# The Messenger

### MIAMI-DADE INTERGROUP

Florida - USA

April 2018 aamiamidade.org

aamiamidade@bellsouth.net

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

### Neglect, the Elephant in the Room Continuous Credibility leads to Integrity

When we are satisfied that we have given steps one through five our best effort and have identified the most glaring defects of character and shortcomings, it's now time to affect the changes in the most obvious of our faulty thoughts and the behaviors that stem from those thoughts by addressing them in steps six and seven. To be successful in this endeavor, we must first get honest with ourselves and begin to establish some credibility and by that I mean always doing the things we say we are going to do. We bring most of the basic flaws out in the open as we become aware of them. Then, if we are sure that we are committed to the program, we will want to set, in place, principles to live by that cut off our own escape when we stumble and want to revert back to that old way of thinking. Most of us do this with the help of a sponsor or a mentor, if you like, and go by the book as best we can. I did, what I thought was a pretty thorough job of it, then one day, about twenty years ago, I was trying to park my car in a somewhat crowded parking lot and as I found the spot I wanted there was a shopping cart blocking my way. I got out of my car and moved the cart aside, then parked my car. I then got that shopping cart and pushed it back to the store entrance, then went about my business. From that day on, when parking at any market, I search for a stray shopping cart and take it back to the store just to make up for all the times I shoved one into the flower bed and drove away. After telling that story at meetings over the years, I hear people telling how it is very uncomfortable for them to leave the cart adrift in the parking lot, and we all get a big laugh out of it. As best I can tell, the word neglect is only mentioned two times in the Big Book (pg 97 and pg 129) and two times in the 12&12. (pg 81 and pg 151)And seldom, if ever, has it been the topic of a meeting that I can recall. It is like the proverbial, elephant in the room. As I started to catch myself shirking my responsibilities it became obvious to me that if I wanted to regain some form of self respect and dignity, I was going to have to put the word Neglect on my list of shortcomings, and guestion my integrity. Do I do what is right even when there's no one watching? If credibility is, always doing what I say I'm going to do, then Integrity, to me, is a whole bunch of credibility. To cut off my own escape I do routine things every day, that cost me nothing and the result of that is a clear conscience. If I am doing the little things that I should, I find it much easier to give the big things that same sort of attention.

I never throw trash out of the car window, I pick up after myself, I never walk away from my bed in the morning without making it, and I liken that to being an unspoken prayer saying, I will be responsible, I will be orderly, I will be neat, and I will not be neglectful, I will be respectful, I will stay on the unselfish side of the ledger in all of my decisions, I sometimes revisit those pages in the Big Book and the 12&12 and I try my best not ignore the elephant in the room.

#### Father Joseph C. Martin, S.S. - October 12, 1924 - March 9, 2009.

My name is Joe Martin, and I'm an alcoholic. Father Martin first uttered this statement in 1958, when he was in treatment for alcoholism at the Guest House, what would prove to be a refuge for him from his drinking and a turning point in his life. His personal journey in recovery prompted a celebrated career in which his only aim was to ease the suffering of individuals and families, around the world, affected by addiction.

He was born on October 12, 1924 in Baltimore, Maryland. He quickly developed a fondness for religion and faith. People fondly recall his special story-telling ability and wonderful sense of humor. In 1942, Father Martin graduated from Loyola College and entered St. Mary's seminary. He was ordained a priest in 1948 and underwent rigorous training to become a Sulpician, a highly regarded teaching society within the Catholic Church. After losing this coveted distinction as a result of his drinking, only in sobriety did he regain this title. Father Martin taught minor seminarians and fulfilled several teaching roles within the church. It was very evident that he possessed a special ability to educate but his drinking became very troublesome and he was eventually directed to seek help at the Guest House. Father Martin frequently cited the tremendous impact his mentor Austin Ripley had on his journey in recovery. Many of Father Martin's teachings originated in concepts he learned while at the Guest House. His enthusiasm for sobriety coupled with his passion for teaching evolved into an unending quest to ease the suffering of individuals and families affected by addiction. In his career, spanning ore than 35 years, Father Martin was catapulted into international acclaim as a prized speaker and educator on addiction and recovery thru the Twelve Steps. He founded Kelly Productions in 1972 and used it as a platform to capture the minds and hearts of millions of people. Father Martin's message is no less relevant today than in 1972. He will continue to inspire love, service, helpfulness to others, and recovery through the use of his films, audio lectures, and books. In his last year, he shared his vision that he can be remembered so that the still suffering individual affected by addiction might benefit from his God inspired message of hope. He will be missed by many!







