

The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

April 2016

THERMODYNAMICS

I came into A.A. Bankrupt in every department. When I started to work the steps, my first big challenge was to find a power greater than myself that could solve my problems. What an order for a guy who they describe in step two in the 12x12 as the one who had tried religion and found it wanting. I could see the examples of people around me that seemed to have it figured out and I became a nuisance trying to corner them to get them to explain to Me how they do it and they had as much trouble explaining it as I did. One day I confronted my friend, Jim, and asked him to let me in on the secret. Frustrated, He asked, "Do you want to drink right now"? My answer was "NO". He then asked me, "Did you want to drink a year ago"? And my answer was "YES". Next he asked me "what made the difference"? My answer was that I was influenced by the A.A. program. His next question was, "Do you have any Problem calling that God? WOW! What a concept.

I have never wanted a drink since I entered the program and the only answer I could come up with was the influence of A.A in my life. For a guy who couldn't conceive of a day without alcohol, to a guy that has never wanted a drink since, was all I needed to know about God. I wish I could tell you who or what God is but I can't. I can, however tell you what God does for me but I'll get to that later.

The 2nd appendage in the big book, Spiritual Experience, implies that there are many examples of spiritual experiences, and they come in different forms. They can be of the burning bush variety or a psychic change sufficient to bring about recovery from alcoholism. Or, as I like to believe, my spiritual experience came in the form of "a profound change of perception". When it occurred to me that all of my thinking was flawed and that I was finally in an environment where I could, with the help of the

(Cont. pg. 3)

GRAPEVINE ROUND UP

25th Anniversary

FUN!!

APRIL 30th, 2016

MUSIC!

Kendall Indian Hammocks Park
11395 SW 79th St, Miami, FL 33173

From 10:00am till 5:00pm



INTERGROUP OFFICE HAS A NEW HOME!



**4315 NW 7th St. - Suite 36
Miami, FL 33126**



Very special thanks to Frank H. from the Solutions Group and Elena R. from the Key Biscayne Group, who helped tremendously to make this transition working for so many hours carrying boxes, desks, book displays, etc.

Thank you! Thank you!

Office is still being accomodated, we will be having an Open House soon!



INTERGROUP CONTACT LIST

www.aamiamidade.org

Chairman

Maria Z.

Vice-Chair

Maria S.

Treasurer

John L.

Secretary

Manuel N.

Steering Committee

Robert L.

Gary C.

Frank H.

Lee A.

Jennifer R.

Trustees

Doni B.

Askia K.

Founder's Day

Harrison K.

Intergroup Banquet

Lee A.

Intergroup Office

Jennifer R.

Shari T.

The Messenger

Office

Outreach

James L.

Public Information

Esther B.

Twelve Step Relay

Frank H.

Big Service Breakfast

Maria S.

General Service Liaison

Robert L.

Spanish Intergroup

OPEN POSITION

Webmaster

Jennifer R.

GENERAL SERVICE CONTACT LIST

www.district10miami.org

Chairman

Bruce V.

Alternate Chairperson

Ray S.

Treasurer

Dane B.

Registrar

Alex V.

Recording Secretary

Jack C.

Archives

Lisa H.

Corrections

Al P.

Current Practice

Robin L.

Grapevine

Mathew J.

Gratitud Dinner

Regina F.

Intergroup Liaison

Gerry S.

Literature

Askia K.

Public Info/Cooperation with the Professional Community

Valerie M.

Special Needs

Roy P.

Treatment

Geoff G.

Big Service Breakfast

OPEN POSITION

District 17 Liaison

Ricardo M.

Remote Communities

Malachi H.

Webmaster

OPEN POSITION

Mario P. (Alt)

"THE MESSENGER"

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NOTICES

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Information is based on what is
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If your group discontinues a
meeting or changes its schedule
time, please notify Intergroup
as soon as possible
at (305) 461-2425

Articles and opinions expressed
herein not to be attributed to
Alcoholics Anonymous
as a whole.

Further endorsements,
opposing views and rebuttals to
articles published are also
welcomed. Also, please tell us
how we can improve.

