The Messenger **MIAMI-DADE INTERGROUP**



aamiamidade@bellsouth.net

Florida - USA

October 2018

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

305.461.2426 (Fax)

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My Amends began at Ground Zero Family Negligence Headed the List

I was serving in the navy, living like a fleet sailor, in a rocky marriage, with one child, in and out of port, drinking and quarreling a lot with my wife, and circling the drain. One day my ship pulled into port and tied up to the pier. I grabbed my essentials and went to my home in the navy housing facility to find the place empty and deserted. Gone was my wife, my son, my furniture, my car, my marriage and my pride. I returned to my ship, shamed and humiliated and absolutely crushed. I spent the next two years crying in my beer and looking for sympathy. I stared across the bar at myself in the mirror wondering if everyone in the bar knew how much pain I was in. I began to have problems getting back to my ship on time in the morning, and after the third such episode, when I woke up at 9 am, I was already two hours late for muster, I called the local A.A. fellowship and found my way there. That was on Oct. 15, 1969, and I have been sober ever since.

A little over a year after I got sober, I was remarried to my current wife of 47 years. About a year into that marriage I remember waking up in the middle of the night, sitting up in bed and my wife asked me, "what's wrong". I replied "I can't do this anymore". She asked me what I was talking about and I replied, "I have to stop bad mouthing my first wife". From that day until now, my wife and I have been treating her with kindness, respect, empathy, understanding and love. That is where I started getting into making amends and family negligence headed the list. There are many areas in our lives where we need to repair damaged relations, but there's no more important place to start than at ground zero. Our families have been on the receiving end of our errant behavior for years, and it will take time to regain their trust. They were not the problem, we were, and they don't owe us anything.

Until we gain some credibility, we can't make any

demands. Credibility is doing what you say you're going to do, and not making any promises we can't keep. A whole bunch of credibility leads to the beginning of integrity. We can repair other relations as we spiral outward from our families to our close friends then to our work mates and our fishing buddies and so on. Being a good husband/ wife, a good father/mother or, a good sister/brother, I think, should hold a top priority, as our families need us. About twelve years ago, after living in the same community for 24 years, at the time, and attending meetings daily I made a statement at a meeting that I would give anyone \$100.00 if they had ever heard me say one negative thing about my first wife, and nobody could collect on it, including my wife, and that son I thought I had lost. As I think back on that incident, I realize that it was the seed that fashioned my whole attitude about how I practice my principles. Now tell me, if I say that I never say anything bad about my first wife, but I am still gossiping and being critical about other people, am I not a hypocrite? I cannot be selective about who I apply these principles to. Principles are They are the solid bedrock that my credibility and integrity rest upon. Learning how to treat my family makes it much easier to repair the damage to those outside the family circle and my family will be witness to my credibility and my integrity. By Rick R.

54th Annual Gratitude Dinner

"Sunlight of the Spirit" **GENERAL SERVICE DISTRICT 10**



SATURDAY, DECEMBER 1, 2018

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.

Table \$200 - Each Ticket \$25.00 Contact the Intergroup Office at 305.461.2425 for more information

Gratitude Dinner Committee Meetings are being held as follows:
Sunset Room on the following dates: 6/2, 6/30, 7/28, 8/25, 9/22, 10/20, 11/10 & 11/24 (all meetings start @ 2:00 pm)



Step Ten



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

THE MESSENGER



A.A. MEETING ON THE BAY

Please join us for our monthly

Sunrise Speaker Meeting

sponsored by The Homestead Group & The South Dade Group

Great Guest Speakers

At the Biscavne National Park 9700 SW 328th St. - Homestead 33033

We will be getting together every 3rd Saturday of the Month

Next one is October 20th, 2018 at 7:30am









SEEDS OF SOBRIETY VIA STEP TEN

"Every moment of every day, God spreads winged seeds of sobriety over the desperate souls of every alcoholic •when they ask for help. However, seeds that come to rest in soil of selfishness, dishonesty, resentment and fear fail to egerminate and are lost. Fortunately, Step Ten teaches us how to maintain the sort of fertile spiritual soil into which God's seeds will cultivate joyous and continual sobriety.

The Step Ten directions (p. 84) tells us to continually watch for those new mistakes mentioned above—this sometimes needs happen before exiting bed in the morning. If one of those "grosser handicaps" are taking space in my •noodle, then a prayer is in order. It is time to reflect on the Big Book directions how to face and be rid of self-ishness, dishonesty, resentment and fear.

