



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 9
SEPTEMBER 2026

Step 9 - "Made direct amends to such people wherever possible, except when to do so would injure them or others. "

Before we are halfway through

I've been working on Step Nine for months now, even though I started making living amends on a daily basis as soon as I got sober and got a sponsor. Almost immediately it felt good to be kind, thoughtful and dependable instead of angry, selfish and unreliable. But I was so tangled in knots of self-pity and misguided "righteous" indignation that serenity and the ability to see my part in either the past or present eluded me. Working the Steps helped untie the knots.

I've had opportunities now to make direct amends. Some flowed easily but some have been vexing.

For example, my behavior was so awful in the last year of a job I held for 10 years, my boss invited me not to return when I got out of rehab. Not only did no one in the department want me back he said, no one wanted to talk to me. Of course my ego wanted me to contact them and plead self-pityingly for forgiveness or, in some cases where I felt particularly wronged, gleefully wish bad things on them. Thank God my sponsor said living amends would start by honoring the request for no contact while praying daily for God's goodness to shower upon each and every one of the coworkers by name, so I did. Working the Fourth and Fifth Steps finally gave me insight about my substantial part in it all, and I thanked God my sponsor stopped me from making things worse with inappropriate "amends."

Just after my second AA birthday, God gave me the chance to make direct amends to one former coworker who called me and asked for my help. When we met for coffee, I found it suddenly easy to say, "I am so sorry I wasn't the supervisor you deserved and needed in the last two years before I left. I had become an alcoholic and I was very sick. That's no excuse; that's just what happened to me. And because it happened, I wasn't available to you; I didn't do what you needed to support you; I let you down. I am so sorry for how badly I behaved. You deserved better."

I also asked him to tell me how I had hurt him. To my surprise, he said he was sorry I was so sick and never told him. He also said he was sorry I was so sick and never told him. He also said he forgave me and that he missed working with me. He then asked me to help him with fundraising, so I made living amends by doing just that. That's God at work, for sure.

(continued on page 3)

INSIDE THIS ISSUE

Tradition Nine	2
Word Puzzle	4
Committee Updates	4
Monthly Meetings	5
Anniversaries	5
Meeting Changes	8
Upcoming Events	8

**THE BOOKSTORE WILL BE
CLOSED FOR ANNUAL
INVENTORY ON
WEDNESDAY,
SEPTEMBER 30TH.**

CONCEPT IX

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

Tradition Nine - "AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Why Be Organized?

When we ran out of creamer at our meeting the other day, I heard, as I often have, a couple of members say, "AA ought never be organized!"

Right then, the elder statesman status I aspire toward started leaking red. "Do you know what Bill meant by the word organize?" I asked the members. I just wanted to be helpful so they could understand Tradition Nine. They probably don't even know where that quote comes from, I thought.

Fortunately, I was schooled to just share my experience, strength and hope. So I said, "I learned that when Bill wrote, 'A.A., as such, ought never be organized,' he meant that we do not have membership rules or a way to discipline our members. He wanted the members to run the show." They looked at me and politely said, "Uh-huh," and walked away, giving me a strange look.

So in my daily inventory that night, I looked back at my early memories of the Twelve Traditions. I too had gone through the same familiar stages of thinking huh? to who cares? when I was new. My sponsor suggested that I care, so I finally began studying the Traditions.

But I had to ask myself, how often do I listen nowadays when the Ninth Tradition is read in a meeting? Do I really listen to the words? Well, honestly, hardly ever, which is a shame, since I consider the Traditions to be critical for the Fellowship to survive.

Now comes the salient question: Do I understand Tradition Nine? The long form says: "Each AA group needs the least possible organization," and then goes on to describe the minimal organization that AA as a whole requires. Then, I go to my dictionary. (Yes, a book. I know I'm old, but Bill didn't have a cell phone.) It says of the word organize: "to form into a coherent unity or functioning whole" and "to arrange by systematic planning a united effort." Wow, that's a lot of AA packed into one word. Perfect for Dr. Bob's admonition to keep it simple.

