The Messenger



aamiamidade@bellsouth.net

MIAMI-DADE INTERGROUP Florida - USA

July 2016

4315 NW 7th St. Suite 36 - Miami, FL 33126 / 305.461.2425 (24 hrs) / 305.461.2426 (Fax) / www.aamiamidade.org

PRIDE - HUMILITY - SHAME

Most alcoholics come to A.A. with their own interpretation of many of the words we hear bandied about in the meetings and I'm no exception. Words like Love, Honesty, Spirituality, Unselfishness, and Humility, for a few. I fumbled around with the program as best I could with my faulty, misquided, egocentric way of thinking, but I was never satisfied until I had resolved each and every one of those issues, as best I could, and it turns out that most of my new ideas are almost the opposite to my old way of thinking. Love, for instance means caring for and nurturing another person, and not necessarily that feeling you get when you are infatuated with the opposite sex. Honesty, to me, means devoid of all motives to deceive and not just the act of not telling lies. Spirituality and Unselfishness would require a much deeper explanation and for this essay I want to address, the often talked about and just as often unresolved word, Humility. We hear the stale jokes like: "They gave me a metal for humility, and then they took it away from me because I wore it" or "I'm proud of my humility". Now, I'm not against fun and laughter but come on, Get some new material. For me, it took over twenty years to come to an understanding of that word that put my search to rest.

The final piece of the puzzle came to me when in my 22nd year of sobriety, I was on the phone with a man who was trying to engage me in an argument, and when he realized I wasn't going to bite, he fired his last volley by saying: Well, I've heard stories about you, and you're no angel." I thought about it for a few seconds and replied," I've done a lot things in my life that I'm not proud of, but I'm not ashamed of anything that I've done in the past 22 years. The phone call ended peacefully.

Several years later, in a step study meeting on step seven the topic was Humility as it usually is when we study step seven. I remembered that phone call and realized that Pride was not the opposite of humility that pride was the opposite of shame and that humility fell right in the middle of the two. When I boiled it all down I concluded that I should not be proud of, or ashamed of the things I do and that I should be in the middle somewhere. This applies to my receiving as well as my giving. Aristotle referred to this as" The Golden Mean" where, for example, when we are in the habit of giving compliments to our friends when they deserve it, we should not be so stoic that we cannot accept a compliment with the proper amount of appreciation, when we deserve it. To me this means finding the Mean between the extremes and exercising it until it becomes second natured.

I've known some humble people, in and outside of the program, and they have some things in common: They seldom bring attention to themselves, they never criticize others, they are always comforting, and they are always an asset and never a liability. Humble people do the things they were taught as a child. They treat others with respect. They are: trustworthy, loyal, helpful, friendly, courteous, kind, obedient..... Sound familiar? I learned it in the boy scouts. I learned the Golden Rule in church, but I was never strong enough to live by it. If you're not sure what you're supposed to be doing, Read the 11th Step Prayer in the 12x12 or The Boy Scouts Laws, or try practicing The Golden Rule. That should be a pretty good start. When I found Alcoholics Anonymous, I was reintroduced to these values and helped to rein in my eqo. and today I am at peace with myself and with others.

With respect to my decision making and my behavior, I find that the program, and most other philosophies of life, are based on unselfish principles and if I am sure that the motives, for what I do, are selfless, I have nothing to be ashamed of, but; does this mean that I have something to be proud of in these cases? It then occurred to me that unless I personally created the principle that I based my decision on, I can take no credit for that decision. For the life of me, I can't remember one principle that I created myself, however, all of my decisions are based on unselfish principles and I feel really good on the inside these days, and furthermore, I'm not proud of anything, No metals necessary, Rick R. thank you.

7th STEP PRAYER

"MY CREATOR", I am now willing that YOU should have all of me, good and bad. I pray that YOU now remove from me every single defect of character which now stands in the way of my usefulness to YOU and my fellows. Grant me strength, as I go out from here, to do YOUR biding.

Amen Big Book - Page 76

"HUMBLY ASKED HIM TO REMOVE SHORT-COMINGS."



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www.aamiamidade.org

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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 7

EVERY A.A. GROUP OUGHT TO BE FULLY SELFSUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.





SOBER WAY OUT LITTLE RIVER GROUP GOOD MORNING GROUP EACH DAY A NEW BEG. NIGHT OWL 79 ST BB GROUP



SUNDAY - JULY 24, 2016 11:00am 'til

Food, Fun for All, Fellowship Covered Dishes & Desserts Welcome RAFFLE / MUSIC / DJ



Oleta River State Park (White Ibis Pavilion) 3400 NE 163 Street, NMB

For More Information Call: Little River Club (305) 759-6332

Park Fee: 1 Person in car \$4.00 2-8 people in car \$6.00



New Meeting!

