# The Messenger



**MIAMI-DADE INTERGROUP** 

aamiamidade@bellsouth.net

Florida - USA

August 2017

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

305.461.2425 (24 hrs) / 305.461.2426 (Fax) aamiamidade.org

#### **MAKING A LIST**

Like most of the steps, when I first surrendered and come to A.A, I didn't have a clue about the depth I would have to delve into my past behaviors in order to free myself from all of the guilt and shame that resulted from them. I thought that all I would be talking about was my drinking habits. When faced with the 12 steps I had my own way of being selective about what part of the suggestions I would embrace and which suggestions I would simply dismiss as,

ok for you but for me. I didn't problems were emotional matters. If I drinking things fine. It didn't

If I could just stop If I could just stop about mental, and spiritual be just fine.....

not necessary think that my could just stop would be just take long for

me to realize what they were explaining to me about the wreckage of the past and how to relieve myself of the horrible memories that extended all the way back to my adolescent years. I was one of the fortunate ones that lost the obsession to drink from the very first day so that was never a problem for me. I had taken step one, I dismissed steps two and three as being ok for the religious folks but I could do without them. Steps four, five, eight and nine were the ones that I didn't want to face but by the time I was sober for about two years I finally let down my guard and did steps four and five. The relief I got from being fearless and thorough about those two steps gave me the desire and courage to proceed through steps six and seven and those steps will never be finished as they are basically about spiritual growth concerning my thoughts and actions.

(Cont. on pg. 2)



#### Sometimes Ouickly

Ebby T. was in deep chicken fat trouble! He had been arrested for running his car into the side of a Manchester, Vermont, lady's house, then had the nerve to ask her to bring him a coffee. She instead called the town constable. Following a second unknown incident, he was, for the



third time, arrested for drunkenly shooting pigeons in his front yard with a loud double barreled shotgun. He faced six-months in either Winsor Prison or the Brattleboro Asylum.

Though not being very religious, Ebby prayed to God in doubtless desperation . . . to quote: ". . . as I had never prayed before." Ebby prayed these words: "I really mean this, I want to quit this drinking." Ebby then had a sudden release from drinking that lasted two years and seven months—enough time for him to carry his sobriety message to Bill Wilson. Ebby's release happened quickly

Clarence S., founder of Cleveland AA, was quoted to say: "Bill W. made the touchdown, but it was Ebby who handed him the ball."

(Cont. on pg. 2)



is celebrating it's **ANNIVERSARY!!!** 

September 14th, 2017 at 6:30pm









Location of Grupo Fe y Esperanza 407 SW 12 Ave. - 33130

CAKE! SODA! COFFEE!

#### MAKING A LIST (Cont. from pg.1)

Then came step eight and the need to identify those people that I had harmed in the past, and I would have to make amends to. Can they be serious? I don't think that a day ever went by during my drinking days that I didn't do something to harm someone. This list would be endless. With that thought in mind, I delayed doing it until I settled down and came up with an understanding that I could start my list and see where it would lead to. I began with the names of those people that I let down the most such as my first wife, my son, my siblings, my mother and my closest friends that were like family to me. Then I spiraled outward to the people I worked with or played with, such as golfing and fishing, etc. Then, as I started to remember all of those drinking buddies, bar tenders and girlfriends through all those years and I had to be realistic about it. To do this, I could spend the rest of my life chasing people down to apologize and that is when I had to step on the breaks. Thinking that I would need to chase down all of those ships in the night, was what held me back from doing it. What I finally did was first to be sure that I no longer did those regrettable deeds of yesterday so that I wasn't being hypocritical about it. Then I handled the ones that were renting room in the front of my brain box, then as I said, I spiraled outward and handled the ones that were closest to me, and as time went on I found the occasion when I would run into an old friend and if I had anything left undone, I would ask him,"Have you ever done something that you really regretted?" His answer is usually, "Hell yes, who hasn't? Then I say. Can we talk? This leveled the playing field. Who can fault a person who, like him, has made mistakes, but then corrected them, made restitution and lives an honest unselfish life? None of us are perfect. Don't be bogged down by over thinking this step, but on the other hand, be prepared to jump at the opportunity when it arises.

