



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 8
 AUGUST 2025

Step 8 - "Made a list of all persons we had harmed, and became willing to make amends to them all."

How to Survive Cocktail Hour at 30,000 Feet

I loved to drink on planes. Well, I loved to drink anywhere, anytime actually, but planes were my favorite. In that suspended piece of time I could drink like I wanted—alone and with my fantasies.

I got sober in 1981, so there were no phones or computers onboard to bring in the world's pesky, depressing reality. I'd order my first drink, and depending on how flush I was at the time, it could be three little bottles of scotch. I could then have lots of wine with my meal and more scotch after. Often I'd just order lots of ice, which was free, to pour my own bottle of scotch or vodka that I brought in my carry-on. Yes, one could bring a bottle on the plane with them in those days! I'd drink and stare out the window thinking about all the great things I was going to do with my life. When I was sufficiently lubricated, I'd become very friendly and tell the passenger next to me amazing, fabricated stories about my fabulous or tragic—depending on my mood—life.

But then I got sober. One day, I confessed to a friend that I was thinking of going to that "program" that hadn't worked for my mother. I truly expected him to say, "Now hold on there! You're a smart guy. You've been in therapy for 20 years. AA sounds a bit extreme, don't you think?" Instead he nodded and said he knew someone in AA and he would have him call me. Oh dear. Three days later I was at my first meeting, and my life changed.

What I found was that when I drank, my fantasies and rationalizations and excuses could no longer keep up with my frightening Jekyll and Hyde personality splits. I also could no longer blame myself or excuse my behavior because of my parents or because of the lover I had drunken, frightening fistfights with, or because I was gay, or because I was raised in New York City. The stark reality could no longer be avoided: I was a violent, out-of-control drunk who wanted to stop drinking and couldn't.

I was living in San Francisco at the time and I started going to a lot of meetings. My physical recovery alone was amazing. I would start each day saying, "I can't believe I'm not hung over! I actually feel rested." At meetings, I was hearing things like, "Ninety meetings in 90 days!" "No major changes in the first year." "Stick close to home if you can." Absolutely! Happy to do it.

But around day 30, my beloved grandmother in Minnesota called to tell me that there was going to be a memorial dedication to my grandfather, who died in 1971. A wildlife preserve, an island, was to be dedicated later that summer to him to commemorate all his efforts toward conservation around the Great Lakes area, and being the only grandson, I must be there.

"Oh, can I get back to you about that?" I said to her nervously. As I hung up the phone, the image of a three-hour flight loomed in my mind. Flying without drinking? That was followed by the image of being greeted at the airport by

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*Have a safe,
 happy and
 sober
 Labor Day
 Weekend*

CONCEPT VIII

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Tradition Eight - "Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."

We Never Know What God Has Planned

Like most of the good things that have happened to me since I got sober, I did not ever plan on becoming a special worker.

My dear friend and mentor, Boston Bob (may he rest in peace), who became my "AA daddy" right from the start of my sobriety journey, had tried several times to get me to go to work at our Intergroup office. Whenever there was an opening at the office for a part time employee, he would suggest that I apply. (He had about 24 years sober at the time, and I had two or three.) My children were still very small then, and I would explain to him that as a single mother, I could not possibly work for that small amount of money.

Then Bob would do his best to persuade me to take the hotline at night on a "relay" commitment. Since I actually lived in a different county than I was getting sober in and we would have to dial a "1" before my number to forward the phones, that was not to be my service slot either. I always did a lot of service anyway, because I was afraid not to. I wanted what the old-timers had, and did whatever they told me to do, as long as it didn't affect my bank account.

I had been working in offices for many years as an executive assistant or administrative assistant, even though I had a degree in business management. I had worked as a restaurant manager for several years, but left the industry and opted for the office scene because the hours were more conducive to raising children. Since I was a mouthy, defiant alcoholic, I never really climbed the ladder to management in those offices. I typically only worked in each office for about a year, and then when I knew they were never going to appreciate my hard work, dedication and genius (because they obviously still didn't know who I was), I left and went somewhere else.

After joining the Fellowship and creating a conscious contact with my Higher Power, I started to have some hope that dreams can come true and to believe that I could do anything I wanted. Since I had always wanted to be a teacher, I got certified to teach and went to work for the school system while my girls were little. A few years of that gave me the humility and gratitude I needed to become a worker among workers and to appreciate the gifts God had given me. Maybe there was nothing too noble about being an administrative assistant in the construction industry, but it was what I did well, and somebody had to do it. So I worked in the public schools for two years and then returned to office work.

