

The Messenger



aamiamidade@bellsouth.net

MIAMI-DADE INTERGROUP
Florida - USA

JANUARY 2016

THE MISTERY OF STEP ONE

I was a three chip wonder! What that statement doesn't reveal is that I picked up the first one in 1984, the second in 1996, and the third in 2002. So the truth is that three chips over eighteen years wasn't so wonderful or successful, was it? The truth is, I never really understood or bought into Step One. That's why I didn't stay sober. If we truly take Step One, we don't relapse. If we do, we haven't taken Step One. (More on this later).

For me, it was a matter of accepting the concept of "unmanageability." You see, I was a "functioning alcoholic." I kept my job for thirty-four years until retirement. I was never homeless. I always had a respectable place to live, performed my job well

(so I thought), had a good car, and the bills were paid on time. I was a "functioning alcoholic."

Of course I did miss a few Fridays and some Mondays, but I never drank on the job. I was an "after-task-completion" drinker. You know, a "functioning alcoholic." Oh, there were problems. Fights, arrests, broken relationships, hangovers and detox trauma or overdose trauma,

but I was a "functioning alcoholic." Then I began to see a life in decline. My life. It was filled with disappointment, anxiety, and despair. I saw myself at the edge of the abyss, that threshold between the end stage of mid-stage alcoholism and the beginning of the advanced stage.

(Cont. on page 5)

Then I began to see a life in decline. My life. It was filled with disappointment, anxiety, and despair.

**" WE ADMITED WE WERE POWERLESS
OVER ALCOHOL-THAT OUR LIVES HAD
BECOME UNMANAGEABLE "**

MIAMI-DADE INTERGROUP 61st ANNUAL BANQUET

MARCH 19th, 2016

Double Tree Hotel by the Hilton
711 NW 72nd Ave. - 305.261.3800

TICKETS ON SALE NOW!!!

1 Ticket = \$40.00

1 Table = \$400.00



SAVE THE DATE!

and....ACCEPTANCE

Is the answer of *all* mv problems today. Pg. 417 BB



**INTERGROUP
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www.aamiamidade.org

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Vice-Chairman

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Doni B.

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Shari T.

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OPEN POSITION

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Website

Open

Mario P.

***THE MESSENGER*
Published Monthly**

by

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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 scheduled time, please
notify Intergroup as soon as possible
at **(305) 461-2425**

Articles and opinions expressed
herein are 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:
aamiamimessenger@bellsouth.net
Please make checks payable to :

"The Messenger"

**"We know that little good can come to any alcoholic who joins
A.A. unless he has first accepted this devastating weakness
and all its consequences. Until he so humbles himself, his
sobriety -- if any--will be precarious. Of real happiness he wil
find none at all."**



GREAT REALITY DEEP WITHIN

I had scooted through the holiday season one long-ago January without a drink for the first time in memory since teenage years. Even though I had been sober five full months, my gratitude was overshadowed by fear . . . after enjoying a happy-happy parade on Hollywood Boulevard, I marched right into a bar on Cherokee Avenue and **almost** ordered a happy-happy gin & tonic. Thank God I didn't! It was definitely one of those strange mental blank spots mentioned on page forty-two of the Big Book. Terrified, I rushed back to my Santa Monica apartment, fell to my knees, and asked God to save me from a seemingly impending drunken spree.

What was I doing wrong? I had been going to at least two meetings daily, and working the Steps from the pull down shades at the clubhouse. God's answer came in the form of a new sponsor named Carl. He informed me that the directions for AA recovery were in the Big Book, and nowhere else; that meetings only were probably not sufficient for me to recover . . . that my mental obsession to drink would triumph over my willpower whether I was happy, depressed or in-between. But then Carl took me through the Twelve Step process and I soon began to recover.

It was later explained that down deep within the alcoholics mind there exists a quiet undetectable, **I-need-a-drink** self which may linger surreptitiously for years before it attacks. Indeed, page forty-three informs us that we have no effective mental defense . . . that our defense must come from a higher power. But then, Bill W. informs us that we also have a marvelous often unknown protector; he calls it a "**Great Reality deep within**" (p. 55). Dr. Carl Jung called it a God Archetype. For whatever name, it is much more powerful than the mental obsession, and luckily for we alcoholics, this can be ours and it can last for a lifetime if we live the AA program of action. Many Januarys have passed since those days of yore, but the thought of drinking no longer appears in my emotional vocabulary. Thank you God! ~ Bob S.

"232 MEN'S GROUP"

NEW COED MEETING!

