

The Messenger



MIAMI-DADE INTERGROUP

Florida - USA

aamiamidade@bellsouth.net

October 2017

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

The Quick How-To for a Super-Fun, Substance-Free Halloween Party

Halloween parties often center around alcohol and it's definitely not uncommon to see (and smell) other drugs, as well. Every step on your road to recovery has been made with intention and foresight. Next month is Halloween; you might be asking yourself -- do I now have to avoid celebrating, sit at home all alone, just to protect my recovery?

The truth is -- celebrations are an important part of life, and an important way to feel like we belong and fit in. You're going to want, and need, to be a part of them. One of the best ways to be confident and comfortable in life after recovery is to take charge. By hosting your own sober Halloween party, you can control the food and drink -- and also the vibes -- to help sustain your own recovery or create a welcoming environment for a sober loved one. Here's how:

- Make sure people know it's a sober party, but don't focus only on that. Believe it or not, people do actually enjoy going to sober parties. Guests with kids will feel more comfortable, and your friends from support groups will know they have a safe space to enjoy the festivities. Parties filled with drugs and alcohol can bring out the worst in people -- drama, fights and dangerous behavior. Let people know your sober Halloween will be refreshing, a change of pace from the usual.
- Focus on fun activities that make drugs and alcohol look boring. Facebook is a great way to create an event and spread the word about your plans. Let your guests know about special Halloween-themed activities you'll have -- like a costume contest or scary-music themed karaoke. Focus your party around things anyone can enjoy, like a dance contest or party board games. Get a fortune teller (or a friend to act like one) to read a crystal ball or host a neighborhood-wide scavenger hunt. Turn your garage into a haunted house and watch your friends laugh and scream -- a while staying sober.
- Give back to the community. Halloween is a time for make-believe, candy and harmless frights. But there are many people really hungry and really scared everyday -- right in your own community. Take your party a step further by asking people to bring in canned foods for a local food pantry, toys for kids at a school in a needy neighborhood or blankets for a local homeless shelter.
- Make fun and frightful non-alcoholic drink and foods. It's Halloween! Time to watch your friends and family squirm as they eat gooey, yet delicious, candied eyeballs and worm salad. Cupcakes shaped like bats or a cake with red icing and a sugar knife on top -- there are so many deliciously ghoulish recipes that your friends will enjoy much more than any alcoholic drink or substance.
- Take it to the day time. Halloween is typically a nighttime celebration, when all the ghosts and goblins come out from under our beds. But it doesn't have to be that way. Drugs and alcohol are often a given at evening celebrations, but they are less common at daytime parties. Consider having a cookout, playing yard games, throwing a swimming party -- and pick a theme! Get people excited to dress up during the day.

Truthfully, these tips can come in handy for any type of sober party, from graduations to New Year's Eve. Just make sure to inform all your guests that the party will be kid-friendly and substance-free, so that no one brings any alcohol by accident.

Just because you stopped drinking or doing drugs, doesn't mean the party is over. Remember, the party, and your life, has really just begun.

By Caleb A., Miami-FL

**"Continued to take
personal inventory and
when we were wrong
promptly admitted it."**



53rd Annual Gratitude Dinner

"To Keep Our Fellowship United"
GENERAL SERVICE DISTRICT 10



SATURDAY, NOVEMBER 11, 2017

The Watsco Center (formerly Bank United Center) UM
1245 Dauer Drive
Coral Gables FL 33146

Desserts are welcome!

FELLOWSHIP
5:30 P.M.

DINNER
6:15 P.M.

SPEAKER
8:00 P.M.

RAFFLE: GROUPS ARE ENCOURAGED TO CONTRIBUTE BASKET WITH BOOKS
(CONFERENCE APPROVED LITERATURE INCLUDING GRAPEVINE) -- SUGGESTED \$50.00.
CONTACT: Erik R. or Sara G.

