



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

3317 NW 10th Terrace, Suite 404, Oakland Park, FL 33309

Phone 954-462-0265, 954-462-7202; www.aabroward.org

Email: help@aabroward.org

VOLUME 1
JANUARY 2026

Step 1 - "We admitted that we were powerless over alcohol—that our lives had become unmanageable."

Gotta shop around

I remember how she looked across the room at me with those big, brown, compassionate therapist eyes and said, "OK, so your father's an alcoholic, your mother's an alcoholic, your brother's alcoholic—and you have to drink wine and smoke weed till you blackout every night just to get to sleep—but you're not an alcoholic."

Even I had to laugh. It wasn't exactly like a switch clicked on at that moment, but the rheostat of my denial definitely did a little recalibrating.

On my way back to the station (I worked in television news back then), I decided I was going to try going to that dreaded Twelve Step program we're not supposed to mention by name in press or public.

But it was mid-November and the holidays were coming. I figured there was no point in setting myself up for failure. So I quickly decided I'd wait until the New Year to get started. And in the meantime, I'd tell no one. After all, how often had I announced I'd quit smoking, only to face the humiliation of public defeat?

Back at the office, I headed straight to the kitchen for a good strong cup of by-now burnt coffee before getting back to work. And I needed to get back to work to avoid thinking about the terrifying decision I'd just made.

I was in no mood for small talk. So of course, a freelance reporter was in the kitchen. Not just any freelance reporter—a stunningly pretty, perfectly coiffed, immaculately dressed one. In her presence, I felt instantaneously and hideously "less than." I knew her name but I'd never even spoken to her before.

"Hi, how you doing?" she asked casually, smiling her perfect television-newscaster smile. And before I even realized what I was doing, I said to this near-stranger and clearly superior being, "I think I'm going to go to AA."

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**441 Group
desperately
Needs support!!**

**Appreciation
Banquet Tickets** will be
on sale **February 1st.**
\$60 each
\$600 to reserve a table.

CONCEPT I

**Final responsibility
and ultimate authority
for A.A. world services
should always reside
in the collective
conscience of our
whole Fellowship.**

Tradition One - "Our common welfare should come first; personal recovery depends upon AA unity."

SOBRIETY Spoken Here

God seems to have long-term plans. One thing seems to lead to another, but sometimes I think God is just plumb crazy.

I have been offering AA meetings to the women at our local jail for about six years. Four years ago, the jailor informed me that no women were interested in a meeting that night. "It happens," I thought, and started to leave, but the jailor stopped me. "There is, however, a man who is asking for an AA meeting," he said. With some hesitation, I agreed. Now, this had never happened previously and has not happened since.

The man who came to the jail library was struggling with English.

It just so happens that I speak Spanish. Years earlier, I spent some time in Central America, where I learned Spanish by living with Spanish-speaking families. During that time I'd attended Spanish-speaking AA meetings. So I didn't believe that God put me there by accident. After all, in our community, what were the chances?

I asked the man, Juan, if he would like to do the meeting in Spanish. His face lit up. It turns out that he had been teaching himself about AA by reading a Spanish Big Book, which our local Pink Can Plan (Books for Crooks) had provided to the jail.

At the end of the meeting, I asked how he was planning to stay sober after his release. He said he didn't know. I found that a scary proposition. I couldn't imagine trying to sober up at meetings where I couldn't understand what was being said. It had been hard enough for me to stay sober when I first arrived in Central America, despite having been sober awhile. I could relate.

As I walked from the jail that night I thought, "Gee, it's too bad someone hasn't started a Spanish AA meeting in this community." I could almost feel God tapping me on the shoulder and clearing his throat to get my attention. My immediate reaction was: "No! You've got to be kidding! I'm not Hispanic. I'm not completely fluent in Spanish and I'm a woman, for crying out loud." But the idea had been planted and, as I try to do with all of God's suggestions, I do what I'm told--like it or not; whether it makes sense or not. In this case, it made sense, but what an odd messenger for God to choose.

