



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 2
FEBRUARY 2026

Step 2 - *"Came to believe that a Power greater than ourselves could restore us to sanity."*

A Place in the Sun

In the course of my alcoholism, I spent years in therapy and hundreds of thousands of dollars on doctor visits and medications. I suffered an intense suicidal depression and was labeled bipolar.

The April before coming into AA, I planned to kill myself. One day after work, I went home to end my life. I had been planning to do it for years, considering various options and performing research on the best means of doing so. So when I went to bed that April night, I waited for the house to settle down so that I could take a lethal dose of pills. I wasn't thinking about a thing—not my wife or my child. I just lay there and waited. After all those years of planning, my life was crumbling around me, and the final solution to all of it was tucked away next to me in a bedside drawer. Amazingly, I did not fill my drink and take the pills. Instead, I passed out. I awoke the next day with something I'd never had: a willingness to change.

The next eight months were tumultuous. First I lost my job; then the state got involved in my life. I was forced to quit drinking. I was dry now, but not clean and sober. A funny thing happened on my way to sobriety however. Even with an active pill addiction, without alcohol my life started to change. Suddenly, my doctors didn't think I was bipolar. Over time, they took me off my last medication and I came into AA. I started a new job and life got better for my family.

One month into sobriety, while working Step Two with my sponsor, I took my family to San Diego for a vacation. The fact that I was alive to be there and had a job to pay for it was amazing. One afternoon, we went to a dolphin show. It was one of those beautiful San Diego days; the sun was shining and the air warm. We sat down in the grandstands and got ready for the show. Out came the dolphins and the performers, all set to music. The show was nice, but I saw very little of it. My eyes and my heart were watching my 2-year-old daughter.

She was so excited as she watched the show. Her face lit up with such intense joy; I'd never seen so much happiness on another person's face. I was enjoying the show through my daughter's eyes, when I was suddenly filled with intense gratitude and light for being alive to witness the moment.

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441 Group
STILL desperately
Needs support!!

62nd Appreciation
Banquet Tickets are
NOW ON SALE
\$60 each

\$600 to reserve a table.
Zelle: help@aabroward.org

CONCEPT II

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Tradition Two - *“For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”*

One Hot Texas Summer

One of my favorite AA jokes is: What’s the difference between a group conscience meeting and the Cub Scouts? The answer: The Cub Scouts have adult supervision! Another is: What’s the biggest problem with a group business meeting? Answer: It’s run by a bunch of drunks!

It was pointed out to me many years ago by an old-timer that the key word in Tradition Two is “may.” “... there is but one ultimate authority—a loving God as He may express Himself in our group conscience.”

Being taught early on that service to my home group is an obligation, not an option, I have been involved in business meetings almost from the beginning. But it hasn’t always been an easy road for me to trudge.

What’s always amazed me is that in most cases, we can be diametrically opposed on an issue, express those opinions during a business meeting, then hold hands and pray and exchange hugs afterward. That’s been the case in almost every issue I’ve experienced, with one major exception: I had to watch my first home group die due to a break in this and other Traditions.

At that business meeting a well-respected old-timer found it necessary to attack another member. He felt she was abusing her use of the key to the meeting room by taking advantage of the air conditioning during the hot Texas summer. Rather than resolve the issue one-on-one, he chose to demand that something be done. The “discussion” turned quite ugly. What happened after that was painful.

Our group, which often had 30 to 40 members, split in two. Quite quickly, our group, which had a reputation in the area as one of the strongest around, imploded. People resigned offices and began attending other groups. Attendance went down and it began to become harder and harder to pay the bills. In a matter of months, the decision became very clear—it was time to close the doors. A group that had been so attractive to me when I first walked through the doors of AA, was gone. Locking the door for the last time was one of the hardest things I had to endure in my early sobriety.

Two other groups sprang from the ashes of that one, but neither could regain the lost momentum. Usually only five or six attended, maybe a dozen. After much struggling, they closed. The irony of the whole incident is that the two members of the original group had long made their amends to each other and had rebuilt their friendship.

In the years hence I’ve had three other home groups. At each, we’ve had our share of controversies: smoking or non-smoking, open or closed meetings, literature-based or open discussion, involvement in the service structure or non-involvement, the usual distractions. Through it all, our members for the most part have experienced the unity we so desperately need through the Traditions.

In the appendices of the Big Book, the introduction to the AA Tradition reads:

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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)

For the first time, I paused to ask myself, Why? Why was I alive in this moment?

I had come into the Fellowship of AA an atheist. I used to call myself an agnostic, because I always felt it was disrespectful to openly deny the existence of someone else's God. During my first month in AA, I stared at those Steps on the wall with great fear, wondering how I could ever get past the need to believe in a God of my understanding.