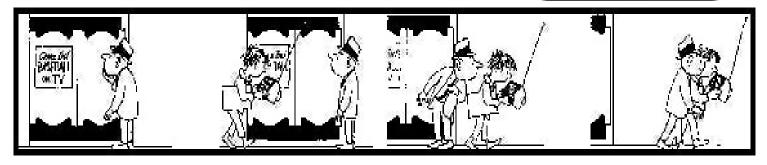
SATURDAYS @ 8:00pm (O,S,D)





PRESBYTERIAN CHURCH

160 Harbor Dr. – Key Biscayne – 33149 (Adult Room Education)





Is Celebrating it's



5:30pm to 6:30pm
Dinner





Followed by:

Speaker Meeting @ 7:00pm

SUNDAY - JULY 24th 2016

Join us for great food, fun & fellowship!



HARMONY ROOM 2215 SW 67TH Ave. - (305) 261-1221









Dignidad por Medio del Sacrificio

Al principio sacrificamos el alcohol. Tuvimos que hacerlo, o él hubiera acabado con nosotros. Pero no podíamos liberarnos del alcohol si no hacíamos otros sacrificios. Tuvimos que echar por la ventana la justificación propia, la autocompasión y la ira. tuvimos que retirarnos de la desatinada competencia por el prestigio personal y los enormes saldos bancarios.

Tuvimos que asumir la responsabilidad de nuestro lamentable estado y dejar de culpar a otros por ello.

¿Fueron aquellos realmente sacrificios? Sí, lo fueron. Para obtener la humildad y la dignidad suficiente siquiera para permanecer vivos, tuvimos que desechar aquello que había sido nuestra más cara posesión:

nuestra ambición y nuestro ilegítimo orgullo. A.A. LLEGA A SU MAYORÍA DE EDAD, pág. 280

La Ira - Enemigo Personal y del Grupo

"Como queda expresado en el libro Alcohólicos Anónimos: 'El resentimiento es el ofensor Número Uno'. Es la primera causa de las recaídas a beber. Bien lo sabemos los A.A.: 'Beber significa volverse loco finalmente o morir'.

"Un castigo muy parecido amenaza al grupo de A.A. Con un grado suficiente de ira, se pierden tanto la unidad como el propósito. Con un grado mayor de indignación 'virtuosa', el grupo puede desintegrarse; en realidad, puede morir. Por ello, evitamos la controversia. Por ello, no prescribimos ningún castigo por ningún tipo de mala conducta, por grave que sea.

De hecho, no se puede privar a ningún alcohólico de su derecho a pertenecer por causa alguna.

"El castigo nunca sana a nadie. Sólo el amor puede sanar".

CARTA, 1966

AREA 15 SUR DE LA FLORIDA ASAMBLEA DE SERVICIOS GENERALES

> Julio 15-17, 2016 Auspiciada por el Distrito 8

Boca Ratón Marriott en el Boca Center 5150 Town Center Circle, Boca Raton, Florida 33486

Inscripcion: Vier. 4:00pm-8:30pm, Sab. 8:00am-8:30pm, Dom. 7:00am-9:00am

HUMOR

- Mi papá viene siempre llega a casa con una copa de más.
- ¿Alcohólico?
- No, roba en los bares.

- Manolo!!! -grita el jefe de sección- acaso no sabes que esta prohibido beber durante el trabajo!!

- No se preocupe jefe, no estoy trabajando.

La banaban autor autor Den de Stanta de Stata

Un hombre entre en un Bar, se sienta y pide:

- Un whisky doble!!! Aunque con lo que tengo... no debería pedir eso.
- ¿Y qué tiene usted?
- Veinte céntimos

Entra un borracho en una farmacia, y pregunta:

- Tienen alcohol?
- Si, por supuesto
- Entonces ponme un par de copas.









"SOLUTIONS GROUP"

Needs your support!



SATURDAYS Meditation Candlelight Meeting

(11th Step Prayer with guided Meditation)

8:30pm







West Dixie Club 1636 NE 148th St. – North Miami

"PRINCIPLES GROUP"

IS MOVING TO A NEW

LOCATION!

AS OF JULY 1st, 2016

New address:

St. Rose of Lima Church 415 NE 105th St. Miami Shores, Fl 33138







New Group

UTOPIA GROUP

New Meeting



WEDNESDAYS @ 7:00PM







Little River Club

51 NE 82nd Tr. - Miami - 33138 - 305.759.6232

BONDAGE OF SELF EXPOSED

When I asked God to relieve me of the BONDAGE OF SELF, I wasn't sure what I was asking for—it was just part of the Third Step Prayer, but my sponsor instructed me ask God's help for writing down where I had been resentful, fearful, etc. This was done in a spontaneous manner without mind-filtering. This allowed honest and unchangeable information for use in my Fourth and Fifth Steps. Consequently, on Steps Six and Seven, there it was: the bare and exposed ingredients of THE BONDAGE

OF SELF!

I was surprised how many hidden little devils (defects, shortcomings) existed deep in my subconscious and how they had unknowingly influenced my conscious mind. Although I felt confident that I would never drink again, those invisible demons continued to chant louder and louder: "The day may come when we can drink again—and it may be tonight!" . . . and at one point I almost did! Thank God I didn't, but at that point I began to realize that the BONDAGE OF SELF was

separating me from the truth in drink. No wonder I couldn't stay sober before coming to AA!