Gratitude Dinner Committee Meetings are being held as follows:
Sunset Room on the following dates: Sep 9, Sep 30, Oct 14, Oct 28 (all meetings start @ 2:00 pm)

TAKERS OR GIVERS

Do we remember being in early sobriety, when arrived at group anniversaries empty handed even when a covered dish was requested? – **We were takers, not givers.**

Do we remember being in early sobriety, when the collection basket was passed to pay the rent and buy the coffee and literature we just passed it along saving our money for something more worthwhile? – **We were takers, not givers.**

Do we remember being in early sobriety, and having no time to give a ride to the new member or to talk with him after the meeting closed? – **We were takers, not givers.**

Do we remember being in early sobriety, and arriving just before the meeting began and leaving immediately after the Lord's prayer having no time to help set up or tear down the meeting? – **We were takers, not givers.**

Do we remember being in early sobriety, when we never offered to chair a meeting or to come early to make the coffee or when we consistently arrived late so all could witness our entrance? – **We were takers, not givers.**

The sad and unexplainable thing is now that so many of us have meaningful sober time yet, we are still takers, not givers the only thing that has changed is our breath.

WHERE DO I PLACE MYSELF?

A GIVER?

or

AM I STILL A TAKER?

- King G. - Akron, OH

**A MOVING AND FASCINATING ADVENTURE**

Back in step eight (12&12) it describes the A.A. journey as a "Moving and fascinating adventure". In step nine we start the process of making amends, and by then we realize that the promises are already starting to materialize. It would have been easy to rest on my laurels at that time but I have been attending weekly step study meetings since I first got sober in 1969 and I couldn't get away from the sage advice that kept repeating itself over and over. In step ten it says "Our first objective will be the development of self-restraint. This carries a top priority rating". Some examples I read are as follows: Restraint of tongue and pen, drop the word "blame" from our speech and thought (step 4) Quick-temper criticism, Sulking and silent scorn etc. etc. etc. These are just a few, but you get the picture. With these things revisited, three or four times a year, as we cycle through the steps, it kept acting like a rock tumbler and slowly but surely I adopted new habits which helped me to rein in many of the old behaviors that got between me and my peers. I never stop learning these new ideas.

Another one of the things that caught my attention in step ten was the quote "Pain is the touchstone of all spiritual progress" then it finishes off the paragraph with, "How heartily we AA's can agree with him, for we know that the pain of drinking had to come before sobriety, and emotional turmoil before serenity". Can this mean that we can have no spiritual progress without suffering pain? It didn't seem to make sense to me so I looked up the word "TOUCHSTONE" in the dictionary and discovered that a TOUCHSTONE was a mineral that assayers used to test the purity of gold. Prior to that, I thought that it was synonymous with stepping stone. This definition seems to measure how spiritual we are when the going gets rough. Do we revert back to our old habits, or do we stick to the principles we have learned in the program?

The next Quote I kept seeing, that piqued my curiosity, was on Pg.90, 12&12, "It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us". The "no matter what the cause" part seemed to throw me a curve ball. I questioned the idea that, if a mother saw her child running into traffic and she wasn't disturbed, I would think that there must be something wrong with her. I don't think anyone could argue that point so I believe that the spiritual axiom quote relates to the way we interface with other people and I find it to be a tremendous template to improving our relations with them. In it we question what drives us when we start to get a little out of sorts and we can apply the pre-mentioned self restraint.

As in all the steps as, I continue to attend those weekly step study meetings these things get clearer each time I go through them and most of my issues are well under control as long as I don't assume that I can let down my guard, as my EGO is always ready to fill in the empty spaces in my program. The maintenance part of the tenth step is easy

Welcome to Kenya!



You are Invited to Attend
The First Alcoholics Anonymous Kenya Convention



A New Beginning!
November 2nd – 5th, 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

A.A. Planning Committee
aaconventionkenya@gmail.com

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

I protect my anonymity at my workplace, not just for myself, but for the sake of our clients who are also in the program. One day, one of my managers asked me how to spell "anonymity."



A newcomer at my home group said he'd told his boss that he had begun to attend AA. The boss said, "Oh, my cousin's in that, too. So are you going to do the whole two years?"

Nap time!

A drunk at a pub keeps putting his head down on the bar. The bartender comes over and says, "Hey Mister, you can't sleep here." The drunk says, "I know, every time I put my head down and close my eyes, you come over here and wake me up!"

—Mark B., Lawrenceburg, Ind.

A MOVING AND FASCINATING ADVENTURE

(Cont. from page 2)

for me these days. I just get up in the morning and say, "God, please help me to go through this day without doing anything I regret" I'm not sure that He hears me, but I know that I HEAR ME and it puts me into the best possible attitude I can have for that day. It usually works. I let the rock tumbler keep me on my toes, and I hope that I always pass the assayer's test.

Rick R.