I thought about how my life had changed since that April night I was going to kill myself. I had stability at home now; I was free from suicidal depression and psychiatric medication, with the beginnings of real happiness I'd not known for 10 years. Why hadn't I done the easy thing that dark night and simply filled that glass and taken the pills? Even in my alcoholism, I was always a man of action. When I made plans, I acted on them. It was such a mystery that I hadn't taken those pills that night. But right there, on a sunny afternoon, while sitting in the stands with my daughter, I realized that such things do not happen by accident. The thought shook me to the core: A power greater than myself had reached into my life that lonely April night.

Tears began to stream down my face. For the first time in my life, I felt the presence of God. While working Step Two with my sponsor, I had wondered how I could ever come to believe a power greater than myself could restore me to sanity. I now realized he already had.

It turns out I found a God of my understanding through the light and eyes of my daughter.

— Kevin F., Vancouver, Wash.

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TRADITIONS CHECKLIST– 2ND TRADITION

1. Do I criticize or do I trust and support my group officers, AA committees and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibilities?
3. Do I look for credit in my AA jobs, praise for my AA ideas?
4. Do I often feel the need to "save face" in group discussions, or can I yield in good spirit to the group conscience and work along with it?
5. Although I have been sober a few years, am I still willing to serve my turn with AA chores?
6. Do I complain about the decisions that my group makes, even though I do not attend the business meetings where these decisions are made?



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Bridging The Gap

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Ft. Lauderdale, FL 33310

Recovery Word Puzzle

RENTYCVOOSR
DULCIASI
HARRSEEC
CRIPLAATC
TOCANIVA
BYSIRTEO



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.

ODSANEC
SEWISTN
MALETUTI
GASNUBI
FLIPUNA
DOMPIDEL

The 68th Florida State Convention (2026) in Orlando is only 5 months away.

Get registered. Buy banquet tickets.

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

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

Wednesday, February 18th at 6:30 PM.

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

The next planning meeting for the **69th Florida State Convention** (to be held in Ft. Lauderdale)

will be held at **Residences at Equality Park**, 2040 N. Dixie Hwy., Wilton Manors

on **Saturday, February 28th at 9 AM**

Volunteers are needed for over 20 committees. Come find out how you can serve.

*Would you like to help clean the Intergroup office? We are looking
for volunteers who are willing and able to mop the office.
Please call the office at 954-462-0403 and get on the list!*

SERVICE KEEPS YOU SOBER



A.A. Birthdays

February Celebrants

Early Risers Group

Josh H. ~ 3 yrs.
Jodie ~ 2 yrs.
Victoria L. ~ 15 yrs.

Serenity in the Park— SWR

Clara B. ~ 1 yr.
Edu S. ~ 1 yr.
Andrew L. ~ 1 yr.
Patrick M. ~ 2 yrs.
Moises ~ 7 yrs.
James G. ~ 7 yrs.
Rebecca ~ 10 yrs.

East Naples Men's

Donald M. ~ 25 yrs.
Richard P. ~ 33 yrs.
Howard M. ~ 14 yrs.

Oakland Park

Sandy P. ~ 55 yrs.

Came to Believe

Laura M. ~ 22 yrs.

Westside Men's

Greg G. ~ 18 yrs.

Express Group

Reggie J. ~ 16 yrs.
Diana P. ~ 13 yrs.
Annie G. ~ 38 yrs.

Other Notables

Anne B. ~ 20 yrs.
Victor T. ~ 26 yrs.
Robert A. ~ 36 yrs.

Coral Springs As Bill Sees It

Milinda B. ~ 20 yrs.

New Day

Ernie F. ~ 39 yrs.

Easier Softer Way

Richard W. ~ 10 yrs.
Chris W. ~ 11 yrs.

Brothers All Living Life Sober (Balls)

Carlos R. ~ 33 yrs.

Into Action

Beth D. ~ 43 yrs.

Dania After Work

Sherri D. ~ 16 yrs.
Cathi D. ~ 8 yrs.

Russian Alcoholics

Dmitriy T. ~ 10 yrs.

Bottom Line Group

Bill S. ~ 29 yrs.
Lila ~ 8 yrs.
Franklin ~ 5 yrs.
Mike ~ 3 yrs.
Sandy ~ 3 yrs.
Dan W. ~ 2 yrs.
Fred ~ 12 yrs.
Adriana ~ 2 yrs.

Other Notables

Lori R.L. ~ 19 yrs.

Oakland Park Group

Robert F.P. ~ 22 yrs.
Billy G. ~ 6 yrs.

Serenity Sisters

Christine ~ 1 yr.
Jennifer ~ 12 yrs.

Big Book Quote of the Month:

"The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe."

Alcoholics Anonymous, Page 25

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, February 22nd
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, February 14th
at 10:00 AM

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

District 9 General Service

Meeting will be held on

Sunday, Feb. 15th at 2 PM

Sanctuary, 1400 N. Federal Hwy., FTL

New Rep Workshop at 12:30 PM

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

Let us know, help@aabroward.org

JANUARY CELEBRANTS not previously mentioned....

