



# SUITE 404

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## Step 6 - "Were entirely ready to have God remove all these defects of character."

# Not a river in Egypt

"Your daughter has something in her lung," the doctor said. "She needs to have it removed and it needs to be today."

My daughter was 18 months old when she inhaled a popcorn seed deep into her left lung. It was a big deal and had to be surgically removed. When the doctor used words like "probability of death" and said, "She could incur permanent damage," well, let's just say that I handled the news like I usually handle anything that scares me.

"This doctor is nuts," I said to my wife. "We should get a second opinion." And some vodka, I thought to myself.

Denial. We all live with it. It's the first of the five stages of grief. Denial not only presents itself in my life when someone dies, but whenever anything happens that involves having to accept any kind of change that scares me. I go into denial at work, over finances, with my kids, my wife, my sponsor. Doesn't matter. If something is about to happen and I don't want it to happen, then it didn't happen. Denial is one of my defects of character. It is the first aggressive angle I take to say no to reality.

As an alcoholic, I use denial as a weapon because I really, really want things to go on as they were. People tend to retreat when I get snide and cocky. I'm really good at it and I'm even better at it when I'm hammered.

When it came to my drinking, my denial was unbreakable. There wasn't a spouse, a parent, a therapist, a friend or a religion that could convince me that I had a problem. And even when alcohol stopped working for me physically, mentally, spiritually and socially, I still wanted it in my life. That's how powerful the obsession was for me. I did not want to stop drinking.

So when I got to AA and accidentally got a sponsor, I did

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### CONCEPT VI

**The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.**

**Tradition Six** - *“An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.”*

## Staying out of the Swamp

Time and experience proved that a policy of “no endorsements” would keep AA’s doors open to the greatest number of prospective members. There are “related facilities” that provide vital services to alcoholics—hospital wards, treatment facilities, drunk tanks and clubs—but Tradition Six recommends that they should operate without endorsement, affiliation or financial support from AA groups.

Individual AA members may privately endorse related facilities or outside enterprises, but no group of Alcoholics Anonymous ought to lend the AA name to any of these. Why? Because nothing should be allowed to divert us from our primary purpose of carrying a message of hope to the alcoholic who still suffers.

Think about it. If AA were to endorse a treatment center, political party, or football team, wouldn’t fans of the other team get mad? Has your home group ever fought about money at its business meeting? Have you known newcomers who were nervous about attending AA meetings in church basements?

Tradition Six helps keep us from getting bogged down in these types of conflicts. It recommends no endorsements. It warns us not to let money squabbles undermine our primary purpose, and enables us to assure newcomers about the meeting places of Alcoholics Anonymous. AA groups are in no way affiliated with the creed, politics, sect, or denomination of their landlords.

It was personal experience that helped me grasp the significance of this Tradition. When I met a rich woman who couldn’t stay away from the first drink, I understood that sobriety is more than money. (I learned more about this when I was active and happy in the Fellowship while unemployed and in debt.) When the church in which my home group met burned to the ground, but the group carried its message as usual, I learned that an AA group is more than property. As for prestige, I have learned that it has a lot to do with ego, while ours is an ego-deflating program. As long as I don’t get too important to serve, I’ll probably be fine.

Money, property and prestige (like defects of character) are simply part of life, but they become liabilities when they eclipse my primary purpose of staying sober and helping other alcoholics to achieve sobriety.

At our 35th Anniversary International Convention, the Declaration of Unity put it this way: “This we owe to AA’s future: to place our common welfare first; to keep our Fellowship united. For on AA Unity depend our lives, and the lives of those to come.”

— Anonymous

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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)

what any upstanding drunk would do when it came to Step One: I faked it. "Oh, yes. I am an alcoholic," I said. "I am powerless over alcohol. Sure, my life is unmanageable." I'm ready for Step Two, suckers!

But as I faked it, even though I was staying sober, my life got worse. My wife asked for a divorce after I got sober; my relationship with my kids broke after I got sober; I saw my financial situation failing after I got sober; I realized I had no friends after ... shall I go on? My life really was unmanageable. It's amazing what a few weeks of "undrunkness" will show a person. I was in serious denial over all of it.

I have said in meetings many, many times: the only thing that alcohol has ever given me was the gift of desperation. Desperation drove me to try a couple of new things that were foreign to me—honesty and God.

