



SUITE 404

BROWARD COUNTY INTERGROUP, INC.

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VOLUME 10
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Step 10: *"Continued to take personal inventory and when we were wrong promptly admitted it."*

Step Ten: up Close And Personal

I don't like going to doctors. But this sponsor of mine has a rule: if it bleeds, swells, or hurts for more than twenty-four hours, call a doctor.

So, "Call your doctor," was his suggestion when, one day, I casually mentioned a dull pain around my right ear, an annoyance more than anything, although at times it throbbed a bit. And no, I didn't know why it was hurting, though I thought it might have had something to do with swimming a couple days earlier and, yes, it had been going on for a few days.

I've heard that some people do what their sponsors suggest at breakneck speed, but I'm not in that group. A week went by, and my sponsor said, "How's the pain? Have you called your doctor yet?" I answered the questions in order: "Still as it was, but not getting any worse" and, "No; I tried, but his phone was busy." Silence from him. Then: "Don't you think you need to do a little more work on your Tenth Step?"

Tenth Step? What did the Tenth Step have to do with it? Personal inventory. . .when wrong. . .admitted it. What did this have to do with an earache? "Just read the Step," he suggested. "You've heard the words at every meeting. But maybe you need to understand more of what they mean." So I did what was suggested. Not at breakneck speed, of course, but I did it.

"Continued to take personal inventory": "Continued" was easy enough, since it refers to an ongoing process I do frequently--sometimes daily or even minute-by-minute. "Inventory" was also easy. It was an echo of the Fourth Step, where I did an inventory of myself.

But then I noticed a difference. It was always there, so how did I miss it? In the Fourth Step, the inventory was "moral"; in the Tenth Step, it is "personal." Was the different wording significant?

Perhaps it was; perhaps more than I'd first noticed. Bill W. warned us against complacency or self-congratulation ("After

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**TICKETS
ON SALE NOW**

for the
**50th Intergroup
Picnic**

\$12 each or 3/\$35

In advance only

CONCEPT X

Every service
responsibility should
be matched by an
equal service
authority, with the
scope of such
authority well
defined.

(continued on page 3)

(continued from page 1)

Twenty-Five Years," Grapevine, March 1960) and reminded us that, unless we keep growing, we fall back. It seems to me that one of the major purposes of the last three Steps is to keep us from complacency, to keep us growing so that we don't fall back into our old, sick ways and perhaps even into active alcoholism. Of course, that growth needs to continue on the moral level and we need to "inventory" it. But my inventory, and growth, also need to include all that I am as a "person," and that includes my spiritual, mental, emotional, and physical dimensions, to say nothing of how I relate to other people. And so, taking a "personal" inventory means that I attend to all aspects of myself, of my "person," including, but not only, the "moral" part of me.

"And when we were wrong, promptly admitted it." Over the years, how often had I heard that line and misunderstood it? At first, I thought that it meant to pay attention only to my faults or character defects. But that's not what the Step says; and, in fact, in the "Twelve and Twelve," Bill W. writes that we need to be aware not only of our limitations, defects, and shortcomings, but also of our strengths, talents, and successes. In short, we need to take a balanced approach to ourselves. Should my "personal inventory" reveal that I am off-balance in any aspect of myself, I should "promptly admit it."

"Admit it": This is not a mere acknowledgment that something about my person is off-balance, that some aspect of me needs correcting, but, once that's done, I must take action on restoring the balance. From first to last, AA is a program of action. It is not particularly useful for me simply to admit that some aspect of myself needs correcting and then to do nothing about it. Admission that something is the matter is the doorway to growth; but there will be no growth unless I follow up the admission with action.

My meditation on the Tenth Step showed me some powerful ways of applying it to my life that I had not seen before. Since alcoholism is an illness that affects all aspects of me, recovery from alcoholism must then include all aspects of me. For me, working the Tenth Step properly means being attentive to my moral growth--as well as my spiritual life, my mental and physical health, my emotional well-being, and my relationships with others. Should I find anything "wrong" about any of these aspects of me, I need to correct it as soon as I can.

"How's the pain now?" my sponsor asked some weeks later. "Gone," I replied. "Ear infection. Good antibiotics. Good doctor." And, I thought, Great Tenth Step!