### A.A. MEETING ON THE BAY

Please join us for our VERY FIRST

### Sunrise Speaker Meeting

Sponsored by The Homestead Group, The Palmetto Bay Group and The South Dade Group

Great Guest Speaker from The Homestead Group

At the Biscayne National Park 9700 SW 328<sup>th</sup> St. - Homestead 33033

We will be getting together every 3<sup>rd</sup> Saturday of the Month Will be kicking it off **April 21**<sup>st</sup>, **2018** at **7:30am** 







Followed by Fellowship, BBQ and Games!! 11:00am - 2:00pm Please bring a side Dish or Dessert, Thank you!

#### The Rocks, the Stones and the Pebbles My conscience would never let me rest.

Coming to Alcoholics Anonymous from a pit of despair was the best decision I have ever made. My life up to that point was in shambles and I was desperate enough to seek outside help. Understanding the part that alcohol played in my life, up to that point, was difficult but I knew that if I didn't get a grip on reality, I was going to self destruct and the progression of the problem was like going ninety miles an hour down that dead end street. Hope was established immediately as I was introduced to possibility that I could be restored to a life that was free of the mental torment that I had been experiencing since childhood. The answers to all of my problems came in the form of la Profound Change of Perception concerning how I perceived myself. With very little discipline or structure in my upbringing, I was insecure land afraid that I would never meet up with the standards of my peers and as the results of that way of thinking, I developed a dishonest and selfish lifestyle which eventually caught up with me in the form of a guilty conscience. My drinking solved that problem for a time but when the tolerance for alcohol wore off, I found myself back in that pit of despair. When I looked in the mirror, I hated what I saw and I could no longer drink it away. Like everyone else, when introduced to the program, I first had to stop the (emotional) bleeding by dealing with the current issues that I had been neglecting such as: pay the rent, pay the traffic ticket, clear the beer cans off my dresser..... Then I could give the steps of the program the attention they would need if I wanted the relief that they promised. Without even being aware of it, the process had begun. With a new attitude of willingness, and attending as many meetings as I could, I was already getting rid of many of the obvious habits of dishonesty, neglect, irresponsibility, and the like. Next, I was faced with my biggest challenge which came in the form of The Wreckage of the Past that many refer to as a Sack of Rocks. If we ever want to be free of the guilt and the shame CAUSED BY the regrettable memories that we have been harboring, in our conscience, we will have to address these issues when we become strong enough. My sack contained a few Rocks that were obvious, a handful of Stones, and abundance of, less threatening, Pebbles that were not that obvious to me Lat the time. Addressing steps 4, 5, 8, and 9 concerning these issues became my greatest challenge and my first instinct was to skip over the most embarrassing memories. That Idea, I think, is common in many of us, when first faced with reparation process. I gave it my best shot at first but left out a few of the Rocks due to my ego, but my conscience would never let me rest. Later, when, as the result of the progress I had made in the program, I became stronger and had the determination to revisit those more glaring issues and clean the slate. Had I not done that, I believe the rest of the program would have been a shallow façade and I would never have attained the peace of mind that I eniov today. The Stones were the things that got most of the attention as I did the steps initially. As I became stronger, I took that leap of faith and tackled the Rocks. After cleaning up those issues, the rest of the program became easy. No more denial and much more peace of mind. So I'm finished, Right? Not so fast Huckleberry! Now I become aware of the less threatening pebbles in the form of the selfish

motives in my day to day decision making which I will gladly correct, one pebble at a time as I become aware of them and it is a Joy to rid myself of the things that used to plague me and today, life is good.