I was terrible at honesty when I got to AA. I lied and distorted everything for personal gain and to avoid confrontation. Even when I could tell the truth, I lied. Just a little tweak here and a little fake there and I looked like an even bigger hero, or a much more generous person, or a martyr or just an all-around great guy.

It took a lot for me to go to a meeting and finally admit that I used alcohol to fix my life and that I didn't want to stop, that I was scared, unhappy and alone. But from that moment on, my life has not been the same.

That was my first lesson in true acceptance, and it is acceptance that eventually overcomes denial in my life. I don't have to be OK with a situation that develops. I just have to stop denying that the situation is there. If I work an honest program, acceptance soon follows.

I did get to make one choice as an alcoholic. I got to pick a cool Higher Power, and that Higher Power will exist as long as I try to give him my life and connect with him every single day.

Every now and then, the old version of me pops in for a sneak attack, but it only takes over temporarily, thanks to the Steps and all the other resources that AA has given me: meetings, a good sponsor, literature, good conversation with other alcoholics and some service work equals acceptance. It is all wrapped up in the power of my God.

I pray for the newcomer and for anyone who is starting over in this program to get a good sponsor to take them through honest Step work, so that they can ultimately seek and find a Higher Power to manage their daily lives.

God was there for my daughter during her surgery. Even though I didn't know him very well at the time, he was there. He was always around, actually. With the help of AA, I can see him in my life now and it is amazing.

For today, I feel that AA is and always will be a part of my life. God willing, I'm not in denial about that.

—R.T. | Queen Creek, Arizona

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# Recovery Word Puzzle

**KERAUBLENBA**  
**TARRTEE**  
**GLAIFNI**  
**PHARTSETI**  
**TODENEIRAPS**  
**ESTIDDTRO**



*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.*

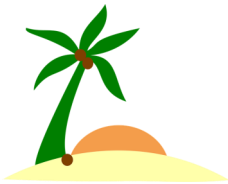
**TECAPNACEC**  
**SURESCORE**  
**STOFNICLC**  
**RIDEMENNU**  
**QYLETIUA**  
**PEZHAMDEIS**

The 68th Florida State Convention (2026) in Orlando is only 2 months away.

**Get registered. Buy banquet tickets.**

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

*Welcome Summer*



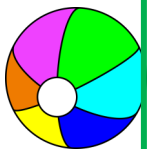
The next planning meeting for the **69th Florida State Convention**  
*(to be held in Ft. Lauderdale)*

will be held at **Residences at Equality Park**, 2040 N. Dixie Hwy., Wilton Manors  
 on **Saturday, June 27th at 9 AM**

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

*It takes an ARMY of Volunteers to host a State Convention — come find out what you can do for the Convention on the beach!*

- |                 |              |            |             |                  |
|-----------------|--------------|------------|-------------|------------------|
| REGISTRATION    | GREETERS     | SECURITY   | DECORATIONS | ENTERTAINMENT    |
| HOSPITALITY     | MERCHANDISE  | PROGRAM    | READY SQUAD | GRAPHICS         |
| TRANSPORTATION  | ARCHIVES     | PICKLEBALL | AL-ANON     | YOUNG PEOPLE     |
| LGBT            | GRAPEVINE    | BANQUET    | YOGA        | BEACH VOLLEYBALL |
| ACCESSIBILITIES | INSTITUTIONS | COFFEE     | GOLF        | WALK/RUN         |



**SERVICE KEEPS YOU SOBER**



# A.A. Birthdays

## June Celebrants

### Serenity in the Park

#### SWR

Joey L. ~ 1 yr.  
Mike D. ~ 1 yr.  
Janet R. ~ 1 yr.  
Lesley ~ 7 yrs.  
Eddie B. ~ 5 yrs.  
Michael R. ~ 33 yrs.

### Ft Lauderdale Women

Nancy S. ~ 13 yrs.

### Oakland Park

Gene S. ~ 17 yrs.

### Y.A.N.A.

Bruce P. ~ 33 yrs.

### Sunlight of the Spirit

Shannon S. ~ 14 yrs.  
Janet A. ~ 20 yrs.  
Patricia B. ~ 22 yrs.

### Straight Talk

Mark O. ~ 35 yrs.

### B.A.L.L.S.

Drew ~ 13 yrs.

### Men's Independence

Ken W. ~ 23 yrs.

### East Naples Men's

Stan S. ~ 35 yrs.  
Pete S. ~ 28 yrs.  
Wade B. ~ 26 yrs.  
Ralph O. ~ 25 yrs.  
Luis F. ~ 23 yrs.

