



# SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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**Step 10** - "Continued to take personal inventory and when we were wrong promptly admitted it."

## A Good Look

I had been sober for just over two weeks. It was the Thursday Step meeting at my home group, and the topic was Step Ten. Patrice, a woman who had been sober for many years, shared that Step Ten was one of her favorite Steps because the principle of the Step—personal responsibility for one's actions—was one that could be put into practice at any time in a person's journey of sobriety. We don't need to be sober for a certain number of years, or even to have completed the first nine Steps, in order to be accountable for our thoughts, choices, words and behavior. That can start on the very first day of our sobriety. Hearing that in my 16th continuous day without a drink, I decided to give it a try. When I asked my sponsor about it, he said, "It couldn't hurt."

At first, I wasn't very good at this new idea of personal responsibility. I had honed my skills for blaming, shaming, avoiding, evading, denying, rationalizing and justifying into an all-consuming way of life. After all, self-delusion was the centerpiece of my entire lifestyle as an active alcoholic. Even though accountability seemed like a very tedious, unlikely attribute to attain, I gave it a try.

I started by looking myself in the eyes in the mirror as I brushed my teeth at night. (Both of those things—looking into my eyes and brushing my teeth—were new behaviors after years of poor dental hygiene exacerbated by drinking, blacking out and passing out on a regular basis.) As I looked in the mirror, I tried to think of three things that had happened that day that I could thank God for, and three instances in which I could have done better.

It was hard to stop blaming others for making me into a victim, but my extraordinarily patient sponsor helped me, over time, to learn to keep the focus on myself, on my motives, my defects and my harms done to others. It has taken a lot of prayer, a lot of forgiveness of myself and other people, and a lot of surrender to overcome my natural defensiveness, defiance, stubbornness and predisposition toward emotional excesses and extreme behavior.

While growth has often been painful, the process has forced me to learn to admit when I've been wrong. "Promptly" no longer means "whenever I get around to it," but now inspires a sense of urgency, of immediacy, of "as soon as possible." That's because my daily inventory,

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**Need a meeting?**

**The 441 Group**

**NEEDS  
SUPPORT**

### CONCEPT X

Every service  
responsibility  
should be matched  
by an equal service  
authority, with the  
scope of such  
authority  
well defined.

**Tradition Ten** - " Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy. "

## Tradition 10: My Father, Myself

Sometimes, I'm great at practicing the Tenth Tradition. Other times, I'm horrible at it. But my ability to apply this Tradition in my life has grown as I have gotten older in sobriety. I still slip up sometimes, as I think we all do. One guiding principle has become clear to me: I am practicing the spirit of the Tenth Tradition as long as I am sharing my experience, strength, and hope, and not my opinions. By practicing this, I've been able to strengthen my relationships in and out of the rooms, including a difficult relationship with my father.

One of the sayings I've heard in the rooms for many years is, "We go to meetings to give, not to get." For me, the difference between being a "giver" and a "taker" is the quality of what I bring to meetings with me. Am I sharing my experience, strength, and hope, or am I sharing my opinions? If I'm sharing my experience, strength, and hope, I'm sharing about how the principles I've learned in AA--such as service, unity, reaching out for help, acceptance, faith, or humility--have helped me to live life on life's terms just enough to stay sober for a few twenty-four hours. If I'm sharing my opinions, it sounds different, even to my ears. It sounds more like, "You should do this to stay sober," rather than, "This is what I did to stay sober."

In fact, sharing my opinions even feels different. It's almost as if I can feel that self-righteousness begin to seep out of my pores and coat me and whatever I say in an icky, prideful goo. This coating is usually preceded by my hearing something I disagree with in a meeting. Feeling my hand shoot up, I open my mouth to "correct" what I believe are my sober colleagues' delusions. Why I still feel sometimes, after years of sobriety, that it's my job to correct everyone's delusions is beyond me! Perhaps it's more manifestation of self-centered fear. Why else would I feel the need to always be right?

For many years, I would opine in meetings, saying things that were divisive, rude, and hurtful, because I felt that I had the "right" brand of sobriety. Some people I directed my rants at ten or more years ago still avoid me today. I can't say I blame them--it hurt when others did it to me. Talk about doing damage to group unity!

For me, the change in my thinking and sharing began when I had about five or six years of sobriety. An assignment from my sponsor meant I was to start practicing the Tenth Tradition with my family, specifically with my dad, as part of my amends toward him.

Basically, I had always felt afraid that I wasn't a good enough daughter for him, that he wished he'd had someone more normal, with fewer tattoos and fewer opinions that differed from his own. My fear that I wasn't good enough turned into a fear that he didn't love me. Being the kind of alcoholic I am and being a person from a loud, opinionated family, I decided that I'd alienate my dad by arguing with him about politics. That way, if he didn't seem to love me the way I wanted him to, I could chalk it up to politics--not to my deepest fears about our relationship.