54th INTERNATIONAL WOMEN'S CONFERENCE

IWC is a closed conference for women in Alcoholics Anonymous

is coming to:

Phoenix, Arizona
February 15th-18th 2018

Speakers ♥ Panels ♥ Workshops ♥ Banquets ♥ Tours

For more information or to register on-line
www.internationalwomensconference.org

♥ REGISTRATION IS LIMITED TO 3550 ♥

4th Convention in CUBA



25 years of LOVE and LIFE

January 19-21, 2018
Santa Clara, CUBA

[Information](#)

AA office in Havana: 53 39 86 29



Felices 24 horas.

Soy Esteban, soy alcohólico y hoy no he bebido.

Cuando llevas algún tiempo en alcohólicos anónimos, hay una alegría que supera a las demás; ver a la gente recuperarse. Un compañero entra en su primera reunión: confundido, despistado, no sabiendo muy bien donde se encuentra, con ganas de que le digan que no es alcohólico, que ese no es su lugar. Durante esa primera reunión su semblante va cambiando, parece imposible pero la postura rígida del cuerpo se acentúa al oír los testimonios, normalmente, dirigidos a él.

Acaba la reunión, recibe teléfonos y algún consejo de última hora, ves como sus ojos brillan y saltan de un lugar a otro, sin perder el objetivo de la puerta de salida. Le hemos pasado el mensaje y tiene una información que le será difícil olvidar.

Si este compañero vuelve, vemos que día tras día, reunión tras reunión, su semblante va cambiando, la columna vertebral ya no es un cable tensado, sus manos se mueven con mayor libertad. A las pocas semanas el rostro se transfigura a unos colores más vivos, sonríe, el iris de los ojos transmite bondad, alegría, esperanza. Sabes que en algún momento, este compañero entrará de lleno en su nube rosa.

Esto que cuento te produce tal sensación de bienestar que desees cuanto antes la próxima reunión y que sigan viniendo aquellos que aún sufren por causa del alcohol.

Felices 24 horas.

QUINTA TRADICION 1998- 2017**19 Aniversario**

Semana de Compartimiento

Del 7 al 14 de Octubre



Sesion Publica Domingo

15 de Octubre a las 12:00pm

Club de la Policia - 2300 NW 14th St.
Miami, FL 33125

VIVIENDO SOBRIO 2014- 2017**3er Aniversario**

Semana de Compartimiento

Del 9 al 13 de Octubre a las 7:30pm

Sesion Publica

Sabado 14 de Octubre
a las 6:00pm



Recreation Center

1700 SW 62nd Ave. - West Miami 33155

**XXI CONVENCION
HISPANA DE ALCOHOLICOS
ANONIMOS ESTADO DE LA FLORIDA**



**A.A. UNIDOS POR SIEMPRE
24 Y 25 DE NOVIEMBRE DE 2017**

**MIAMI MARRIOTT
DADELAND, MIAMI**

9090 SOUTH DADELAND
BOULEVARD MIAMI
FL 33156

PARA RESERVACIONES:
1-800-228-9294 / 1-800-503-0598

www.marriott.com/miadd CODE: AMAAMAA

CHISTES.....

Había un tipo gritando en la playa como un loco:

- ¡Una ballena, una BALLENA!

Se acercan todos los bañistas corriendo.

Después vienen los policías y preguntan:

- ¿Dónde está la ballena?

El hombre responde:

- No, no señor, es que se me han caído dos botellas de cerveza al mar y una VA



Entra un borracho a una bodega y dice:

- Me da 20 litros de vino?

- Ha traído el envase?

- Esta usted hablando con el.

**GRUPO ACEPTACION 1993 - 2017****24 Aniversario**

Semana de Compartimiento

Domingo 26 de Noviembre del 2017

a las 6:30pm

Continua.....

Lunes 27 de Noviembre al Viernes

1ro de Diciembre a las 8:00pm

Sesion Publica

2 de Diciembre a las 6:00pm

Salon Logia Masonica "Nuevos Horizontes"
600 West 29th St. - Hialeah -33012

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, Mandy South Dade, Becka Palmetto Bay, Raz Brickell Circle, Henry Homestead, Isabel South Dade, Bert South Dade, Laura N. South Dade, Philip Seidler Little River Group, Adam M., Patricia D. Coral Gables.

