



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 8
AUGUST 2026

Step 8 - *"Made a list of all persons we had harmed, and became willing to make amends to them all."*

Face police *A story of emotional sobriety*

I was sitting peacefully, waiting for the evening AA meeting to begin. It had been a good day. I had spent several hours at the Intergroup quarterly delegates' meeting, then taken advantage of the beautiful late-summer weather to sit in the park and do some writing. Afterward, I visited a museum before heading for the meeting. An AA member I only vaguely recognized approached and asked if I was happy, joyous and free.

"Why do you ask?" I replied. "Because you look like you're on your way to a funeral." He then walked off to engage with someone else.

"Face police" are not unique to AA. There will always be those who feel obliged to ask, "Would it kill you to smile?" Others will make requests or inquiries related to your expression. Surely some, if not all, mean well in their own way.

The ones who most nettle me are those who, as one AA member did, quickly depart, seemingly less interested in an answer than in shaming me for looking as I do. Many times, when hurt and offended by someone's inappropriateness, I have wished I could respond immediately rather than react with numbness.

What generally happens is that the shame or hurt I feel turns to resentment and I later think of things I might have said so the matter could've been dealt with in the moment. And so I am left to write out my resentment and pray for the offending party.

Still angry about the "face police" incident, I went into the meeting. The speaker's lead was as muscular as his physique. The discipline the young man had acquired in an elite military unit manifested in his rigorous AA program. He had been standing nearby as my face police inquisitor posed his question. It's possible he had overheard our exchange.

During his lead, the speaker turned toward me from the podium and said that while he understood life is not "always a 24-hour orgasm," the Twelve Steps are a pathway to becoming happy, joyous and free. The group was wild for his stern and bracing message, judging from the

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**Would you like to
answer phones for
Intergroup?**

**We have a slot open on Relay
Friday mornings 9 AM—1 PM**

CONCEPT VIII

The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

(continued on page 3)

Tradition Eight - "Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

I stole the wallet

WHEN I grew up I had a favorite uncle whom I've come to believe was an alcoholic, just like me. I was always excited to be around this uncle. He drank and seemed to have a lot of fun. At one time, he was a deputy sheriff, and so he knew everyone from one end of the county to the other. The first time I drank was with him, and the first time I got really drunk was with him--at the ripe old age of 11.

I was 18 years old when I was drunk one Sunday night and broke, so I drove up to his place to see if I could borrow some money. I found both him and a man who was living with him passed out. I stole the wallet of the man living with him and left the house unnoticed.

This man blamed my uncle for stealing his money. The sheriff was called in. My uncle had worked for him and had drunk himself out of that job. It was very embarrassing and shameful for my uncle to go through that. Eventually, it blew over.

I left for the Marine Corps and tried to forget about the incident, but every now and then when I was back home I would think about it when I ran into my uncle. I felt a lot of guilt and shame when it came up in my thoughts, and I drank to make it go away. It was like a monkey on my back.

When I sobered up and was in treatment, this came up in my Fourth and Fifth Steps, so obviously it was on my Eighth Step list. It was meant to clear up the wreckage of my past so I didn't have to have it haunt me for the rest of my life.

My uncle, although a fun-loving man, had a very volatile temper. I was scared, to say the least, but I knew I had to make that amends. I met with him on a Saturday morning in his garage and brought up the incident. He remembered it as though it were yesterday. I told him that I was the one who stole the money. Believe me, I was extremely uncomfortable. It was very awkward for both of us. I was, you could say, the apple of his eye and we had done many things together, so it really took him for a loop. I asked my uncle for forgiveness and told him I was very sorry for the misery I had caused him.

He looked me right in the eye and said, "Lee, what's between us is between us, and that's the end of it." When I walked out of that garage I was a free man, released of the bondage of self. This gave me faith that I was on the right path and that this AA business worked.

Years later this same uncle was in an assisted care home. He needed help with his affairs but was strongly rejecting help, even from a very close brother, another uncle of mine. This other uncle asked me to help him. I met with my first uncle and told him we loved him and wanted to help him, but we needed his help to go through a power of attorney hearing. With much skepticism on the part of a court administrator and others, the next day we had the proceeding. I prayed for the strength to go through with this and was prepared for the worst, but everything went without a hitch and people walked out of the room shaking their heads. I put my arms around my uncle and just cried. I know that when I made that amends to him years before he knew I wouldn't lie to him and he trusted me to do the right thing. Six months later he passed away and my other uncle was able to handle the estate without any glitches. There's only one way this would have happened and that is with God's help and guidance.

—LEE C.J. , Fargo, N.D.

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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)

shares.