Although, dramatically weakened, it still chatters to this day. However, page 55, speaks of: "... a Great Reality deep down within us" (God). Dr. Carl Jung tells us that we have both demons and angels competing for control of our subconscious (He calls them archetypes). Luckily, a vital spiritual experience (p. 27) can allow the angels to become dominant! This is what Steps Ten and Eleven are all about! Even so, I can still hear those aggressive little devils (committee) down there just chattering away. They say: "Ain't it awful!" Aren't they awful!" "Aren't you awful!" . . . and like that. They are too smart to suggest drinking at this point but I know that is what they are leading up to.

The BONDAGE OF SELF is no longer a solid wall denying the truth to pass through (I cannot drink on the truth), but has become so porous that taking a shot of whiskey no longer occurs to me. I believe I have been awarded "a personality change sufficient—just enough—to bring about recovery from alcoholism (p. 567). Thank you God!

Bob S., Richmond, IN

12 Steps to Sobriety Now



New Time: Every Saturday At 11:30am

As of June 4th, 2016

Open, Big Book, 12 Steps Beginner's Meeting with discussion 7th Tradition followed.

Week #2: Week #3: Week #4: nes a vear = We Step 1 Steps 2 - 4 Steps 5 - 9 Steps 10 - 12 11th Step Guidance

"Starts anew the first Saturday of each month"

RECOVERY

SOUTH MIAMI LUTHERAN CHURCH 7190 Sunset Drive - South Miami (Main Auditorium...parking east side lot)







ACQUAINTED AFFLICTED BEHAVIOR DANGEROUS DRINKERS

EXPERIENCE EXTREME HANDICAPPED HOSPITALS LEANINGS

MINISTERS
PLEAD
RECOVERED
RELIGIOUS
SPOIL

Step 7

H A A C P D S U S D F B V G B V S C Q W E C N E I R E P X E Z O J Q S P E X T R E M E Y H A P Z G U P F D E E C C T R A S S H E O A O R Z Q O M U Q V L Z U R R C I I S K V E S D I W S L C E I Q N L U E S N H O W U M S G D Y K T U R A V T R G M C F N N E E S E E O N K A Y W F K A A S R T C D C D P I X N J S D H O S P I T A L S D W S U O I G I L E R O S E N T Z L W S G N I N A E L Q X L F D E T C I L F F A C M Y P Q P W X M M Y H A L I M L K D L W

FAITHFUL FIVER MEMBERS

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; 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 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

	•••••
1st Ann	PTERS
REC	DVERY Message of Alcoholics Anonymous
AUGUST	12-14. 2016
Registration form can be used for up to 2 people. Please fill out the form	m 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

MAY

NORTH MIAMI

Igor W. 1 Martin G. 1 Anna A. 4 Lisa N. 8 Gregg 12

HOMESTEAD

Bonnie P. 1 James Mus 1 Miguel M 1 David M. 1 Antonio 2 Chris L. 3 Miauel A. 4 Marion K. 8 Gerry L.8 Billy R. 10 Bob K. 16 Dale 20 Ron M .22 Carnie Joe 25 Rick B. 28

JULY

SOBER WAY OUT

Towanna 1 Alex V. 4 Daisy V. 4 Karenia R. 5 Stacy F. 6 Norma C. 6 Jessica B. 14 Ricky J. 14 Linda H. 19 Kenneth 19 James N. 20 Bartimous 23 Jimmy S. 31

JUNE

SOUTH DADE SOUTH DIXIE

Sebastian R. 1 Dal 4 Donna T. 4 Christina B. 4 Fernando 7 Gail B. 10 Patricia 21 Robin 23 Robert S. 25 Rusty 32

PRIMARY

PURPOSE Shannon 1 Milly 1 Pedro E. 1 Kemp 1 Richard B. 2 Ileana 4 Kent 13 Regina 14 Wade 16 Manny B. 18 Blanca 22 Charlie 28 Railroad Bob 36

Charles F. 1 Juanita L.2 Gladvs 3 JamieS. 10 Andy 10 Suzy 13 Ivette M. 15

SOBER WAY OUT

Sandra G. 1 Lisa Y. 2 Alesia M. 2 Enrique G. 2 Mickt T. 3 Jack C. 6 Lina 6 Ricardo M. 8 Patrick 12 Wilfredo 14 Judy 28 Karen W. 29



SABAL PALM

Mauricio R.1 Ana C. 1 Dave N. 2 Ernesto 2 Ileana G. 3 Jean M. 3 Jeff S. 3 Jeanne 6 Samir K. 7 Vicky C. 8 Caroline 9 Irma 10 Kelly H. 11 Darren C. 13 Joe B. 15 Remy T. 15 Bill M. 19 Lanie S. 21 Michele K. 22 Robert A. 22

PALMETTO BAY

Fred D. 1 Dave S. 3 Rene 3 Greg P. 5 Marion K. 8 Carnie Joe 25 Donna E. 28 Carolyn S. 32 Pierre D. 33

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/2nd Sunday @ 7:00pm 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

Do you ever get drunk?









What a coincidence- so does he!





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- August 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

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!!!