Stepping Out

Stevie B. ~ 24 yrs.
Sally B. ~ 17 yrs.
Sara ~ 14 yrs.
Shannon ~ 10 yrs.
Kelly ~ 9 yrs.
Matt ~ 6 yrs.
Kirk ~ 4 yrs.
Mat ~ 1 yr.
Natalie ~ 1 yr.
Stephanie ~ 1 yr.
Anyia ~ 1 yr.
Elizabeth ~ 1 yr.
Tara ~ 1 yr.
Brian ~ 1 yr.
Sasha ~ 1 yr.

Bottom Line Group

Denis M. ~ 41 yrs.
Dave M. ~ 41 yrs.
Paul W. ~ 1 yr.
Tommy ~ 2 yrs.
Seth ~ 1 yr.
Connie ~ 1 yr.
Ray ~ 1 yr.
Jack ~ 1 yr.
Herbie ~ 1 yr.



JANUARY CONTRIBUTIONS

Group Name	Jan-26	CYTD
545 Happy Hour	325.00	325.00
Alcoholics Anonymous	913.36	913.36
Coral Springs Group	25.00	25.00
Daily Reflections with Pride	524.86	524.86
Early Riser Group	400.00	400.00
Freedom From Alcohol	100.00	100.00
Good Morning God Group	50.00	50.00
IN Memorium	1,500.00	1,500.00
Intergroup Meeting	162.00	162.00
Lambda Rising	125.00	125.00
Living in the Solution Virtual	76.00	76.00
Lunch Bunch in Plantation	140.00	140.00
Mid Day Sobriety	100.00	100.00
Noontime Sober Living	400.00	400.00
Oakland Park Group	381.00	381.00
Old Timers Group	205.00	205.00
Open Door	253.00	253.00
Peace of Mind Group	303.84	303.84
Riverside Group	72.00	72.00
Rule 62	105.00	105.00
Saturday Morning Group	50.00	50.00
Serenity in the Park-SWR	135.00	135.00
Smell The Coffee Group	10.37	10.37
Spiritual Principles Group	0.00	0.00
Spiritual Principles Lambda	150.00	150.00
Splinter group	744.00	744.00
Sunrise Serenity	116.66	116.66
Surrender is Freedom Group	20.00	20.00
The Outsiders	204.30	204.30
Traditions & Steps at 7p	35.00	35.00
Westside Men's Group	527.65	527.65
Why It Works	162.00	162.00
Women's Sober Tribe	25.00	25.00
You're Off the Hook	308.99	308.99
TOTALS	8,650.03	8,650.03

We at Intergroup are so humbled by the generosity of our members in Broward County.

Thank you so very much to all the groups and individuals who have helped us get through this financial crisis. We will be looking for a new office / bookstore this year so that when our lease ends in November we can find space with a lower rent.



WE LOVE OUR CUSTOMERS

(continued from page 2)

“ ... no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone.”

During any controversy at a group conscience meeting, I always try to keep in mind what that old-timer told me so long ago, that the key word in Tradition Two is “may.” But whether God expresses himself or the decision is made because of a handful of “bleeding deacons,” my home group is still my family.

My prayer is that I never again have to experience what I went through in my first home group. But if I do, I hope we can resolve those differences with the help of God and continue to hang together. We must, because the option our co-founder pointed out is to die alone, and by incorporating the program in our daily lives, that should not have to be an option for any of us.

By: Anonymous

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**Intergroup is now seeking Donations
from Groups and Individuals to be
Raffled off at our Appreciation Dinner.
The Basket Raffle is a critical part of the
Fundraiser and also lots of fun.
All Gift Cards, Certificates, Cash welcome!!**

**Happy
Valentine's Day**



Answers from page 4: controversy, suicidal, research, practical, vacation, sobriety, deacons, witness, ultimate, abusing, painful, imploded

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

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

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

Friday

The Margate Group which meets at the 441 Room no longer has their Friday Speaker meeting.

NEW MEETING Bleeding Deacon Young People meets at St. John's Episcopal, 1750 Buchanon St., Hollywood. OSPYP 8 PM.

Saturday

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

Sunday

Positively Sober which met at the Lambda South Club in Ft. Lauderdale at 6:30 is NO LONGER HYBRID. It now meets only online.

The Acceptance Meeting in Deerfield will now be meeting at Zion Lutheran School Hall. 6 PM. OD.

Daily

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



The office will be closed on Monday, February 16th in observance of President's Day. We will reopen on Tuesday, February 17th at 1 PM.

Upcoming Events

- | | |
|-------------------|--|
| 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. |
| Apr. 10-12 | South Florida Area 15 Assembly Boca Raton Marriott, speakers, workshops and business meeting with third legacy on Sunday. |
| Apr. 26 | 62nd Intergroup Appreciation Dinner Tropical Acres, 2500 Griffin Road, Dania, 4 PM — 8 PM, must have ticket in advance, \$60, 4 course meal, 2 speakers, basket raffle. |