



SUITE 404

BROWARD COUNTY INTERGROUP, INC.
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VOLUME 1
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Step 1 - "We admitted we were powerless over alcohol —that are lives had become unmanageable."

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Divorce, Alcoholic Style

I grew up full of fear, self-doubt, shyness, self-consciousness, anxiety and fear of insanity. After graduating high school and completing business school, I secured a job, met Wayne, and decided to marry him and fix him. That was a bad idea—and I knew it. Walking down the aisle dressed all in white, alarms went off inside me. While I was kneeling at the altar, in order to silence the noise I came up with a solution: I'll get a divorce! We then stood up and I said, "I do."

Two years later, I went to work for a divorce attorney. Voilà! I had brought about what I had thought about. Six months after the divorce, around the time that would have been our wedding anniversary, I fell into a deep depression. All my resentments toward my ex-husband turned on me. I had not fixed Wayne, and I saw that I could not fix myself. My fears really multiplied, and I began to fear for my sanity.

Up until then, the divorce attorney had been my savior. Then I found alcohol and tranquilizers and transferred my allegiance. Now I had a new and improved savior. I swore to myself that I would never be without it. When I overdosed right off the bat, I decided it was a bad idea to combine alcohol with pills. So I put aside alcohol. Alcohol was for fun, and I didn't want to waste it by using it to calm my shattered nerves. So I just relied on a little help from my friends, mother's little helpers.

I was just like the man in the Big Book who made up his mind that until he'd become successful in business, he would avoid alcohol. And on his retirement, he pulled out his carpet slippers and began to drink. I remarried my ex-husband and waited until my son grew up and left home, before I went back to drinking. Then I got another divorce and pulled out the stops. I shed my old life like worn-out clothes.

Now I had arrived. It was party time and I could have some fun! I wanted to dance with men, listen to country and western music, go see the mechanical bull and all the places I had denied myself while I was a wife and a mother. This was the new me! I was now going places, and best of all, I was having fun with alcohol.

(continued on page 3)

AA's Got Talent 2025
Tickets on sale
\$15 (adults only)

Is your group being displaced to rising costs?

The 101 Club is opening time slots and is available to rent.

CONCEPT I

Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Tradition One - "Our common welfare should come first; personal recovery depends upon AA unity. "

The Lifeboat

I went to a meeting last week that taught me the importance of the First Tradition. Some time ago this group had decided to discuss one Step every month. They were on the Tenth Step that month, and I was looking forward to hearing everyone's experience, strength, and hope.

The chairperson started the meeting in the usual way, but then introduced his own topic. I asked him about the group's decision to discuss a Step every month. He said he knew about that, but he wanted to talk about something else. The rest of the people in the meeting didn't seem to care, and it wasn't my home group, so I didn't feel in a position to argue. The chairperson went on to talk about a relative who had checked into a treatment center. As I sat there pouting, I began to think about Bill W.'s analogy in *Twelve Steps and Twelve Traditions*. He said that the AA group is like a lifeboat. If everyone in the lifeboat is to survive, then everyone needs to stick together. I carried the analogy further. If a group follows the past experiences of our Fellowship (the Steps and the Traditions), it will be following in the wake of other boats. It will have a smoother ride.

The chairperson of that meeting was steering the boat. When he introduced his own topic, it was as if he took out a chainsaw and cut off his portion of the boat. He set the boat adrift. The next person talked about her concern for the way her daughter-in-law was raising the grandchildren. She took out another chainsaw and cut off her portion of the boat. The boat continued to break up as people brought up topics that had little to do with the common welfare of the group. As a group, they not only lost their ability to stay afloat, but they also lost their effectiveness in pulling in others who were still suffering.

After the meeting, I talked with a lady who had been sober and coming to meetings for nine months, but was about to check herself into an outpatient treatment program. Apparently she wasn't getting what she needed to stay sober in Alcoholics Anonymous.