### 5:45 Happy Hour

Sandy S. ~ 36 yrs.

### One Day at a Time

Adelina ~ 14 yrs.  
Ileana A. ~ 14 yrs.

### Serenity Sisters

Jan ~ 13 yrs.

### Let's Study the

#### Book

Billy ~ 17 yrs.  
Lewis ~ 4 yrs.  
Paul ~ 5 yrs.

### Big Book Quote of the Month:

"We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable?"

*Alcoholics Anonymous, Page 76*

### 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, June 28th**  
**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, June 13th**  
**at 10:00 AM**

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

### District 9 General Service

Meeting will be held on

**Sunday, June 14th at 2 PM**

Sanctuary, 1400 N. Federal Hwy., FTL

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

## MAY CELEBRANTS

not previously mentioned....

### Sunrise Serenity

Nancy H. ~ 15 yrs.  
Krystal ~ 1 yr.

### Ft. Lauderdale Women's

Leslie ~ 15 yrs.

### Early Risers Group ~ 22 yrs.

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

Let us know, [help@aabroward.org](mailto:help@aabroward.org)

**HAPPY  
BIRTHDAY**

**MAY CONTRIBUTIONS**

GROUP NAME	MAY	CYTD	GROUP NAME	MAY	CYTD
11th Step Conscious Cont		120.00	Living in the Solution Virtual	91.00	595.00
12 Coconuts online	50.00	50.00	Living Sober		100.00
441 Group		100.00	Lunch Bunch in Plantation	400.00	540.00
545 Happy Hour		325.00	Lunch Express	532.32	926.94
Alcoholics Anonymous	451.43	3,264.05	Made a Decision		5.45
Back to Basics		300.00	Margate Men's Book Study		100.00
Boca Men's Group		183.40	Men's Independence online	132.15	132.15
Brothers in Sobriety		200.00	Mid Day Sobriety	100.00	400.00
Broward Men's	150.00	288.50	New Beginnings		265.76
Broward Women's		235.00	New Way of Life		100.00
Coral Springs Group	25.00	125.00	Nooners		200.00
Daily Reflections with Pride		524.86	Noontime Sober Living		1,000.00
Dania After Work		180.00	North Beach Group		60.00
Davie Women's Group		160.00	Oakland Park Group	86.00	770.00
Deerfld Bch Study		378.99	Old Timers Group		1,179.52
Don't Forget	240.00	240.00	One Day at a Time	46.50	230.78
Downtown Big Book		216.00	Open Door		253.00
Each Day a New Beginning	1,948.00	4,033.00	Peace of Mind Group		303.84
Early Riser Group		800.00	Pembroke Pines Last Stand		222.00
East Naples Men's		1,556.20	Perry Street South		324.50
Fort Laud Twelve Step		500.00	Plantation Happy Hour		1,005.35
Fort Laud Men's Zoom	10.00	10.00	Pride 545		1,308.00
Fort Laud Women's		25.00	Riverside Group	46.60	157.60
Fort Laud Primary Purpose		100.00	Rule 62		105.00
Free Thinkers		350.00	Russian Speaking AA		150.00
Free to Be		600.00	Sandpebbles		200.00
Free To Be Zoom		1,080.00	Saturday Morning Group		200.00
Freedom From Alcohol	105.00	540.00	Serenity Hour	66.00	308.13
French Intergroup		250.00	Serenity in the Park East		67.75
Fresh Start Beginners		2.08	Serenity in the Park-SWR		810.00
Happy Joyous & Free		170.00	Serenity Sisters	150.00	150.00
Harbor Group		200.00	Smell The Coffee Group		10.37
Good Morning God Group		100.00	Sober Seniors		544.00
Imperial Pt. Sun. Nt.	100.00	300.00	Sobriety 101		49.00
IN Memorium		1,500.00	Spiritual Principles Group	379.00	379.00
Intergroup Meeting	68.00	566.00	Spiritual Principles Lambda		150.00
Into Action	85.00	235.00	Splinter group		1,653.20
KIS Lunchtime	442.00	442.00	Stepping Out	106.00	106.00
KISS Today	207.45	420.75	Sunrise Serenity	129.65	246.31
Language of the Heart		70.00	Surrender Group		150.00
Lambda Rising		125.00	Surrender is Freedom Group		20.00
Life in Recovery		130.00	The Anonymous Group		302.93
Living in the Solution	339.00	1,223.00	The Outsiders		204.30

contributions continued on page 7...

