance to actively practice this when I became a member of the PI/CPC committee.

Much to my surprise, before I joined the PI/CPC committee, I discovered that they were actively distributing pamphlets at DUI victim impact courses, speaking to nursing students, and setting up tables at health fairs. At first, I wondered, "Isn't this promotion?" However, it was explained to me that while A.A. is anonymous, it's not a secret society. There can be no "attraction" if those who need help don't know we exist.

Once I began participating in these efforts, I realized just how little the public knows about A.A. Many people were unaware that A.A. existed or had only vague misconceptions about it. This outreach work, I learned, has been part of A.A. since its inception. Bill W. himself gave talks to medical societies, spreading awareness among professionals who could connect alcoholics to the fellowship. The G.S.O. also provides helpful materials like workbooks and guidelines to help local groups carry the message effectively to the public while also honoring Tradition Eleven.

When we attend events or make presentations, we follow the principle of anonymity. We introduce ourselves by first name only, and some members prefer to use pseudonyms. At health fairs and public events, I've experienced situations where event organizers wanted to photograph us at the A.A. table for their newsletters or websites. Each time, we politely ask them to take the photo of the display only, without us in it.

The PI/CPC committee also does behind-the-scenes work. During the pandemic, when public events were on hold, we placed copies of the Big Book in every public library in Broward County.

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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.

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me do that is meditation.

Another suggestion that has helped me is to say the Serenity Prayer one word at a time, a full breath in between each word. This begins to work wonders with the first word and the first breath: "God, *aaaaah*. . . ." It works because it turns me in the direction of the program instead of the direction of my self-obsessed thoughts. Meditation is a change of mental direction, nothing more complicated than that. I understand changing mental direction; I used to use gin to change my mental direction all the time. Now I have these easier and more effective ways.

Like needing the "right" pen to write the Fourth Step, some of us procrastinate about meditating because we can't find the "right" time of day or the "right" place. There is no wrong place or time for "God, *aaaaah*. . . ." and it only takes a couple of seconds. It improves my direction even if I get interrupted after the first word. This corresponds with the direction Bill gives at the end of Step Three in the "Twelve and Twelve": "In all times of emotional disturbance or indecision, we can pause, ask for quiet, and in the stillness say: 'God, grant me the serenity. . . .'"

The key word there for the willingness to change mental direction is "pause."

By: Jean C. | Eugene, Oregon

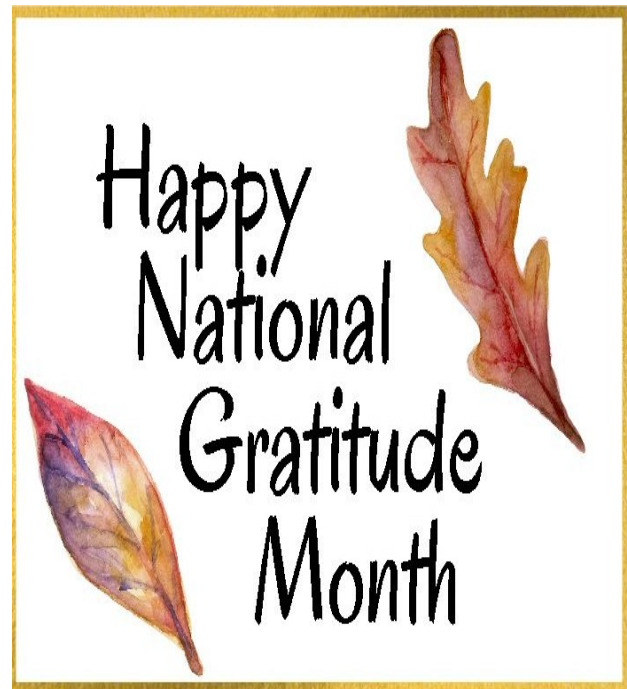
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We've also worked on public service announcements about A.A., placing them in local buses. Some districts have even purchased space on bus benches and other public locations.

By practicing the Eleventh Tradition, I've gained a deeper understanding of humility and anonymity, both of which have become guiding principles not only in my service work but in my daily life. In the end, the Eleventh Tradition isn't just about how we interact with the public—it's about how we let go of ego and allow the principles of A.A. to speak for themselves.

— Steve B., Broward County, FL



Thank you to everyone who helped make the 2024 Intergroup Picnic a success! It took a lot of volunteers and people selling tickets, and we appreciate you all! It was a gorgeous day and we couldn't have done it without each of you that came out to help or fellowship!!

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Bridging The Gap

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Recovery Word Puzzle

RAYUSIMOLLUC
 GRITSENSI
 POOTICSNOM
 DOMINTEATI
 DININTOCU
 MEDTINOA



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.

STILANNOASE
 PIGSDAREN
 DYSSMOPENU
 TARRTINSE
 TURGDIETA
 MOPINNTOCUS

Thank You

To all our supporters
 We appreciate you



The next AA's Got Talent planning meeting will be held on
Sunday, November 10th at 12:30 PM
 441 Group, Village Plaza, 1452 North SR 7, Margate

Happy Thanksgiving



TRADITIONS WORKSHOP—TRADITIONS 4-6
 Sunday, December 8th from 3-5 PM
 FREE EVENT ~ REFRESHMENTS AND FELLOWSHIP

SERVICE KEEPS YOU SOBER



A.A. Birthdays

November Celebrants

SERENITY SISTERS

Cheryl G. ~ 23 yrs.
Betty ~ 34 yrs.

ONE DAY AT A TIME

Derrick L. ~ 5 yrs.
Bob R. ~ 34 yrs.

