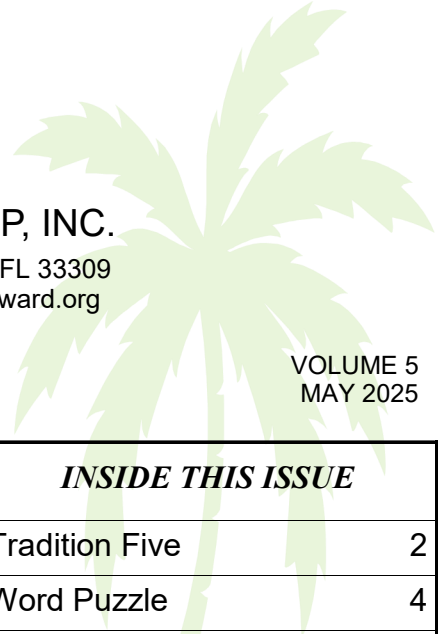




# SUITE 404

BROWARD COUNTY INTERGROUP, INC.  
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VOLUME 5  
 MAY 2025

**Step 5** - "Admitted to God, to ourselves and to another human being the exact nature of our wrongs."

## A Fifth of AA

I ASKED Bill, the newcomer I'm sponsoring, "Is your Fourth Step written and pretty much completed?"

"I think so."

"Let's get together after tomorrow night's meeting."

"Okay."

I got to my own Step Five by telling myself that it would be either a fifth of booze or a Fifth of AA. The AA Fifth started me on a road to freedom I'd sought in the other kind of fifth and not found. With Step Five, I came into the spirit of AA.

For me, holding back on Step Five was like my experiences at birthday parties when I was a kid. I didn't feel comfortable there; the group was intimidating somehow, and I felt I didn't belong. The other kids were laughing and having a grand time. When someone's mother would encourage me to join in, I would plead, "I'm feeling a little sick."

As an adult, in AA, I chose the same pattern. "Come on, do your Steps." "Join in." " 'Easy Does It,' but do it!" I pleaded feeling sick: "I'm a recovering alcoholic. When I've recovered enough, I'll do the Steps."

Today, I choose to be, and work to go on being, a recovered alcoholic. This recovery must be maintained daily. The Twelfth Step directs me to share recovery. Sharing a Fifth Step is a vital part of my maintenance.

Tonight, I'll share a Fifth with Bill. We'll start with a way to help it flow, perhaps by my simply asking, "What do you consider to be the worst, most embarrassing thing in the inventory? The item you least want to mention. Let's get that out of the way first, and the rest will be easier." Then, I'll share something similar from my own inventory. The relief will be great. The tension will ease. We'll be on our way to cleaning house.

The prayer "Lord if I can't help, don't let me hurt" runs through

*(continued on page 3)*

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**CONCEPT V**

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion may be heard and personal grievances receive careful consideration.

**Tradition Five - "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."**

## A Simple Solution

As an individual, my primary purpose is to stay sober and to help other alcoholics achieve sobriety. As a group, our primary purpose is to help the alcoholic who still suffers. This is pretty simple stuff, isn't it? But is it too simple? At meetings recently I have sensed something else going on. I couldn't quite put my finger on it until I heard one member say to another, "Yeah, I really liked that validation that we did last night." I immediately had a sick feeling in my stomach and was glad that I had missed the meeting where everyone "validated" each other. If that had happened at my first meeting, you wouldn't be reading this now. I'd either be drunk or dead.

What I'm talking about is a tendency to bring other ways of staying sober into our groups. How can I argue if people are not drinking? In this question lies my dilemma. Has our purpose changed from "not drinking"? At another meeting recently I heard someone say, "There are solutions." This statement struck me as odd. I found myself wondering why Bill W. didn't write, "There are solutions" instead of "There is a solution." Just yesterday after the meeting, I saw a brand-new newcomer--I mean first meeting--standing apart while everyone talked about what churches they go to.

Why does this weigh so heavily on my mind? Well, the answer I've come up with is this: If I ever begin to believe that there is "another way," an "easier, softer way," a "back door." I am on my way back out there. It wasn't easy for me to come into AA. It took years of drinking, lying, cheating (both kinds), stealing, and denial before I picked up the phone and called AA for help. That Friday morning I knew it was over. There were no more back doors. No more cons to pull. No more lies to be told. It was over--period. All of my ways had failed, and I finally had given in to reality. I was an alcoholic and needed help, and somehow I intuitively knew that I would find the answer in AA.