Of course, that didn't work! In the course of an inventory, I realized that this was a ploy so that I didn't have to have a real relationship with my dad. I didn't want to risk finding out I wasn't what I thought he wanted me to be. I was used to arguing with my dad about politics, so that's what I did. Instead, I had to practice not arguing with him, one day at a time. This was hard--and scary. I actually had to talk to my dad about what was going on in my life, not about what was on the nightly news. It was much more personal. As time went on, it got easier. Still, there were a couple of times when I strayed, went into the personality of my politics, and ended up in shouting matches, complete with the sullen silences afterwards.

As I learned how to have a real relationship with my dad, I learned that I could have a real relationship with other people based on this principle, too.

When I talk about my opinions, I don't leave a lot of room to talk about my feelings, my hopes, my dreams, my aspirations, my life. I leave room for argument, but not for relating. That has been dangerous for me, both inside and outside AA. Arguments usually lead me right back to feelings of isolation, difference, anger, and self-righteousness. These feelings, if left unchecked, could lead me back to a drink if I don't cut out the actions causing them.

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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)

just like my entire sense of the fatality of alcoholism and my whole experience of AA, has continued to evolve over time.

Today, I simply follow the instructions provided on pages 84 through 88 of the Big Book. I consider the questions on page 86 when I retire at night, and write out a daily gratitude list, which I share with my sponsor on the phone after my morning prayers, along with periodic inquiries to my Higher Power about how I might better do his will. This process helps me identify areas in my life that require correction, improvement, and/or an apology in order to maintain a fit spiritual condition. This daily self-evaluation and accountability is the essence of my spiritual progress. It brings me into ever-increasing reliance on God for knowledge of his will and the power to carry that out. And it requires that I pay daily attention to all 12 of the Steps.

The primary benefit of Step Ten is not personal accountability, or improved relations with others, or contented sobriety, or even greater usefulness; those are just wonderful byproducts of right living. The real payoff of continuing to take a personal inventory is God-consciousness, intuition and that vital sixth sense that guides me through all my daily affairs. As the Big Book promises on page 87, "What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind." The few minutes it takes to continue to monitor the exact nature of my thinking is a miniscule expenditure of effort in exchange for the limitless opportunity to connect with the Spirit of the Universe.

—Don B., Berlin, Maryland

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## THIS MONTH IN AA HISTORY

- Oct. 17, 1935** Ebby T., Bill's sponsor, moves in with Bill and Lois.
- Oct. 14, 1939** Journal of American Medical Association gives Big Book unfavorable review.
- Oct. 2, 1944** Marty Mann forms National Committee for Education on Alcoholism.
- Oct. 3, 1945** AA Grapevine adopted as national publication of AA.
- Oct. 9, 1949** Florence R., first sober woman of AA drinks again and commits suicide.
- Oct. 1951** Lasker Award presented to AA.
- Oct. 1954** The "Alcoholic Foundation" renamed the "General Service Board of AA."
- Oct. 1, 1957** *AA Comes of Age* is published.
- Oct. 9, 1969** 1st AA World Service meeting begins in NY with delegates from 14 countries.

## 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](mailto:help@aabroward.org)**



**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

G I C T T O N E N N  
L A R D Y L U G A  
C L A R E N E I  
S T I X N E N O E  
H Y T A I T U R O  
N I D E C A F E



*Unscramble the letters.  
Answers to puzzle can be  
found on page 7. Words for  
this puzzle have been used  
somewhere else in this edi-  
tion of Suite 404.*

P I P I S T O R E S I N D O  
M Y C A D I M E I  
T R I P S N A I S O A  
T R E G N A M U  
S I D N U L E S O  
V E S I D I I V

The 68th Florida State Convention (2026) is in Orlando in 10 months.

**Website NOW LIVE!! Get registered. Buy banquet tickets.**

<https://68.floridastateconvention.com/>

## The 69th Florida State Convention is in Ft. Lauderdale!

2nd Planning meeting is on November 1 at 1 PM, 101 Club in Pompano.

**2025 Intergroup Picnic planning** is now underway. The last meeting  
will be held at **2 PM, Sunday, October 19th**

Twelve Step House, 205 SW 23 Ave., Ft. Lauderdale

**2025 Gratitude Dinner planning** is now underway. The next planning  
meeting will be held **Saturday, October 18 at 1:30 PM**

441 Group, Village Plaza, 1452 N State Rd 7, Margate

Thanks so much to all the many Intergroup volunteers  
in Broward County - on the phones, in the office, Representing your  
Groups each month, serving on a Committee.