Contributions to
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will be gratefully accepted.
A sign up form is on the
back cover.

E-mail the Editor at:
aamiamidade@bellsouth.net

Please make checks payable to:
MIAMI-DADE INTERGROUP

TRADITION 4

"Each group should be autonomous except in matters affecting
other groups or A.A. as a whole."

THERMODYNAMICS (Cont. from pg 1)

group, start to follow simple unselfish guidelines that would restore my self esteem and put me at peace with myself and others, I started this wonderful journey and I've never had it so good. These universal truths are common in all philosophies and I must seek them out if I want to heal.

I pray to God every day, even though I don't know who or what God is. My mind is not sophisticated enough to understand God and I'm not sure that God hears my prayers, but I HEAR MY PRAYERS and that, I believe, puts me in the best possible attitude I can have about the issue I pray for. My prayers are always the same. I pray for knowledge of his will for me and strength to carry it out. I.e. God, Please show me what to do and give me the strength to do it, I don't do to well on my own. I often knew what to do, but wasn't always strong enough to do what was right. Today I'm stronger.

Who or what is God? I'm not sure anyone can define God. As a friend of mine (Will) explained, "You don't have to understand thermodynamics to enjoy the warmth of the sun", I do, however, know what God does. When I ask for guidance, I become a better receiver and I hear the answers that used to pass right over my head when I Thought I had all the answers. Thank God for an open mind.

Rick R. - Poway, CA

In AA's First Five Years

Lois Wilson, wife of AA's co-founder, Bill Wilson, recalls the time in AA when there were few members and no Big Book. In the early days of AA things were really different. For five years there was no Big Book. The only way to communicate with other people was to go and tell them, so that's what we did. Of course, all of the meetings were held in people's homes, the homes of those who were lucky enough to have them. Anybody who had one made it wide open to whomever the boys brought in. Our houses, Dr. Bob's in Akron and ours in Brooklyn, were just filled with drunks, either drinking, or stopped temporarily, or well on the way to real sobriety.

Yes, AA was quite different in those days for many reasons. One was that there were no people in AA except those who had gone to the very bottom. Only these would listen to the story that one drunk was telling another. When AA first started, before there was a book, it was more anonymous than it is now, because even the Fellowship was without a name. AA didn't have a name until the book was written. Before that it was just a bunch of drunks trying to help each other, a bunch of nameless drunks. They had to be worked with over and over; families and everybody did what they could to help.

There were many, many sad things that happened, many very humorous things, and inspirational things, too.

Several are coming to mind right now. Bill, as you know, came from Vermont and someone sent him some maple syrup from there. It came in a whiskey bottle. One of the boys saw this attractive container in the kitchen and he was so drunk at the time that he gulped the whole bottle of syrup, thinking it was whiskey.

We had a rule that no one could come into the house when he was drinking. One night one of the boys came home drunk. We wouldn't let him in so he pried open the coal chute and slid into the cellar. Since he was very fat it was surprising that he could slide down it, yet somehow he made it. But this same fat man did get stuck one night in the washtubs. He lived in the basement apartment. Old city houses used to have stationary tubs in the kitchen. He thought he'd try to take a bath in one. But after getting in he couldn't get out so one of us (and I think it was I) had to pull him out.

There were many other things...a man committed suicide in our house after having pawned our dress clothes, left over from more prosperous days. These included Bill's dress suit and my precious evening cape. We have never owned such articles again.

AA was always thrilling. The families were included in all of the meetings; wives and parents (there weren't many alcoholic women then), and the children came too. The children were vitally interested in everything that went on. They would inquire about all the members and want to know how they were. They'd learn the Twelve Steps and really try to live by them. I don't think youngsters can be too young to be thrilled by the AA program and be helped by it.

One of the first women who came in was the ex-wife of a friend of Bill's. She had been in Bellevue and had come from there to our house. At that time there was a wonderful man - I think he was the fourth or fifth AA - who was trying to start a group in Washington, D.C. This woman went down to help him and she stayed sober for quite a long time. Then she married a man they were trying to bring onto the program. He really didn't go along with the idea himself and used to say to her every once in a while, "Florence, you look so thirsty." And so she did something about that, Florence disappeared. Everybody looked for her everywhere and couldn't find her. After a couple of weeks they found her in the morgue.