Feeling chastised, I found myself staring at the number "82" on the large banner behind the podium. Each year in June the number changed, to reflect the years that had passed since AA's founding. The number I saw in my mind's eye was "55." Twenty-seven years before, I had sat in that same meeting room in pain that no amount of inventory, meditation, prayer or service could mitigate. I was 10 years sober and living in a sublet, my wife having asked me to leave. I had no desire to drink, but my mental landscape was dark.

Those years of struggle, looking back, were a gift, a time of remarkable growth. Pain led me into service as a General Service Representative and numerous other positions below the group level. Increasingly, I learned to place my life on a service basis, not only in AA but in the workplace and in my relationships.

"Faulty emotional dependencies," as our cofounder Bill W. called them, and other underlying issues that made a healthy partnership problematic, were uncovered and addressed. My faith in God deepened. In the years that have passed, there has been much happiness, much joy and an increasing sense of freedom.

In my drinking years, alcohol had been the solution for pain, which had no value in my alcoholic belief system. Beer, wine and hard liquor served as an anesthetic for my fears and insecurities and a balm for my wounds, while providing a false sense of confidence. Only when the pain from drinking began to significantly outweigh the pleasure could I begin to be open to the alternative that AA offered.

When new to AA, I would hear long-timers offer slogans such as "We have to stay sober to get sober," and "We wish you a long, slow recovery," and "Don't try to be a saint by Thursday." They seemed to be suggesting that emotional sobriety is a long journey, at least for some of us, and it would help to focus on progress, not perfection, as Bill wrote in "How It Works."

How comforting to read in the AA literature that pain is "the touchstone of all spiritual progress." Pain could be my teacher and lead me to a better place mentally, emotionally and spiritually. And then to read further that humility—an acceptance of myself as I am, not as I want to be or think I should be—could be a healer of the pain I sought to be free of in the bottle.

There is a song we used to sing in Sunday school called "This Little Light of Mine." The line that follows is: "I'm going to let it shine."

I suppose I could make a conscious effort to rearrange my face so my inner happiness radiates for all to see. I do remember a sales conference back when I was in book publishing. I stood alone staring into the mirror of the hotel elevator at the end of the day and saw that the happy face I felt obliged to wear on the conference floor was still there. Some alien presence had taken me over and turned me into a beaming idiot. Be that as it may, my face soon settled back into its normal configuration. What can I say? My face is my face.

In any case, I did get my wish to respond to the censorious man at the AA meeting when he returned and took the seat next to me.

"Aren't we all on our way to a funeral?" I had the opportunity to ask him. His Buster Keaton stone face (talk about the pot calling the kettle black) broke into a smile as he laughed in agreement and there it was—I had made a new friend. I was smiling too, I can assure you, if only for the moment.

— David S., New York, New York

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Bridging The Gap

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Recovery Word Puzzle

LOOMENTIA
PIPCANRIL
NECIFNA
MAGHNIS
NODEFDEF
RUISROOG



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

LAGSNETI
RAWDWAK
TILLOVEA
SERNVOSGIFE
SEERDALE
PECKSMITSI

We love our volunteers!!

The second planning meeting for the **2026 Intergroup Picnic**
to be held in October at Snyder Park
will be held at **The Twelve Step House**, 215 SW 23rd St. in Ft. Lauderdale
immediately after our Monthly Representative meeting.

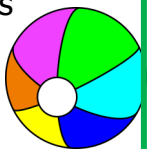
Sunday, August 23rd at 2 PM.

The next planning meeting for the **2026 Gratitude Dinner** *(hosted by District 9)*
will be held at **Pompano Beach Group**.
on **Saturday, August 22nd at 1:30 PM.**

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, August 29th 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!*



SERVICE KEEPS YOU SOBER



A.A. Birthdays

August Celebrants

One Day at a Time

Lori B. ~ 18 yrs.

Serenity Sisters

RuthAnne ~ 46 yrs.

Women's Honesty

Marsha M. ~ 30 yrs.

Katrina ~ 10 yrs.

Ilana H. ~ 10 yrs.

Charmaine ~ 11 yrs.

Katherine C. ~ 35 yrs.

Women's Step by Step

Jennifer R. ~ 12 yrs.

Let's Do Lunch

Charlie G. ~ 32 yrs.

Downtown Dry Dock

Terri S. ~ 23 yrs.

Patty M. ~ 20 yrs.

Chickee Group

Sue Y. ~ 43 yrs.

Davie Women's

Patty L. ~ 21 yrs.

Carmen D. ~ 18 yrs.

Eula K. ~ 34 yrs.

Joy of Living

Kathy G. ~ 48 yrs.

Oakland Park

Don W. ~ 44 yrs.

Rick B. ~ 32 yrs.

Nicole B. ~ 16 yrs.

Coral Springs As**Bill Sees It**

Barbara ~ 16 yrs.

Monica ~ 15 yrs.

Mark ~ 37 yrs.

Kevin ~ 13 yrs.

Early Risers Group

Camille ~ 1 yr.