— Jamie C., West Henrietta, New York

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6 6 *
The word "thank you" is written in a playful, bubbly font. Each letter is a different color: 't' is pink, 'h' is yellow with pink stripes, 'a' is green with pink stripes, 'n' is green, 'k' is pink, 'y' is yellow with pink stripes, and 'o' is green with pink stripes. The word is decorated with several small hearts and flowers. Above the 't' and 'a' are small '6' symbols. Above the 'n' is a small pink heart. Above the 'k' is a small yellow flower. Above the 'y' is a small pink heart. Above the 'o' is a small green heart. Above the 'u' is a small pink flower. Above the 'y' and 'o' is a small black asterisk.

**To all the individuals and
groups that continue to
support us!**



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Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

Bridging The Gap
877.207.2242

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District 9 General Service
P.O. Box 100126
Ft. Lauderdale, FL 33310

Recovery Word Puzzle

HURTTYIA
PROOSSNS
FATIGINSINC
MYPOCCLANEC
THENSCADE
CLIPSNOTIAI



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.

NOTYELVIL
SMONDSNIEI
RTGHENSST
RITEGRONS
TRUELFENS
RUDDEMANE



AA'S GOT TALENT

planning will start in November.

We are hoping to rent the Coral Springs Charter School again for the
first Saturday in February 2027....more will be revealed.



The next planning meeting for the **2026 Gratitude Dinner** (hosted by District 9)
will be held at **The 441 Group in Margate.**
on **Saturday, October 24th 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, October 24th 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

October Celebrants

Serenity in the Park— Southwest Ranches

Ken R. ~ 2 yrs.
Matt Z. ~ 5 yrs.
Ingrid S. ~ 10 yrs.
Khristina L. ~ 11 yrs.

Coral Springs

Debbie C. ~ 19 yrs.

Westside Men's

Jon G. ~ 12 yrs.

Dania After Work

Alison ~ 12 yrs.

Express Group

Cookie ~ 39 yrs.
Sonia C. ~ 33 yrs.

Downtown Dry Dock

Jason E. ~ 10 yrs.

Early Risers

Nick D. ~ 19 yrs.
Ana ~ 4 yrs.
Kristin C. ~ 4 yrs.

Just For Now

Barbara O. ~ 36 yrs.

Sunlight of the Spirit

Dawn B. ~ 38 yrs.

Serenity Sisters

Joan ~ 31 yrs.
Jean M. ~ 15 yrs.

Sunshine Group

Jamie R. ~ 11 yrs.

Oakland Park

Eric P. ~ 15 yrs.

Pompano Men's ~ 57 yrs.



Big Book Quote of the Month:

"When resentful thoughts come, try to pause and count your blessings. After all, your family is reunited, alcohol is no longer a problem and you and your husband are working together toward an undreamed-of future."

Alcoholics Anonymous, Page 119

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, October 18th
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, October 10th
at 10:00 AM

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

SEPTEMBER CELEBRANTS

not previously mentioned....

Deerfield Beach Oldtimers

Patty ~ 27 yrs.
Bill H. ~ 23 yrs.
Neil ~ 42 yrs.

**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, October 18th at 2 PM

Sanctuary, 1400 N. Federal Hwy., FTL

New Rep Workshop at 12:30 PM

SEPTEMBER CONTRIBUTIONS

Group Name	SEPT	CYTD
11th Step Conscious Cont		120.00
12 Coconuts online		50.00
441 Group		100.00
5-3-Zero		100.00
545 Happy Hour		525.00
AA at the Place	40.00	40.00
Acceptance Meeting		50.00
Alcoholics Anonymous	508.03	7,974.68
An Anonymous Group		115.00
Back to Basics	175.75	827.50
Beyond Yr Wildest Dreams	657.60	657.60
Boca Men's Group		183.40
Bottom Line Group		60.00
Brothers in Sobriety	100.00	300.00
Broward Men's		288.50
Broward Young Peoples	169.00	169.00
Broward Women's		235.00
Coral Springs Group	25.00	225.00
Coral Springs Men	50.00	50.00
Daily Reflections with Pride		524.86
Dania After Work	195.00	375.00
Davie Women's Group		360.00
Deerfield Beach Happy Hour	300.00	300.00
Deerfld Bch 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	2,500.00
Early Riser Group		1,400.00
East Naples Men's		2,385.20
Eye Opener		202.40
Fort Laud Twelve Step	500.00	1,000.00
Fort Lauderdale Men		141.75
Fort Laud Men's Zoom		10.00
Fort Laud Women's		150.00
FtLaud Primary Purpose BB	100.00	200.00
Free Thinkers		350.00
Free to Be		600.00
Free To Be Zoom		1,280.00
Freedom From Alcohol		715.00
French Intergroup		250.00
Fresh Start Beginners		2.08
HALT - Sunday AM		313.00