**CONTRIBUTIONS** *continued from page 6*

GROUP NAME	MAY	CYTD
Traditions & Steps at 7p		113.00
True Self Group		75.00
Tuesday Nt. Step Group		83.00
Thursday Nt. Study	175.00	175.00
University Big Book	25.00	190.00
Victor E		750.00
West Broward Women's	200.00	200.00
Weston Steppers	63.00	63.00
Westside Men's Group		897.01
Why It Works		282.00
Wom's Fri. Nt. BB Study		144.00
Women's Hope in Recovery		260.00
Women's Primary Purpose	64.00	110.00
Women's Sober Tribe		70.00
Women's Step by Step	40.00	160.00
You Are Not Alone	83.34	480.01
YANA Online		375.00
You're Off the Hook		308.99
<b>TOTALS</b>	<b>7136.44</b>	<b>42,940.80</b>



Thank you, thank you,  
 thank you to all the groups and  
 individuals who support  
 Intergroup!!  
 We could NOT do it without you!

**THIS MONTH IN AA HISTORY**

- June 10, 1935** Dr. Bob's last drink, celebrated as Founder's Day of AA.
- June 28, 1935** Dr. Bob and Bill W. pay a visit to Bill D. (alkie #3) in Akron Hospital.
- June 1938** First use of the name "Alcoholics Anonymous".
- July 1938** Ruth Hock types the first of many thousands of letters to drinkers needing help.
- June 21, 1944** The first issue of the AA Grapevine was published.
- June 1, 1945** Anne Smith, Dr. Bob's wife, dies.
- June 30, 2000** More than 47,000 people from 87 countries attend the opening meeting of the 65th AA Anniversary in Minneapolis, MN.

**Celebrating Founder's Day - 91 years!**



Answers from page 4: unbreakable, retreat, failing, therapist, desperation, distorted, acceptance, resources, conflicts, undermine, equality, emphasized

**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

Our website has the most up-to-the-minute information available.  
<https://aabroward.org/locations> or <https://aabroward.org/virtual-meetings>

### Monday

**NEW MEETING AA at the Place** meets at Mt. Olivet Church, 649 NW 15 Way, Ft. Lauderdale, ORF 7 PM.

### Tuesday

**Why it Works** which meets at First Presbyterian on Tarpon Drive in Fort Lauderdale has changed it's time. They will now meet at 7 PM.

### Thursday

**NEW MEETING We Agnostics** meets at the Recovery Community Center. 5400 W Atlantic Blvd., Mar gate. This is a secular meeting. OD 5:30 PM

### Friday

**The Eye Opener** which was meeting in Pembroke Pines will NO LONGER MEET IN PERSON. They are still holding virtual meetings M-F.

### Saturday

**Free and Easy** which met in Davie NO LONGER MEETS.

*Things we cannot change.....*

**Jerzy L. and Fred Z.**



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

## Upcoming Events

- |                   |  |
|-------------------|--|
| <b>June 7</b>     | <b>Founder's Day Picnic</b> Snyder Park, Fort Lauderdale 11 AM—4 PM . Hosted by District 9. Tickets \$15 in advance and \$18 at gate.  |
| <b>June 20</b>    | <b>AA Trivia Contest</b> hosted by Intergroup at the Twelve Step House. \$10 to attend. 215 SW 23rd Street, Ft. Lauderdale. Fun and prizes. 1:30-4:30 PM.  |
| <b>July 18</b>    | <b>Customer Appreciation Day</b> Intergroup Bookstore, 3317 NW 10th Terrace, Oakland Park, Sales, Refreshments, Door prizes, Raffle. 11 AM—3 PM  |
| <b>Aug 6-9</b>    | <b>68th Florida State Convention</b> Rosen Plaza Hotel in Orlando. To get registered or get more information, go to <a href="https://68.FloridaStateConvention.com">https://68.FloridaStateConvention.com</a>            |
| <b>Sept 18-20</b> | <b>Women in Recovery Conference</b> * Opal Grand Hotel in Delray, Registration \$65 For more info go to <a href="http://www.thewomeninrecovery.com">www.thewomeninrecovery.com</a> Speakers, Banquet, Fun and Fellowship |

\*Not an AA-sanctioned event.