Then a friend asked me to work in her real estate office as the office manager. She thought it would benefit us both more if I became licensed to sell property, so she paid for my school. I went off in that direction, but the market crashed and property sales came to a screeching halt.

That same week, I was at my AA meeting where someone made an announcement that the Intergroup Office was accepting applications for an assistant coordinator. I knew it didn't pay anything, but I figured it might be a fun place to work and something coming in was better than everything going out. I also thought it would be low stress enough that I could actively seek more permanent employment while I was there. I applied and was hired right away.

The manager at the time explained that the job had just kind of been abandoned to her after a bit of dissension, so she was still trying to figure things out. She was also working another job at the same time, and was thinking of going back to her hometown. She asked me how on earth I could raise two kids on the little bit of money they were paying me. When I explained the whole story to her, she said she'd be happy to accommodate my interview schedule if I wanted to continue my job search.

Working at Intergroup as the assistant coordinator was not at all satisfying to me. The bookstore was very slow and the volunteers were the ones who answered the phones, so I was very bored and started to look really hard for another job. One day I came in super excited about a place I had delivered my résumé to, and the manager told me she had given her two-weeks notice.

(continued on page 3)

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 2)

Oh no! I thought. If she leaves I'm the only one who knows how to work here and I don't want her job. I'll be stuck! I won't be able to support my kids on this income, but how can I leave the Intergroup office unmanned? Well, that was a little over nine years ago. They handed me the keys and the title two weeks later and offered to pay me only a dollar more per hour. I was left to do the job that two of us had been doing for a lot less money and with no help for almost six months.

Once I became the coordinator I made many little changes, and with a lot of help from the volunteers, some paid assistants, and my Higher Power, sales have grown and so has my paycheck. I finally found an office job that I felt had a worthy purpose: the Intergroup office helps hundreds of sick and suffering people every month. I have held this job longer than any job in my 35 years as an office worker, and it's something I would have never pursued on my own. I didn't even want it when it fell in my lap. It has its challenges and politics, like every job, but the office has become my second home and the volunteers my second family. I've raised my children and remained sober. I've been able to carry out my primary purpose and still earn a paycheck working with people who really understand me.

I never know what God has planned, but his plan is always so much better than mine.

— Mary S., Hollywood, Fla. Copyright © AA Grapevine, Inc., October 2015 Reprinted with permission.

BROWARD INTERGROUP AA HISTORY

Literature Prices at the Intergroup Office in 1991

- Big Book: \$5.75
- Soft Cover: \$5.25
- 12 & 12 Hardcover: \$5.00
- Came to Believe: \$2.50
- Language of the Heart: \$10.00
- Reflections: \$6.00
- Medallions: \$1.50

NEW WHERE & WHENS ARE NOW AVAILABLE

Intergroup will now be making all meeting directories in-house so that they will be current. If you need more than 20, please order ahead.

Email: help@aabroward.org

Things we cannot change....

Sam B., Jimmy D. and Joan H.



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



**Are you interested in making 12-Step Calls to the person still suffering?
Please call or email the office to sign up. We need you.
YOU ARE RESPONSIBLE!!**

General Service Office, NY

Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

Bridging The Gap

877.207.2242

Broward Co. Intergroup, Inc.

3317 NW 10 Terrace, Ste. 404
Ft. Lauderdale, FL 33309
954.462.0265

BCIC

P.O. Box 22701
Ft. Lauderdale, FL 33335

Area 15 Treasurer

2950 W Cypress Creek Rd.
Ste. 333, #10907
Ft Lauderdale, FL 33309

District 9 General Service

P.O. Box 100126
Ft. Lauderdale, FL 33310

Recovery Word Puzzle

ITKCLACO
 RCEDABLUTI
 KNEURNND
 FNETEBI
 SADIRE
 CISTLOPI



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.

MREMCOTMEAO
 GSHUROTE
 ERCRDIOSITE
 GSUATU
 ATONROIT
 XGEHNECA

Intergroup is currently looking for a **Speaker Exchange Chair** in the spirit of rotation.
 Email help@aabroward.org if interested.