My home group has a group conscience statement that's read at the beginning of every meeting. Part of it reads, "The format for our meeting tonight will be the discussion of a Step or Tradition of Alcoholics Anonymous. In keeping with AA's First Tradition, we respectfully ask that you confine your remarks to only the Step or Tradition being discussed. Other problems may be discussed after the meeting if you wish."

When I first started attending my home group, that statement really bothered me--because I wanted to talk about whatever moved me.

Today I see that statement as saying, "Please check your chainsaw at the door."

—E. M. | Hazard, Kentucky

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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.

(continued from page 1)

Well, that didn't last long. Booze took over my life within six months of the divorce. One spring morning I looked out the window and saw crisp, lime-green leaves on the trees and a brilliant blue cloud-free sky. But the sunlight hurt my eyes, so I closed the drapes and crossed over that invisible line and fell into the depths of alcoholism. I've never felt such loneliness as I felt for the next three years, searching for anything that would take away that loneliness. There is no greater loneliness than separation from God and alienation of self.

Bizarre situations began to happen. I came to in strange places, like the time I went out with this one guy and came home with another guy. Then there was the time I found myself standing under a street lamp at 4:00 a.m. near Bourbon Street in the French Quarter of New Orleans. So I began to stay home and close the drapes tighter and get down to the business of drinking. One night I mixed too many tranquilizers with my booze, and I stopped breathing. It occurred to me then that I might need help.

So one afternoon in 1985, I got up from my desk and said to myself, "I'm going to find out who I am," and I went for help. I went to AA. With extreme reluctance, I made my way through the doors, sat down and crossed my legs, my ankles and my arms. And I did not understand the Big Book, so I guess my eyes were crossed too. But AA embraced me anyway.

Over time, I unraveled and began to rebuild. I uncrossed myself and began to relax. But the question on my mind then was, Why had I done this to myself? So I got myself a sponsor and stayed close to the meetings. My sponsor made it a point to meet me at a different meeting about five nights a week.

Each of the 12 Steps has been a stepping stone for me. In the gentlest of ways, they show me what to do and the reasons why. Steps One, Two and Three connect me to a power greater than myself that takes away loneliness and gives

me comfort and faith and guts and courage to go deeper and see cause and effect. These first three Steps are the foundation that connects me with this power. I began to see the harbor lights.

Steps Four, Five, Six and Seven provide a searchlight so that I can check my stock in trade and ask God to remove those defects of character that separate us. When I do the Steps, I connect with God and with myself. Then I go to those I've harmed and ask for forgiveness. I used to be like a tornado roaring through the lives of others, creating havoc. Working Steps Eight and Nine, I began to rebuild relationships and connect with others.

I can check my behavior each day and stay close to the spirit of the universe, nature, creation, love of others and whatever is there for me to consider and upon which I can meditate. Drawing closer to this Higher Power takes away loneliness and despair and replaces them with hope, love and fulfillment. Steps Ten and Eleven are the maintenance Steps that keep me connected to God, to myself, and to others, and keep my feet on solid ground. With a spiritual awareness, I'm able to be of service because I know I cannot keep my sobriety unless I give it away. I can be of service when it is convenient and try to be of service when it is inconvenient. Step Twelve is also about practice, practice and practice. Eternal vigilance.

I have been given the gift of desperation, and it is here in Alcoholics Anonymous, a place the price of which is complete powerlessness, where I find my greatest gifts: God as I understand him, myself, reconnection with the gift of life and a host of friends.

— Bonnie K. | Phoenix, Arizona

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Recovery Word Puzzle

TOONSILU
 PIELUDLITM
 BAEVALLIA
 CAGENILAEEL
 SECCINONEC
 BIEVSLINI



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.

SNELLSINOE
 TROPSENAIA
 TRECNEACLU
 BAMDRECEC
 DEALRUVEN
 CLIVENAGI

TOTAL CONTRIBUTIONS FOR 2024

(See page 6 for beginning and rest of report)

Thank you to everyone who helped support Intergroup in 2024! We couldn't do it without you.