I wonder if we are really helping newcomers when we introduce "other ways" of staying sober in our meetings. I am grateful that when I came into AA there was only one signal coming through at the meetings I went to: Don't drink. Go to meetings. Get a sponsor and work the Steps. Maybe this other stuff was being discussed back then too, but after my first meeting a guy named Sam came up to me and sort of swayed his bottle of Dr. Pepper under my nose and said, "Don't worry about a lot of the stuff that was said here tonight, just keep coming back. We're here every night at 8:30." Thanks, Sam. Had I heard of personal growth retreats, church groups, or validation meetings, I might have wandered down another path and not be trudging the road of happy destiny today.

By: Tom P. | Naples

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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](mailto:help@aabroward.org).

(continued from page 1)

my mind. I won't be there as a judge. This man will be sharing, with his Higher Power and with me, the things in his life he wants to keep and the things in his life he wants to throw away. I'll just be helping him take out the garbage. We'll both have some trash that we no longer want to keep--that we are ready to set out for hauling away.

I am going to feel an intense love and respect for this man. He will be talking about things he is ready to work on to make his life whole. He will be creating room in his life for the good things our Higher Power will give us when there is room for them.

And I will gain new insight into myself. An area in which I was blind to myself will appear. There will be something to renew my dedication to AA--a new source of strength, a new place to work.

Progress in AA is, to me, as if my life had been unfired clay. A crisis comes, and--where once the brittle clay of my life seemed to shatter, I have now come to believe that a Power greater than myself can help me shape my life--and I have decided to let Him do so.

In Step Four, we inventory all the material, and in Five, we begin the process of selecting what we want to keep and what must go. In Six, Seven, Eight, or Nine we start eliminating the useless and using the useful. In Ten, Eleven, and Twelve, under the guidance of a Higher Power, we begin a lifelong, daily job of building a new life.

Bill has been in AA for four months; tonight or early tomorrow morning, Bill will come into the spirit of AA.

—R. M. | Austin, Texas

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*Things we cannot change....*



Donna B. and Don M.

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



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**District 9 General Service**

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Ft. Lauderdale, FL 33310

# Recovery Word Puzzle

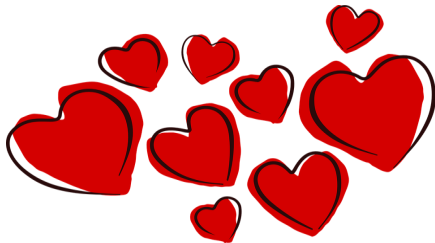
NYDEETCN  
 DIALTVADE  
 MIMELAD  
 CRENITUDO  
 RUTGGIND  
 IMAGINITTIND



*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.*

IDENNITAMA  
 VEERSGINAC  
 GRAHISN  
 GRACTINE  
 TRAMLIEA  
 NAGCUEID

**WE LOVE OUR**



**CUSTOMERS**

**THANK YOU TO  
 EVERYONE WHO MADE  
 CONTRIBUTIONS LAST  
 MONTH!!!**

Are you looking for a service commitment??  
 Ask your home group how you can get involved, or check with Intergroup about events coming up.  
**We are currently looking for a Speaker Exchange Chair**  
 Call 786.286.4504 for details

The NEXT Founders Day Picnic planning meeting will be held **Saturday, May ?? @ 12:30 PM**  
 101 Club, 700 SW 10th Street, Pompano Beach



**SERVICE KEEPS YOU SOBER**



# A.A. Birthdays

## May Celebrants

**Sunlight of the Spirit**

Amy R. ~ 44 yrs.  
Cookie ~ 29 yrs.

**Serenity Sisters**

Lisa K. ~ 12 yrs.  
Joyce ~ 30 yrs.  
Lisa D. ~ 16 yrs.  
Ruth ~ 38 yrs.

**One Day at A Time**

Sterling R. ~13 yrs.

**Don't Forget**

David H. ~ 13 yrs.

**Ft. Lauderdale Women's**

Jan S. ~ 40 yrs.  
Jen ~ 16 yrs.

**5:45 Happy Hour**

Linden ~ 39 yrs.

**Plantation Happy Hour**

Keith N. ~ 10 yrs.  
Howard S. ~ 10 yrs.  
Lou P. ~ 25 yrs.  
Robin S. ~ 31 yrs.

**Sober on the Beach**

Andrew K. ~ 4 yrs.

**Sunshine Group**

Donna H. ~ 17 yrs.  
Dave A. ~ 14 yrs.

**Happy Joyous & Free**

Peggy D. ~ 21 yrs.

**Living in the Solution**

Arlene R. ~ 6 yrs.  
Billy E. ~ 8 yrs.  
Glenn H. ~ 10 yrs.  
Mike B. ~ 12 yrs.  
Nancy H. ~ 14 yrs.

