



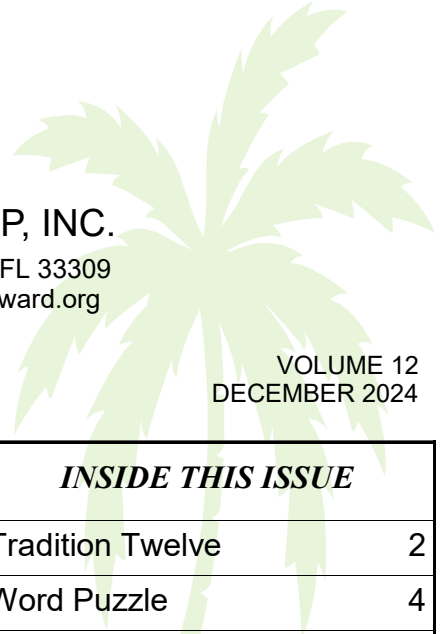
SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 12
DECEMBER 2024



Step 12 - "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

SOBER HOLIDAYS

One of my greatest fears in the early days of my recovery was "How can I have Thanksgiving without wine?" It was answered by the old timers in my group in unison - "It's only July!"

That story makes me laugh today, but at the time it was a very real fear. It was inconceivable to me how anyone could have any holiday without alcohol. Almost all of my memories of celebration within my big Irish/Italian family included stemware. It was so glamorous and exciting! It was part of the reason we wanted to grow up so fast and be big, so we could participate in the fun. How would I continue as a member of this family without it?

Unfortunately, by the time I got to AA, not all of those celebrations were exactly glamorous and the drinking didn't end up to be as fun as it looked all those years before. I knew I needed to change my life - that's why I was here. I just couldn't see how it would be possible.

One of those old timers from that first group, Sandy M., told me she was going to take me and my little girls trick-or-treating in her neighborhood. I was a bit surprised, and didn't really think of that as a "holiday" for adults, but I liked her neighborhood and she had offered so I agreed. She bought them little neon glow sticks to wear as bracelets and walked around with us all night collecting candy. I still look at the Polaroid from that night with my little "Big Bird" and "cheerleader" and Sandy in the background. It was such fun.

Soon after, she invited us to Thanksgiving dinner. I couldn't understand why she would want to add 3 people to her dinner, when I had a sister living nearby. I had never celebrated Thanksgiving with anyone but my own family, but she reminded me about my earlier fear and told me that there would be no drinking at her home, since she and her husband Richard were both sober. Once she mentioned the drinking, I remembered that I was, in fact, quite nervous about going to my sister's house since her husband was quite vested in the food and beverage industry and they didn't do anything without a whole lot of wine. So, again, I agreed to be her guest and would get my little dolls all dressed up.

That first sober Thanksgiving holiday is one I will always remember. Her three daughters were there, and maybe a friend or two, my little family and Sandy and Richard. The house was lovely and there was lots

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

CONCEPT XII

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

Tradition Twelve - "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities."

Our Greatest Safeguard

THE TWELFTH TRADITION States, 'Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.' What does the Twelfth Tradition actually mean? Indeed, is it possible to find meaning in it at all?

The last sentence in *Twelve Steps and Twelve Traditions* states that "humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have."

Anonymity, then, as defined by Alcoholics Anonymous, must embrace humility.

But what is humility? Perhaps the state of humility cannot be communicated one to another. Nor can the state be appreciated in oneself when it exists; i.e., the person who says, "I have humility" is at that point egotistical, and the person who does have humility is unaware of it.

Even though humility is an indescribable state, it probably encompasses accepting things precisely as they are each changing second. The humble person, by some mystical process, has been plunged into the timeless state of now. He is supremely and keenly aware of everything. He is totally free. The humble person's entire being encompasses the state of love. The state of love, too, is thoroughly indescribable and must be individually experienced by each person.

There is no opposite to this state; it simply exists. There is no request, no desire, no demand that anything be different from what it is. And "what it is" changes constantly. The next instant cannot be known beforehand. One lives on the brink of wonder and awe, with intense enthusiasm and interest. The humble person carries none of the past with him and is not preoccupied with the future, because in his heart he knows that the former is dead and the latter never arrives. He lives in the fabulous, all-inclusive dimension of now. Whether he experiences pain, pleasure, grief, boredom, or anger makes no difference. All states are experienced and dropped. The humble person lives life with zest and exquisite energy, having no idea where he is going or whether he is going anywhere at all. He simply is *here*, in this instant.