Group Name	SEPT	CYTD
Happy Joyous & Free		305.00
Harbor Group		210.00
Hollywood Young Peoples		238.00
Good Morning God Group		100.00
Imperial Pt. Sun. Nt.		300.00
IN Memorium		1,500.00
In the Solution Friday		1,246.00
Intergroup Meeting	119.25	1,033.25
Into Action	30.00	280.00
KIS Lunchtime		442.00
KISS Today		420.75
Language of the Heart		70.00
Lambda Rising		273.92
Life in Recovery		160.00
Living in the Solution	125.00	1,786.00
Living in the Solution Virtual	55.00	1,096.00
Living Sober		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
Men's Independence Online	50.17	182.32
Mid Day Sobriety	100.00	800.00
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	60.00	178.00
Oakland Park Group	61.00	1,572.50
Off the Hook		381.53
Old Timers Group		1,400.48
One Day at a Time	49.45	370.83
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	40.00	197.60
Rule 62		205.00

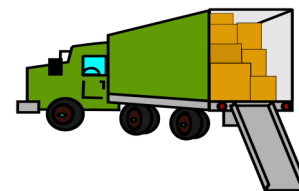
contributions continued on page 7...

SEPTEMBER CONTRIBUTIONS CONTINUED

Group Name	SEPT	CYTD
Russian Speaking AA		300.00
Sandpebbles		375.00
Sands of Serenity		173.00
Saturday Morning Group	50.00	300.00
Sat AM Attit of Gratitude		110.00
Serenity Hour		476.63
Serenity in the Park East		67.75
Serenity in the Park-SWR	360.00	1935.00
Serenity Sisters		150.00
Smell The Coffee Group		10.37
Sober on the Beach		225.00
Sober Seniors	526.00	1,070.00
Sobriety 101		49.00
Spiritual Principles Group		379.00
Spiritual Principles Lambda		150.00
Splinter group		2,250.40
Stepping Out		306.00
Sunday AM Together		100.00
Sunday Sunshine on Zoom		725.00
Sunlight of the Spirit		0.08
Sunrise Serenity	87.17	333.48
Surrender Group		150.00
Surrender is Freedom Group		20.00
The Anonymous Club		718.69
The Outsiders		447.66

Group Name	SEPT	CYTD
Thursday Night Study		175.00
Traditions & Steps at 7p		188.19
Trivia Contest		100.00
True Self Group		75.00
Tuesday After Work		0.88
Tuesday Nt. Step Group		83.00
University Big Book		280.00
Victor E		1,200.00
West Broward Women		350.00
Weston Bonav. BB Wrkshp		300.00
Weston Stepper		119.00
Westside Men's Group		1,432.01
Why It Works		399.00
Why Parkland		184.10
Women's Fri. Nt. BB Study		194.00
Women's Hope in Recovery		260.00
Women's Primary Purpose		110.00
Women's Sober Tribe	20.00	170.00
Women's Step Into Sobriety		100.00
Women's Step by Step	80.00	280.00
You Are Not Alone		630.01
YANA Online	489.60	937.50
You're Off the Hook		308.99
TOTALS	4,814.82	71,316.92

IT'S OFFICIAL.....



INTERGROUP IS MOVING to

941 W. Commercial Blvd., Oakland Park, FL 33309

We will need lots of help packing and loading/unloading truck. Please let us know if you can help on Wednesday, November 11th. 954.462.0403

Answers from page 4: authority, sponsors, significant, complacency, chastened, politicians, violently, dimensions, strengths, restoring, resentful, undreamed

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 Empowered to Rise, Destined to Thrive at SafeAndSound Club, 4316 N Dixie Hwy., Oakland Park 33334. ODR 6:30 AM.

Tuesday

NEW MEETING Any Length 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.

First Responders which meets at West Broward Club in Davie has changed the time to 6:45 PM.

Wednesday

NEW MEETING Powered by Purpose at SafeAndSound Club, 4316 N Dixie Hwy., Oakland Park 33334. ODR 6:30 AM

NEW MEETING She Found Her Way at SafeAndSound Club, 4316 N Dixie Hwy., Oakland Park 33334. OSPw 7:00 PM

Friday

NEW MEETING Safe and Sound at SafeAndSound Club, 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.....

Don P.



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

Upcoming Events

- | | |
|---------------|--|
| 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 - \$12 or 3/\$35 in advance, \$15 at gate . No dogs allowed in pavilion. |
| 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. |