#### **SOMETIMES QUICKLY** (Cont. from pg. 1)

Bill W., while detoxing at Towns Hospital, was only about three days sober when went through what was to eventually become our Twelve Steps (p. 13). He tells us: "I ruthlessly faced my sins and became willing to have my new found Friend (God) take them away, root and branch." Of course, this was to become Step Seven four years later when he wrote the Big Book Manuscript. But, to point: Bill had immediate results from his request! His Wall Street dreams were cast aside as he made a bee-line to Calvary Mission to help other help-less drunken sots find sobriety. He never drank again! The miracle mentioned in

Appendix II, "A personality change sufficient to bring about recovery from alcoholism" (p. 567), had indeed taken place in short order. Bill's release happened quickly!

Dr. Bob S., arriving home from a several days drunken spree, became willing to make amends to members of his medical staff and other professorial associates, admitting that he was "secret drinker." This action, of course, put his reputation as a doctor in jeopardy, but he was willing to go to any lengths. Although his obsession to drink hung on for over two years, he never drank again. Dr. Bob's release happened quickly!

The timing of the above sequence of events allowed AA to start when it did. I sometimes hear around the tables: "Take your time to work the Twelve Steps." Aren't we lucky that these three founding members didn't wait to take the necessary action of surrender. I am happy to know that the Big Book has a time table. Please notice as how the Step Ten directions use the words: "at once," "immediately," and "quickly!" (p. 84)

Bob S., Richmond, IN







#### **HARD TO SAY**

### WORDS THAT ARE DIFFICULT TO SAY WHEN DRUNK:

- 1. Innovative
- Preliminary
- 3. Proliferation
- 4. Cinnamon

### WORDS THAT ARE VERY DIFFICULT TO SAY WHEN DRUNK:

- 1. Specificity
- 2. Anti-constitutionality
- 3. Passive-aggressive disorder
- 4. Transubstantiate

### WORDS THAT ARE DOWNRIGHT IMPOSSIBLE TO SAY WHEN DRUNK:

- No thanks, I'm married.
- Nope, no more booze for me!
- 3. Sorry, but you're not really my type.
- 4. No thanks, I'm not hungry.
- 5. I'm not interested in fighting you.
- Thank you, but I won't make any attempt to dance.I have no coordination and would hate to look like a real fool!
- 7. Oh no, I must be going home now as I have to work in the morning.

Will N., Arlington Heights, IL Copyright © AA Grapevine, Inc, March 2013 ✓

### 4th Convention in CUBA

▼ REGISTRATION IS LIMITED TO 3550 ▼



### 25 years of LOVE and LIFE

January 19-21, 2018 Santa Clara, CUBA

**Information** 

AA office in Havana: 53 39 86 29





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### THE MESSENGER

#### **NUEVO HORIZONTE**

1985 - 2017



32 Aniversario Semana de compartimiento Del 23 al 29 de Julio

Sesion Publica Domingo 30 de Julio a la 1:00pm

Salon Caballeros de la Luz 1501 NW 1st St. - Miami NUEVA VIDA 2006 - 2017 11 Aniversario Semana de Compartimiento Del 24 de Julio al 28 de Julio



Sesion Publica Sabado 29 de Julio del 2017



Iglesia St. Dominic - Contiguo al grupo 5900 NW 7st St. - Miami

#### **FE Y ESPERANZA**

1979 - 2017

38 Aniversario
Semana de Compartimiento
Del 30 de Julio al 5 de Agosto

\*\*\*\*\*



Sesion Publica 6 de Agosto del 2017 a la 1:00pm

Club de la Policia 2300 NW 14th St. - Miami - 22125

Me llamo Diana y soy enferma alcohólica (14 años de edad)

Cuando llegué a Alcohólicos Anónimos, no podía ser una alcohólica. iEra imposible a la edad de 14 años!