Bill, of course, knew that not every member could attend the General Service Conference or serve on the General Service Board, so a simple structure of electing delegates and trustees to attend was created. This structure allows communication between the AA members to the Conference and back, with the beautiful side benefits of creating a mechanism for local and area services. He even throws in the egalitarian concept of the spirit of rotation. Dang, that Bill could write!

But, ah-ha! It's here that I hear some bashing of the "politics" of AA. I try to suggest that my perception of politics is personalities over principles, rather than our Twelfth Tradition of the opposite. Who provides the meeting schedules, staffs the hotlines, coordinates the institutions work, informs the public and maintains our website, not to mention the many less-well-understood Twelfth Step activities? But then some might say, "What about all those elections with the fancy titles?" Yes, we have service boards and committees, but we try to be directly responsible to the Fellowship as a whole.

Time for more inventory, I tell myself. How well do I remain responsible to AA as a whole? Do I get defensive about our service structure? How well do I help keep politics out of service? How well do I know and communicate AA's Traditions, with their deep meaning? How well do I, as Bill W. writes in the January 1966 Grapevine, "reckon AA in two words ... humility and responsibility"?

Dr. Bob, in his final public address at the first International Convention in Cleveland, said: "Our Twelve Steps, when simmered down to last, resolve themselves into the words 'love' and 'service.'" As in all things AA, I too can make more progress.

Robert P. | Amity, Oregon

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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)

Two months later I made amends to another coworker who emailed me to share good news about finally becoming a father through adoption. Thanks to God, I had the privilege of writing a character reference for him and his wife in the last year of my drinking, and to update it at their request this past year in sobriety. He thanked me for helping them.

And yet I was stuck at the most difficult amends of all—my mother. She had died two months before I got sober. In fact, watching her die from her own addiction, her body skeletal with cancerous lumps distending her abdomen, her lungs a charred wasteland from three packs of cigarettes a day for three decades, helped me see what I was doing to myself with alcohol and how I would die if I didn't stop.

Just three days before she died she took my hand as I sat beside her and she said, "I'm sorry I chose cigarettes over you all. I thought they helped calm me down and made life more enjoyable and I was wrong. I thought I could quit anytime but I couldn't, even when I knew I was sick. I'm so sorry."

I said I loved her and that I was grateful for all she had done for me and how much she loved me. I said I was sorry she hurt so much in life that she needed cigarettes to make things better. I said those things, but I didn't feel them.

She died with one hand in mine and the other in my father's. Looking over my mother's lifeless body, my father shocked me by saying, "Hon, when you go home tonight, promise me one thing: you won't drink. I need you now." It was the first and only time he said anything about my drinking. Of course I went home and drank, but for a change, that night I didn't drink to oblivion.

I did drink to oblivion most nights for the next two months to drown the pain and anger from losing my mother, from being the child of such an angry and controlling person, and from the guilt of putting drinking ahead of everything and everyone else. I spent my days drinking while "working from home." My health rapidly declined. Blacking out during a phone call with the employee health nurse after I was reported for being incoherently drunk on a conference call with coworkers finally forced me to admit my life had become unmanageable and that I was powerless over alcohol.

Fast forward to this summer. Just after making amends to the first coworker, I suddenly became extremely judgmental of others in my home group. I criticized their outfits, their lengthy shares, their gleeful cross-talk and their unspiritual behavior. I railed against them in my head and to my sponsor. My sponsor said I had a spiritual cold and I needed treatment fast.

I prayed to God for help that I might be filled with compassion and freed from this awful character defect. I also prayed daily for good things for the people I was judging. When I started feeling judgmental, I repeated the word "compassion" in my head, and I asked God to fill my heart with compassion and remove the desire to judge.

Of course, God did far more: He gave me a powerful lesson. In a meeting, a person I had been judging harshly shared about making amends to her mother, with whom she also had a complicated relationship. Hearing her talk about the humility of admitting her wrongs to her mother, asking for forgiveness and being granted that forgiveness just hours before her mother died hit me hard. It's just like God to reveal his will for me in the words or actions of someone who challenges me.