DAVIE WOMEN'S

Donna ~ 3 yrs.
Meredith ~ 4 yrs.
Diane ~ 9 yrs.
Jewel ~ 10 yrs.
Michelle ~ 16 yrs.
Annette ~ 29 yrs.
Caren ~ 36 yrs.

WOMEN'S HONESTY

Janet M. ~ 2 yrs.
Julia B. ~ 1 yr.
Yamile E. ~ 1 yr.
Olivia Z. ~ 3 yrs.
Audrey F. ~ 3 yrs.

EAST NAPLES MEN'S

Steve B. ~ 16 yrs.

OAKLAND PARK GROUP

Doug D. ~ 40 yrs.

DOWNTOWN DRY DOCK

Kim M. ~ 20 yrs.
Phyllis ~ 16 yrs.

POMPANO BEACH GROUP

Donna S. ~ 38 yrs.

TRUE SELF GROUP

Bonnie B. ~ 43 yrs.
Bernie B. ~ 43 yrs.

ELEVENTH STEP

Maurice C. ~ 25 yrs.



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

**Big Book
Quote of the Month:**

But what about the real alcoholic? He may start off as a moderate drinker; he may or may not become a continuous hard drinker; but at some stage of his drinking career he begins to lose all control of his liquor consumption, once he starts to drink.

Alcoholics Anonymous, page 21

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, November 17th
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, November 9th
at 10:00 AM

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

HAPPY BIRTHDAY

OCTOBER BIRTHDAYSnot previously mentioned

Serenity Sisters

Barbara O. ~ 34 yrs. (correction)
Jean M. ~ 13 yrs.

Oakland Park Group

Eric P. ~ 13 yrs.

District 9 General Service

Meeting will be held on

Sunday, November 17th
at 2:00 PM

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

STEP 11 QUESTIONS — Adapted from *Alcoholics Anonymous*, Page 86

"When we retire at night, we constructively review our day.

- Were we resentful, selfish, dishonest or afraid?
- Do we owe an apology?
- Have we kept something to ourselves which should be discussed with another person at once?
- Were we kind and loving toward all?
- What could we have done better?
- Were we thinking of ourselves most of the time? Or were we thinking of what we could do for others, of what we could pack into the stream of life?"

"On awakening, let us think about the twenty four hours ahead. We consider our plans for the day. Before we begin, we ask god to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives."



HAPPY
VETERANS DAY
 HONORING ALL WHO SERVED



ARE YOU A PERFORMER?

**HAVE A TALENT
 YOU'D LIKE TO SHARE?**

**OUR 2025 TALENT SHOW
 ONLY HAS SPACE FOR
 20 ACTS AND YOU
 MUST SIGN UP**



AA's Got Talent

Lots of volunteers needed for various committees:

- Desserts
- Coffee
- Raffle sales
- Water sales
- Decorations
- Ticket Sales
- Greeters
- Clean-up

INTERGROUP NEEDS YOUR HELP

We have dipped into our Prudent Reserve twice this year.

Literature sales have been way down.

Expenses went up and we did not meet our budget for last fiscal year

- 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 and it's time to renew lease

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

Answers from page 4: miraculously, resisting, composition, meditation, induction, dominate, sensational, spreading, pseudonyms, restraint, gratitude, consumption

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

Lighthouse Point Trinity that met in Pompano NO LONGER MEETS.

Wednesday

Margate Group which meets at Cokesbury United Church WILL MOVE to the 441 Group in December.

Thursday

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

Thursday Night Big Book Study that met at the MCC in Ft. Lauderdale has MOVED to the Twelve Step House.

NEW MEETING Men's Reading Meeting Community Presbyterian Church, 4433 Bougainvillea Drive, Lauderdale by the Sea. 7 PM, OSTm

Friday

Margate Group which meets at Cokesbury United Church WILL MOVE to the 441 Group in December.

Saturday

WBC Open Literature Meeting which was listed at the West Broward Club NO LONGER MEETS.

Lunch Express Meeting which met online NOW meets in person at the Pride Center in Wilton Manors.

Sunday

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

Daily

Serenity in the Park that meets in Southwest Ranches will be changing the time to 4:45 PM with daylight savings time.

THIS MONTH IN AA HISTORY

- | | |
|---------------|---|
| NOV. 1986 | Big book was published in paper back. |
| NOV. 1, 2947 | First AA group was formed in Anchorage, Alaska. |
| NOV. 11, 1934 | Marks the beginning of Bill's last drunk. |

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

- | | |
|----------------|---|
| Nov. 9 | District 9 Gratitude Dinner First Baptist Church Ft. Lauderdale, 301 E Broward Blvd. Must have ticket to attend. Limited seating. |
| Nov. 23 | 2024 Pre-Holiday Sales Event Intergroup Office, 3317 NW 10th Terrace, suite 404, Oakland Park, FL 33308. Refreshments—Giveaways— Fellowship |
| Dec. 8 | Traditions Workshop—Traditions 4-6 Intergroup Office, 3317 NW 10th Terrace, Suite 404, Oakland Park, FL 33309. Limited seating, please call ahead to register. |
| Dec. 13 | Margate Group's 55th Anniversary Dinner Potluck, 441 Group, 1452 N SR7, Speaker at 7 PM. Bring a dish to share and join the celebration. |
| Dec. 14 | BCIC Appreciation Day Free lunch, 2 speakers, service event at Twelve Step House, 205 SW 23rd St., Ft. Lauderdale |
| Feb. 1 | AA's Got Talent 2025! Coral Springs Charter School - Desserts and entertainment. No kids. |