At that time each group used to visit every other group. New York members would go to New Jersey or Greenwich, Philadelphia or Washington or even Cleveland or Akron. Those were the groups I recall were in existence in the first five years.

If anybody had a car a bunch of us would pile in and we'd go wherever we knew there was a meeting. Families were just as much a part of AA as the alcoholics and we did feel we belonged.

But after a while the AA's thought that they should have an occasional meeting - at least one every week - of just alcoholics so that they could really get down to business. When this occurred the wives thought they'd meet together, too, at the same time. At first these little gatherings of wives didn't have any particular purpose. Sometimes we'd play bridge and sometimes we'd gossip about our husbands.

Then a few of us began to see that we really needed the AA program just as much as the alcoholics. The famous case of my throwing a shoe at Bill started me wondering about myself and realizing that I needed to live by the Twelve Steps just as much as he did. He was getting way ahead of me. I always thought of myself as being the moral mentor in the house, but Bill, who never was a mentor, was certainly growing spiritually while I was standing still. Or perhaps there is no standing still - if I wasn't going ahead, I must be going backwards.

(Cont on pg 5)

1978  2016

“GRUPO CENTRAL”
esta celebrando su
Aniversario # 38!!!



Les invitamos a compartir en
nuestra Reunión Pública

El Domingo
10 de Abril del 2016
a la 1:00pm en adelante!



Jorge Mas Canosa Youth Center
11400 SW 2nd St.
Miami, FL 33174



In AA's First Five Years *(Cont from pg 3)*

I decided I'd better live by the Twelve Steps. Annie S. and a number of other people had come to the same conclusion. So, whenever we visited another group, we would tell the wives and families how we found that we, too, needed to live by the Twelve Steps of AA. Little groups of wives and families all over the country began to feel the same need for something to help overcome their frustrations and help them become integrated human beings again.

That's the way Al-Anon started. We followed the AA program in every principle. I want to thank AA's so very much for showing us the way. Without your leading us we would still be the unhappy folks we were.

In our meetings we tell our own experiences just as AA's do. We tell how we came to find that we needed Al-Anon and what Al-Anon has done for us. And we seek to help other families that were, or are, having the same sort of experience.

In 1950 Bill traveled all over Canada and the United States to see how AA's would react to the idea of a general conference for Alcoholics Anonymous, and in doing so he discovered quite a few types of groups of the family of alcoholics. He thought that they should have a Central Office here in New York, just as AA did, so that they could be unified in their use of the Twelve Steps and Twelve Traditions - a place where inquiries could be received, literature prepared and the public informed so that those in need would know where to turn.

A good friend and I started a small office in Bedford Hills. By then AA had had eighty-seven inquiries from wives or groups who wished to register. As AA was not equipped to handle the families of alcoholics it handed over this list to us and we wrote to them. Fifty groups responded and were registered with us. That was in '51. Today (1967) there are over 3,000 Al-Anon groups.

The numerical potential of Al-Anon is greater than AA's because it is composed not only of mates of alcoholics, but children, parents and other relatives and friends. It is estimated that five people are seriously affected by one alcoholic.

Though we have barely scratched the surface, the future is bright, thanks to you AA's for your wonderful example and inspiration.

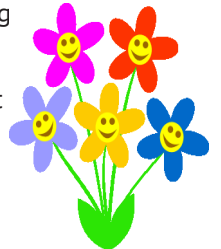
Copyright © AA Grapevine, Inc. from the January 1967 issue

One night, a drunk comes stumbling into a bar and says to the bartender: "Drinks for all on me including you, bartender." So the bartender follows the drunks orders and says:

"That will be \$36.50 please."

The drunk says he has no money so the bartender slaps him around and throws him out. The next night the same drunk comes in again and orders a drink for everyone in the bar including the bartender. Again the bartender follows instructions and again the drunk says he has no money. So the bartender slaps him around and throws him out.