Wallowing in righteous indignation about others' perceived faults was my disease blocking me from the sunlight of the spirit of God, who wants me to be humble and free, and distancing me from the solution. I got the message. I needed to stop looking at others' faults and get back to admitting my faults and then doing something about them.

God clearly signaled it was time to make amends to my mother. I went home and pulled out the August 2013 issue of Grapevine. I had saved it because the story "Under the Banyan Tree" described how an AA member made amends to his deceased mother, and I thought it could be a great guide for me when the

(continued on page 7)

General Service Office, NY

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James A Farley Station
New York, NY 10116-2407

Bridging The Gap

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BCIC

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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

SERFISEVNO
ROBIVAEH
GEMDISIDU
NODTAGININI
HAMIMNECS
TERGANAILIA



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.

TOONARIT
SITTISNOUNIT
LEERANIBLU
HERVICA
UTERITAG
VOINBOLI

We love our CUSTOMERS!!

The 3rd 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, September 20th at 2 PM.

The next planning meeting for the **2026 Gratitude Dinner** (hosted by District 9)
will be held at **The 441 Group in Margate**.
on **Saturday, September 19 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, September 26th 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

September Celebrants

Serenity Sisters

Gwen ~ 15 yrs.
Deborah ~ 6 yrs.

Serenity in the Park (SWR)

Carolina F. ~ 5 yrs.
Angie ~ 4 yrs.
Natasha ~ 5 yrs.
Cristina M. ~ 37 yrs.
Richie V. ~ 7 yrs.

Living in the Solutions

Joann E. ~ 2 yr.
Roland ~ 2 yr.
Lorraine ~ 9 yrs.
Dan L. ~ 21 yrs.
Bill S. ~ 41 yrs.
Elle L. ~ 52 yrs.

Into Action

Karen D. ~ 25 yrs.

Saturday Morning**Awareness**

Nadine ~ 17 yrs.

One Day at a Time

Yvonne S. ~ 17 yrs.

Beyond Your Wildest Dreams

Aileen W. ~ 31 yrs.

Hollywood Men's

Leon ~ 19 yrs.

Downtown Dry**Dock**

Kathy R. ~ 20 yrs.
Marlene A. ~ 20 yrs.
Jessica ~ 13 yrs.
Paul ~ 9 yrs.
Mitch ~ 38 yrs.
Walt ~ 43 yrs.

Sober on the Beach

Steven A. ~ 4 yrs.
Peter N. ~ 5 yrs.

Oakland Park

Randall L. ~ 18 yrs.

B.A.L.L.S.

Tim B. ~ 23 yrs.
Chino ~ 25 yrs.

Women's Honesty ~ 54 yrs.

Sober Today Club ~ 15 yrs.

Tuesday Night Step

Marty L. ~ 42 yrs.

Let's Do Lunch Bunch

Steve ~ 38 yrs.
Carmen R. ~ 37 yrs.
Darius ~ 12 yrs.

Riverside Group

Sheldon V. ~ 39 yrs.
Patricia M. ~ 17 yrs.

Women's Primary Purpose

Kim B. ~ 27 yrs.

Bottom Line Group

Dennis ~ 25 yrs.

Women's Honesty

Helen ~ 44 yrs.
Marissa ~ 16 yrs.

Mountain Group

Lisa D. ~ 44 yrs.

Big Book Quote of the Month:

" Yes, there is a long period of reconstruction ahead. We must take the lead. A remorseful mumbling that we are sorry won't fill the bill at all."

Alcoholics Anonymous, Page 83

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, September 20th
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, September 12th
at 10:00 AM**

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

AUGUST CELEBRANTS

not previously mentioned....

Ft. Lauderdale Women's

Susan ~ 2 yrs.
Jenny ~ 4 yrs.
Kimberly ~ 4 yrs.
Christy ~ 5 yrs.

Serenity Sisters

Michelle ~ 1 yr.