Still, I ordered Big Books and other literature in Spanish, found a meeting place, set a time, and made signs.

Since it was a new meeting, I was prepared to sit by myself for awhile. But there has almost always been one more suffering Spanish-speaking alcoholic who has shown up.

Juan and I have seen many come and go. We've had as many as a dozen at a time. Currently we are struggling, but the group is still going after nearly four years now.

And Juan--well, he's still sober. And so am I.

—Sylvia A. | Owatonna, Minnesota

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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)

Later that week, I was sent out of town on a story. When the shoot was over, I took the crew and the cop we'd been interviewing out for drinks. The crew turned out to be lightweights: one round of beers and they were gone. I was well into my third or fourth cheap Chardonnay (the kind that leaves that nasty metallic taste in your mouth) before I noticed that my newfound cop friend wasn't drinking. And again, before I even realized what I was doing, I heard myself blurt out, "You don't drink, do you?"

"Not anymore," he answered as if with a smile. "Not in 26 years."

"AA?" I asked, already knowing the answer.

Well, we had a good talk, that cop and I. And when I boarded the plane to come home the next day, I had a gift-wrapped copy of the Big Book with me. "Consider it an early Christmas present," he said when he gave it to me.

Fast-forward a few days to January 3, 1994—the first Monday of the New Year. On my lunch hour, I actually followed through on my plan and went to my first AA meeting. It was an odd assortment of people, I thought. One after another, they shared these incredibly emotional, intimate details of their lives. And then, one after another, much to my horror, they got absolutely no feedback or comfort from the rest of the group.

I was completely baffled. I was confused and disappointed. How could they possibly be so unresponsive to each other's needs? At that time, I had no understanding of the group norms in Twelve Step programs, no awareness of some groups' tradition about prohibiting "cross talk." I went back to work deflated.

By that night, I was depressed. I had expected to feel so good about myself for following through for once, but instead I was just flat-out bummed. And it didn't help that my husband was out of town.

So when the phone rang and it was a woman he'd been best friends with for years who talked way too much for my comfort (and toward whom I might have been just a *little* bit jealous), I just wanted to shoot myself. "Happy New Year," she said, cheerfully. "How are you doing?"

And yes, by now you may not be surprised to hear that before I even realized what I was doing, I heard myself confessing to this woman, "I'm really bummed. I went to AA today and I hated it."

"Oh. Which meeting did you go to?" she asked. And without waiting for me to answer she went on: "You know, I've been going for three years now and you really have to shop around. Really. They're all different. The West Side Club has some great meetings. And the Monday night one at St. Alban's is terrific. And there's a great lunch meeting at that church in Glen Echo." On and on she went.

Never was I so happy to hear her talk.

That was more than 23 years ago. Today, after more grief and grace, more heartbreak and healing, more loss and laughter and love than I can possibly recount, I am sober and joyfully alive.

— Margot C. | Sandwich, Massachusetts

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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

DYLIHASO
EDDARED
SOCINEDI
ECCISCENNO
WIGGSTILHTH
DOCRE SIN



*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.*

MENTITAI
SNODEFCU
DAELFETD
SOELUJA
LEZIDRAE
GANLHIE

The 68th Florida State Convention (2026) in Orlando is only 6 months away.

Get registered. Buy banquet tickets.

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

AA's Got Talent is having the last planning meeting on **Sunday, January 4th at 12:30 PM** and a rehearsal meeting on **Sunday, January 28 at 1:30 PM.**

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

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

Keep checking with General Service Reps for more info....

Convention Chair: **Debbie C.**

The first planning meeting for the **62nd Intergroup Appreciation Dinner**
will be held at the Intergroup office on

Wednesday, January 21st at 6:30 PM.

3317 NW 10th Terrace, Ste. 404, Oakland Park, FL 33309

SERVICE KEEPS YOU SOBER



A.A. Birthdays

January Celebrants

Women's Primary Purpose

Lauren ~ 3 yrs.

