



# SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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**Step 12** - "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

## Not My Holiday

I was always haunted by memories of past holidays. I would avoid places where they played Christmas music. Sometimes I'd ignore my feelings and instead throw myself into Christmas music and decorations, only to fall into a deep depression after a few weeks. "Oh, not again!" I'd say. "Didn't I do this last year?"

A few years ago I found the answer of how to deal with this time of year, and it was a similar one that our co-founders discovered. I realized that I wasn't the only one who got depressed, and I started looking for ways to help my fellow alcoholics have an easier time getting through December. Imagine that, thinking of someone besides me!

I encouraged our AA group to open up earlier for fellowship and snacks. Everyone thought it was a good idea, however no one wanted to open that early, so I did it! I made coffee and brought some snacks in. I also started paying attention to what my fellows shared at our meetings. I would try to catch many of them afterward and give them a hug or a friendly smile. If they seemed to be struggling, I'd ask if they would like to go somewhere to have coffee and talk. If not—and usually it was not—at least I had asked. Before long I was not noticing "my" holidays and "my" problems.

I made a lot of meetings looking for someone to cheer up. I don't know how much it helped those I encountered, but it sure kept me content and sober through the holidays. Before I knew it, it was New Year's Eve and time for our annual alkathon!

I used to dread the torture around Thanksgiving and Christmas. Those days never felt like holidays to me. But now I'm grateful I have found the answer. May we all have a sane and sober New Year!

— Elizabeth E., Albuquerque, New Mexico

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**441 Group  
desperately  
Needs support!!**

### CONCEPT XII

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

**Tradition Twelve** - "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

## I made it!

The holiday season can be tough on recovering alcoholics. When I was in the grip of addiction, the party would begin in November and last through January. "Eat, drink and be merry" were words to live by. Since many normal people are also drinking to excess, alcoholics can indulge at times of the day and in places that would be frowned upon the rest of the year. I used to get away with outrageous conduct because many "normal people" were acting silly too. I'd start before the party began and continue long after most others had had enough.

Thanksgiving was a very troublesome holiday for me—four days of non-stop drinking. More if I quit work early and started celebrating on Wednesday afternoon. There were years I could not remember what had transpired between Thursday and Sunday or what had been served at the Thanksgiving table.

I remember my first Thanksgiving in sobriety. It was rapidly approaching, and I was getting nervous. I had not had a drink since late August. My spouse and I were preparing for our annual trip to Houston to celebrate with in-laws and friends. There would be several sumptuous meals. Beer and liquor would be plentiful. I would be away from my home group for the first time. My wife offered to cancel the trip if it would help me stay sober. This was tempting. It would be the easiest way out; but two more holidays would quickly follow (three if you count Super Bowl weekend!) Not making this trip would only postpone my dilemma.

I knew my real problem was not the trip but that I hadn't truly joined our Fellowship. I was still struggling with the second part of Step One, and God was not in my vocabulary. I was using my AA group as my Higher Power. Meeting attendance substituted for working the program. I still did not have a sponsor. I understood the need but couldn't bring myself to ask for help. On the internet, I had found a wealth of information. I downloaded several guides on working the Steps. I had recordings of dozens of speakers. Just like an unfinished puzzle, I had all the pieces. But I couldn't put my puzzle together. And deep down, I knew time was running out.

At every meeting I heard the words: "a manner of living which demands rigorous honesty." Easy to say; hard to do. Am I one of those people "who are constitutionally incapable of being honest with themselves"? I was a benchwarmer, not a player. The boat was about to sail, and I still had one foot on the dock. I asked myself what the words "willing to go to any lengths" really meant. Deep down, I still felt I could drink again someday. At one meeting, I was asked to read the Twelve Traditions. When I got to Tradition Three, I said, "The only requirement for AA membership is a desire to start drinking." Oops!

