

# The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

July 2017

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

## A QUIET HEART

For years I have been quoting an old friend and mentor of mine from my early days of sobriety in 1970 when he said, "All I want out of life is peace of mind and a quiet heart". The quiet heart part of that statement seemed to be what catches most people's attention since it adds a touch of tenderness to that statement; but what does it really mean? I

understand the "peace of mind" part of the Quote to mean, in my own words, "absence of all unresolved mental issues". When he referred to "A quiet heart" he obviously was not speaking about that organ inside our chest that pumps blood through our bodies.

I was at a meeting recently, (August 6) and the topic was taken from an AA friendly publication and in it the, "Thought for the day", was explaining how Psychologists are turning to religion in order to add the element of, a faith in something outside of ourselves, to their message, because faith was an act of the mind and of the will. It also said that the clergy and rabbis were turning to psychology to enhance their message in order to reach a more modern society. To me, it was the best approach I believe I've heard to express the all inclusiveness of the AA program when it comes to understanding the concept of, a power greater than ourselves.

When I think of my old friend's mention of, a quiet heart, I can see how it might mean something different to each of us. To the romantic, it probably means the place inside where they feel emotions, and more than just that blood pump in our chest. On the other hand, to the person with a religious foundation, it is, most likely, referring to the soul. To the psychologist it is most likely referring to the conscience. Call it what we may, to me this implies that there is something inside of us all that cannot be dismissed. It seems to be keeping a catalog of all of our behaviors; good and bad, then reintroduce them to us again each morning when we wake up and we keep reliving them, over and over. It's Time to put them to rest. We used to drink to make them go away. We have the will to live by the dictates of our heart, our soul, or our conscience, and that is where we have ability to right all of those, unresolved mental issues.

*(Continue on page 3)*

## SHORTCOMINGS REMOVED

*But now the words "Of myself I am nothing, the Father doeth the works" began to carry bright promise and meaning.*

## TWELVE STEPS AND TWELVE TRADITIONS, p. 75

When I put the Seventh Step into action I must remember that there are no blanks to fill in. It doesn't say, "Humbly asked Him to (fill in the blank) remove our shortcomings." For years, I filled in the imaginary blank with "Help me!" "Give me the courage to," and "Give me the strength," etc. The Step says simply that God will remove my shortcomings. The only footwork I must do is "humbly ask," which for me means asking with the knowledge that of myself I am nothing, the Father within "doeth the works."

From the book *Daily Reflections*

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## Meeting Makers Make it—Sort Of (Relief is not Release)

After twenty-plus years of unsuccessfully "quitting drinking forever," I was finally taken to my first AA meeting. I was coming off a three-day drinking binge, still pretty much in an incoherent daze. Although, I recall very little about that meeting, I do remember becoming very emotional during The Lord's Prayer, and left with a very strong conviction that AA was really going to work for me. From then on, I became a full-speed-ahead meeting attendee, generally going to more than just one meeting a day for months on end.

As I began to share openly at meetings, as well as before and after, those uncomfortable feelings of anger, anxiety and depression slowly diminished. As a matter of fact, I would leave meetings feeling great! This blessed relief would last for hours, often till I got to my next AA meeting, then the happy cycle would start all over again. "Ain't it great Ma, the wind stopped blowin'" (p. 82). But hold the phone! Those obsessive whisky thoughts still nagged on with a persistent vengeance.

This phenomenon is often tagged as an "AA honeymoon"—I was having a "relief," but not a "release." Someone quipped: "Survival on the AA fellowship is untreated alcoholism." Even after six months being happily sober, I had not yet gone through the Twelve Step process and was unknowingly living a life of "untreated alcoholism." Eventually, those honeymoon periods grew shorter and shorter. My unpleasant emotions returned and the whisky obsession grew stronger and stronger.

Finally, after a Hollywood parade, my untreated alcoholism allowed me to march into a bar and almost order a drink—thank God, I didn't, but I could easily see that alternating periods of relief from my emotional problems was not going to keep me sober. Within weeks a new sponsor had me living the AA program of action via the Twelve Steps. A few months later I experienced a release, and my obsession for whisky miraculously disappeared.

I have learned that although the AA fellowship may provide pleasant periods of relief, it is the Twelve Steps of AA in action that provide the necessary release for me to remain happy, joyous and free—and sober!

Bob S.



Humbly asked  
Him to remove our  
shortcomings.

STEP SEVEN



## "SOUTH DADE" GROUP

### NEW MEETING!



### Men's Rap Meeting MONDAYS @ 7:00pm

(Men's Meeting)



SOUTH DADE ROOM  
10965 SW 186<sup>th</sup> St. - 305.233.4784



Dear AA's:

Painting and scrubbing,  
Tearing down a wall,  
Laughing and joking,  
Throughout it all,  
This means a lot to us,  
At the Harmony Room.  
Everyone helped us  
When we had to move.  
So now we thought we'd take  
This time to share  
Our sincerest thanks  
And show you we care.