**12 Steppers Men's**

Mike O. ~ 3 yr.  
Mike B. ~ 12 yrs.

**We Came to Stay** ~ 39 yrs.



**Express Group**

Jodi W. ~ 24 yrs.  
Bobby ~ 3 yrs.  
Jane C. ~ 12 yrs.  
Bobby ~ 13 yrs.  
Lisa ~ 31 yrs.

**Women's Honesty**

Kelly M. ~ 4 yrs.  
Patrisia L. ~ 10 yrs.  
Ilana H. ~ 9 yrs.

**Big Book  
Quote of the Month:**

*In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while.*

*Alcoholics Anonymous, Page 86*

**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, May 18**  
**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, May 10**  
**at 10:00 AM**

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

**HAPPY BIRTHDAY**

**APRIL BIRTHDAYS** ....not previously mentioned

**Serenity Sisters**

Donna ~ 2 yrs.



**District 9 General Service**

Meeting will be held on

**Sunday, May 18th at 2:00 PM**

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

**APRIL CONTRIBUTIONS**

Group Name	APR	CYTD
441 Group		150
5-3-Zero	92	92
545 Happy Hour	270	585
Alcoholics Anonymous	262	2,497.71
Bayview Beginners	117	117
Beyond Yr Wldst Dreams		883.2
Big Book Cafe	200	1,000.00
Bonnaventure BB Group		250
BottomLine Group	100	100
Brothers in Sobriety		75
Broward Young People		237
Came to Believe		60
Coconut Creek Group	30	70
Coral Spgs As Bill Sees It	25	25
Coral Springs Group	25	100
Davie Women's Group	200	480
Deerfield Bch Oldtimers		75
Deerfield Beach Study	181.23	181.23
Each Day a New Beging		1,950.00
Easier Softer Way		1,250.00
East Naples Men's		693
Enjoy the Journey		330
Ft Lauderdale Men's		77.67
Ft Lauderdale Women's		75
Free to Be Group		800
Freedom From Alcohol		315
FtL Twelve Step		757.14
FtL Primary Purp BB Stdy		300
Happy Joyous Free Zoom	120	240
Harbor Group		525
Good Morning God		100
In Memorium	100	600
Intergroup Meeting	86	433.06
Into Action	30	150
KIS Lunchtime		390
Kiss Today		343.45
Lambda Rising	250	500
Let's Study the Book	50	50
Lighthouse Point Group	30	30
Life in Recovery Group		158.72
Living in the Solution	140	416
Living in the Solution Vrtl	198	502

GROUP NAME	APR	CYTD
Living Sober		100
lunch Bunch in Plantation		64
Lunch Bunch Zoom		100
Made a Decision		258
Margate Group		25
Melrose Park Group	216.94	216.94
Men's Independence		75
Mid Day Sobriety		300
New Beginnings		100
New Day Group		200
New Leaf Group		331.5
New Way of Life	100	100
Nooners		450
Noontime Sobriety Zoom		200
North Beach		76
Off the Hook		153.57
Old Timers		1,246.00
One Day at a Time	39.3	123.3
Online Men's Independ	50	50
Open Door		216
Peace of Mind		150.07
Pemb Pines Last Stand		110
Perry Street South		200
Pompano Beach Group		158.48
Riverside	241	241
Rule 62	125	125
Sand Pebbles Group		250
Saturday Morning		50
Serenity at 630	200	200
Saturdays in the Park		500
Serenity in the Park East		153.5
Serenity in the Park-SWR	180	492.16
Serenity Sisters		200
Smell The Coffee Group		57.31
Sober on the Beach		150
Sober Today	100	100
Sun AM Attit of Gratit		120
Sun Morning Together		200
Sunlight of the Spirit		100
Sunrise Serenity		136
Surrender Group	100	100
Surrender is Freedom	100	225

Contributions continued on page 7

# Fifth Tradition Checklist

1. Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?
2. Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?
3. Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?
4. Am I willing to twelfth-step the next newcomer without regard to who he is or what is in it for me?
5. Do I help my group in every way I can to fulfill our primary purpose? Does my group *carry* the message, or do we expect people to come get it?
6. Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

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Answers from page 4: tendency, validated, dilemma, introduce, trudging, intimidating, maintained, grievances, sharing, creating, material, guidance