Women's Sober Tribe	345.00
Women's Step by Step	160.00
Wom's Step Into Sobriety	150.00
YANA Group	840.00
Yana Online Group	1206.20
You Are Off the Hook	192.00
	99,256.90

SAVE THE DATE

Sunday, April 27th, 2025

Appreciation Banquet

Tickets on sale February 1st.

First paid, first seated.

(Minimum \$550 to reserve)



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

Sunday, January 12th at 12:30 PM

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

There are no spots left for performers to sign up at this time.

The next **Appreciation Banquet** planning meeting will be held on

Wednesday, January 22th at 6:15 PM

Intergroup Bookstore, 3317 NW 10th Terrace, Suite 404, Oakland Park

SERVICE KEEPS YOU SOBER



A.A. Birthdays

January Celebrants

Bottom Line Group

Kelly R. ~ 13 yrs.

Smell the Coffee

George M. ~ 30 yrs.

Language of the Heart

John G. ~ 40 yrs.

Peace of Mind

Howie K. ~ 44 yrs.

Women's Step Into Sobriety

Susan C. ~ 14 yrs.

441 Group

Ebony D. ~ 17 yrs.

Pride 5:45

Steve W. ~ 39 yrs.

Clint W. ~ 40 yrs.

Glenn K. ~ 50 yrs.

One Day at a Time

Mena L. ~ 28 yrs.

Paulette R. ~ 30 yrs.

Reymond L. ~ 19 yrs.

Aly P. ~ 30 yrs.

Serenity in the Park

SWR

Steve ~ 2 yrs.

Britney ~ 2 yrs.

Sarah ~ 5 yrs.

Ruben ~ 5 yrs.

Julian ~ 9 yrs.

Gia ~ 15 yrs.

Women's Honesty

Regina H. ~ 31 yrs.

Other Notables

Nancy F. ~ 24 yrs.

Deidre F. ~ 12 yrs.

Heather C. ~ 12 yrs.

Tuesday Night Step

Don F. ~ 46 yrs.

Women's Step by Step

Audra P. ~ 46 yrs.

Spiritual Principles

Cathy M. ~ 14 yrs.

Andy K. ~ 24 yrs.

Ann T. ~ 28 yrs.

Peggy G. ~ 40 yrs.

Jayne B. ~ 31 yrs.



Oakland Park Group

Rob V. ~ 7 yrs.

Welcome Home

Beginners ~ 7 yrs.

Living in the Solution

Sonia ~ 35 yrs.

Clay ~ 30 yrs.

Judi ~ 23 yrs.

Sunday Morning Together

Mike O. ~ 34 yrs.

Joann P. ~ 14 yrs.

Davie Women's

Erika T. ~ 11 yrs.

Riverside Group

Nanette ~ 25 yrs.

**Big Book
Quote of the Month:**

It was only a matter of being willing to believe in a Power greater than myself. Nothing more was required of me to make my beginning. I saw that growth could start from that Point. Upon a foundation of complete willingness I might build what I saw in my friend.

Alcoholics Anonymous, Page 12

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, January 26th
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, January 11th
at 10:00 AM

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

District 9 General Service

Meeting will be held on

Sunday, January 19th
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

DECEMBER BIRTHDAYSnot previously mentioned

Correction to last month:

Women's Step by Step

Sheila C. ~ 23 yrs.

Bottom Line Group

Enza ~ 7 yrs.

Danny C. ~ 19 yrs.