The last planning meeting for the **District 9 Spaghetti Dinner** will be held on **Saturday, August 23rd at 3 PM**
 101 Club, 700 SW 10th Street, Pompano Beach

2025 Gratitude Dinner planning is now under way. The next planning meeting will be held **Sunday, Aug 16th at 1:30 PM**
 Fourth Dimension Club, 4425 Hollywood Blvd, Hollywood, FL 33021

JULY CONTRIBUTIONS (Continued on page 6)

Group Name	JULY	CYTD	Group Name	JULY	CYTD
441 Group		150	Brothers in Sobriety	100	295
5-3-Zero		92	Broward Women's		451
545 Happy Hour		585	Broward Young People		212
Acceptance Meeting		25	Came to Believe		60
Alcoholics Anonymous	961.55	4273.42	Coconut Creek Group		140
Back to Basics		50	Coral Springs As Bill Sees It		25
Bayview Beginners		117	Coral Springs Group	25	200
Beyond Your Wildest Dreams		883.2	Coral Springs Men's	75	75
Big Book Café		1200	Dania After Work		180
Bonnaventure BB Group		250	Davie Women's Group		680
Bottom Line Group	949.58	1049.58	Deerfield Beach Oldtimers		75

SERVICE KEEPS YOU SOBER



A.A. Birthdays

August Celebrants

Women's Honesty

Marsha M. ~ 29 yrs.
Katrina ~ 9 yrs.
Ilana H. ~ 9 yrs.
Amanda H. ~ 3 yrs.
Desiree K. ~ 6 yrs.
Charmaine ~ 10 yrs.
Katherine C. ~ 34 yrs.

Serenity Sisters

RuthAnne ~ 46 yrs.
Donna ~ 2 yrs.

Dania After Work

Rowel D. ~ 8 yrs.

Spiritual Principles

Peter G. ~ 16 yrs.
Glenn S. ~ 25 yrs.
Linda W. ~ 42 yrs.

Women's Step by Step

Jennifer R. ~ 11 yrs.

Let's Do Lunch

Charlie G. ~ 31 yrs.

Downtown Dry Dock

Terri S. ~ 22 yrs.
Patty M. ~ 19 yrs.

Chickee Group

Sue Y. ~ 42 yrs.

Bottom Line Group

Sherrill L. ~ 18 yrs.

One Day at a Time

Lori B. ~ 17 yrs.

Easier Softer Way

Taryn ~ 23 yrs.
Nancy G. ~ 12 yrs.

Express Group ~ 49 yrs.

Joanne ~ 38 yrs.
Vernon ~ 37 yrs.

Hollywood Men's

Joe A. ~ 37 yrs.
Tom ~ 30 yrs.

New Day Group

Karo ~ 17 yrs.
Jeanne B. ~ 10 yrs.
Frank M. ~ 10 yrs.

Men's Independence

Nico ~ 15 yrs.

Entirely Ready

Adie M. ~ 38 yrs.

Westside Men's

Scott Z. ~ 32 yrs.

Fort Lauderdale

Women's
Lisa M. ~ 20 yrs.
Beverly P. ~ 39 yrs.

Davie Women's

Patty L. ~ 20 yrs.
Carmen D. ~ 17 yrs.
Eula K. ~ 33 yrs.

Joy of Living

Kathy G. ~ 47 yrs.

Oakland Park

Don W. ~ 43 yrs.
David S. ~ 43 yrs.
Rick B. ~ 31 yrs.
Nicole B. ~ 15 yrs.

Coral Springs As Bill Sees It

Barbara ~ 15 yrs.
Monica ~ 14 yrs.
Mark ~ 36 yrs.
Kevin ~ 12 yrs.

Riverside Group

Denise J. ~ 47 yrs.



Big Book Quote of the Month:

"Faced with alcoholic destruction, we soon became as open minded on spiritual matters as we had tried to be on other questions. In this respect alcohol was a great persuader. It finally beat us into a state of reasonableness."

Alcoholics Anonymous, Page 48

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, August 24th
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, Aug 9th
at 10:00 AM

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

District 9 General Service

Meeting will be held on
Sunday, August 17 at 2:00 PM
Sanctuary, 1400 N. Federal Hwy., FTL
New Rep Workshop at 12:30 PM

HAPPY BIRTHDAY

JULY BIRTHDAYSnot previously mentioned

Women's Honesty

Ann F. ~ 3 yrs.
Melissa G. ~ 1 yr.