On the third night he comes in, the drunk orders drinks for all except the bartender. "What, no drink for



A wife was in bed with her lover when she heard her husband's key in the door. "Stay where you are," she said. "He's so drunk he won't even notice you're in bed with me."

Sure enough, the husband lurched into bed none the wiser, but a few minutes later, through a drunken haze, he saw six feet sticking out at the end of the bed.

He turned to his wife: "Hey, there are six feet in this bed. There should only be four. What's going on?" "Nonsense," said the wife. "You're so drunk you miscounted."

Get out of bed and try again. You can see better from over there." The husband climbed out of bed and counted. "One, two, three, four. You're right, you know."



Excerpt of Dr. Paul's Interview with the Grapevine...

Grapevine: Is there a tool or a slogan or a Step that is particularly useful to you right now?

Dr. Paul: Pretty much every morning, before I get out of bed, I say the Serenity Prayer, the Third Step Prayer, and the Seventh Step Prayer. Then Max and I repeat those prayers along with other prayers and meditations at breakfast. And I say those three prayers repeatedly throughout the day. I grew up thinking that I had to perfect my personality, then I got into AA, and AA said, no, that isn't the way we do it: only God can remove our defects. I was amazed to find that I couldn't be a better person simply by trying harder!

What I've done with a number of problems -- like fear and depression and insomnia -- is to treat them as defects of character, because they certainly affect my personality adversely. With depression, I've never taken any antidepressants. Instead, with any defect I want to get rid of, I become willing to have it removed, then I ask God to remove it, then I act like he has. Now, I know God has a loophole that says he'll remove it unless it's useful to you or to my fellows. So I tell him I'd like my defect removed completely, but he can sleep on it, and in the morning he can give me the amount he wants me to have, and I'll accept it as a gift from him. I'll take whatever he gives me. I've never done that when he hasn't removed a great deal of my defect, but I've never done it when he has permanently and totally removed any defect. But the result is that I no longer fight myself for having it.

FAITHFUL FIVER MEMBERS

**Yes, I want to participate in the Faithful Fiver Club!**

Contribution information: Date: _____

 Amount: _____ Monthly: _____ Quarterly: _____ Annually: _____
 (Note: No A.A. member can contribute more than \$3,000 per year)

I am a new Member: _____ Current Member: _____ Returning Member: _____

PAYMENT PLAN

Check Enclosed: _____ Credit Card: _____ Visa _____ MC _____ Amex _____ CVS: _____

Card #: _____ - _____ - _____ Expiration date: _____/_____/_____

Name on Card: _____ Address: _____

City: _____ State: _____ Zip Code: _____ Tel: (_____) _____

_____ Yes, I would like my name to be added in "The Messenger." ! _____ No, I would like to remain anonymous!

FAITHFUL FIVER FRIENDS are fellow A.A. members who contribute \$5.00 a month to the Intergroup Office as an act of gratitude. Their generosity help us to carry the message of A.A. to the still sick and suffering alcoholics throughout the year! THANK YOU TO OUR FAITHFUL FIVER'S....Your contributions are very much appreciated.

Gary C. & Friends; Phillilp S., Charlie C., Stanley J., Doni B; Maria Z., Anonymous Key Biscayne, Anonymous Group, Anonymous Young, Sober and Free"; Lee A., Jersey Girl.- South Dade, Michael S., Anonymous South Miami Men's, Ten @ SOBE, Anonymous South Dade; Anonymous West Miami, Biker's in Recovery anonymous.

COMMITTEES MEETINGS:

GS DISTRICT 10
Monthly Business Meeting
1st Tuesday of the month
at 7:30pm at the
CG Congregational Ch.
3010 De Soto Blvd., CG

GS DISTRICT 10
GRAPEVINE Committe
Meetings at the
Coral Room
1st Sunday of the month
@ 2:00pm

GS DISTRICT 10
TREATMENT Committe
For more information go to
www.district10miami.org

GS District 10 PI/CPC
Last Saturday of the month
and Even Months
Coral Room @ 3:00pm
1100 Ponce de Leon Blvd.
Odd Months
Upper Room @ 3:00pm
822 NE 125th St. # 111, NM

Registration form can be used for up to 2 people. Please fill out the form below, cut on the dotted line and mail along with your check to the address provided.