TOTAL CONTRIBUTIONS FOR 2024 (end of report on page 4)

11 Step Conscious Contact	325.00	Intergroup Meeting	1176.00	Riverside	588.40
441 Group	350.00	Into Action	390.00	Rule 62	188.50
545 Happy Hour	2750.00	Just For Today	425.00	Russian Speaking AA	300.00
AA's Got Talent	1564.00	KIS Lunchtime	755.00	Sand Pebbles Group	600.00
53Zero Group	156.00	Kiss Today	591.70	Saturday Morning Group	75.00
Alcoholics Anonymous	10,131.15	LBTS Beach Meditation	90.00	Saturday AM Awareness	1607.22
Big Book Cafe	1100.00	Lambda Rising	1000.00	Serenity at 6:30 AM	150.00
Bluevine Capital	200.00	Let's Do Lunch	1620.00	Serenity in the Park east	300.00
Bottom Line Group	280.00	Let's Study the Book	30.00	Serenity in the Park-SWR	1780.99
Brothers in Sobriety	165.00	Life in Recovery	316.57	Serenity Sisters	740.00
Brothers Living Life	160.40	Lighthouse Point Group	180.00	Serenity Sisters West	31.00
Broward Men's	984.00	Living in the Solution	2724.00	Smell the Coffee	13.99
Broward Women's	658.50	Living in the Solution -Vrtrl	2556.00	Sober in the City BB	72.36
Broward Young Peoples	361.36	Living Sober	100.00	Sober Living	100.00
Butterfly Effect	100.00	Lunch Bunch	217.40	Sober on the Beach	550.00
Central Fact	354.00	Lunch Bunch Zoom	10.00	Sober Today	200.00
Choices	197.00	Lunch Express	941.13	Sober Women of Parkland	36.50
Coconut Creek Group	135.00	Made a Decision	315.00	Spiritual Gangsters	100.00
Coral Springs Group	485.00	Margate Group	150.00	Spiritual Principles	1239.50
Coral Springs ABSI	125.00	Melrose Park	876.46	Splinter group	1840.28
Coral Springs Men	210.00	Men's Independence	500.00	Sun AM Attit of Gratitude	120.00
Dania After Work	450.00	Men's Independ. Zoom	25.00	Sunday Morning Together	250.00
Daily Reflects with Pride	584.08	Mid Day Sobriety	1200.00	Sun Nt As Bill Sees It	50.00
Deerfield Beach Oldtimers	34.81	Mountain Group	122.00	Sunday Sunshine on Zoom	525.00
Deerfield Beach Study	1117.88	New Beginnings	250.00	Sunlight of the Spirit	275.00
Don't Forget	1320.00	New Day Group	623.44	Sunrise Serenity	560.24
Each Day a New Beginning	6094.00	New Leaf	105.00	Surrender Group	142.50
Early Risers	500.00	New Way of Life	275.00	Surrender is Freedom	695.00
Easier Softer Way	3750.00	Nooners	700.00	The Anonymous Club	679.64
East Naples Men's Group	2665.00	North Beach Group	121.00	The Outsiders	384.74
Enjoy the Journey	610.00	Northwest Sobriety	575.00	Thursday Nt. Study	0.45
Express Group	50.00	Oakland Park Group	840.50	Tough Love	50.00
Free to Be	1200.00	OFF THE HOOK	148.25	Traditions & Steps at 7	60.00
Freedom From Alcohol	369.65	Old Timers Group	1765.82	Tues Nt. Step Group	160.00
French Intergroup	250.00	One Day at a Time	322.54	University Big Book Study	375.00
Fri Nt Downtown Big Book	958.00	One Step at a Time	60.00	Victor E	2500.00
Ft Lauderdale Beach Mtg	300.00	Open Door	185.72	Weds Nt As Bill Sees It	100.00
Ft Lauderdale Women's	100.00	Our lives on The Line	200.00	West Broward Women's	31.00
FtL Prim Purpose BB Stdy	100.00	Peace of Mind	436.15	Weston/Bonav BB Wkshp	150.00
Ft Lauderdale 12 Step	1468.64	Pemb Pines Last Stand	134.40	Westside Men's Group	3083.26
HALT (Lambda)	260.00	Perry Street South	150.00	Why It Works	684.00
Happy Joyous and Free	425.00	Pompano Beach Group	5222.29	Women in Recovery	750.00
Harbor Group	150.00	Pompano Men's Group	150.00	Wom's Primary Purpose	20.00
Hollywood Men's	336.86	Pride 545	1707.43	Wom's Friday Nt. BB Stdy	200.00
Impri Pt. Friday Beginners	90.00	Recovery on the Rocks	251.00	Women's Honesty	50.00
Imperial Point Sunday	200.00	Right on Target	383.00	Wom's Hope in Recovery	311.00

Things we cannot change....