Phoenix ~ 19 yrs.

Easier Softer Way

Taryn ~ 24 yrs.

Nancy G. ~ 13 yrs.

Express Group

Joanne ~ 39 yrs.

Vernon ~ 38 yrs.

Men's Independence

Nico ~ 16 yrs.

Entirely Ready

Adie M. ~ 39 yrs.

Westside Men's

Scott Z. ~ 33 yrs.

Fort Lauderdale**Women's**

Lisa M. ~ 21 yrs.

Beverly P. ~ 40 yrs.

Hollywood Men's

Joe A. ~ 38 yrs.

Tom ~ 31 yrs.

Riverside Group

Denise J. ~ 48 yrs.

Express Group ~ 50 yrs.

JULY CELEBRANTS

not previously mentioned....

Splinter Group

Sharon M. ~ 12 yrs.

Wednesday Night Las Olas

Steve B. ~ 45 yrs.

Riverside Group

Jill ~ 45 yrs.

Barbara ~ 42 yrs.

Monique ~ 1 yr.

A Way Out

Carolyn ~ 13 yrs.

Scott ~ 15 yrs.

Saturday Morning Group

Nicky L. ~ 1yr.

Serenity Sisters

Julie ~ 14 yrs.

Laura ~ 28 yrs.

Serenity Sisters ~ 7 yrs.

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

Let us know, help@aabroward.org

HAPPY BIRTHDAY

Big Book Quote of the Month:

"Our behavior is as absurd and incomprehensible with respect to the first drink as that of an individual with a passion, say, for jay-walking. He gets a thrill out of skipping in front of fast-moving vehicles."

Alcoholics Anonymous, Page 37

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, August 23rd
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, August 8th
at 10:00 AM

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

District 9 General Service

Meeting will be held on

Sunday, August 16th at 2 PM

Sanctuary, 1400 N. Federal Hwy., FTL

New Rep Workshop at 12:30 PM

JULY CONTRIBUTIONS

GROUP NAME	JULY	CYTD
11 Step Consc. Contact		120.00
12 Coconuts online		50.00
441 Group		100.00
545 Happy Hour	200.00	525.00
Acceptance Meeting	50.00	50.00
Alcoholics Anonymous	647.10	6,811.15
An Anonymous Group	115.00	115.00
Back to Basics		500.00
Boca Men's Group		183.40
Bottom Line Group	60.00	60.00
Brothers in Sobriety		200.00
Broward Men's		288.50
Broward Women's		235.00
Coral Springs Group		150.00
Daily Reflections with Pride		524.86
Dania After Work		180.00
Davie Women's Group		160.00
Deerfield Beach Study	693.00	1,071.99
Don't Forget		240.00
Downtown Big Book		216.00
Each Day a New Beginning		4,033.00
Easier Softer Way		1,250.00
Early Riser Group	600.00	1,400.00
East Naples Men's		1,556.20
Eye Opener	202.40	202.40
Fort Laud Twelve Step		500.00
Fort Lauderdale Men	141.75	141.75
Fort Laud Men's Zoom		10.00
Fort Laud Women's		25.00
Fort Laud Primary Purpose		100.00
Free Thinkers		350.00
Free to Be		600.00
Free To Be Zoom		1,080.00
Freedom From Alcohol		715.00
French Intergroup		250.00
Fresh Start Beginners		2.08
HALT - Sunday AM	313.00	313.00
Happy Joyous & Free	135.00	305.00
Harbor Group		200.00
Good Morning God Group		100.00
Imperial Point Sunday Nt.		300.00
IN Memorium		1,500.00
In the Solution Friday	1,246.00	1,246.00

GROUP NAME	JULY	CYTD
Intergroup Meeting	133.00	782.00
Into Action	15.00	250.00
KIS Lunchtime		442.00
KISS Today		420.75
Language of the Heart		70.00
Lambda Rising	148.92	273.92
Life in Recovery		130.00
Living in the Solution	340.00	1,563.00
Living in the Solution Virtual	122.00	960.00
Living Sober		100.00
Lunch Bunch in Plantation		540.00
Lunch Express		926.94
Made a Decision		5.45
Margate Men's Book Study		100.00
Melrose Park Group		449.40
Men's Independence Online		132.15
Mid Day Sobriety	100.00	600.00
New Beginnings		365.76
New Day Group	200.00	200.00
New Way of Life	300.00	400.00
Nooners		200.00
Noontime Sober Living		1,425.00
North Beach Group		60.00
Oakland Park Group	99.00	1,430.50
Off the Hook	381.53	381.53
Old Timers Group	220.96	1,400.48
One Day at a Time	42.60	321.38
Open Door		253.00
Peace of Mind Group		303.84
Pembroke Pines Last Stand		222.00
Perry Street South		707.50
Plantation Happy Hour		1,005.35
Pride 545		1,308.00
Riverside Group		157.60
Rule 62		105.00
Russian Speaking AA	150.00	300.00
Sandpebbles	175.00	375.00
Sands of Serenity		173.00
Saturday Morning Group		250.00
Sat AM Attitud of Gratitude		110.00
Serenity Hour	76.00	476.63
Serenity in the Park East		67.75
Serenity in the Park-SWR	540.00	1,575.00

contributions continued on page 7...