As I go through the day, I need to be aware of and utilize the important "face and be rid of" tools found in Steps Four Through Nine. When a new or old resentment crops up I need to remember the five-part spiritual Prayer on page 67 and considering whether I was at fault. When stupid and irrational fears crop up I need remember the fear prayer on page •68. When I feel myself veering toward selfishness and/or dishonesty I need to remember as how this is often my dismal •nature. What to do? Where is my Big Book? After all, I must keep in a fit spiritual condition if seeds of sobriety are to bloom into a joyous and God filled day.

My Big Book tells me that when selfishness, dishonesty, resentment and fear crop, I am to ask God at once to remove them. Then I need to discuss them with someone immediately. If I have harmed someone, I am to make amends equickly. Who said there was no timetable in the Big Book? However, after all, God gave us brains to use, so you probably •shouldn't wake up your sponsor at three in the morning for some trivial and unnecessary reason.

If I continue to cultivate my spiritual ground of being, Step Ten promises that my sanity will grow to where I will be able to see and act on the truth in the matter of drink. It even informs me that my mental obsession will be removed! (p. 85) But the prerequisite is that I maintain a fit spiritual condition. I must continue to thank God for continually planting •His seeds of sobriety in me throughout each day for the rest of my life. By Bob S.

I must face and be rid of my grosser handicaps of selfishness, dishonesty, Resentment and fear to maintain a fit spiritual condition.

ALCOHOLIC IS NOT ME

I'm not an alcoholic and you all will soon see The disease of alcoholism will never get to me.

Alcohol made me confident, vibrant and carefree Sobriety never offered these sensations to me.

Through the good times and bad - no matter the occasion Drinking was always a part of equation.

My illness progressed requiring a bottle a day only alcohol could keep my jitters away.

My DTs got so bad I could hardly write yet I continued to drink morning, noon, and night.

I'll practice some controlled drinking.

I'll limit the number I consume (or so I was thinking)

I will only have two drinks - two and I'm through.

Drinking only natural wines - I even tried that too.

Not before 7 p.m. will I touch a glass of wine. But by 7:01, I'd made up for lost time.

went from scotch to brandy. I tried drinking beer only. Drinking only on the weekends, or at times when I felt

I thought quitting for a period of time would help The alternative being jails, institutions or death.

My drinking progressed and took a turn for the worse when I started hiding liquor bottles inside my purse. My fiance gave me a choice between him and my booze I knew in an instant which addiction I would choose.

"I can quit at anytime," is the lie I often told myself.

And I don't need the help of you, A.A. or anyone else. I knew the hazards of drinking too much

When asked if I'm an addict, I responded, "Not at all." I'll attended meetings but inside I knew...

I wasn't like you, you or like you!

I was given an Am I an Addict pamphlet by someone I knew 28 out of 29 questions I answered were true. With my eyes wide open I slowly began to get it.

Alcohol had ruined everything including my good credit. I had been fighting a battle that clearly I couldn't win.

The insanity of my disease would manifest itself all over again.

I am an alcoholic and quite clear to me,

That the disease of alcoholism has finally become me. By Glenda Johnson

BISCAYNE GROUP

COMING SOON!

MORE WILL BE REVEALED

DECEMBER 7TH, 2018

SAVE THE DATE!



Halloween Party!

Sunday October 28th after the 11:00am meeting

COSTUME POTLUCK PARTY!!!!

Covered Dishes and Desserts are welcome!

From 12:00pm to 5:00pm



SOUTH DADE ROOM 10965 SW 186th St. Miami, FI 33157





A.A. MIAMI DADE CORRECTIONS COMMITTEE

Service opportunity to serve at the State **Prisons!**

Minimum requirement: 1 year sobriety or to have worked the 12 Steps.

Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and God will keep you unharmed.

OPEN Opportunities to bring meetings to facilities such as:

Opalocka Work Release, South Florida Reception Center, Everglades, DCI and more...

Desired Days and times vary from Mondays to Saturdays - Evening times for men/women meetings.

For those serious about this level of commitment a training has already been scheduled with State prison chaplain on October the 15th at 7:00pm

Training location at:

SOUTH FLORIDA RECEPTION CENTER 14000 NW 41st Street - Doral

For more information email correctionsdistrict10miami@gmail.com
Or call the Intergroup Office at: 305.461.2425

WORKING WITH OTHERS

Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.....