**DO YOU KNOW SOMEONE
CELEBRATING A SOBER
ANNIVERSARY THAT WOULD LIKE
TO BE LISTED HERE?**

Let us know ahead of time at help@aabroward.org

JULY CONTRIBUTIONS CONTINUED FROM PAGE 4

Group Name	JULY	CYTD
Deerfield Beach Study		440.88
Don't Forget		480
Each Day a New Beginning	1463	5900
Early Risers	400	400
Easier Softer Way		2500
East Naples Men's	849	2422
Enjoy the Journey		330
Ft Lauderdale Men's		77.67
Ft Lauderdale Women's		75
Free to Be Group		1600
Freedom From Alcohol		315
French Intergroup		250
Ft Lauderdale Twelve Step		757.14
FtL Primary Purpose BB Stdy		300
Happy Joyous Free Zoom	150	390
Harbor Group		525
Good Morning God	50	200
In Memorium		800
Intergroup Meeting	90	699.31
Into Action	120	300
KIS Lunchtime		390
Kiss Today		776.35
Lambda Rising	100	600
Let's Study the Book		50
Lighthouse Point Group		30
Life in Recovery Group	46.4	253.12
Living in the Solution	245	915
Living in the Solution Virtual	112	900
Living Sober		100
Lunch Bunch in Plantation	321	385
Lunch Bunch Zoom		100
Lunch Express		1057.34
Made a Decision		298
Margate Group		25
Melrose Park Group		216.94
Men's Independence		300
Midday Sobriety	100	500
New Beginnings		200
New Day Group		400
New Leaf Group		331.5
New Way of Life		200
Nooners		450
Noontime Sober Living	300	300

Group Name	JULY	CYTD
Noontime Sobriety Zoom		200
North Beach	40	116
Oakland Park	388	388
Off the Hook	407.42	560.99
Old Timers	147	1393
One Day at a Time	44.1	243.97
One Step at a Time		50
Online Men's Independ		50
Open Door		216
Peace of Mind		150.07
Pembroke Pines Last Stand		290
Perry Street South		597.13
Plantation Happy Hour		1034.97
Pompano Beach Group	602.07	1431.41
Pride 5:45		1679.85
Riverside		420.4
Rule 62		125
Russian Speaking AA		150
Sand Pebbles Group		250
Saturday Morning	75	200
Serenity at 630		200
Saturdays in the Park		500
Serenity in the Park East		253.5
Serenity in the Park-SWR	135	852.16
Serenity Sisters		400
Smell The Coffee Group		57.31
Sober on the Beach		300
Sober Seniors	469.02	469.02
Sober Today		100
Spiritual Principles		472.5
Splinter Group		918.8
Stepping Out		75
Sun AM Attitude of Gratitude		120
Sunday Morning Together		200
Sunlight of the Spirit		100
Sunrise Serenity		136
Surrender Group		100
Surrender is Freedom	75	375
Tamarac Group		15
The Anonymous Club	220.19	555.53
The Outsiders		613.38
Thurs Nt. Study		78
Traditions & Steps at 7	40	64.65

Contributions continued on page 8

(continued from page 1)

my drunk mother and drunk sister, who usually had some other substance in her pocket. That sent me into a panic. I can't do it, I thought. But I must, mustn't I? I should call people. Yes, call people. That's what they tell me in the rooms.

I didn't have a sponsor yet. That idea was still too confusing for me. But I had made a few friends in my AA meetings, so I called them. Steve, my first buddy who sat in front of me at my very first meeting, was first on my list. "Oh my God, Steve. Oh my God, what am I going to do?" I spewed. "I have to fly out to Minnesota. It's three hours on a plane—not drinking! How can I do it? And even if I don't drink, my drunken family will be there. They'll get me drunk! But they'll all be angry with me if I don't go. My grandmother will be so hurt. I haven't told her I'm in AA. What am I going to do?"

"You don't have to go," Steve said. There was a sudden moment of silence. "What?" I said. "You don't have to go," he repeated. "Your sobriety is more important, isn't it?"

I thought for a minute. "Um, gosh, yes!" I replied. "We have choices now," he said. "You can choose not to go." "But what do I tell my Grandmother?" I asked. "Tell her the truth," he said. "They've been telling us to be willing to go to any lengths to stay sober, right? So just tell her."

So I did. And she couldn't have been happier. My grandmother wasn't a drinker. She hated it. She was married to a big drinker for 56 years. So she was thrilled that I didn't drink anymore. "No, honey, you stay there and do what you have to do," she told me over the phone. "Come next year, and we'll go out to the island together."