With departure for Houston only hours away, my anxiety was approaching the panic level. Deep down in my gut I knew that before the long weekend was over, I would drink. But stubbornness kept me from asking for help. Fortunately, at the next meeting I attended, my group was discussing ways to cope with the holidays. When asked to share, I did something totally out of character: I blurted out that I wasn't sure I would make it. A friend sitting next to me asked who my sponsor was, and I admitted I didn't have one. "You're not leaving here without one," several other

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

(continued from page 2)

members replied. Then a wonderful thing happened: people who I still barely knew put their issues on hold to help me. It felt like a warm blanket had been wrapped around me after coming in from a cold rainstorm. Before I left the meeting I had a sponsor, an action plan, recommended meetings in Houston, and a host of telephone numbers to call.

I would like to report that equipped with all of this, I sailed through the next few days effortlessly. Of course I didn't. I spent most of Thanksgiving Day avoiding anyone who had a beer in their hand. Our hostess kept a coffeepot going all day, much to my delight. I discovered that as long as I held a coffee cup, no one offered me a drink. By the end of the day I had coffee coming out of every pore, but I hadn't had a drop of alcohol. I carried a pocket copy of the Big Book and the "Twelve and Twelve" everywhere and read when I had a chance. I memorized the Twelve Steps to keep my mind occupied. Throughout the trip, my wife helped me to stay busy and didn't leave me alone for more than a few minutes. Occasionally, I felt jitters seemingly worse than my first few days of sobriety. But when Monday came, I had not taken a drink. My first sober holiday in nearly 40 years! The next week, I gratefully picked up a 90-day chip at my home group.

Despite this success, I knew there was much work to do. It was time to join the Fellowship and get serious about working the Steps. Christmas and New Year's Day were coming on fast. There were many issues to deal with if I was to remain sober. But for the time being, life was good and the word "hope" was back in my vocabulary. I just knew that with the help of a good sponsor and my home group, the rest of the program of AA would come in good time.

—Butch R., Corpus Christi, Texas

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# Recovery Word Puzzle

SPEEDREDS  
GAEMINI  
GRUNTSGLIG  
CREILSPINP  
LORIPSUE  
TINNYMUAI



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.

GROOTSUAUE  
PUSSTUMOU  
GOORISUR  
VAINDOGI  
NINIHUDEFS  
REELAGSDSR

The 68th Florida State Convention (2026) is in Orlando in 8 months.

Get registered. Buy banquet tickets.

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

**AA's Got Talent** planning is now underway. The next planning meeting will be held on **Saturday, December 13th at 1:30 PM.**

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

*Performers must sign up and buy ticket. Tickets available for distribution that day.*

The next planning meeting for the **69th Florida State Convention in Ft. Lauderdale**

Will not be held until January but they will need LOTS of help!

101 Club, 700 SW 10th St, Pompano Beach, FL 33060

Thanks so much to everyone who came out for the Pre-Holiday Sales event! We had a lot of fun and got LOTS of LITERATURE out there to carry the message in Broward County! A newcomer won the raffle!! A big shout out to Ronnie, of Coral Springs, with 1 year who supplied delicious bagels for our refreshment.

**INTERGROUP APPRECIATES ALL YOUR SUPPORT!**

**SERVICE KEEPS YOU SOBER**



# A.A. Birthdays

## December Celebrants

### Saturday Morning Awareness

Lola W ~ 3 yrs.  
Joyce D. ~ 22 yrs.  
Billy D. ~ 36 yrs.  
Joey C. ~ 27 yrs.

### Serenity Sisters

Sandi A. ~ 9 yrs.  
Nicole S. ~ 6 yrs.  
Georgia ~ 1 yr.

### Women's Step by Step

Sheila C. ~ 24 yrs.  
Heather M. ~ 12 yrs.

### Victor E

Larry M. ~ 37 yrs.

### Freedom From Alcohol

Karl B. ~ 34 yrs.

### Lunch Express

Chuck B. ~ 10 yrs.

### Serenity in the Park Southwest Ranches

Will M. ~ 4 yrs.  
Emily S. ~ 4 yrs.  
Cindy ~ 4 yrs.  
James P. ~ 3 yrs.

### Oakland Park

Fritz A. ~ 8 yrs.  
David R. ~ 33 yrs.

### Sunlight of the Spirit

Tom J. ~ 37 yrs.  
Violet ~ 9 yrs.  
Brian S. ~ 17 yrs.

### Why It Works

Michael W. ~ 37 yrs.

### Margate Group

Dennis B. ~ 40 yrs.