**We could not do it without you!!**

**SERVICE KEEPS YOU SOBER**



# A.A. Birthdays

## October Celebrants

### Living in the Solution

Ally D. ~ 1 yr.  
 Connie ~ 1 yr.  
 Maureen ~ 7 yrs.  
 Tim ~ 8 yrs.  
 Ingrid ~ 9 yrs.  
 Khristina ~ 10 yrs.  
 Jeff ~ 34 yrs.

### Serenity Sisters

Dale ~ 11 yrs.  
 Joan ~ 30 yrs.  
 Jean M. ~ 14 yrs.

### Sunshine Group

Jamie R. ~ 10 yrs.

### Saturday Morn Awareness

Stephen W. ~ 3 yrs.  
 Nicole ~ 4 yrs.  
 John S. ~ 20 yrs.  
 Stephan ~ 27 yrs.  
 Rachel H. ~ 28 yrs.  
 Ted ~ 33 yrs.

### Pompano Men's ~ 56 yrs.

### Early Risers

Nick D. ~ 18 yrs.  
 Ana ~ 3 yrs.  
 Kristin C. ~ 3 yrs.

### Just For Now

Barbara O. ~ 35 yrs.

### Sunlight of the Spirit

Dawn B. ~ 37 yrs.

### Westside Men's

Jon G. ~ 11 yrs.

### Dania After Work

Alison ~ 11 yrs.

### Express Group

Cookie ~ 38 yrs.  
 Sonia C. ~ 32 yrs.

### Downtown Dry Dock

Jason E. ~ 9 yrs.

### Oakland Park

Eric P. ~ 14 yrs.



### **Big Book Quote of the Month:**

"It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."

*Alcoholics Anonymous, Page 85*

### **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, October 19**  
**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, October 11**  
**at 10:00 AM**

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

### **District 9 General Service**

Meeting will be held on

**Sunday, October 19 at 2 PM**

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

# HAPPY BIRTHDAY

**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](mailto:help@aabroward.org)



**SEPTEMBER CONTRIBUTIONS**

Group Name	SEPT	CYTD
441 Group		150
5-3-Zero		92
545 Happy Hour		585
Acceptance Meeting		25
Alcoholics Anonymous	294.64	4500.66
Attitude of Gratitude		110
Back to Basics	174	224
Bayview Beginners		117
Beyond Your Wildst Dreams		883.2
Big Book Cafe		1200
Bonnaventure BB Group		250
Bottom Line Group		1049.58
Brothers in Sobriety		295
Broward Women's		451
Broward Young People		212
By Word of Mouth		212
Came to Believe	75	135
Coconut Creek Group		140
Coral Springs As Bill Sees It		25
Coral Springs Group	25	250
Coral Springs Men's		150
Dania After Work		180
Davie Women's Group		680
Deerfield Bch Oldtimers		75
Deerfield Beach Study	414.23	855.11
Don't Forget		840
Each Day a New Beginning		5900
Early Risers		400
Easier Softer Way		2500
East Naples Men's		2422
Enjoy the Journey		330
Express Group	248	248
Eye Opener		200
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		390
Harbor Group		525
Good Morning God	50	300

Group Name	SEPT	CYTD
In Memorium		5800
Intergroup Meeting	83	890.31
Into Action		300
KIS Lunchtime		675
Kiss Today		1098.55
Lambda HALT		183.81
Lambda Rising		600
Let's Study the Book		50
Lighthouse Point Group		120
Life in Recovery Group	78.4	331.52
Living in the Solution	289	1204
Living in the Solution Virtual	188	1234
Living Sober		200
Lunch in Plantation	130	515
Lunch Bunch Zoom		100
Lunch Express		1440.97
Made a Decision		298
Margate Group		25
Melrose Park Group		216.94
Men's Independence		300
Mid Day Sobriety	100	700
New Beginnings		200
New Day Group		400
New Leaf Group		331.5
New Way of Life		200
Nooners		450
Noontime Sober Living	80	455
Noontime Sobriety Zoom		200
North Beach		116
Oakland Park		388
Off the Hook		560.99
Old Timers	297	1690
One Day at a Time		294.97
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	347.5	944.63
Plantation Happy Hour		1034.97
Pompano Beach Group		2079.72
Pride 5:45		2579.85
Riverside		500.4

