



SUITE 404

BROWARD COUNTY INTERGROUP, INC.
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VOLUME 3
MARCH 2025

Step 3 - "Made a decision to turn our will and our lives over to the care of God *as we understood Him.*"

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My Bathroom Floor

It was May 1, 1974. I was lying crosswise on my bed, still fully clothed in my parka, boots and jeans. My attention was drawn to the curtains moving in the breeze in the open window over my bed. I stared at the tall pine trees that nested our new home in the Sierra Nevada Mountains, so graceful and dignified as they yielded to the wind. I moved my head slightly and realized that my face was stuck to the bedspread. I saw that I had been sick on myself and immediately the thoughts began: Oh my God, not again.

I peeled my face from the bedspread, slid onto the floor and crawled to the bathroom. I stood up, and as I looked in the mirror I stared at an image I did not recognize. Both eyes were bruised black and blue, my hair was matted in the sickness, and the eyelash I had so carefully glued to my left eyelid the night before was now hanging from my left cheek. Momentarily shocked into reality, thoughts of my life began to run like a black and white movie. I wondered what had happened to that young woman in her cheerleading outfit, her Doris Day life with her white eyelet lampshades, her wagon wheel on the front lawn and her children's freshly polished white shoes. The blood drained from my head, and I fell to my knees by the toilet. "God, help me," I cried.

Was this God I was praying to the same God I thought I would find when I was 13 years old, walking up to the pulpit to save my soul, wrapped in a sheet by my reverend and dunked in the baptism pool? Was it the same God I was looking for when I was 16 and went to church with my best friend Dori, and held her rosary beads? Was it the same God I had prayed to just the week before, lying on the staircase of our home and crying in quiet desperation?

Living in a ski resort town was a different lifestyle from any I had ever known. Drinking alcohol any time of the day or night was acceptable and made my drinking problem less obvious. We owned our own bar and restaurant, and drinking with the customers became a nightly event, along with Bloody Marys for lunch. I thought I had found my place in the world.

(continued on page 3)



CONCEPT III

To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

Tradition Three - "The only requirement for A.A. membership is a desire to stop drinking."

Tradition Three: No Jail Terms Required

My drunkalog is one of the shortest and least dramatic I've ever heard. I began drinking at sixteen and stopped seven years later, never having been jailed or hospitalized or fired as a result of my alcoholism. My last drink did not produce disastrous consequences (although it did point out to me my growing obsession with alcohol), and I suffered no physical withdrawal symptoms. At the time of that last drink, I'd been attending open AA meetings with my alcoholic partner, but it was only after an emotional upheaval a couple of years later that I gave up the struggle to stay sober on my own, acknowledged my alcoholism, and joined AA.

That was twenty-five years ago, and in those days I often heard the term "high-bottom drunk." How I hated that term! I knew it applied to me, and it made me feel as if my welcome in AA were tenuous, that I was only tolerated, not being a "real" alcoholic. It took me years to get over the feeling that I was in AA under false pretenses. So strong was that feeling that I might have bolted if the Preamble to each meeting had not reminded me of the Third Tradition: the only requirement for membership is a desire to stop drinking. That desire I had, and it was enough to get me past the imaginary bouncer at the meeting door.

In reading about the Third Tradition, I saw that it arose as an answer to intolerance of people who had, in addition to alcoholism, traits or problems that were viewed as threats to AA's reputation and survival. *Twelve Steps and Twelve Traditions* quotes an early member as saying, not without irony, "We were resolved to admit nobody to AA but that hypothetical class of people we termed 'pure alcoholics'. . . .beggars, tramps, asylum

inmates, prisoners, queers, plain crackpots, and fallen women were definitely out!" As a member who qualifies for two or three of those labels, I'm grateful that AA's General Service Office eventually came down on the side of tolerance. Apparently, though, it did so to ensure that no alcoholic be branded as too far gone or too disreputable for membership in AA. The question of welcoming those who had suffered comparatively little might never have come up.

Still, it is clear that framers of the Third Tradition meant exactly what they said, that anyone who wants to be sober is qualified to join AA. The Third Tradition tells us that if we declare ourselves to be members of AA, then we are, even if our drinking led us to commit terrible crimes or left us destitute--and even if it didn't. We don't need to pass entrance exams or pay dues or provide character references to join the Fellowship, and we don't need drunkalogs that rival the television movie -of-the-week as drama.