### Bottom Line Group

Enza ~ 8 yrs.  
Danny C. ~ 20 yrs.

### Other Notables

Suzanne J. ~ 20 yrs.  
Nancy F. ~ 24 yrs.

### Life in Recovery

Paula ~ 3 yrs.  
Shannon ~ 2 yrs.



# HAPPY BIRTHDAY

**NOVEMBER BIRTHDAYS** ....not previously mentioned

### Serenity Sisters

Julie ~ 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](mailto:help@aabroward.org)

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

"Burn the idea into the consciousness of every man that he can get well regardless of anyone. The only condition is that he trust in God and clean house."

*Alcoholics Anonymous, Page 98*

### **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, December 21st**  
**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, December 13th**  
**at 10:00 AM**

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

### **District 9 General Service**

Meeting will be held on

**Sunday, Dec. 21st at 2 PM**

Sanctuary, 1400 N. Federal Hwy., FTL

**New Rep Workshop at 12:30 PM**



## NOVEMBER CONTRIBUTIONS

GROUP NAME	NOV	CYTD
11 Step Conscious Contact		140
441 Group		150
5-3-Zero		92
545 Happy Hour		585
Acceptance Meeting		25
Alcoholics Anonymous	491.26	6106.36
Attitude of Gratitude		110
Back to Basics	100	324
Bayview Beginners		117
Beyond Your Wildest Dreams		883.2
Big Book Cafe		1200
Bonnaventure Big Book Group		250
Bottom Line Group		1049.58
Brothers in Sobriety		395
Broward Women's	82	533
Broward Young People		212
By Word of Mouth	132	344
Came to Believe		135
Coconut Creek Group		140
Coral Springs As Bill Sees It		25
Coral Springs Group	25	300
Coral Springs Men's		150
Dania After Work		180
Davie Women's Group		680
Deerfield Bch Oldtimers	50	125
Deerfield Beach Study		855.11
Don't Forget		840
Each Day a New Beginning	1358	7258
Early Risers		800
Easier Softer Way		2500
East Naples Men's		3102
Enjoy the Journey	493	823
Express Group		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
The Ft Lauderdale Twelve Step	590	1347.14
FtL Primary Purpose BB Study		300
Happy Joyous Free Zoom		390
Harbor Group		725

GROUP NAME	NOV	CYTD
Hollywood Men's	339.54	339.54
Good Morning God	50	400
In Memorium		5800
Intergroup Meeting	136	1026.31
Into Action	90	390
Imperial Point Beginners		387
Just For Today		250
KIS Lunchtime	25	700
Kiss Today		1326.25
Lambda HALT		183.81
Lambda Rising	125	725
Let's Study the Book		50
Lighthouse Point Group	30	150
Life in Recovery Group	51.72	383.24
Living in the Solution	350	1729
Living in the Solution Virtual	137	1481
Living Sober		275
lunch Bunch in Plantation	90	605
Lunch Bunch Zoom		100
Lunch Express	818.26	2259.23
Made a Decision	101	399
Margate Group	200	225
Margate Men's Book Study		30
Melrose Park Group		489.13
Men's Independence		300
Mid Day Sobriety	100	900
New Beginnings		200
New Day Group		400
New Leaf Group		331.5
New Way of Life		400
Nooners		450
Noontime Sober Living		455
Noontime Sobriety Zoom		200
North Beach		207
Northwest		50
Oakland Park		388
Off the Hook		560.99
Old Timers		1834
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

Contributions continued on page 7

## NOVEMBER CONTRIBUTIONS (continued from page 6)

GROUP NAME	NOV	CYTD
Pembroke Pines Last Stand		290
Perry Street South		944.63
Plantation Happy Hour		1034.97
Pompano Beach Group		2079.72
Pride 5:45		2579.85
Riverside	138.2	670.4
Rock Group		400
Rule 62	156.65	281.65
Russian Speaking AA		300
Sand Pebbles Group		350
Saturday Morning		275
Serenity at 630		200
Saturdays in the Park		500
Serenity Hour	460	460
Serenity in the Park East		378.5
Serenity in the Park-SWR	135	1257.16
Serenity Sisters		400
Smell The Coffee Group	52.6	109.91
Sober on the Beach		625
Sober Seniors		469.02
Sober Today		100
Sobriety 101		50
Spiritual Principles		597.5
Splinter Group		918.8
Stepping Out		175
Sun AM Attitude of Gratitude		120
Sun Morning Together		200