So that next summer, when I had a year sober, I did fly out to her, but I first asked people in the program how to fly without drinking. And here are some of the pointers they gave me:

1) Know what you're going to drink in advance. That way, when you're asked by the flight attendant, you can say right away and firmly, "Yes, thank you, I'll have a soda."

2) Bring something good to read. Grapevines are perfect for traveling. They fit easily in your bag and you can bring several if you're on a long trip. The pocket version of the Big Book is easy to carry as well, and it's inconspicuous.

3) Consider an aisle seat. That works best for me, especially if I get seated next to drinkers and I need to step away in case the fumes from their drinks become bothersome.

4) Bring headphones with AA speaker tapes.

5) Join online meetings on your computer, though be careful if you want to stay anonymous. It might be tricky on a crowded plane.

6) Drink lots of water and bring munchies, like nuts and gummie bears and protein bars, in case of hunger. H.A.L.T is just as important at 30,000 feet as it is on the ground.

7) And the final one I learned the hard way: Take morning flights! When I was flying back to California from my grandmother's the next summer, I had booked a late afternoon flight in order to stay as long as I could with her, but as our plane flew into the sunset, I found myself inside a 3½ hour cocktail hour! That was the roughest part of my trip. Now 33 years later, that doesn't bother me much anymore, but I still always try for morning flights.

Over the years, until my grandmother died in 1996, I flew to see her many times. I've also flown to Europe, Canada and Hawaii. I still love that feeling of suspension from the world below, but now I do it sober. I'm grateful that I can fly anywhere in the world—and happily not drink.

—Anonymous

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*Customer Appreciation Day was a delightful day of celebration,
with 43 customers stopping in to chat and have a bite to eat!*

Thank you for making it a successful and fun Saturday.

*We really do appreciate all of you and your support, and look forward to serving
you again, in the near future. If you are looking for something
that we don't have, please let us know. Call or email orders in anytime.*

Answers from page 4: Cocktail, Lubricated, Drunken, Benefit, Raised, Politics, Commemorate, Roughest, Directories, August, Rotation, Exchange

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

Steps to Freedom which met at 8:30 PM at the Fourth Dimension Club in Hollywood NO LONGER MEETS.

Saturday

NEW MEETING Women's Meeting Bottom Line Group in Deerfield at 10 AM. Open, rotating Format.

JULY CONTRIBUTIONS cont. from pg. 6

Group Name	JULY	CYTD
True Self 11th Step		75
Tuesday Nt Step Group		40
University BB Study	40	203
Victor E	1000	1001.79
Wednes Night As Bill Sees It		125
West Broward Women		93
Westside Men's Group	483	1246.9
Women's Fri Night BB Study		300
Women's Hope in Recovery		135
Women's Primary Purpose		57
Women's Sober Tribe	25	160
Women's Step by Step		80
Why It Works		238
YANA Group		550
YANA Online		984
TOTALS	10648.33	60364.78

A message from your Intergroup Manager

June marked my 20th year as your Intergroup Manager and I have been privileged and honored to serve you all and get to know so many of you.

Thank you so much for your trust and support over the years, helping to make Broward County one of the finest Intergroup offices in the USA.

Many of you know that our expenses have risen considerably, as they have everywhere, and they now exceed our income regularly. Please consider making a contribution to your Intergroup so that

we can continue the important work we do for the AA members of Broward County.

The Intergroup Pamphlet has recently been updated to reflect the history of our office since it began in 1963.

Thank you all for your continued generosity and for allowing me to serve you.

Blessings,

Mary Saja

Thank you so, so much!!

Upcoming Events

- Aug 29** **Express Group 49th Anniversary Eatin' Meetin'** Chili dogs and all the fixins! Bring a sponsee, a friend, and a dish to share. Christ Lutheran Church Fellowship Hall, 1955 E. Oakland Park Blvd., Fort Lauderdale. Dinner starts at 6:30 PM.
- Sept 6** **District 9 Spaghetti Dinner** Emma Lou Olson Center, 1801 NE 6th Street, Pompano Beach, 5 PM. Tickets are \$15 each. No pets allowed. Bring a dessert.
- Sept 19-21** **Women in Recovery Conference*** Opal Grand Hotel, Delray Beach. To register or purchase banquet tickets go to www.thewomeninrecovery.com Workshops, speakers, raffles, fun.

*Not an AA-sanctioned event