I seldom hear the term "high bottom" today. I hope that is because the public is becoming educated about alcoholism, so that more alcoholics now get sober before their alcoholism has done all the damage it can do. None of us came to AA because we were having a great time drinking. If we got sober before we landed in jail or lost our homes or ruined our physical health, then we did so through the grace of a Higher Power, and we have reason to be grateful, not apologetic.

By: Cheryl M. | Manhattan, New York

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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)

I don't know if prayers are heard and if they are answered from God, but that morning in May changed my life. A phone call from my dear friend Jerry and a trip to my hometown of Santa Barbara to a meeting of Alcoholics Anonymous answered my lifetime quest to know a God of my own understanding. I found that God on my bathroom floor.

— Jean J., Santa Barbara, California

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**WE are humbly requesting donations for the raffle at our
61st Intergroup Appreciation Banquet in April.**



*Are you or someone in your group a hairdresser,
nail tech or massage therapist?
Do you have access to restaurants or vacation
rentals that can be comped?*

**WE APPRECIATE ALL AND
ANY SUPPORT!**

*This is a fundraiser for Broward County Intergroup,
a 501C3 Corporation*

HAPPY
St. Patrick's
DAY

 A festive St. Patrick's Day logo. The text "HAPPY St. Patrick's DAY" is written in a mix of fonts. "HAPPY" is in a simple sans-serif font, "St. Patrick's" is in a large, elegant script font, and "DAY" is in a simple sans-serif font. The logo is decorated with several green shamrocks and a green leprechaun hat with a gold buckle.

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

VEERLODS
 LARVVIUS
 LEAPTHITHOCY
 PEARSTUBELID
 PRACCONSTK
 GETASENDDI



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.

RUSSTADIOS
 SEENSTREP
 NOSBMISUIS
 STOODNIAN
 NOPGUMIC
 SCODNIEI

AA's Got Talent 2025

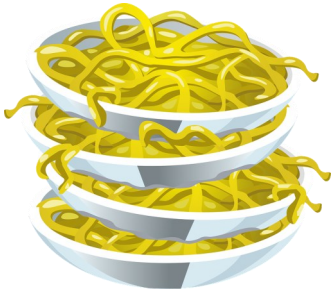
Was a super successful Fundraiser! **THANK YOU TO ALL THE VOLUNTEERS AND SUPPORTERS THAT MADE IT SUCH A HUGE SUCCESS!**

SAVE THE DATE

Sunday, April 27th, 2025

Appreciation Banquet

*Only a few tickets left..
 Call the office if you want to get one.
 954-462-0403*



District 9 has found a venue for their Spaghetti Dinner. This year's event will be held at Christ Church in Ft. Lauderdale.

DATE TO BE ANNOUNCED LATER IN YEAR.

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

Wednesday, March 26th at 6:15 PM

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

SERVICE KEEPS YOU SOBER



A.A. Birthdays

March Celebrants

Sunrise of the Spirit

Billy G ~ 39 yrs.
Sheila F. ~ 39 yrs.
Ellen M. ~ 34 yrs.
Brenda M. ~ 36 yrs.

Tamarac Group

Al K. ~ 21 yrs.

Surrender is Freedom

Mary H. ~ 7 yrs.

Davie Women's Group

44 yrs.

Oakland Park Group

Fred S. ~ 60 yrs.

Victor E.

Joe G. ~ 34 yrs.

Mountain Group

Sarah O. ~ 34 yrs.

Sobriety on Two

Laura B. ~ 29 yrs.

By the Book

Beginners

Patrick R. ~ 34 yrs.
Don G. ~ 17 yrs.

Margate Group

Janet M. ~ 41 yrs.

Express Group

Diane ~ 13 yrs.
Tom M. ~ 35 yrs.
David J. ~ 42 yrs.

Women's Step Into Sobriety

Betsy B. ~ 16 yrs.
Debbie D. ~ 11 yrs.

Entirely Ready

Pat W. ~ 24 yrs.

Dania After Work

Denise R. ~ 25 yrs.

Thursday Night Study

Philip S. ~ 18 yrs.



Friends of Pat C.

Debbie O. ~ 10 yrs.
Peggy R. ~ 29 yrs.

Serenity in the Park—SWR

Sarah ~ 2 yrs.
Richmond ~ 4 yrs.
Alberto ~ 2 yrs.
Brigit ~ 4 yrs.

**Big Book
Quote of the Month:**

No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed.