## APRIL CONTRIBUTIONS

continued from page 6

GROUP NAME	APR	CYTD
Tamarac Group	15	15
The Anonymous Club	67.82	335.34
The Outsiders		420
Thurs Nt. Study		78
True Self 11th Step		75
Tuesday Nt Step Group	40	40
University BB Study		68
Victor E		1.79
Wed Nt As Bill Sees It		125
West Broward Women	68	93
Westside Men's Group	310.5	763.9
Wom's Hope in Recovery		135
Wom's Primary Purpose	57	57
Women's Sober Tribe	50	100
Women's Step by Step		40
Why It Works	146	238
YANA Group	50	450
YANA Online		600
<b>TOTALS</b>	<b>4762.79</b>	<b>30,003.04</b>

### The 61st Intergroup Appreciation Banquet was another beautiful evening.

300 people met at Tropical Acres and shared a meal and speaker meeting, followed by a basket raffle. The event was a lot of fun and a very successful fundraiser for Intergroup, thanks to all those who came out for dinner, the many volunteers and especially the groups who donated a basket for our raffle. We could not do what we do here at Intergroup without you all.

Thank you, Thank you, Thank you!!

- |                                |                        |
|--------------------------------|------------------------|
| Imperial Point Sunday Night    | Old Timers Group       |
| New Day                        | Sunlight of the Spirit |
| Oakland Park Group             | Spiritual Principles   |
| Deerfield Beach Study          | Easier Softer Way      |
| Sunrise Serenity               | Men's Independ. Online |
| Brothers All Living Life Sober | Sunshine Group         |
| Bottom Line Group              | Davie Women's Group    |
| Saturday Morning Awareness     | East Naples Men's      |
| Women's Step Into Sobriety     | Women's Honesty        |
| Serenity Sisters               | Sober on the Beach     |
| You're Off the Hook            | Peace of Mind          |
| University Big Book            | BCIC                   |
| Living in the Solution Virtual | Anonymous Donor        |
| Dania After Work Group         | One Day at a Time      |
| Surrender is Freedom           | Let's Study the Book   |
| Pat C's Big Book Study         |                        |

### 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

**Bayview Beginner** which met at 4595 Bayview Drive in Fort Lauderdale NO LONGER MEETS.

### Tuesday

**NEW MEETING Sense of Duty** meets at South Florida Wellness Center, 5225 NW 33 Ave., Oakland Park, 7 PM, OD.

### Wednesday

**Women's Step Into Sobriety** will NO LONGER be meeting at Dania Women's Club. Still looking for a new spot. 7 PM.

### Thursday

**By the Book Beginners** that met at the Women's Club in Deerfield at 7:30 PM NO LONGER MEETS.

### Friday

**NEW MEETING Frontliners Group** meets at South Florida Wellness Center 6969 Taft Street, Hollywood, 7PM, OD.

### 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, and has gone back to a 5:30 PM start time weekdays.

**Serenity in the Park SWR** in Southwest Ranches is again meeting at 5:30 PM.

## THIS MONTH IN AA HISTORY

- |                     |                                                                       |
|---------------------|-----------------------------------------------------------------------|
| <b>May 11, 1935</b> | Bill W. calls Walter Tunks from the Mayflower Hotel in Akron          |
| <b>May 6, 1946</b>  | Long form of "Twelve Traditions" is published in the AA Grapevine.    |
| <b>May 8, 1971</b>  | Bill W. buried in private ceremony in East Dorsett, Vermont           |
| <b>May 28, 1974</b> | The first AA World Service meeting held outside of US held in London. |
| <b>May 29, 1980</b> | "Dr. Bob and the Good Oldtimers" is published.                        |

**PLEASE CHECK THE LISTING OF  
YOUR GROUP ON **OUR**  
WEBSITE FOR ACCURACY**

<https://aabroward.org/locations>

*We are not responsible for the Meeting Guide app.*

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

## Upcoming Events

- |                 |                                                                                                                                                                                                         |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>May 8-11</b> | <b>Big Book Seminar</b> Boca Town Center Marriott, Seating is limited. Schedule starts Thursday at 7 PM and ends Sunday at 12:30 PM. For more info or to pre-register for \$35 go to bigbookseminar.org |
| <b>May 17</b>   | <b>40th Annual Old Timers Meeting</b> 101 Club, Pompano. 6-9:30 PM. Free event, Archives, 3 speakers with over 35 years each.                                                                           |
| <b>June 8</b>   | <b>Founders Day Picnic</b> will be held at Synder Park Cauldwell Pavillion at 3922 SW 4th Ave, Fort Lauderdale, 11 AM—4 PM, Live DJ, Meeting at 2 PM, \$10 in advance/\$12 at gate.                     |
| <b>June 15</b>  | <b>Traditions Workshop 10-12</b> at Intergroup Bookstore. 3-5 PM., Food, fellowship, FREE. Call ahead, limited seating. Come see WHY it works, and bring a sponsee or friend.                           |