Bottom Line Group

Kelly R. ~ 14 yrs.

Smell the Coffee

George M. ~ 31 yrs.

Language of the Heart

John G. ~ 41 yrs.

Peace of Mind

Howie K. ~ 45 yrs.

Women's Step Into Sobriety

Susan C. ~ 15 yrs.

One Day at a Time

Mena L. ~ 29 yrs.

Paulette R. ~ 31 yrs.

Reymond L. ~ 20 yrs.

Aly P. ~ 31 yrs.

Serenity in the Park SWR

Daisy ~ 1 yr.

Sarah C. ~ 6 yrs.

Ruben ~ 6 yrs.

Julian ~ 10 yrs.

Women's Honesty

Regina H. ~ 32 yrs.

Other Notables

Nancy F. ~ 25 yrs.

Deidre F. ~ 13 yrs.

Heather C. ~ 13 yrs.

Oakland Park Group

Rob V. ~ 8 yrs.

Welcome Home

Beginners ~ 8 yrs.

Sunday Morning Together

Mike O. ~ 35 yrs.

Joann P. ~ 15 yrs.

Spiritual Principles

Cathy M. ~ 15 yrs.

Andy K. ~ 25 yrs.

Ann T. ~ 29 yrs.

Peggy G. ~ 41 yrs.

Jayne B. ~ 32 yrs.

Pride 5:45

Steve W. ~ 40 yrs.

Clint W. ~ 41 yrs.

Glenn K. ~ 51 yrs.

Life in Recovery

Ann ~ 27 yrs.

Big Book Quote of the Month:

"There is, however, a vast amount of fun about it all. I suppose some would be shocked at our seeming worldliness and levity. But just underneath there is deadly earnestness."

Alcoholics Anonymous, Page 16

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, January 25th
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, January 10th
at 10:00 AM**

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

District 9 General Service

Meeting will be held on

Sunday, Jan. 19th 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

DECEMBER CONTRIBUTIONS

GROUP NAME	DEC	CYTD
11 Step Conscious Contact		140
441 Group		150
5-3-Zero		92
545 Happy Hour		585
Acceptance Meeting		25
Alcoholics Anonymous	3763	9869.36
Attitude of Gratitude		110
Back to Basics	100	424
Bayview Beginners		117
Beyond Your Wildest Dream		883.2
Big Book Cafe		1200
Bonaventure BB Group		250
Bottom Line Group	349.72	1399.3
Brothers in Sobriety		395
Broward Men's	240	240
Broward Women's	200	733
Broward Young People	125	337
Butterfly Effect	50	50
By Word of Mouth		344
Came to Believe		135
Coconut Creek Group		140
Coral Springs As Bill Sees It		25
Coral Springs Group	25	325
Coral Springs Men's		150
Dania After Work		180
Davie Women's Group		680
Deerfield Bch Oldtimers		125
Deerfield Beach Study	683.38	1538.49
Don't Forget		840
Each Day a New Beginning		7258
Early Risers		800
Easier Softer Way	1250	3750
East Naples Men's		3102
Enjoy the Journey		823
Express Group		248
Eye Opener		200
Ft Lauderdale Men's		77.67
Ft Lauderdale Women's		75
Free to Be Group	500	2100
Freedom From Alcohol	50	365
French Intergroup		250
Friday Night Downtown BB	280	280
Ft Lauderdale Twelve Step		1347.14