**THANK YOU! THANK YOU! THANK YOU!**

GROUP NAME	NOV	CYTD
Sunlight of the Spirit		100
Sunrise Serenity		136
Surrender Group	580	680
Surrender is Freedom	30	595
Tamarac Group	15	30
The Anonymous Club	238.77	1056.92
The Outsiders		613.38
Thurs Nt. Study		138
Trads & Steps at 7		110.16
True Self 11th Step		225
Tuesday Night Step Group	87	127
University BB Study		298
Victor E		1001.79
Wednesday Night As Bill Sees It		125
Wednesday Night Las Olas		50
West Broward Women		165
Weston/Bonaventure		350
Westside Men's Group		1624.4
Women's Friday Night BB Study		450
Women's Hope in Recovery		135
Women's Primary Purpose	42	149
Women's Sober Tribe		250
Women's Step by Step		160
Women's Step Into Sobriety		400
Why It Works		372
YANA Group		800
YANA Online	588	1878
TOTALS	8488	90884.86

### TWELVE TIPS FOR KEEPING YOUR HOLIDAY SOBER & JOYOUS

1. Line up extra AA activities for the season.
2. Host an AA friends gathering including newbies.
3. Keep your phone with you and have friends and sponsor numbers programmed in.
4. Sign up for a service commitment.
5. Skip any drinking occasion you are nervous about or bring a sober friend along.
6. Don't think you have to stay late.
7. Plan ahead to finish a book, watch a movie, etc.
8. If you must attend a drinking party, don't stay long...plan your exit ahead.
9. Worship in your own way—anywhere.
10. Don't stress over temptations; remember it's "One Day at a Time."
11. Enjoy the true beauty of holiday cheer and love.
12. Go on a twelfth step call.

Answers from page 4: depressed, imagine, struggling, principles, perilous, unanimity, outrageous, sumptuous, rigorous, avoiding, unfinished, regardless

### 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>

### **Tuesday**

**NEW MEETING Traditions on a Tuesday** now meets at the Stirling Room in Davie, 3221 NW 75th Terrace, #5-7, OTR 8:30 PM.

**On Sober Grounds** has moved to United Church of Christ, 2501 NE 30th Street, FtL.

### **Thursday**

**NEW MEETING, Exit 36 New Life Group** will meet at Calvary Baptist, 800 NW 8th Avenue, Pompano Beach, FL 33060 at 6 PM. OSD.

### **Friday**

**Stirling Room** no longer has the 5:30 PM meeting on Fridays in Davie.

### **Saturday**

**Emotional Sobriety** which met at the Fourth Dimension Club in Hollywood NO LONGER MEETS.

**NEW MEETING One Day at a Time Moms** will meet at Reflections Park, 4200 Alpine Woods Road, Davie. CRFw 9 AM.

**NEW MEETING Back to Basics** now meets at the Stirling Room in Davie, 3221 NW 75th Terrace, #5-7, OBB, 7 PM.

### **Sunday**

**NEW MEETING Back 2 Basics** now meets at Pompano Beach Group in Pompano, OLT 11:30 AM.

**441 Group** has canceled the 9 AM meeting on Sunday.

### **Daily**

**Serenity in the Park** in Hollywood has changed the time back to 5 PM, except weekends.

**Serenity in the Park - SWR** has changed the time back to 5 PM.

***So Grateful for another year sober!***

## Upcoming Events

- |                  |   |
|------------------|---|
| <b>Jan. 9-11</b> | <b>SFL Area 15 Quarterly</b> Ft. Lauderdale Marriott Coral Springs 11775 Heron Bay Blvd, Coral Springs, FL 33076 . Service workshops, speakers and third legacy in action on Sunday. Free |
| <b>Feb. 7</b>    | <b>AA's Got Talent</b> Adult only evening of fun and fellowship. Coffee and dessert at 5:30, with Live Entertainment at 6:30 PM. \$15, Coral Springs Charter School.                      |