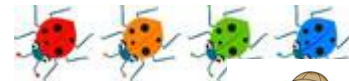
FRIDAYS @ 6:30PM

(OPEN DISCUSSION)

**Starting
January 8th, 2016**



232 Valencia Ave.- Coral Gables



From the Editorial column of the July 1944 issue of The Grapevine, written by Dr. Bob of Akron.
ON CULTIVATING TOLERANCE



During nine years in AA I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes.

To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior — which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another — and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to

opinions. In other words it often promotes an open-mindedness which is vastly important — in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

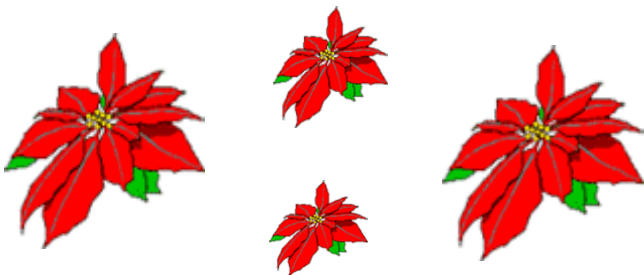
Dr. Bob of Akron

Alcoholismo

El **alcoholismo** ha sido considerado como una enfermedad incurable, progresiva y mortal por la Asociación de Médicos de los EE.UU. (American Medical Association); igualmente la Organización Mundial de la Salud, lo determina como una enfermedad y lo precisa como "...toda forma de embriaguez que excede el consumo alimenticio tradicional y corriente o que (...) sobrepasa los linderos de costumbres sociales..." Enfermedad que afecta no sólo al adicto sino también la vida de todo aquel que se encuentre a su alrededor. Existen muchas definiciones acerca del **alcoholismo**, escogeremos la de un experto en el tema, el Dr. David L. Ohlms, quien define: "El alcoholismo es una enfermedad crónica, progresiva e incurable, caracterizada por la pérdida del control sobre el alcohol." **Alcohólicos Anónimos** no "define" al alcoholismo.

La mayoría de nosotros estamos de acuerdo en que, se podría describir como una compulsión física unida a una obsesión mental; es decir, un deseo de consumir alcohol más allá de nuestra capacidad para controlarlo, desafiando todas las reglas del entidocomún. Aceptamos la idea de que, hasta el punto en que nos interesa, el alcoholismo es una enfermedad progresiva y que no se puede "curar", pero al igual que muchas otras enfermedades, se puede detener. No es una vergüenza padecer esta enfermedad, siempre que se enfrente con honestidad el problema y se intente hacer algo al respecto. El alcohólico pierde el control de la bebida originando reacciones y comportamientos negativos, por lo que se le considera un enfermo que pone en riesgo su salud física y mental así como su relación familiar y social. Muchos alcohólicos que son incapaces de dejar de beber piensan que son moralmente débiles o que quizá tienen un desequilibrio mental. Cuando el alcoholismo se ha presentado no existe perversidad moral acerca de estar enfermo. En esta etapa, la libre voluntad no se encuentra presente, el que sufre ha perdido ante el alcohol el poder de decidir, lo importante es enfrentar los hechos de la propia enfermedad y aprovechar la ayuda que está disponible con el firme deseo de recuperarse.

El criterio de **Alcohólicos Anónimos** es que los alcohólicos son personas enfermas que pueden recuperarse si siguen un sencillo programa que ha demostrado tener éxito para más de dos millones de hombres y mujeres. La experiencia demuestra que el programa de Alcohólicos Anónimos funcionará para todos los alcohólicos que son sinceros en sus esfuerzos por dejar de beber y que, por lo general, no funcionará para aquellos que no tienen la certeza absoluta de que quieren hacerlo.



Para mayor informacion llamar a la:

Oficina Intergrupul Hispana de Miami
1770 Flagler St. Suite # 4
Miami, FL 33135
Tel: 305.642.2805



THE MYSTERY OF STEP ONE (Cont. from page 1)

I was never in denial. I knew I was an alcoholic for the whole pre-sobriety thirty-five years. I was drinking at least a fifth a day through all that time. But I was a "functioning alcoholic." I wasn't being dishonest about being an alcoholic or even ashamed of it. I never understood that part about no one wanting to admit they were an alcoholic or different from other people. Normal people? Who wants to drink like normal people or enjoy his drink like normal people? I enjoyed every gallon of vodka I poured down my throat and didn't care who knew it or what they thought about it. The dishonesty, I learned, was in continuing to believe I could live that way or that the consequences of drinking were related to drinking. I didn't enjoy those "gallons" of misery one bit.

I just couldn't see the degree of unmanageability under which I was operating. Hey, a disappointment here, some trouble there, all part of life, right? When I truly surrendered to Step One, the lights finally came on for me. I came to realize that I wasn't "functioning" so well at all. I wasn't managing things. Alcohol was managing me. I wasn't functional, I was severely dysfunctional.