Tomé mi primer trago cuando tenía seis años. Siendo la única niña de tres hijos, y la menor de edad, siempre podía arreglármelas para salirme con la mía. Ahora creo que era una alcohólica desde mi primer trago, ya que desde aquel momento, empecé a organizar mi vida según la pauta alcohólica. Vivía con temor del día, con mi odio y mis resentimientos, en un mundo de ensueño. Soñaba que tenía seis armarios llenos de ropa, y que todas las muchachas me envidiaban. En la vida real, era una gordita autoritaria y envidiosa de todos los demás. Odiaba a mi madre, porque solía darme azotes, y no me dejaba salir sin camisa, como los muchachos.

Nos trasladamos de aquella ciudad justo antes de que comenzara mi cuarto año de primaria. Me sentía muy sola. No tenía amigos, y no podía hacer amistades. Entonces, conocí a muchachas y muchachas que fumaban, bebían y tomaban drogas. Mis padres me suplicaban, discutían conmigo, me daban repetidas zurras. Pero, iqué diablos! Eran ellos los que me hicieron nacer, los que nunca me quisieron, los que me hicieron pasar años de miseria. Decidí que había llegado la hora de desquitarme. Comencé a beber y a drogarme. Me fui llenando de lástima por mí misma. La bebida y la droga me aliviaban de todo. iQué extraño! También se volvió muy importante la sexualidad, porque quería amor. iMontones de amor!

Creía que el problema radicaba en mi vida familiar, así que comencé a consultar con psiquiatras, consejeros, a asistir a servicios religiosos, lo hice todo. No funcionó y me entregué otra vez a la bebida. Siempre quería formar parte. Hacía cualquier cosa que la pandilla decidía hacer. Pero no me gustaba y quería escapar. No tuve que descender para tocar fondo, éste se levantó para chocar conmigo.

#### **EL ÚNICO REQUISITO**

En aquella época... cada grupo de A.A. tenía muchos reglamentos para hacerse miembro. Todos estaban aterrados de que algo o alguien hiciera zozobrar la embarcación... La lista completa medía más de una milla. Si todos los reglamentos hubieran estado en vigor en todas partes, a nadie le habría sido posible hacerse miembro de A.A....

- DOCE PASOS Y DOCE TRADICIONES, p. 135-6

Yo estoy agradecido de que la Tercera Tradición olamente requiere que tenga el deseo de dejar de beber. Por años había estado rompiendo promesas. En la Comunidad no tenía que hacer promesas, no tenía que concentrarme. Solamente tenía que asistir a una reunión, en una condición nublada, para saber que estaba en casa. No tuve que jurar amor eterno. Aquí, gente desconocida me abrazó. "Todo mejorará", decían, y, "tú puedes lograrlo un día a la vez". Ellos dejaron de ser desconocidos para convertirse en amigos cariñosos.

Le pido a Dios que me ayude a llegar agradecido.

Del libro Reflexiones diarias Copyright © 1991 Alcoholics Anonymous World Services, Inc.

#### MIAMI-DADE INTERGROUP

Quisiera agradecer al grupo Fe y Esperanza por dejarnos usar su espacio de reuniones provicionalmente para nosotros poder tener nuestra reunion mensual de trabajo. De parte de todos nuestros miembros nuestro mas

sincero agradecimiento!

(Continua)

Me puse en contacto con Alcohólicos Anónimos a través de una amiga metida en drogas. Ella sólo necesitaba tener algo que hacer, y no se quedó mucho tiempo. Yo, sí. Me gustaba el amor que recibía. Necesitaba este amor. Me quedé, borracha, deseando ser "una parte de", no "un aparte de."

Por fin, después de once meses comencé a trabajar en el programa. Las cosas empezaron a cambiar y fue maravilloso. La relación que tengo con mis parientes y con otras gentes es tremenda. [...] Mi padre sigue bebiendo, pero tengo que dejar que Dios haga su voluntad.