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

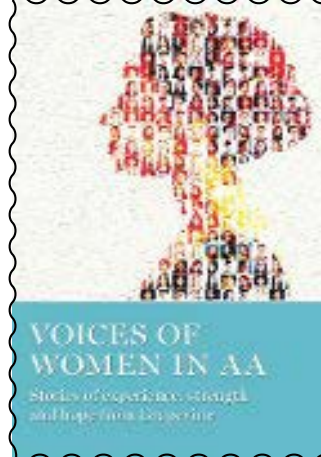
GS DISTRICT 10
TREATMENT Committe
For more information go to www.
district10miami.org

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
4th Thursday of the month
@ 8:00pm at
Sabal Palm Group
10102 SW 107th Ave.
305.274.74.34
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



NEW FROM GRAPEVINE!

Just published!

**Voices of Women
in A.A.**

Stories of experience,
strength and hope from
Grapevine
Voices of Women in A.A.
is a collection of
61 stories!

New from Grapevine

Making Amends.....

Making Amends features 55 candid, firsthand stories from AA Grapevine magazine of members' experiences with Step Nine of the AA program. The book includes chapters on making amends to parents, children, family members, exes, financial institutions, friends and coworkers. These powerful stories illustrate how practicing Step Nine can help us, as AA's co-founder Bill W. wrote, "know a new freedom and a new happiness."



**INTERGROUP
CONTACT LIST**

aamiamidade.org

Chairman

Gary C.

Vice-Chair

Robert L.

Treasurer**OPEN POSITION****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
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www.district10miami.org

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Recording Secretary

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Outreach

Barbara B.

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Corrections

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Bruce V.

Grapevine

Malika

Gratitud Dinner

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Valerie M.

PI/CPC

Ricardo M.

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Askia K.

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Al P.

Big Service Breakfast

Albert C.

District 17 Liaison

Jorge L.

Remote Communities

Sal G.

Webmaster

Eddie D.

"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 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 TEN**

"Alcoholics Anonymous has no opinion on out- side issues; hence the A.A. name ought never be drawn into public controversy."



SABAL PALM

Jeff B. 1
Carlos M. 1
Mark E. 2
Ralph R. 3
Jorge LC. 3
Lucia G. 4
Kathie M. 7
Richard C. 10
Cip 11
Jeanete B. 12
Marisol G. 13
Bobby O. 16
Paul B. 17
Robert R. 20
Jim L. 31
Marc B. 33
Gerry T. 34

SOUTH DADE

Marcy A. 5
Lucia 16
Alby 20
Brian W. 24
Jim L. 31

SEPTEMBER

PALMETTO BAY

Carl M. 2
Pedro G. 4
Vitaliy F. 5
Andrew W. 8
Brian W. 24

SUNSET

Rick N. 2
Vince C. 2
Jessie G. 3
Richard B. 3
Shawn S. 4
Pedro F. 5
Hugo 17
Shari T. 22
Michael T. 23
Celeste 28
Richard J. 35
Matt T. 44

CORAL GABLES

Bunny U. 1
Juan U. 1
Ellen U. 1
Mari B. 2
Roger F. 2
Erika 3
Gaby 3
Katia 3
Ray O. 5
Hiram N. 5
Robert M. 5
Miriam G. 6
David M. 6
Gary F. 6
Marissa 7
Clayton 9
Mickey G. 16
Mary LJ 22
Lyn D. 26
Celeste M. 28

WEST MIAMI

Julian G. 2
Sofia L. 30
Matt T. 44

SOBER WAY OUT

Luis S. 6
Vanessa J. 6
Marvin F. 13
Kenneth T. 13
Adi M. 14
Dennis S. 15
Donya B. 26
Martha F. 29

NORTH MIAMI

Grace 6
Gigi Z. 10
Gloria P. 11
Gisel B. 28
Michael M. 32
Sandy N. 36



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

Sober Halloween Tip

Be aware of people, places and things that are threatening for your recovery, and make healthy choices to spend time with different people in different places, doing different things.



Oliver Slipp



"I could tell them the difference between surrender and acceptance if I didn't have this hangover!"

OCTOBER



GOOD MORNING

Fernando W. 4
Agnes G. 7
Johnnie S. 11
Larry I. 28

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- November 9th, 2017 @ 7:00pm Grupo Fe y Esperanza - 407 SW 12 Ave. - 33130
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

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!!!

The Messenger

Miami-Dade Intergroup
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Miami, FL 33126
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Fax: 305.461.2416

Autumn is Here!