Steps Four and Five reinforced Step One as these opened my eyes to the unmanageability and distastefulness of my life. In retrospect, my unmanageability was confirmed in my mind.

People that have long term sobriety don't relapse. That's why they have long term sobriety. I figured that out all by myself. And the reason they don't relapse is because they did Step One right. Upon that foundation Step they erected a stairway of eleven more. So if you do Step One right, you'll never relapse. If you do, you didn't take Step One.

by Carl D, Miami, FL

FREE THINKERS GROUP

Has moved to a new
Time and Location!!!

The Sunday Miami Free
Thinkers Meeting

12 Noon (on Sundays)



WEST DIXIE CLUB
1636 NE 148th St. - Miami, FL 33181

i love it when you call me

FCYPAA PAA

the final edition

A 90's hip hop dance
Presented by the Miami Bid & the
Suncoast Host Committee for FCYPAA

Dress in your best 90s attire and join us!

January 23rd, 2016 @ 9pm

Speakers @ 9pm
Dance following

\$10 Suggested Donation at the Door
energy drinks for sale

First Presbyterian
Church of Miami
Brickell Ave
Miami, FL 33131

LITTLE RIVER CLUB

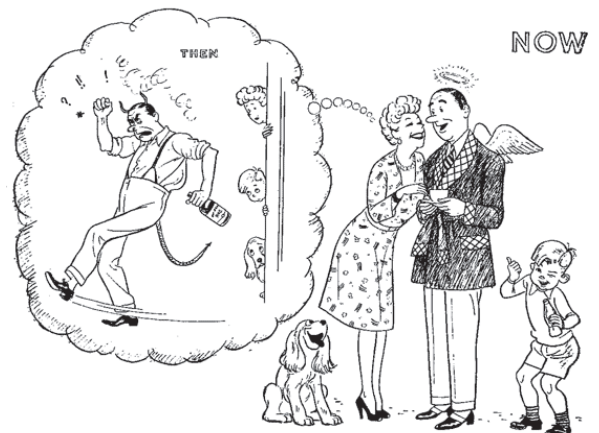
is moving to
a new location as of
January 1st, 2016



New Address:
51 NE 82nd Terrace
Miami, FL 33138
305.759.6232



"I don't think he's quite hit his bottom!"



"But the Spiritual Angle, Sweet . . . I Don't Get It"

FAITHFUL FIVER MEMBERS

YES! I want to participate in the Faithful Fiver's 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 _____ M/C _____ CVS _____

Card #: _____ - _____ - _____ - _____ Expiration Date: _____ / _____

Name: _____ Address: _____

City: _____ State: _____ Zip Code: _____

Phone number: () _____ - _____

_____ 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 Intergroup as an act of gratitude. Their generosity helps us to carry the message of A.A. to the still sick and suffering alcoholic throughout the year.

Thank you to our FAITHFUL FIVER'S....Your contributions are very much appreciated!

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

NOTICES:

GS District 10
GRAPEVINE

Committee Meetings
Coral Room
1st Sunday of the Month
@ 2:00pm

GS District 10
Business Meeting
1st Tuesday of the Month
at 7:30pm at the
CG Congregational Church
3010 De Soto Blvd., CG

GS District 10
PI/CPC
Last Saturday of the Month
EVEN MONTHS
Coral Room @ 3:00pm
1100 Ponce de Leon Blvd. CG
ODD MONTHS
Upper Room @ 3:00pm
822 NE 125th St. # 111, NM

**The Serenity Prayer**

... Its origin is traced - January 1950

AT long last the mystery of the Serenity Prayer has been solved! We have learned who wrote it, when it was written and how it came to the attention of the early members of AA. We have learned, too, how it was originally written, a bit of information which should lay to rest all arguments as to which is the correct quotation.

The timeless little prayer has been credited to almost every theologian, philosopher and saint known to man. The most popular opinion on its authorship favors St. Francis of Assisi.

It was actually written by Dr. Reinhold Niebuhr, of the Union Theological Seminary, New York City, in about 1932 as the ending to a longer prayer.

In 1934 the doctor's friend and neighbor, Dr. Howard Robbins asked permission to use that part of the longer prayer in a compilation he was making at the time. It was published in that year in Dr. Robbins' book of prayers.

Dr. Niebuhr says, "Of course, it may have been spooking around for years, even centuries, but I don't think so. I honestly do believe that I wrote it myself."