Tal vez un día Dios le encuentre también a él. Soy una alcohólica, y dentro de dos meses cumpliré dieciséis años.

(Continua)

#### **FAITHFUL FIVER MEMBERS**

<b>Yes, I want to partic</b> Contribution information:			ub!					
Amount:	Monthly:	Quarterly:		Annually:	5			
(Note: No A.A. member can contribute more than \$3,000 per year)								
I am a new Member:PAYMENT PLAN	Current Me	ember:		Returning Mem	ber:	_		
Check Enclosed:	Credit Card:	Visa	_ MC	Amex	CVS:	_		
Card #:	<del>-</del>		_ Expiratio	n date:/_				
Name on Card:		Address:				_		
City:Yes, I would like		•			uld like to remain anonymo			

**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; Lee A. South Dade, Penny South Dade, Inessa South Dade, Isabel South Dade, Gayle South Dade, Tina South Dade; Manuel N., Brickell Circle, John H. South Dade, Mandy South Dade, Becka Palmetto Bay, Raz Brickell Circle, Henry Homestead, John M. South Dade, Isabel South Dade, Bert South Dade, Laura N. South Dade, Philip Seidler Little River Group, Adam M.

#### COMMITTEE MEETINGS:

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 Coral Room @ 3:00pm 1100 Ponce de Leon Blvd.

GS DISTRICT 10 Literature Committee 1st Wednesday of the Month @ 7 pm at North Miami Group 822 NE 125th St. # 111 305.899.8040 GS DISTRICT 10 Corrections committee

Miami Bid for FCYPAA 2nd Friday of the month at 7:30pm at the

So. Miami Treatment Center 6900 SW 80th St Miami, FL 33143

Glasses may have an amazing effect on a person's vision especially when they have been filled and emptied a number of times!

"I blamed my drinking on my wife," said the speaker with commendable honesty, "but the trouble was, I couldn't figure out what the hell she had done!"

### **SOUTH DADE GROUP**

Is Celebrating its

## 53rd Anniversary



12:00pm POTLUCK



Followed by:

#### **GUESTS SPEAKER MEETING**

@ 2:00pm - 4:00pm

Sunday - September 17th, 2017

Food, Fun & Fellowship!

BRING A COVERED DISH AND/OR DESSERT!



SOUTH DADE BOOM



SOUTH DADE ROOM 10965 SW 186<sup>th</sup> St. – Miami – 33157 – 305.238.6451

### INTERGROUP CONTACT LIST

aamiamidade.org

Chairman

Gary C.

Vice-Chair

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**Treasurer** 

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Secretary

Manuel N.

**Steering Committee** 

Remilda G.

Raz S.

Lee A.

Jennifer R.

Aly P.

Trustees

Maria Z.

Askia K.

Founder's Day

OPEN POSITION

**Intergroup Banquet** 

Greg F.

**Intergroup Office** 

Jennifer R.

Shari T.

The Messenger

Office

Outreach

Elizabeth R.

**Public Information** 

Kevin W.

**Twelve Step Relay** 

Laura N.

**Big Service Breakfast** 

Jimm C.

**General Service Liaison** 

Keith D.

**Spanish Intergroup** 

Helen L.

Webmaster

Office

### GENERAL SERVICE CONTACT LIST

www.district10miami.org

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Alex V.

**Recording Secretary** 

Kathy T.

Outreach

Barbara B.

**Archives** 

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Corrections

Mario P.

**Current Practice** 

Bruce V.

Grapevine

Malika

**Gratitud Dinner** 

Eric R.

**Intergroup Liaison** 

Roy P.

Literature

Valerie M.

PI/CPC

Ricardo M.

Special Needs

peciai i tec

Askia K.

**Treatment** 

A1 P.

Big Service Breakfast

Albert C.

**District 17 Liaison** 

Jorge L.

**Remote Communities** 

Sal G.

Webmaster

Eddie D.