The humble person is anonymous. He lives in personal solitude with those around him. He is at one with everything.

Because the humble person is in the state of love, and because he is literally unaware of this

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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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of talking and laughing around her grand piano. We had a very nice traditional meal and everyone talked about what they were grateful for, which started a tradition for me and my girls that we have continued through the years. No one got drunk, or yelled or fought. There was no stemware on the table, but I didn't seem to need or want it. I was perfectly content to enjoy my family and new friends and enjoy the meal and talk about our blessings. There were so many, starting with my four months of continuous sobriety.

That night helped me to realize that my children and I were a complete family already with our own home, and I could start my own traditions as a sober woman. I was now looking forward to Christmas and would invite my sober friends to join us!

Christmas Eve we started a tradition of singing Christmas carols and making paper snowflakes to hang on the tree with our multi-colored paper chain. My new friend Marcia joined us for a nice roast beef dinner and we went around the table sharing what we were grateful for. It became a tradition that lasted for several years and is still a cherished memory for the girls and for their "Aunt Marcia" (as she became) who has since told me she had never celebrated any Christmas before.

As my girls grew and my sobriety went from months to years, my faith grew stronger and my gratitude list got longer. I realized that although I had so much to be grateful for there were others

who were not happy during the holidays. That created a wonderful opportunity for service, whether it was to invite someone without family to dinner, give an anonymous gift to someone less fortunate, speak at a meeting on a holiday when so many *really needed* a meeting or take a shift at a clubhouse during a holiday alcahthon. I had already learned that the more you give away what you have been given, the more you seem to receive in return.

My dolls are all grown up now, but they have shared Thanksgiving dinners with people they didn't know throughout the years, and they were always grateful that their mom was sober and that we were all still celebrating together. They have never gone without a Christmas and never had to wonder if there would **be** a holiday or if **they'd** be remembered. We have gone to a variety of worship services over the years and sometimes we even celebrate with my siblings, *wine and all*, but they grew up knowing it wasn't a necessary ingredient for happiness.

Sobriety and the many loving relationships that I have in my life are the greatest blessings I have. My God has blessed me with a big family and longer life than I ever thought possible and there is no better holiday than a sober holiday!!

—M.S., Pompano Beach, FL

Happy Holidays!



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Bridging The Gap

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Recovery Word Puzzle

SEARNOTBILEC
 RALGSOOMU
 MINTNECTIE
 SPURIELO
 GREAFDUSA
 BIRDSCLENBIAE




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.

HUMSSANTIE
 NONEMISID
 TUNDAOII
 THEMSEERFNSR
 CREAMSBE
 DONTSTAIRI

THANK YOU TO 
 ALL OUR
 VOLUNTEERS....
 WE LOVE YOU!!!!!!

SAVE THE DATE
Sunday, April 27th
2025
Appreciation Banquet

 The next **AA's Got Talent** planning meeting will be held on
Sunday, December 8th at 12:30 PM
 441 Group, Village Plaza, 1452 North SR 7, Margate
 The next two planning meetings are audition meetings—all performers must show up to at least one to sign up!!

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

SERVICE KEEPS YOU SOBER



A.A. Birthdays

December Celebrants

Saturday Morning Awareness

Lola W ~ 2 yrs.

Serenity Sisters

Sandi A. ~ 8 yrs.
Nicole S. ~ 5 yrs.

Women's Step by Step

Sheila C. ~ 22 yrs.
Heather M. ~ 11 yrs.

Imperial Point Sunday Night

Joyce D. ~ 21 yrs.
Billy D. ~ 35 yrs.
Joey C. ~ 26 yrs.

Victor E

Larry M. ~ 36 yrs.

Freedom From Alcohol

Karl B. ~ 33 yrs.

Serenity in the Park Southwest Ranches

Marilyn P. ~ 1 yr.
Will M. ~ 3 yrs.
Emily S. ~ 3 yrs.
Cindy ~ 3 yrs.
James P. ~ 2 yrs.
Paul ~ 3 yrs.

Oakland Park

Fritz A. ~ 7 yrs.
David R. ~ 32 yrs.

Sunlight of the Spirit

Tom J. ~ 36 yrs.
Violet ~ 8 yrs.
Brian S. ~ 16 yrs.

Why It Works

Michael W. ~ 36 yrs.

Margate Group

Dennis B. ~ 39 yrs.