### SPONSORING VIA THE BIG BOOK

Some years ago, out in Hollywood,

California, I was asked to sponsor a guy named Tom. However, declined by informing him that I was only two years sober, to which Tom replied: "Well, that's all I want!"

: What to do? I had been studying the Twelve Step directions from the Big Book, so I decided it might work out if we stuck to those clear-cut directions, page-by-page. After all, Step Twelve doesn't say

that I am to carry my message - my sponsor's message - what I think message, etc., but it says to carry THIS MESSAGE - I believe that means the one in the Big Book. Confidence restored, I proceeded full speed ahead and the vital Big book message was successfully carried. Since, I have only one authority as an active sponsor: The Big Book program of action. Being a history-minded sort of guy, I have spent many years studying the ingredients and suggestions of the A.A. program.

A place to start was a November 1934, "kitchen table" meeting between Ebby Thacher and Bill Wilson (pg. 9): Ebby told of a simple religious idea (A vital spiritual experience), and a practical program of action (The Oxford Group's Four Absolutes, etc). Bill had the idea that his gin would outlast Ebby's preaching, but it did not—a week or so thereafter, Bill checked back into Towns Hospital never to drink again.

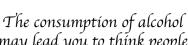
On Dec 14th, 1934, Bill, while lying in bed, went through the essential elements of our now Twelve Steps (pg. 13). By 1936 these ideas (tenets) became what was then known as the six-step program (Read pg. 263). Although similar, there were several versions of these.

Bill W. started writing the Big Book manuscript during the spring of 1938, and by December had completed the writing of all Twelve Steps. However, his manuscript was altered somewhat dramatically in January of 1939 and included our Twelve Steps of today.

But guess what - it worked! We then had maybe one-hundred members, but now over two-million are staying sober by their use. Thank God I had these guidelines when I sponsored Tom so many years ago. Bob S., Richmond, IN

MANY MEETINGS.... MANY CHANCES FEW MEETINGS.... FEW CHANCES NO MEETINGS.... NO CHANCES

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may lead you to think people are laughing WITH you.

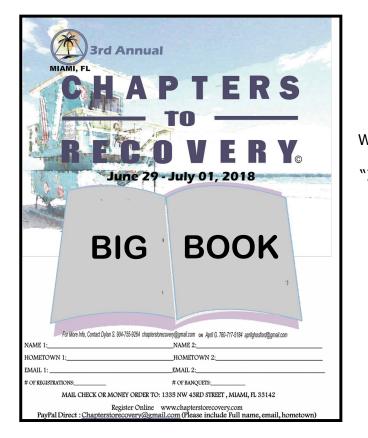
WARNING:

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"I Sure hope I'm sick," said the drunk to his doctor. I'd hate to feel this way if I'm well..... - Marían A.

Experience is not what happened to you. Experience is what you did with what happened to you.





### **CUARTO PASO**

Hicimos un minucioso valiente inventario moral de nosotros mismos.

DE NUEVO venimos a un paso que requiere valor. Una de nuestras principales razones para beber era escapar de nosotros mismos. Teníamos miedo de nuestros propios pensamientos y sabíamos que podíamos escapar de ellos a través del alcohol. Teníamos miedo de enfrentar los hechos. Teníamos miedo de nuestros puestos de trabajo, temor a nuestras familias, con miedo a la responsabilidad. Y teníamos miedo de pensar en ellos.

Así que habiendonos nosotros mismos fortificados mediante la adopción de los principales obstáculos consagrados en los primeros tres pasos, nos encontramos con que el tiempo ha llegado para hacer algo definitivo acerca de nuestro problema. Así que de forma parecida a un buceador en un lago helado nos sumergimos en un inventario de nosotros mismos.