Alcohol was my master.

Alcoholics Anonymous, Page 8

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, March 23rd
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, March 8th
at 10:00 AM**

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

District 9 General Service

Meeting will be held on

**Sunday, March 16th
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

FEBRUARY BIRTHDAYSnot previously mentioned

Serenity Sisters

Marcy H. ~ 7 yrs.
Eileen ~ 17 yrs.
Robin P. ~ 37 yrs.

Surrender is Freedom

Sheryl F. ~ 24 yrs.

Thursday Night Study

Brian H. ~ 37 yrs.

Dania After Work

Gary C. ~ 22 yrs.

FEBRUARY CONTRIBUTIONS

| Group Name | FEB | CYTD |
|--------------------------------|--------|----------|
| 441 Group | | 150.00 |
| 545 Happy Hour Lambda South | | 315.00 |
| Alcoholics Anonymous | 772 | 1,660.55 |
| Beyond Your Wildest Dreams | 883.2 | 883.20 |
| Big Book Cafe | 400 | 600.00 |
| Bonnaventure BB Group | | 250.00 |
| Brothers in Sobriety | 75 | 75.00 |
| Broward Young People | 212 | 212.00 |
| Coconut Creek Group | 40 | 212.00 |
| Coral Springs Group | 25 | 50.00 |
| Davie Women's Group | | 280.00 |
| Deerfield Beach Oldtimers | 75 | 75.00 |
| Each Day a New Beginning | 1950 | 2,950.00 |
| Easier Softer Way | | 1,250.00 |
| East Naples Men's Group | | 693.00 |
| Enjoy the Journey | 330 | 330.00 |
| Fort Lauderdale Men's Group | | 77.67 |
| Fort Lauderdale Women's | 75 | 75.00 |
| Free to Be Group | | 800.00 |
| Freedom From Alcohol | | 315.00 |
| FtL Primary Purp BB Study | 100 | 200.00 |
| Happy Joyous and Free Zoom | | 120.00 |
| Harbor Group | 525 | 525.00 |
| In Memorium | | 500.00 |
| Intergroup Meeting | 124 | 237.06 |
| Into Action | 60 | 60.00 |
| KIS Lunchtime | | 390.00 |
| Kiss Today | 343.45 | 343.45 |
| Lambda Rising | 250 | 250.00 |
| Life in Recovery Group | 17.93 | 93.12 |
| Living in the Solution | 276 | 276.00 |
| Living in the Solution Virtual | 51 | 179.00 |
| Lunch Bunch in Plantation | | 64.00 |
| Lunch Bunch Zoom | | 100.00 |
| Margate Group | 25 | 25.00 |
| Men's Independence | 75 | 75.00 |
| Mid Day Sobriety | 100 | 200.00 |
| New Beginnings | 100 | 100.00 |
| New Day Group | | 200.00 |
| New Leaf Group | | 331.50 |
| Nooners | 450 | 450.00 |
| Noontime Sobriety Zoom | | 200.00 |

| Group Name | FEB | CYTD |
|------------------------------|---------|-----------|
| North Beach | 76 | 76.00 |
| Off the Hook | | 153.57 |
| Old Timers | | 264.00 |
| One Day at a Time | 61.8 | 61.80 |
| Open Door | | 216.00 |
| Pembroke Pines Last Stand | | 110.00 |
| Perry Street South | | 200.00 |
| Pompano Beach Group | 158.48 | 158.48 |
| Sand Pebbles Group | | 125.00 |
| Saturday Morning Group | 50 | 50.00 |
| Saturdays in the Park | 500 | 500.00 |
| Serenity in the Park East | 153.5 | 153.50 |
| Serenity in the Park-SWR | 152.91 | 239.71 |
| Serenity Sisters | | 200.00 |
| Smell The Coffee Group | | 57.31 |
| Sober on the Beach | 150 | 150.00 |
| Sun AM Attitude of Gratitude | | 120.00 |
| Sunday Morning Together | | 200.00 |
| Sunlight of the Spirit | 100 | 100.00 |
| Sunrise Serenity | | 136.00 |
| Surrender is Freedom Group | 35 | 75.00 |
| The Anonymous Club | 185.07 | 267.52 |
| True Self Group 11th step | | 75.00 |
| University Big Book Study | | 18.00 |
| Victor E | 1.79 | 1.79 |
| Wed Nt As Bill Sees It | | 125.00 |
| West Broward Women's | | 25.00 |
| Westside Men's Group | 453.4 | 453.40 |
| Women's Hope in Recovery | 135 | 135.00 |
| Women's Step by Step | 40 | 40.00 |
| Why It Works | | 92.00 |
| YANA Group | 100 | 250.00 |
| | 9687.53 | 19,854.63 |

If this report does not jive with your group records, please call the office to investigate or send an email to help@aabroward.org.