Please make a note on your calendars!

Let's carry the message and Give Back!



QUINTA TRADICION 1998-2018

20 Aniversario

Semana de Compartimiento Del 6 al 13 de Octubre

Sesion Publica Domingo 14 de Octubre a las 12:00pm

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

VIVIENDO SOBRIO 2014- 2018 4to Aniversario

Semana de Compartimiento Del 8 al 12 de Octubre a las 8:00pm

Sesion Publica Sabado 13 de Octubre a las 6:00pm



Iglesia Metodista Unida 133 Ponce de Leon - Miami, FL 33135



OFICINA INTERGRUPAL HISPANA Y DISTRITO 17

HISPANA Y DISTRITO 17

Los invita a nuestras reuniones planificadas de servicio en los grupos

Continuando con el grupo

GRUPO DOCE PASOS

Miércoles - Octubre 17, 2018 a la 8:00pm

Temas:

1) Beneficios de server en A.A. 2) Servir por agradecimiento en A.A.

GRUPO NUEVA VIDA

Sábado - Noviembre 3, 2018 a la 8:00pm

Temas:

1) Trabajando con otros.2) Que se necesita para servir en A.A.

TODOS LOS GRUPOS ESTAN INVITADOS!
ABRA REFRIGERIO!

DECIMA TRADICION

"Alcohólicos Anónimos no tiene opinión acerca de asuntos ajenos a sus actividades; por consiguiente su nombre nunca debe mezclarse en polémicas públicas.."



OFICINA INTERGRUPAL HISPANA

Los invita a nuestra asamblea pública para la elección de nuestra mesa de servicio para el periodo de Enero del 2019 a Diciembre del 2020

A realizarze: el 4 de Noviembre del 2018 a la 1:00pm

En el: Grupo Fé y Esperanza 407 SW 12 Ave. – Miami - 33130

TODOS LOS GRUPOS ESTAN INVITADOS! HABRA REFRIGERIO!

DECIMO PASO

"Continuamos haciendo nuestro inventario personal y cuando nos equivocábamos lo admitíamos inmediatamente.."

Acompañenos para fortalecer nuestra unidad!

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.



FAITHFUL FIVER MEMBERS

Yes, I want to partic Contribution information:	-		lub!						
Amount:	Monthly:	Quarterly:	:	Annually:			5		
(Note: No A.A. member can contribute more than \$3,000 per year)									
I am a new Member: PAYMENT PLAN	Current Men	nber:		Returning	g Member: _				
Check Enclosed:	Credit Card:	Visa	MC	Amex _		_ CVS:			
Card #:	-		_ Expiration	date:					
Name on Card:		Address:							
City:Yes, I would like	State: my name to be added in	•			•				

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. Lee A. South Dade, Penny South Dade, Isabel South Dade, Adam M., Sal G. South Dade, Charles S. South Dade,

Kandice South Dade

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 1100 Ponce de Leon, CG 305.446.9558

GS District 10 PI/CPC **TO BE ANNOUNCED!**

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 Room 10102 SW 107th Ave. 305.274.74.34 corrections@district10miami.org

Miami Bid for FCYPAA

2nd Sunday of the month @ 1:30pm at the Lambda Miami Dade Club 28 NE 54th St. Miami, FL 33137

New Time and Location! GS DISTRICT 10

Treatment Committe

2nd Saturday of the Month @ 2:00pm Sabal Palm Room 10120 SW 107th Ave. - 33176 305.274.7434

For more information go to www.district10miami.org





Atheist and agnostic AA members share their experience, strength and hope

Just published!

One Big Tent Atheist and agnostic A.A. members share their experience, strength and hope!

A.A. TRIVIA

WHAT WORD IS MOST USED MOST FREQUENTLY IN THE APPENDIX **ENTITLED SPIRITUAL EXPERIENCE?**

A. Change

B. Spiritual

C. God

D. Serenity

WHICH TRADITION STATES THAT EVERY GROUP HAS THE RIGHT TO BE WRONG?