Michelle A.



She will be missed by all who knew her. May she rest in peace.

**HAPPY SOBER NEW
YEAR 2025**

Answers from page 4: solution, multiplied, available, allegiance, conscience, invisible, loneliness, separation, reluctance, embraced, unraveled, vigilance

Tradition One from The Traditions Checklist



Our common welfare should come first; personal recovery depends upon AA unity.

1. Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
2. Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
3. Am I gentle with those who rub me the wrong way, or am I abrasive?
4. Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?
5. Do I put down some AA activities as if I were superior for not participating in this or that aspect of AA?
6. Am I informed about AA as a whole? Do I support, in every way I can, AA as a whole, or just the parts I understand and approve of?
7. Am I as considerate of AA members as I want them to be of me?
8. Do I spout platitudes about love while indulging in and secretly justifying behavior that bristles with hostility?
9. Do I go to enough AA meetings or read enough AA literature to really keep in touch?
10. Do I share with AA all of me, the bad and the good, accepting as well as giving the help of fellowship?

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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.

MEETING CHANGES

Monday

Lighthouse Point group still meets at Dixon Hall, 2220 NE 38 St., Pompano. OD 6:30 PM.
(It was previously removed erroneously.)

Tuesday

Right on Target which met at the Target parking lot in Deerfield NO LONGER MEETS.

Women's Step by Step which met in Pompano is now meeting in Lauderdale by the Sea at Community Presbyterian Church, 4433 Bougainvillea Drive. CRFw 7 PM.

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.

Conscious Contact Group that met at St. Sebastian's in Ft. Lauderdale NO LONGER MEETS.

Sunday

Back to Basics which met at the West Broward Club in Davie NO LONGER MEETS.

Daily

Serenity in the Park Southwest Ranches which meets at 5 PM will now ONLY MEET Monday– Friday.

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

NEW MEETING Breakfast Club meets at Recovery Community Center, 5402 W Atlantic Blvd. at 8 AM.

THIS MONTH IN AA HISTORY

Jan 8, 1938	New York AA splits from the Oxford Group.
Jan 3, 1939	First sale of Works Publishing Co stock is recorded.
Jan 1940	New York AA splits from the Oxford Group.
Jan 1944	Dr. Harry Tiebout's first paper on the subject of "Alcoholics Anonymous".
Jan 24, 1945	1st black group St. Louis.
Jan 1946	Readers Digest does a story on AA.
Jan 24, 1971	Bill W. dies in Miami Beach, FL.

PLEASE CHECK THE LISTING OF

YOUR GROUP ON **OUR**
WEBSITE FOR ACCURACY

<https://aabroward.org/locations>

We are not responsible for the chair app.

*For updated PWs on virtual meetings, access the PDF
from the Home Page.*

Upcoming Events

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.
Mar 9	Traditions Workshop - Traditions 7-9 will be discussed at Intergroup Bookstore. 3-5 PM, Free Event, Refreshments and Fellowship, Limited seating. Please call to sign up.
Apr 4-6	S.FL. Area 15 General Assembly - Boca Raton Town Center Marriott. Free service event, workshops, speaker meetings and fellowship. Third Legacy in action on Sunday.
Apr 27	61st Intergroup Appreciation Banquet Tropical Acres Steakhouse, Fundraiser, \$55 advance ticket sales, limited seating. Speakers, 4 course meal and basket raffle.