Name: _____ Name to be printed on name tag: _____

Guest Name: _____ Guest Name to be printed on name tag: _____

Address: _____

Phone: (_____) _____ Email: _____

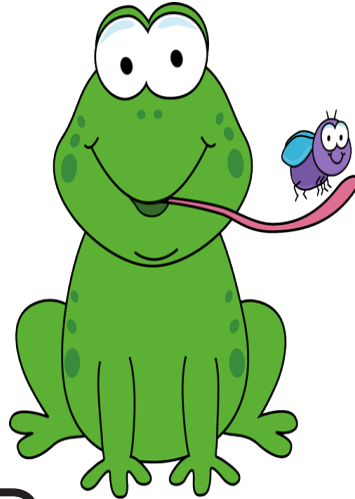
☐ Pre-registration \$45.00 x _____ = \$ _____
☐ Voluntary Sponsorship Contribution \$ _____
 Lend a hand to those unable to pay registration
 Total Enclosed \$ _____

Mail with Payment and Make Check or Money Order
 Payable to:
Chapters to Recovery
 4250 Biscayne Blvd. Apt 1516
 Miami, FL 33137

FEBRUARY

CORAL GABLES

Diane C. 1 Stewart 10 Kristy 16
Chris S. 1 Pavel 10 Brandon W. 16
Pablo A. 1 Manny M. 11 Jorge E. 17
Jeremiah 2 Robert F. 12 Michael F. 21
Edwin 2 Gori 12 Andre S. 21
Jose G. 6 Frank 12 Franky C. 21
Brenda 7 Doug H. 13 Mark R. 21
Stephen 7 Mike R. 14 Richard S. 23
Sonia K. 8 Ed S. 14 Laureen W. 25
Bernie M. 8 Pepe A. 14 Nancy W. 29
Jason R. 9 Sandra G. 16 Jimmy G. 30



MARCH

CORAL GABLES

Sally D. 1 Lisa S. 20
Beth W. 1 Ruben G. 23
Jeff R. 1 Parker 27
Adriana A. 2 Doriann M. 27
Scott P. 2 Richard M. 27
Willie M. 2 Sharon S. 32
James B. 2 Jonny C. 33
Don R. 2 Phil W. 36
Cathleen C. 4

HOMESTEAD

Ron K. 5
Cece 5
Anthony V. 8 Gene S. 1
Olga 9 Nicole 1
Karen A. 10 Tim F. 1
Paddy K. 10 Maria Q. 3
Sue K. 15 Susan S. 14
Mike M. 27
Elisa B. 30
Mary C. 38

SUNSET

Cielo R. 1
Oscar M. 2
Gaby 2
David S. 3
Marta M. 3
Mike S. 3
Ely L. 5
Eddie C. 5
Alan B. 6
Jorge E. 7
Carlos V. 19
Scott G. 22
Becky S. 24
Carlos B. 27
Roberto C. 33

PRIMARY PURPOSE

Jamie G. 1
Alfredo 1
Bill F. 2
Howard C. 3
Mikey 5
Mike B. 10
Pete G. 15
Jim C. 29
Nancy A. 29
Gwen 38