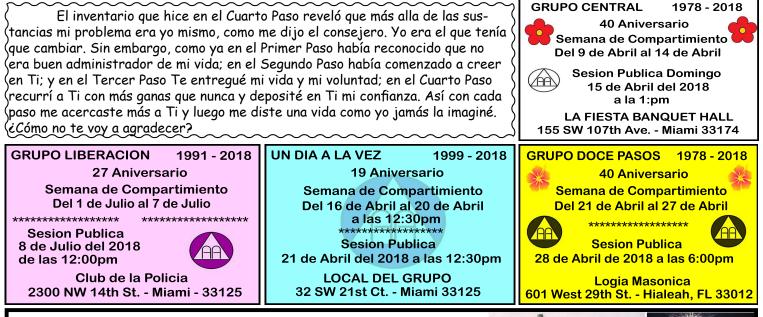
Y ¿qué encontramos? Hemos sido deshonestos. Nosotros hemos mentido. Hemos hecho trampa. Hemos roto el corazón. Nosotros hemos robado. Hemos difamado a otros. Nos hemos complacido con actividades extramatrimoniales. Hemos maldecido a Dios y al hombre. Hemos roto la fe. Nosotros hemos hecho añicos la mayor parte de las leyes de Dios y del hombre. En definitiva, nos encontramos con que estamos muy apesadumbrados, individuos miserables, y cada uno de estos hechos pueden rastrearse con el alcohol.

Para continuar con el inventario, consideramos nuestro cuerpos físicos, encontrando que la salud se deteriora, la memoria es defectuosa, la apariencia es cada vez más descuidada y desaliñada, las finanzas están en un nivel muy bajo. Y que honestamente habiendonos nosotros mismos desmontado nos preguntamos cómo en la tierra la gente nos ha tolerado todo este tiempo.

Es un acto valiente diseccionarnos así a nosotros mismos. Pero estamos totalmente compensados por la gran sensación de satisfacción experimentamos en haber al fin afrontado con claridad un problema. Nadie en su sano juicio quiere seguir de esta manera cuando se entera de lo que está mal en él,, por lo que lógicamente viene al quinto paso.

# CUARTO PASO

"Sin miedo hicimos un minucioso inventario moral de nosotros mismos."



### Convención Internacional – Detroit, Michigan Julio 2 al 5 de 2020

Para el otoño de 2019, se dispondrá de información sobre la inscripción para la Convención y reservaciones en hoteles. Se proporci nará a la información necesaria en los paquetes de inscripción, que también estarán disponibles en otoño de 2019. El paquete incluirá una lista de números telefónicos a que llamar para informarse en concreto sobre el alojamiento, el programa, etc. Se faciliará la información por correo postal a los grupos, oficinas y contactos de A.A. alrededor del mundo, así como por el sitio web.



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### FAITHFUL FIVER MEMBERS

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Yes, I would like m	y name to be added in	n "The Messenge	r.″ !	1	No, I would l	like to remair	anonymous!
Lee A. South Dade, Penn Brickell Circle, Becka Pa I	OU TO OUR FAITH y South Dade, Is Imetto Bay, Bert zzy South Dade, I	FUL FIVER'S abel South Da South Dade, A Raz S. Bricke	Your contrit ade, Gayle Adam M., S	outions are v South Dac Sal G. Sout	/ery much a de, Tina S :h Dade, C	appreciated outh Dade	e; Manuel N.
COMMITTEE MEETINGS:	GS DIST						
GS DISTRICT 10 <b>Monthly Business Meeting</b> 1st Tuesday of the month at 7:30pm at the CG Congregational Ch. 3010 De Soto Blvd., CG	4th Thursday ( @ 8:00 Sabal Pali 10102 SW 1 305.274 corrections@dist	pm at m Room L07th Ave. L74.34					
*****	******	****	SO	UTH DA	DE GR	OUP PI	RESENTS
GS DISTRICT 10	Miami Bid f			From 1	1.00am	+111 17.0	00pm
Grapevine Committe Meetings at the	2nd Friday of @ 7:30pr			From 11:00am till 12:00pm			
Coral Room	So. Miami Trea	tment Center		DOUBLE SPEAKER MEETING			
1st Sunday of the month	6900 SW Miami, FL						
@ 2:00pm 1100 Ponce de Leon, CG 305.446.9558	********			12:00pm	n till 2:0	0pm – I	BRUNCH
****	New Time an	d Location!		(	Mexical	n Food!)	
GS District 10 <b>PI/CPC</b>	GS DIST	RICT 10		(.		110003)	
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Coral Room @ 3:00pm 1100 Ponce de Leon Blvd.	2nd Saturday @ 2:0		3:0	Opm till :	5:00pm	<i>- Danc</i>	el Dance
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GS DISTRICT 10					CATT		
Literature Committee	For more infor		2		SATU	RDAY	
1st Wednesday of the Month @ 7 pm at	www.district:	LUIIIIAIIII.OFG			MAY 5 <sup>tl</sup>	<sup>h</sup> , 2018	
North Miami Group	C 🛋					, 4010	
822 NE 125th St. # 111	PR				SOUTH DA	DE ROOM	
305.899.8040				10965	5 SW 186 <sup>th</sup> S	t. – Miami - 3	3157