#### "THE MESSENGER"

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**MIAMI-DADE INTERGROUP** 

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#### **NOTICES**

Notices published in "The Messenger" are taken from information submitted to the Miami-Dade Intergroup Office Information is based on what is current at the time of printing.

If your group discontinues a meeting or changes it's 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

"THE MESSENGER"

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 EIGHT** 



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

#### **JUNE**

#### **HOMESTEAD**

Jorge D. 1 James M. 2 Miguel A. 5 Gerry L. 9 Marion K. 9 Dale 21 Jimmy G. 24 Ron M. 24 Carnie Joe 26 Tom S. 28 Rick B. 29

#### . . . . . . . . **SOBER WAY OUT**

Fernando V. 1 Melissa S. 1 Brian O. 2 Fredrick B. 1 Towanna 2 Karenia R. 6 Eric D. 7 Edgar R. 7 Stacy F. 7 Ricky J. 15 Jessica B. 15 Kennetz 20 Linda H. 20 James N. 21 Bartimous 24

TO-DO LIST:

#### **HOMESTEAD**

Kelliann 1 Michael G. 1 John A. 1 Johnny D. 1 Rory 2 Debby O 5 Bill 7 Pablo G. 8 Mellissa 8 James R. 20 Julia 26 Charles J. 36

#### **SUNSET** Diana L. 1

Linda G. 1 Leticia G. 1 Yailen P. 2 Sean B. 2 Aimee P. 2 Manny R. 6 Maria G. 8 Billy B. 9 Elena C. 18 Joe A. 22 Abel M. 27 Cecia V. 28 Jim Q. 30 Olga C. 31

#### **JULY**

#### **SURRENDER IS FREEDOM**

Eric 1 Stiener 2 Lew M. 5

#### **HAPPY HOUR**

Brian 1 Steward E. 2 Steve M. 2 Wayne 10 Howard 19

#### WOMEN'S **INTUITION**

Marcella 5 Eleni 15 Agnes 18 Kristal R. 27 Michelle R. 34

#### **SOLUTIONS**

Karen 1 Briana 2 Will 4 Ashley 4 Kristen 11 Renee 35

#### **BREAKFAST CLUB**

Brian 1 Codv 2 Katie L. 8 Wayne 10 Jan 19

#### **DAILY MAINTENANCE**

Karen 1 Will 4 Sandy 35

#### **SOUTH DADE**

John H. 2 Jim C. 3 Inessa 15 Lori S. 22 Ray C. 23 Todd L. 24 Marion L. 24 David A. 35

#### **WEST MIAMI**

Mary C. 13

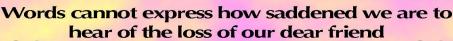
#### **SOUTH DIXIE**

Shaina M. 2 Scott J. 6 Burce G. 6 Kathy M. 7 Kirstin 7 Tom D. 28 Gerry S. 15 Anke 38

#### **MIX NUTS**

Dustin 1 Briana 2 Timmy M. 5 Farrel 8 Katie L. 8 Dave G. 10 Kristen 11







### ROBIN U.

Our most sincere condolences to her Family and Friends.

We will always remember Robin for her beautiful smile and her big laugh. She will be in our hearts forever.

Robin was from the Palmetto Bay Group

Please keep her family in your prayers.

Group Conscience/Business/Service Meetings Brickell Group/3rd Thursday @ 1:05pm

Coral Gables Group/3rd Thursday @ 7:00pm Good Morning Group/3rd Friday @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/3rd Thursday @ 6:30pm Miami Young People/3rd Saturday @ 7:00pm New Beginner's # 2/2nd Thursday @ 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 Friday @ 7:30pm West Miami Group/Last Friday @ 8:30pm We Stopped in Time/Last Monday Young, Sober and Free/Last Sunday

●We are looking for local articles /stories / cartoons to be featured in our Newsletter "The Messenger" •Here are some topics.....

- $^ullet*$  How did you find A.A.? or A.A. found you?
- \* How did you meet your sponsor?
- \* Have you had more than 1 sponsor? When was your moment of clarity?

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 for a yearly 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!!!