Contributions continued on page 7

**SEPTEMBER CONTRIBUTIONS** (continued from page 6)

Group Name	SEPT	CYTD
Rock Group		400
Rule 62		125
Russian Speaking AA	150	300
Sand Pebbles Group		250
Saturday Morning		200
Serenity at 630		200
Saturdays in the Park		500
Serenity in the Park East		253.5
Serenity in the Park-SWR		987.16
Serenity Sisters		400
Smell The Coffee Group		57.31
Sober on the Beach	325	625
Sober Seniors		469.02
Sober Today		100
Sobriety 101	50	50
Spiritual Principles	125	597.5
Splinter Group		918.8
Stepping Out	100	175
Sun AM Attitude of Gratitude		120
Sun Morning Together		200
Sunlight of the Spirit		100
Sunrise Serenity		136

Group Name	SEPT	CYTD
Surrender Group		100
Surrender is Freedom	60	505
Tamarac Group		15
The Anonymous Club	262.62	818.15
The Outsiders		613.38
Thurs Nt. Study	60	138
Trads & Steps at 7		105.16
True Self 11th Step		150
Tuesday Nt Step Group		40
University BB Study	50	253
Victor E		1001.79
Wed Nt As Bill Sees It		125
West Broward Women	72	165
Westside Men's Group		1246.9
Women's Fri. Nt BB Study		450
Women's Hope in Recovery		135
Women's Primary Purpose		107
Women's Sober Tribe	40	250
Women's Step by Step		80
Why It Works		238
YANA Group		650
YANA Online	306	1290
TOTALS	4474.39	75,382.23

**THANK YOU, THANK YOU ALL!**

(continued from page 2)

I learned in AA of the principle of one alcoholic talking to another in the language of the heart. The logical extension of that principle is talking from the heart, one person to another. To me, this is something I feel I must aim for--it's part of practicing these principles in all of my affairs. And, it allows me to be a giver in terms of my family, my job, and my social affairs rather than expect people in those areas of my life to kowtow to me.

Part of the reason this idea has become so important to me is that my dad, with whom I so struggled to be real, died about ten years ago. Fortunately, I'd had about four or five years of practicing relating to him, one person to another. I knew, when he died, that he loved me, even though we still occasionally butted heads. I had taken that leap of faith in AA and practiced talking with him, instead of arguing with him. I am not sure if either he or I would have believed in our love for each other had I avoided this work. By allowing me to have a relationship with him based on love and common ground, my nonalcoholic dad taught me something about AA: I need to have that relation with all of you, too.

—Juliet H., Pinole, California

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Answers from page 4: contingent, gradually, reliance, extension, authority, defiance, predisposition, immediacy, Aspirations, argument, delusions, divisive.

**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

Where and Whens are now being printed in-house, so they are always current. The majority of changes we've received in the past month are for online meetings, and as always the website has the most up-to-the-minute information available.

<https://aabroward.org/locations> or <https://aabroward.org/virtual-meetings>

### Monday

**NEW MEETING No Matter What** is a men's meeting at the Stirling Room in Davie. ODm 7 PM.

**NEW MEETING SRYP** new Young People's meeting at the Stirling Room in Davie. OBGYP 8:30 PM.

### Tuesday

**NEW MEETING Serenity at 7** at Stirling Room in Davie, OD 7 PM.

### Wednesday

**Chickee Group** has moved from Hollywood to Davie. The new address is First Seminole Baptist Church, 4701 Stirling Road. Time and format remain the same.

### Thursday

**NEW MEETING Women of Hope** is a women's meeting at the Stirling Room in Davie. ODw 7 PM.

### Friday

**The Eye Opener** in Hollywood is only in-person on Friday, and it is a Hybrid Meeting. CC 9 AM.

**Imperial Point Beginners** which met at Unity Church in Pompano NO LONGER MEETS.

### Daily

**The Stirling Room** has cancelled the following meetings: All 8/9 AM except on Friday, All 5:30 PM meetings except Friday, the 1 PM and 2 PM on Sunday and the 11:30 AM on Saturday.

**WEST BROWARD CLUB** has moved to a new address. They are no longer upstairs. New address is 13120 W State Road 84 in Davie.

***INTERGROUP PICNIC TICKETS  
ARE NOW ON SALE  
\$12 EACH or 3/\$30***

## Upcoming Events

- |                 |  |
|-----------------|--|
| <b>Oct. 3-5</b> | <b>South Florida Area 15 General Service Assembly</b> Boca Town Center Marriott, Boca. Speakers, Workshops, Business Meeting Sunday. Free service event.                     |
| <b>Oct. 26</b>  | <b>49th Intergroup Picnic</b> Snyder Park Caldwell Pavilion, 11 AM—4 PM, \$12 each or 3/\$30. Kids under 8 eat free. Food, fellowship (no loud music) raffles, and speakers. |
| <b>Nov. 15</b>  | <b>District 9 Gratitude Dinner</b> 6-10 PM, First Baptist Church, 301 E Broward Blvd, FTL. Tickets available through your General Service Reps. Tickets needed to attend.    |