#### INTERGROUP CONTACT LIST

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### **"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 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

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### **TRADITION FOUR**

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

MARCH SABAL PALM Trish L. 1 Marilyn R. 1 Paul H. 1 Jeanette R. 2 Martha R. 2 Bill B. 1 Kendall 3 Steven E. 3 Chris G. 3 Ramona D. 3 Bry L. 2 John D. 4 Ryan D. 4 Ted S. 8 Trish S. 8 Alan B. 8 Claudio M. 9 James Z. 13 Albert M. 15 Raina L. 15 Leslie 16 Gaila G. 19 Harriet C. 24 Rosemary 24 Albert S. 32 Leo W. 1 Roberto C. 35 Art 2 Sandor K. 40 **CORAL GABLES** Rob W. 8 Karla G. 1 Jorge A. 2 Jeff R. 3 Scott P. 4 Oscar R. 6 Cathleen C. 6 PALMETTO Ron K. 7 Shelby 1 Cece S. 7 Saryna 1 Robert 8 John M. 2 Melissa P. 10 Art B. 2 Anthony V. 10 Olga M. 11 Karen A. 12 Vivian C. 12 Ben S. 27 Paddy K. 12 Dan U. 28 Karen M. 12 Justin B. 13 Sue K. 17 Ron D. 1 Lisa S. 22 John M. 2 Roberto L. 23 JR 25 Bill F. 4 Ruben G. 25 Blanca 6 Sharon 34 Shane 7 Johnny C. 35 Laura N. 18 Phil W. 38 Dawn F. 18 Frank B. 28 Judy K. 41

> Help Carry the Message

> > Of AA

SUNSET Shane O. 1 Bobby Z. 1 David S. 1 Albert M. 1 George P. 1 Jeanette R. 2 Willie M. 4 Craig R. 12 Linda S. 20 Elisa 32 Carlos V. 21 Mary C. 40 Scott G. 24 Ritzy 44 Becky S. 26 Carlos B. 29 Dan W. 30 SOUTH DIXIE Jeanie S. 2 Blanca G. 6 Wayne R. 9 Marco F. 16 Ellen W. 27 Judy K. 41 Valerie L. 7 Marco F. 16 Arlene L. 19 SOUTH DADE Jeanette R. 2

#### NORTH MIAMI Martin G. 1

Carmine 21 Bernetta C. 24 Matthew B. 51 HOMESTEAD Andrew R. 1 Bryce T. 1 Kathy C. 1 Nancy C. 2 Nicole D. 3 Maria Q. 5 Susan S. 15 Karen O. 21

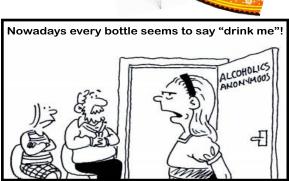
Sunday Russian-speaking Alcoholics Anonymous meeting. 12 STEP HOUSE www.russianaa.com russianaa.florida@gmail.com

MEETINGS IN RUSSIAN

Do you know any Russian-speaking

friend, who has drinking problems?

Please invite them to our new 7pm



GRAPEL

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



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- May 10th, 2018 @ 8:00pm 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 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 for a yearly contribution.

> Please make checks payable to: MIAMI-DADE INTERGROUP c/o The Messenger

Zip:	
	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!!!