THANK YOU ALL SO MUCH!
WE TRULY APPRECIATE
YOUR SUPPORT!

GAINING CLARITY THROUGH THE STEPS

As I approached step two with my sponsor, there were two separate things to address that I had never given any thought to before. The first was "a power greater than myself" and the second was "restores me to sanity".

When I read "A power greater than ourselves", which I thought meant God, I resisted. The God I knew was punishing, condemning and judgmental. I had been told I was going to hell because I was gay. I had no intention of believing in that God, but as my sponsor guided me through this step he let me know that the step read "came to believe" meaning over time, and with the help of others in the rooms, I would over time come to believe, just like others had. He helped me see that the "power" could turn out to be something completely different than I had grown up with. I could create this power greater than myself, as long as it was not me. It could be nature, a bird or simply the Group of Drunks sitting around me.

As for me, I found loving, non-judgmental and supportive God who is constantly there for me and with me. I now call my Higher Power "Spirit". This spirit is everything that ever was, everything that is and everything that ever will be. This spirit (God) is around me at all times constantly putting me in situations that will 'restore me to sanity'.

To be restored to sanity meant to me that I must be insane. Not completely true!! I learned my actions and warped thinking (from alcohol and other substances) created a type of insane thinking. Now that I came, came to, and came to believe in a power greater than myself (spirit) I had to learn where in my life was the insanity.

I will use one example that I learned early on: when a nonalcoholic decides to celebrate, knowing he will be drinking, he makes a back-up plan....maybe a designated driver, a ride share or a taxi to and from the night out. I never thought of that. I thought no matter how drunk I was, I would make it home. How insane is that thinking?! Driving drunk or in a blackout is not something a nonalcoholic would do.

So, as long as I stay sober, get a sponsor, work the steps and follow the suggestions of A. A. I begin to be restored to sanity.

— Rob V., Ft. Lauderdale

Answers from page 4: resolved, survival, hypothetical, disreputable, crackpots, designated,, disastrous, pretenses, submission, donations, upcoming, decision

Things we cannot change....

Guy V.



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

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

Tuesday

Back to Basics that met at 7PM at Sunshine Cathedral in Ft. Lauderdale, now meets at in the small room at the Twelve Step House.

Thursday

Came to Believe West that met at 7 PM in Cooper City, now meets at Chabad of Nova at 8280 Griffin Rd, Davie FL 33328 at 7:30 PM

Friday

Weston Midday Men's which met at St. Katherine Drexel Church in Weston NO LONGER MEETS.

Saturday

Riverside Group Online Meeting will no longer meet **SATURDAYS ONLY**

Daily

Serenity in the Park East at TY Park in Hollywood meets at 4:00 PM on the weekends.

Serenity in the Park SWR in Southwest Ranches is again meeting at 5:30 PM beginning March 3rd.

THIS MONTH IN AA HISTORY

- | | |
|-----------------------|---|
| March 1941 | Second printing of Big Book. |
| March 16, 1940 | Bill moved the Alcoholic Foundation office to 30 Vesey St., NY. |
| March 1, 1941 | Saturday Evening Post article by Jack Alexander created national sensation. AA membership quadrupled in one year from 2000 to 8000. |
| March 10, 1944 | NY Intergroup was established. |
| March 21, 1966 | Ebby Thatcher, Bill Wilson's sponsor, died sober. |

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

- | | |
|-----------------|---|
| 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. |
| Mar 22 | 2nd Annual Benefit for Dr. Bob's Home Anne Kolb Nature Center 11 AM—3 PM, \$40 includes lunch. Speakers, lunch, raffles |
| Apr 4-6 | S.F.L. 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 tickets only, limited seating. Speakers, 4 course meal and basket raffle. |
| May 8-11 | Big Book Seminar Boca Town Center Marriott, Seating is limited. Schedule starts Thursday night at 7 PM and ends Sunday at 12:30 PM. For more info or to pre-register for \$35 go to bigbookseminar.org |