Other Notables

Suzanne J. ~ 19 yrs.
Nancy F. ~ 23 yrs.

**Big Book
Quote of the Month:**

Most emphatically we wish to say that any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts. He can only be defeated by an attitude of intolerance or belligerent denial.

Alcoholics Anonymous, page 568

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, December 15th
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, December 14th
at 10:00 AM

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

District 9 General Service

Meeting will be held on

Sunday, December 15th
at 2:00 PM

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

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

HAPPY BIRTHDAY

NOVEMBER BIRTHDAYS ...not previously mentioned

Pompano Beach Group

Jersey John ~ 13 yrs.
Omar ~ 21 yrs.
Ed C. ~ 24 yrs.
Ellis ~ 25 yrs.
Matt M. ~ 40 yrs.

Life in Recovery

Paula ~ 2 yrs.
Shannon ~ 1 yr.

Express

Larry C. ~ 43 yrs.

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fact, he has no principles. However, in the loving, humble state, the next step of action is obvious, instantaneous, and beautiful. An observer might think that the humble person is following principles and not appealing to personalities. It looks as though he is. Actually, he is not. He simply does what he does lovingly.

The Twelfth Tradition, then, which identifies anonymity with humility, is truly the greatest safeguard that Alcoholics Anonymous can ever have. And yet when one enters the exquisite state of humility, one is unaware of protecting anything. Paradoxically, there is no greater protection than that.

There is no path leading to the state of humility. There is no path to now--we are already here. If you and I, as recovered drunks, were to ride with every state in which we find ourselves, there would be no urge to be different. Without an urge to be different, conflict ceases. In the absence of conflict, the state of freedom exists. Perhaps this is what the fifth chapter of the Big Book means when it says that "the result was nil until we let go absolutely." Not to need security is to feel safe.

When the Twelfth Tradition embraces a member of Alcoholics Anonymous, he neither knows it nor cares. He is not following AA's principles--he has *become* them.

—E. M. | Hazard, Kentucky

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Things we cannot change....

Cindy R-H and Aliyah B.



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

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

Christmas Message from Bill W.

GRATITUDE is just about the finest attribute we can have, and how deeply we of AA realize this at Christmastime. Together, we count and ponder our blessings of life, of service, of love.

In these distraught times, we have been enabled to find an always-increasing measure of peace within ourselves. Together with all here at AA's General Service Offices, Lois joins me in warmest greetings to each and all of you, and we share our confident faith that the year to come will be counted among the best that our Fellowship has ever known.

December 1970, AA Grapevine.

Twelve Tips for Keeping Your Holiday Sober and Joyous

- | | |
|--|---|
| 1. Line up extra AA activities for the season. | 7. Plan ahead to finish a book, watch a movie, etc. |
| 2. Host an AA friends gathering including newbies. | 8. If you must attend a drinking party, don't stay long...plan your exit ahead. |
| 3. Keep your phone with you and have friends and sponsor numbers programmed in. | 9. Worship in your own way—anywhere. |
| 4. Sign up for a service commitment. | 10. Don't stress over temptations; remember it's "One Day at a Time." |
| 5. Skip any drinking occasion you are nervous about or bring a sober friend along. | 11. Enjoy the true beauty of holiday cheer and love. |
| 6. Don't think you have to stay late. | 12. Go on a twelfth step call. |

Answers from page 4: celebrations, glamorous, incitement, perilous, safeguard, indescribable, enthusiasm, dimension, audition, refreshments, embraces, traditions

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

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

Thursday

Thursday Night Big Book Study that met at the MCC in Ft. Lauderdale has MOVED to the Twelve Step House and changed the time to 7 PM.

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.

Daily

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

Serenity in the Park that meets in Hollywood now meets at 5 PM.

THIS MONTH IN AA HISTORY

Dec. 27, 1893	Reverend Samuel Shoemaker is born.
Dec. 12, 1934	Bill has spiritual experience inside Towns Hospital.
Dec. 2, 1943	Bill speaks to 300 at meeting inside San Quentin.
Dec. 20, 1945	Rowland Hazard dies.
Dec. 7, 1949	Sister Ignatia accepts Poverello Medal of St. Francis on AA's behalf.

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

- 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, 3205 N. University Drive, - Desserts and entertainment. Adult only. Tickets \$15. Free Coffee and dessert at 5:30, Show starts at 6:30. (Water on sale) NO taping allowed.