Y.A.N.A.

Rebecca J. ~ 1 yr.

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

Let us know, help@aabroward.org

HAPPY BIRTHDAY

District 9 General Service

Meeting will be held on

Sunday, September 20 at 2 PM

Sanctuary, 1400 N. Federal Hwy., FTL

New Rep Workshop at 12:30 PM

AUGUST CONTRIBUTIONS

GROUP NAME	AUG	CYTD
11th Step Conscious Contact		120.00
12 Coconuts online		50.00
441 Group		100.00
5-3-Zero	100.00	100.00
545 Happy Hour		525.00
Acceptance Meeting		50.00
Alcoholics Anonymous	655.50	7,466.65
An Anonymous Group		115.00
Back to Basics	151.75	651.75
Boca Men's Group		183.40
Bottom Line Group		60.00
Brothers in Sobriety		200.00
Broward Men's		288.50
Broward Women's		235.00
Coral Springs Group	50.00	200.00
Daily Reflects with Pride		524.86
Dania After Work		180.00
Davie Women's Group	200.00	360.00
Deerfield Beach Study		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		1,400.00
East Naples Men's	829.00	2,385.20
Eye Opener		202.40
Fort Laud Twelve Step		500.00
Fort Lauderdale Men		141.75
Fort Laud Men's Zoom		10.00
Fort Laud Women's	125.00	150.00
Ft Laud Primary Purpose		100.00
Free Thinkers		350.00
Free to Be		600.00
Free To Be Zoom	200.00	1,280.00
Freedom From Alcohol		715.00
French Intergroup		250.00
Fresh Start Beginners		2.08
HALT - Sunday AM		313.00
Happy Joyous & Free		305.00
Harbor Group	10.00	210.00
Hollywood Young Peoples	238.00	238.00
Good Morning God		100.00
Imperial Point Sunday Nt.		300.00

GROUP NAME	AUG	CYTD
IN Memorium		1,500.00
In the Solution Friday		1,246.00
Intergroup Meeting	132.00	914.00
Into Action		250.00
KIS Lunchtime		442.00
KISS Today		420.75
Language of the Heart		70.00
Lambda Rising		273.92
Life in Recovery	30.00	160.00
Living in the Solution	98.00	1,661.00
Living in the Solution Virtual	81.00	1,041.00
Living Sober	100.00	200.00
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	124.00	124.00
Men's Independence Online		132.15
Mid Day Sobriety	100.00	700.00
New Beginnings		365.76
New Day Group		200.00
New Way of Life		400.00
Nooners		200.00
Noontime Sober Living		1,425.00
North Beach Group	58.00	118.00
Oakland Park Group	81.00	1,511.50
Off the Hook		381.53
Old Timers Group		1,400.48
One Day at a Time		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	100.00	205.00
Russian Speaking AA		300.00
Sandpebbles		375.00
Sands of Serenity		173.00
Saturday Morning Group		250.00
Sat AM Attit of Gratitude		110.00

contributions continued on page 7...

GROUP NAME	AUG	CYTD
Serenity Hour		476.63
Serenity in the Park East		67.75
Serenity in the Park-SWR		1,575.00
Serenity Sisters		150.00
Smell The Coffee Group		10.37
Sober on the Beach	125.00	225.00
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	200.00	306.00
Sunday AM Together		100.00
Sunday Sunshine Zoom	725.00	725.00
Sunlight of the Spirit		0.08
Sunrise Serenity		246.31
Surrender Group		150.00
Surrender is Freedom		20.00
The Anonymous Club		718.69
The Outsiders		447.66
Thursday Night Study		175.00
Traditions & Steps at 7p	19.00	188.19

GROUP NAME	AUG	CYTD
Trivia Contest		100.00
True Self Group		75.00
Tuesday After Work	0.88	0.88
Tuesday Nt. Step Group		83.00
University Big Book	35.00	280.00
Victor E		1,200.00
West Broward Women	150.00	350.00
Weston Bonav. BB Workshop	300.00	300.00
Weston Stepper		119.00
Westside Men's Group		1,432.01
Why It Works	117.00	399.00
Why Parkland		184.10
Women's Fri. Night BB Study		194.00
Women's Hope in Recovery		260.00
Women's Primary Purpose		110.00
Women's Sober Tribe		150.00
Women's Step Into Sobriety	100.00	100.00
Women's Step by Step		200.00
You Are Not Alone		630.01
YANA Online	72.90	447.90
You're Off the Hook		308.99
TOTALS	5,308.03	66,502.10

time came to make my amends to my mother.