In gratitude,  
Harmony Room

## "SOBER WAY OUT"

### NEEDS OUR SUPPORT!

### 1:00pm Meetings

Sunday - Fortune Cookie

Monday - As Bill Sees It

Tuesday - Big Book

Wednesday - Meditation

Thursday - Speaker/Discussion

Friday - Step Series

Saturday - Living Sober



LITTLE RIVER CLUB  
51 NE 82<sup>nd</sup> Tr. - 305.759.6332

### A QUIETER HEART (Cont. from page 1)

The program of alcoholics Anonymous, from beginning to end, is designed to recognize, acknowledge and resolve all of these issues by bringing it all to the surface in the safety of the people that have been through this process and understand what the individual is faced with. The good news is that as you resolve each of these concerns you will be freeing up all of that mental space and energy that has been causing the tormenting regrets of the past. When we recognize the pain that our past thinking and behavior has caused and have put forth the effort to resolve it, it is unlikely that we will be willing to return to those old behaviors.

Our unbridled instincts caused our behavioral problems. Our heart/soul/conscience recorded these things, and our minds live with the mental torment as the result. A quiet heart/a clean soul/ a clear conscience leads to peace of mind and when a person has peace of mind, a drink has no appeal to him/her and in the morning, they wake up with smiles on their faces.

Rick R.

## LITTLE RIVER GROUPS JULY ANNUAL PICNIC

SUNDAY - JULY 16th, 2017  
11:00am till 4:30pm

Food, Fun for All, Fellowship  
Covered Dishes & Desserts Welcome

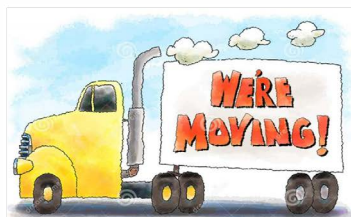
Food!! Raffle!!  
Talent Show! Games!

Oleta River State Park  
(White Ibis Pavilion)  
3400 NE 163 Street, NMB  
Park Fee: Per car \$6.00

Little River Club (305) 759-6332

## EUREKA GROUP

Is moving to a new  
Location



St. Andrews Church  
14260 Old Cutler Road  
Palmetto Bay, FL 33158  
(Parking on 144<sup>th</sup> St. side)

THURSDAYS @ 7:00pm



## Welcome to Kenya!



You are Invited to Attend  
The First Alcoholics Anonymous Kenya Convention



**A New Beginning!**  
November 2<sup>nd</sup> – 5<sup>th</sup>, 2017  
The Goan Gymkhana Club, Nairobi

Registration fees include attendance for two days, panel meetings and workshops, and Coffee breaks during the convention

To register, please click on

<https://anewbeginning2017registration.eventbrite.co.uk>

We are self-supporting: T-Shirts, Hoodies, Hats, and Mugs are available for Sale to raise funds for the convention. All Merchandise can be purchased through the registration site and will be handed out on-site.

For more information on the convention, travel information, hotels, and things to do while in Kenya, please visit our website: [A.A. Kenya Convention 2017](http://A.A. Kenya Convention 2017)

A.A. Planning Committee  
[aaconventionkenya@gmail.com](mailto:aaconventionkenya@gmail.com)

Convention Chair: Stella +254-0703410711  
Registration Chair: Aida +254-0727360333



## 54th INTERNATIONAL WOMEN'S CONFERENCE

IWC is a closed conference for women in Alcoholics Anonymous

is coming to:

**Phoenix, Arizona**  
**February 15<sup>th</sup>-18<sup>th</sup> 2018**

**Speakers ♥ Panels ♥ Workshops ♥ Banquets ♥ Tours**

For more information or to register on-line  
[www.internationalwomensconference.org](http://www.internationalwomensconference.org)

♥ REGISTRATION IS LIMITED TO 3550 ♥



### On Cultivating Tolerance

By Dr. Bob S.

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 education 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 that might act as a deterrent to the advancement of another and a patronizing attitude can readily slow up this process.