JULY CONTRIBUTIONS (CONTINUED)

GROUP NAME	JULY	CYTD
Serenity Sisters		150.00
Smell The Coffee Group		10.37
Sober on the Beach		100.00
Sober Seniors		544.00
Sobriety 101		49.00
Spiritual Principles Group		379.00
Spiritual Principles Lambda		150.00
Splinter group		2,250.40
Stepping Out		106.00
Sunday AM Together	100.00	100.00
Sunlight of the Spirit		0.08
Sunrise Serenity		246.31
Surrender Group		150.00
Surrender is Freedom Group		20.00
The Anonymous Club	160.40	718.69
The Outsiders	243.36	447.66
Thursday Night Study		175.00
Traditions & Steps at 7p	17.00	169.19

GROUP NAME	JULY	CYTD
Trivia Contest		100.00
True Self Group		75.00
Tuesday Nt. Step Group		83.00
University Big Book	20.00	245.00
Victor E	450.00	1,200.00
West Broward Women		200.00
Weston Stepper	56.00	119.00
Westside Men's Group	535.00	1,432.01
Why It Works		282.00
Why Parkland	184.10	184.10
Women's Fri. Nt. BB Study	50.00	194.00
Women's Hope in Recovery		260.00
Women's Primary Purpose		110.00
Women's Sober Tribe	50.00	150.00
Women's Step by Step		200.00
You Are Not Alone	150.00	630.01
YANA Online		375.00
You're Off the Hook		308.99
TOTALS	9,463.12	61,194.07

THIS MONTH IN AA HISTORY

- 1939 Dr. Bob & Sister Ignatia admit the 1st of more than 5,000 drunks they will treat (over the next 10 years) at St. Thomas Hospital in Akron OH.
- 1941 Bill writes to Dr. Bob to report that Works Publishing Co. has been incorporated.
- 1941 Cincinnati OH AA group has 60 members at its six-month anniversary party.
- 1941 1st AA meeting in Colorado is held in Denver.
- 1955 Bill W.'s long depression lifts after he turns the "Fellowship over to the Fellowship" at the St. Louis International Convention.

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

THIS MONTH IN AA HISTORY CONT.

- 1981 Sales of the Big Book passed three million.
- 1988 1st Canadian National AA Convention held in Halifax, Nova Scotia.

Answers from page 4: emotional, principal, finance, shaming, offended, rigorous, stealing, awkward, volatile, forgiveness, released, skepticism

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

Riverland Recovery is meeting again at Abiding Lutheran Church, 1900 SW 35 Ave, FtLaud. OLT 6 PM.

Women's Honesty which meets in Hollywood has changed the start time of meeting to 7 PM.

Wednesday

Women's Primary Purpose has relocated from A1A in Deerfield to Zion Lutheran Chapel, 959 SE 6 St.

Chickee Group has moved back to Hollywood. They now meet at the Tribal HQ building, 6300 Stirling Rd. (thru the gate, in the auditorium). OSP 8 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 **THEY NOW CHANGED DAY TO WEDNESDAY.**

Friday

Central Fact that met at St. Ambrose Church in Deerfield has moved to the Community Presbyterian School Hall on A1A, 1920 SE 4th St. and has CHANGED TIME & TOPIC. It will now be OSP at 7 PM.

Sunday

Namaste Group which meets at the West Broward Club in Davie has changed the time to 10 AM.

Serenity at the Beach which meets in Pompano at the beach has changed the start time to 6:30 PM.

Early Risers Sunday which met in Plantation is moving for summer to Dunkin Donuts in Davie, 9170 W State Road 84. 7 AM.

Things we cannot change.....

Bert H., Bill C.



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

Upcoming Events

- | | |
|-------------------|---|
| Aug 6-9 | 68th Florida State Convention Rosen Plaza Hotel in Orlando. To get registered or get more information, go to https://68.FloridaStateConvention.com |
| Sept 18-20 | Women in Recovery Conference * Opal Grand Hotel in Delray, Registration \$65 For more info go to www.thewomeninrecovery.com Speakers, Banquet, Fun and Fellowship. |
| Oct 25 | 50th Broward Intergroup Picnic Snyder Park, Ft. Lauderdale, Lunch, Fellowship, Fun, 2 speakers, 50/50 Raffle - \$15 at gate or 3/\$35 in advance. No dogs allowed. |

*Not an AA-sanctioned event.