Following the story, I wrote Mom a letter that began by acknowledging how badly I had behaved in the last year of her life. I specified the exact nature of my wrongs and I asked her to forgive me. I then wrote down all the things my mother had done during my life that I was grateful for. I thanked her for loving me and taking care of me as best she could and thanked her for all the things she had done right. I closed by wishing her unimaginable peace and joy with God, wherever she was.

When I read the letter to my sponsor, I felt the pain, guilt and anger leave me, washed away by my tears. I felt myself fully forgiving my mother, releasing her from my once-angry clutch. My muscles relaxed, my chest opened and love and peace rushed into my heart.

Today I honestly feel a new freedom and a new happiness. I have more love in my heart for everyone. Self-seeking is slipping away. I have more interest in helping others rather than helping myself, and God sends me plenty of opportunities to be of service.

I still have more amends to make, but I'm going to continue to follow God's lead and make them in his time, not mine. I'm continuing to turn my life and my will over to God because when I do, he clearly does a much better job of running the show than I'll ever do, and for that I'm humbly grateful.

Oh, and I'll keep reading the divinely inspired Grapevine for guidance from God as revealed in the experience, strength and hope of my sober fellows worldwide.

—Sam Marie E. | Atlanta, Georgia

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Answers from page 4: forgiveness, behavior, misguided, indignation, mechanism, egalitarian, rotation, institutions, unreliable, archives, gratitude, oblivion

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.

Tuesday

NEW MEETING Tuesday Night Men's now meets at the West Broward Club in Davie at 8:30 PM. OSP.

NEW MEETING Higher Power and the Big Book meets at All Saints Episcopal, 331 Tarpon Drive in Ft. Lauderdale at 7 PM. OBB.

Wednesday

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.

Friday

NEW MEETING Safe and Sound 4316 N Dixie Hwy., Oakland Park. ORF 7 PM.

Saturday

Nuevo Porvenir Spanish group that meets in Pembroke Pines has added a meeting 10:30a—12:00p.

Sunday

Nuevo Porvenir Spanish group that meets in Pembroke Pines has added a meeting 12:00p—1:30p.

Imperial Point Sunday Night which meets in Pompano has changed the time to 6 PM.

Daily Meetings

Nuevo Porvenir Spanish group in Pembroke Pines has now moved to 8978 Taft St. in zip code 33024. All meetings are an hour and a half in length.

Things we cannot change.....

Robert K.



He will be missed by all who knew him. May he rest in peace.

Upcoming Events

- | | |
|-------------------|---|
| 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. |
| Sept 25 | District 9 Spaghetti Dinner Christ Church, 4845 NE 25 Ave., Fort Lauderdale, 5 PM. Tickets are \$15 in advance or \$18 at door. Limited parking. Please bring dessert and a newcomer. |
| Oct 10 | Carry the Message Day will be held at the 101 Club in Pompano from 3—6 PM. This is a free Service event with Speakers and coffee. Please bring a dessert. |
| 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. |
| Nov 1 | District 9 Archives Early Timers Meeting will be held at the Women's Club in Deerfield Beach, 910 E. Hillsboro Blvd. Fellowship begins at 6 PM. Bring a dessert and newcomer. |
| Nov 14 | 60th District 9 Gratitude Dinner will be held at the Marriott in Coral Springs, 11775 Heron Bay Blvd., Tickets \$50 in advance. |

*Not an AA-sanctioned event.