(Cont. on page 5)

## 4<sup>th</sup> Convention in CUBA



## 25 years of LOVE and LIFE

**January 19-21, 2018**  
**Santa Clara, CUBA**

Information

[mirianmga@nauta.cu](mailto:mirianmga@nauta.cu) [delvismonika@nauta.cu](mailto:delvismonika@nauta.cu)

AA office in Havana: 53 39 86 29

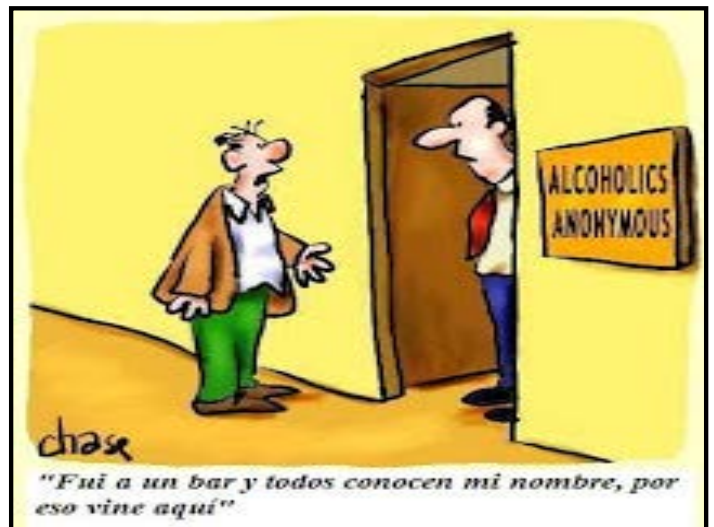


**ALEGRIA DE VIVIR 1985 - 2017****32 Aniversario****Semana de Compartimiento  
Del 10 de Julio al 14 de Julio**

\*\*\*\*\*

**Sesion Publica****15 de Julio del 2017 a las 7:00pm****Logia Masonica****601 West 29th St. - Hialeah, FL 33012****FIESTA EN EL DISTRITO 17****Nuestro Distrito esta celebrando su  
"20 Aniversario"****Domingo 16 Julio del 2017  
a la 1:00pm***Estan todos invitados a un almuerzo y  
compartimiento con la comunidad!***Local del Distrito****1770 W. Flagler St. - Miami****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****Lugar:****Se dara a conocer posteriormente****CONCEPTO SIETE**

La Carta Constitutiva y los Estatutos de la Junta de Servicios Generales son instrumentos legales que facultan a los Custodios para gobernar y conducir los asuntos de Servicio Mundial. El Acta de la Conferencia no es un instrumento legal, pero se apoya, para hacer efectiva su finalidad, en la tradición y el patrimonio de AA ¿Qué es la Carta Constitutiva de la Conferencia? ¿Qué son los Estatutos? ¿En qué se diferencia la Carta de la Conferencia, de los Estatutos de la JSG? Si mi grupo retiene las contribuciones a la OSG para ejercer su "poder de bolsillo," ¿comunicamos esta decisión a la JSG? Explicar la idea de "equilibrio de poder" con respecto a la Conferencia y a la JSG El poder práctico de la Conferencia es superior al poder legal de la JSG ¿De dónde viene ese poder?



## 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; 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.**

### COMMITTEE 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 Committee  
Meetings at the  
Coral Room  
1st Sunday of the month  
@ 2:00pm  
\*\*\*\*\*

GS DISTRICT 10  
TREATMENT Committee  
For more information go to [www.district10miami.org](http://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  
4th Thursday of the month  
@ 8:00pm at  
Sabal Palm Group  
10102 SW 107th Ave.  
305.274.74.34  
[corrections@district10miami.org](mailto:corrections@district10miami.org)  
\*\*\*\*\*

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

### On Cultivating Tolerance (Cont. from pg 3)

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 that is vastly important - is, 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.

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Let It Begin With Me.  
One Day At A Time  
It Is What It Is  
Together we can make it  
How Important Is It?  
Keep It Simple  
First Things First  
LET GO AND LET GOD  
Healthy Boundaries  
But for the Grace of God



**INTERGROUP  
CONTACT LIST**

aamiamidade.org

**Chairman**

Gary C.

**Vice-Chair**

Robert L.

**Treasurer**

Richard J.

**Secretary**

Manuel N.

**Steering Committee**

Remilda G.

Raz S.

Lee A.

Jennifer R.

Aly P.

**Trustees**

Maria Z.

Askia K.

**Founder's Day**

Barry G.

**Intergroup Banquet**

Greg F.

**Intergroup Office**

Jennifer R.

Shari T.

**The Messenger**

Office

**Outreach**

Tamara

Elizabeth R.

*Public Information***OPEN POSITION****Twelve Step Relay**

Laura N.

**Big Service Breakfast**

Jimm C.

**General Service Liaison**

Keith D.

**Spanish Intergroup**

Helen L.

**Webmaster**

Jennifer R.

**GENERAL SERVICE  
CONTACT LIST**

www.district10miami.org

**Chairman**

Ray S.

**Alternate Chairperson**

Barbara B.

**Treasurer**

Peter D.

**Registrar**

Alex V.

**Recording Secretary**

Kathy T.

**Outreach**

Barbara B.

**Archives**

Toni Marie

**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**

Askia K.

**Treatment**

Al P.

**Big Service Breakfast**

Glenn H.

**District 17 Liaison**

Jorge L.