SOLUTIONS

Matt 1
Alex 1
Jordan S. 9

Group Conscience/Business/Service Meetings

Brickell Group/3rd Thursday @ 1:05pm
Coral Gables Group/3rd Thursday @ 7:00pm
Good Morning Group/3rd Wednesday @ 11:00am
Happy 1060 Group/3rd Sunday @ 11:45am
Homestead Group/3rd Tuesday @ 7:00pm
Lincoln Road YP/3rd Sunday @ 7:00pm
Little River Group/2nd Sunday @ 7:00pm
Miami Young People/3rd Saturday @ 7:30pm
Night Owl Group/2nd Sunday @ 7:00pm
North Miami Group/Last Wednesday @ 7:15pm
Palmetto Bay/3rd Wednesday @ 6:35pm
Primary Purpose/Last Wednesday @ 6:45pm
Quinto Paso/1st Monday @ 7:00pm
Sabal Palm/3rd Thursday @ 7:00pm
Sober Way Out/3rd Sunday @ 7:00pm
Something Happens/1st Saturday @ 10:00am
South Dade Group/3rd Wednesday @ 7:00pm
South Dixie Group/2nd Sunday @ 12:15pm
Sunset Group/2nd Friday @ 7:00pm
West Miami Group/3rd Tuesday @ 7:00pm
We Stopped in Time/1st Monday @ 9:35pm
Young, Sober & Free/Last Sunday @ 8:05pm

Group Anniversaries

Almeria Group/Last Tuesday @ 7:30pm
Coral Gables Group/Last Monday @ 8:00pm
Grupo Central/Last Sunday @ 1:00pm
Good Morning Group/Last Friday @ 10:00am
Happy 1060 Group/Last Sunday @ 10:45am
Homestead Group/Last Thursday @ 8:30pm
Key Biscayne Group/Last Friday @ 8:30pm
Killian Pines Group/Last Friday @ 8:00pm
Lincoln Road YP/Last Sunday @ 7:00pm
Little River Group/Last Wednesday @ 8:30pm
Miami Springs Group/Last Monday @ 7:30pm
Miami Young People/Last Saturday @ 8:30pm
North Miami Group/Last Friday @ 8:30pm
Palmetto Bay Group/Last Saturday @ 5:30pm
Plymouth Group/Last Wednesday @ 7:00pm
Primary Purpose/Last Saturday @ 8:30pm
Sabal Palm Group/Last Sunday @ 7:00pm
Shamrock Group/Last Tuesday @ 8:30pm
Sober Way Out/Last Friday @ 8:30pm
Something Happens/Last Saturday @ 9:00am
South Dade Group/Last Friday @ 8:30pm
South Dixie Group/Last Saturday @ 7:30pm
Sunset Group/Last Saturday @ 8:30pm
West Miami Group/Last Friday @ 8:30pm
We Stopped in Time/Last Monday
Young, Sober and Free/Last Sunday

We can all have Hope, instead of desperation;

Faith, instead of despair;

Courage, instead of fear;

Peace of Mind, instead of confusion;

Self-respect, instead of self-contempt;

Self-confidence, instead of helplessness;

The respect of others, instead of their pity and contempt;

A clean conscience, instead of a sense of guilt;

Real friendships, instead of loneliness;

A clean pattern of life, instead of a purposeless existence;

the love and understanding of our families, instead of their doubts and fears;

and the freedom of a happy life, instead of the bondage of an alcoholic obsession.

All this and more through A.A., are we grateful enough?

Gratitude will continue the miracle of your sobriety,

I found that out.

As written by Ann C. of Niles, Ohio - sober April 1, 1948

CHILDHOOD IS LIKE BEING DRUNK.

EVERYONE REMEMBERS WHAT YOU DID, EXCEPT YOU.

Do you want to know..... How can you help? How can you do service? Come to our next monthly meeting of Miami-Dade Intergruop which will be held on Thursday- May 12, 2016 @ 8:00pm (Iglesia Metodista Unida - 133 Ponce de Leon Blvd. - Miami)

This is a great opportunity to do service! For more info call: (305) 461-2425

For comments / suggestions e-mail us - Editor: jamc13@bellsouth.net or aamiamidade@bellsouth.net

Help Support "The Messenger"
This Publication Belongs To You!

To make address changes you can notify the Intergroup Office or mail in the form below.
To subscribe to "The Messenger" please fill out the form below and mail with your \$12.00 contribution.

Please make checks payable to:
MIAMI-DADE INTERGROUP
c/o The Messenger

Name: _____
Address: _____
City: _____ State: _____ Zip: _____

Please note: When you mail in this form, feel free to add something you would like to share with the fellowship
(a thought, a story, a joke or something you heard at a meeting.)

HELP US CARRY THE MESSAGE!!!

The Messenger

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Fax: 305.461.2416