GROUP NAME	DEC	CYTD
FtL Primary Purpose BB StdY		300
Happy Joyous Free Zoom	175	565
Harbor Group		725
Hollywood Men's		339.54
Good Morning God		400
In Memorium		5800
Intergroup Meeting	107	1133.31
Into Action	60	450
Imperial Point Beginners		387
Just For Today		250
KIS Lunchtime	452	1152
Kiss Today	383.85	1710.1
Lambda HALT		183.81
Lambda Rising		725
Let's Study the Book		50
Lighthouse Point Group		150
Life in Recovery Group		383.24
Living in the Solution		1729
Living in the Solution Virtual	95	1576
Living Sober		275
Lunch in Plantation		605
Lunch Bunch Zoom		100
Lunch Express		2259.23
Made a Decision		399
Margate Group		225
Margate Men's Book Study		30
Melrose Park Group		489.13
Men's Independence	300	600
Mid Day Sobriety	100	1000
Mountain Group	90	90
New Beginnings		200
New Day Group		400
New Leaf Group		331.5
New Way of Life	196	596
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	292.46	2126.46
One Day at a Time	9.30	304.27

Contributions continued on page 7

DECEMBER CONTRIBUTIONS (continued from page 6)

GROUP NAME	DEC	CYTD
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	255	1199.63
Plantation Happy Hour		1034.97
Pompano Beach Group		2079.72
Pride 5:45	1249.69	3829.54
Riverside		670.4
Rock Group		400
Rule 62		281.65
Russian Spkg AA		300
Sands of Serenity	250	250
Sand Pebbles Group		350
Saturday Morning		275
Serenity at 630		200
Saturdays in the Park		500
Serenity Hour	50.50	510.50
Serenity in the Park East		378.5
Serenity in the Park-SWR	135	1392.16
Serenity Sisters	500	900
Smell The Coffee Group		109.91
Sober on the Beach	150	775
Sober Seniors		469.02
Sober Today		100
Sobriety 101		50
Spiritual Principles	596	1193.5
Splinter Group		918.8
Stepping Out		175

THANK YOU! THANK YOU! THANK YOU!

GROUP NAME	DEC	CYTD
Sunday AM Attid/Gratitude		120
Sun Morning Together	100	300
Sunlight of the Spirit		100
Sunrise Serenity		136
Surrender Group		680
Surrender is Freedom	35	630
Tamarac Group		30
The Anonymous Club	320.39	1377.31
The Outsiders		613.38
Thurs Nt. Study		138
Tough Love	25	25
Traditions & Steps at 7	35.53	145.69
True Self 11th Step		225
Tuesday Night Step Group		127
University BB Study	40	338
Victor E		1001.79
Wed Night As Bill Sees It		125
Wednesday Night Las Olas		50
West Broward Women		165
Weston/Bonaventure		350
Westside Men's Group	634	2258.4
Women's Fri Night BB Study		450
Women's Hope in Recovery		135
Women's Primary Purpose		149
Women's Sober Tribe	25	275
Women's Step by Step		160
Women's Step Into Sobriety	275	675
Why It Works		372
YANA Group		800
YANA Online		1878
TOTALS	14552.82	105437.68

Happy New Year 2026!!

Answers from page 4: holidays, dreaded, decision, conscience, lightweights, consider, intimate, confused, deflated, jealous, realized, healing

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 receive every 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

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

Embracing Diversity which met at the West Broward Club in Davie NO LONGER MEETS.

1st Reponders Group which meets at the West Broward Club in Davie has changed the time to 7 PM.

Friday

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

Saturday

NEW MEETING Back 2 Basics now meets at the Stirling Room in Davie, 3221 NW 75th Terrace, #5-7, OSS, 6:55 PM.

Sunday

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.

441 Group no longer has the 10 AM meetings Mon-Fri or the 9 AM meeting on Sundays.



Things we cannot change.....

Arlene R.



She will be missed by all who knew her.. May she rest in peace.

Upcoming Events

- | | |
|------------------|---|
| Jan. 9-11 | SFL Area 15 Quarterly Ft. Lauderdale Marriott Coral Springs 11775 Heron Bay Blvd, Coral Springs, FL 33076 . Service workshops, speakers and third legacy in action on Sunday. Free |
| Feb. 7 | AA's Got Talent 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. 50/50 Raffle. |
| Feb. 22 | District 9 Spaghetti Dinner <i>place and time to be determined....</i> |
| Apr. 26 | 62nd Intergroup Appreciation Dinner |