**Remote Communities**

Sal G.

**Webmaster**

Eddie D.

**"THE MESSENGER"**

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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 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 "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 SEVEN**

**"Every A.A. group ought to be fully self supporting,  
declining outside contributions."**

## MAY

### NORTH MIAMI

Jessica 1  
Marcela 1  
Ted B. 11

### HOMESTEAD

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

### SOBER WAY OUT

Robert L. 1  
Sandra G. 2  
Alesia V. 3  
Enrique G. 3  
Freddie D.  
Mick T. 4  
Jack C. 7  
Lina 7  
Ricardo M. 9  
Patrick 13  
Wilfred V. 15  
Darnell T. 16  
Judy S. 29  
Karen W. 30

### CORAL GABLES

Raul P. 1 Moises P. 9  
Paul G. 2 Rich G. 10  
Sean 2 Rick C. 11  
Omar 3 Mario K. 12  
David P. 3 Gus S. 12  
Marlene M. 4 Gisela 14  
Robin 4 Lisette R. 17  
Mario D. 5 Darci P. 22  
Roget 6 Jim S. 24  
Gaston C. 7 Donna E. 29  
Nidia 8 Patricia D. 30  
Ani C. 8 Daniel R. 32  
Marc G. 9 John S. 34  
Richard W. 42

## SOUTH DADE

Sheila 1  
Dal 5  
Christina B. 5  
Donna T. 5  
Fernando 8  
Gail B. 11  
Patricia 22  
Robin L. 24  
Rob S. 26  
Rick B. 29  
Rusty 39

### WEST MIAMI

Cristina P. 1  
Chuck L. 18

## JUNE

### SOUTH DIXIE

Tami S. 1  
Andy M. 11  
Suzy H. 14  
Ivette M. 16  
Larry D. 39

### SABAL PALM

Mary A. 1  
Dave N. 3  
Ileana G. 4  
Jeane M R. 4  
Jeanne A. 7  
Fernando V. 8  
Samir K. 8  
Vicky C. 9  
Kelly R. 12  
Gus S. 12  
Bill M. 20  
Lanie T. 22  
Michelle K. 23  
Robert A. 23

## SUNSET

Ernie O. 1  
Liz M. 1  
Ray C. 1  
Mickey 1  
Victor T. 1  
Shaakira 1  
Renee L. 2  
Julio L. 3  
Frank A. 7  
Ricardo M. 9  
Manny P. 13  
Paul S. 18  
Mirta P. 29  
Richard W. 42

### PALMETTO BAY

Sheila W. 1  
Fred D. 2  
Dave S. 4  
Greg P. 6  
Carnie Joe 26  
Donna E. 29  
Carolyn 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/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

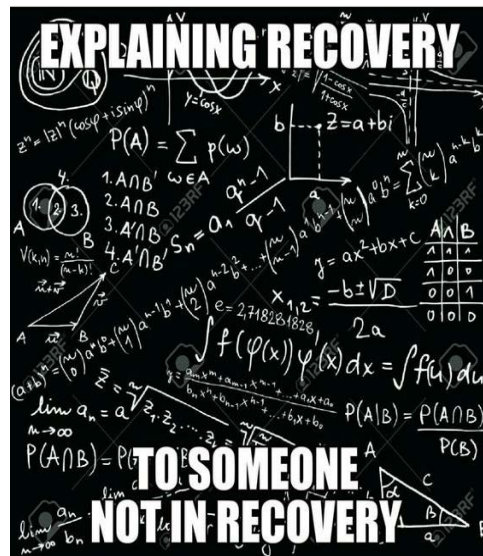
Almeria Group/Last Tuesday @ 7:30pm  
Coral Gables Group/Last Monday @ 8:00pm  
Grupo Central/Last Sunday @ 1:00pm  
Good Morning Group/Last Friday @ 10:00am  
Happy 1060 Group/Last Sunday @ 10:45am  
Homestead Group/Last Thursday @ 8:30pm  
Key Biscayne Group/Last Friday @ 8:30pm  
Killian Pines Group/Last 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

## 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 stands in  
the way of my usefulness to  
you and my fellows. Grant me  
strength, as I go out from  
here, to do your bidding.

Amen



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

- \* 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?

## JULY

## GOOD MORNING

Gaylord S. 1  
Scott A. 6  
Vinda C. 15  
Keith W. 22  
Keith D. 31  
Mervin B. 21



MAKE A LIST OF THINGS  
THAT MAKE YOU HAPPY

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- August 10th, 2017 @ 8:00pm at the Iglesia Metodista Unida - 133 Ponce de Leon - 33135  
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



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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

Miami-Dade Intergroup  
4315 NW 7th St. - Suite 36  
Miami, FL 33126  
Phone: 305.461.2425 (24 hrs.)  
Fax: 305.461.2416