It came to the attention of an early member of AA in 1939. He read it in an obituary appearing in the *New York Times*. He liked it so much he brought it in to the little office on Vesey St. for Bill W. to read. When Bill and the staff read the little prayer, they felt that it particularly suited the needs of AA. Cards were printed and passed around. Thus the simple little prayer became an integral part of the AA movement.

NOVEMBER**SOLUTIONS**

Rebecca 1

**DECEMBER****SOUTH DADE****GOOD MORNING**

Askia K. 26

PRIMARY PURPOSE

Sarah C. 4
Karl Z. 9
Steve B. 12

SUNSET

George G. 2
Carlos R. 3
Michelle R. 10
Gary M. 14
Stephanie G. 23
George P. 28

Danny M. 1
Sandy N. 1
Davin G. 1
Byron 4
Tony R. 6
Sarah I. 6
Kathleen L. 9
Aldrinck D. 9
Doug 15

Dale 16
Meredith 17
Jaime G. 21
Sandy 22
Brian Mc. 22
Gayle K. 23
Wes D. 27
Josh A. 31
Tom G. 34

12 STEPS TO INSURE A RELAPSE

1. Quit dealing with unmanageability in your life and forget you are powerless over alcohol.
2. Start believing you are the only power needed.
3. Quit turning your life over to a Higher Power.
4. Quit using the tool of writing.
5. Quit sharing your difficulties with your sponsor or others.
6. Quit being willing to be willing to have character flaws removed.
7. Quit asking for help on character flaws.
8. Quit being willing to make amends.
9. Quit making amends.
10. Quit taking a daily inventory.
11. Let go of your spiritual life.
12. Quit doing service.



"Do you think just for once you could decorate the tree without getting decorated yourself?"

Group Conscience/ Business/Service Meetings

Brickell Group / 3rd Thursday @ 1:05pm
Coral Gables Group / 3rd Thursday @ 7:00pm
Happy 1060 / 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
Rise, Shine & Awake / Last Monday @ 7:29am
Sabal Palm / 3rd Thursday @ 7:00pm
Sober Way Out / 3rd Sunday @ 7:00pm
Something Happens / 1st Saturday @ 10:00am
South Dade / 3rd Wednesday @ 7:00pm
South Dixie / 2nd Sunday @ 12:15pm
Sunset / 2nd Friday @ 7:00pm
West Miami / 3rd Tuesday @ 7:00pm
We Stopped in Time / 1st Monday @ 9:35pm
Young, Sober and Free / Last Sunday @ 8:05pm

**Group Anniversary Meetings**

Almeria Group / Last Tuesday @ 7:30pm
Coral Gables Group / Last Monday @ 8:00pm
Grupo Central / Last Sunday @ 1:00pm
Happy 1060 / Last Sunday @ 10:45am
Homestead Group / Last Thursday @ 8:30pm
Key Biscayne Group / Last Friday @ 8:30pm
Killian Pines / Last Friday @ 8:00pm
K.I.S.S. / Last Friday @ 12:15pm
Lincoln Road YP / Last Sunday @ 7:00pm
Little River Group / Last Wednesday @ 8:30pm
Miami Springs / Last Monday @ 7:30pm
Miami Young People / Last Saturday @ 8:30pm
North Miami Group / Last Friday @ 8:30pm
Palmetto Bay / Last Saturday @ 5:30pm
Plymouth / Last Wednesday @ 7:00pm
Primary Purpose Group / Last Saturday @ 8:30pm
Rise, Shine & Awake / Last Friday @ 7:29am
Sabal Palm Group / Last Sunday @ 7:00pm
Shamrock / Last Tuesday @ 8:30pm
Sober Way Out / Last Friday @ 8:30
Something Happens / Last Saturday @ 9:00am
South Dade / Last Friday @ 8:30pm
South Dixie / Last Saturday @ 7:30pm
Stepping Stones / Last Monday @ 11am
Sunset / Last Saturday @ 8:30pm
West Miami / Last Friday @ 8:30pm
We Stopped in Time / Last Monday
Young, Sober and Free / Last Sunday
If your group would like to be listed please let us know.

congratulations!

Do you want to know..... How can you help? How can you do service? Come to our next monthly meeting of Miami-Dade Intergroup which will be held on Thursday-February 11th, 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 donation.

Please make checks payable to:

**Miami-Dade Intergroup
c/o The Messenger
299 Alhambra Circle - Suite 309
Coral Gables, FL 33134-5113**

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, something you heard at a meeting).

Help us carry the message!

The Messenger

Miami-Dade Intergroup
299 Alhambra Circle - Suite 309
Coral Gables, FL 33134-5113
Phone: 305.461.2425 (24 hours)
Fax: 305.461.2426

**HAPPY
NEW YEAR
2016!**