A. Tradition 3 B. Tradition 4 C. Tradition 5 D. Tradition 6

WHICH TRADITION CHALLENGED THE EARLY MEMBERS OF A.A. BECAUSE OF ED, AN ATHEIST IN THEIR A.A. GROUP? A. Tradition 2 B. Tradition 3 C. Tradition 11 D. Tradition 12

WE, A.A. ABSOLUTELY INSIST ON:

A. Doing the Steps B. Reading the BB. C. Enjoying life D. Working with a Sponsor.

WHICH TRADITION HELPED MEMBERS DECIDE TO DECLINE THE GIFT OF 10,000 FROM A TRUST FUND?

A. Tradition 6 B. Tradition 7 C. Tradition 8 D. Tradition 9 (Answers on p. 7)

INTERGROUP CONTACT LIST

aamiamidade.org

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Dylan S.

Secretary

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Raz S.

Jennifer R.

Aly P.

Manuel N.

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Askia K.

Mary S.

Founder's Day

Yvonne N.

Intergroup Banquet

Lee, Raz, April

Intergroup Office

Jennifer R.

The Messenger

Office

Outreach

Michael G. (North)

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OPEN POSITION

Twelve Step Relay

Laura N.

Big Service Breakfast

Richard A.

General Service Liaison

Keith D.

Spanish Intergroup

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Webmaster

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Kevin W.

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Askia K.

Treatment

A1 P.

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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





Tradition Ten

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

AUGUST

SOBER WAY OUT

Marc M. 3 Reggie c. 4 Alex V. 6 Raina E. 7 Rafaela R. 7 Norma C. 8 Lucille G. 9 Kris S. 13 Clyde I. 14 Debra J. 20 Garcia G. 25 Deborah J. 27 Pat G. 28 L.A. Rose 33

SOUTH DIXIE

Jimmy S. 33

Elise 2 Ruben C. 2 Frank V. 31 Tom Mc. 36

OCTOBER

LITTLE RIVER **GROUP**

Ronaldo B. 1 Johnnie 12 Felix 15 Jackie 27 Walter 34

SEPTEMBER

NORTH MIAMI

Grace 7 Gloria P. 12

SOUTH DADE

Morgan 1 Hendrick 1 Ivan 1 Marcy A. 6 Todd F. 11 David K. 14 Lucia 17 Abbie 21 Brian W. 25 Manny H. 26

SUNSET

Barbara M. 1 Christy B. 1 Roly S. 1 George D. 1 Michelle C. 1 Rick N. 3 Vince C. 3 Jessie G. 4 Richard B. 4 Shawn S. 5 Pedro F. 6 Hugo D. 18 Lisa V. 18 Shari T. 23 Michael T. 24 Celeste M. 29 Richard J. 36 Matt T. 45

SABAL PALM

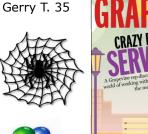
Danny T. 1 Michael R. 1 Flavio S. 1 JR R. 1 Laura B. 1 Carlos Mar. 2 Jeff B. 2 Mark G. 3 Jorge Lc. 4 Andrew B. 5 Kathie M. 8 Richard C. 11 CIP 12 Jeanette B. 13 Colleen F. 13 Gary J. 15 Bobby O. 17 Paul B. 18 Robert R. 21 Jim L. 32

SOUTH DIXIE

Morgan 1 Josh H. 2 Vitaily 6 Jack M. 10 Jim W. 13 Dwayne 32 Jim L. 32

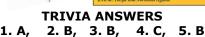
SOBER WAY OUT

David M. 2 Vanessa J. 7 Luiz S. 7 Marvin F. 14 Kenneth T. 14 Adi M. 15 Yusuf S. 21 Debra J. 22 Donna B. 27 Marta FH 30





Marc B. 34



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

Group Conscience/Business/Service Meetings

Brickell Group/3rd Thursday @ 1:05pm

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

SUNSET'S 55TH **ANNIVERSARY PICNIC** WHERE: AD BARNES PARK, PAVILION #4 3401 SW 72ND AVE, MIAMI, FL 33155 DATE: NOVEMBER 3, 2018 TIME: 11:00 AM - 3:00 PM FUN, FOOD, FELLOWSHIP, MUSIC & 50/50 RAFFLE!!! **EVERYONE IS INVITED!!!**

MEETINGS IN RUSSIAN

Do you know any Russian-speaking friend, who has drinking problems? Please invite them to our new 7pm Sunday Russian-speaking Alcoholics Anonymous meeting.



www.russianaa.com russianaa.florida@gmail.com

Help Carry the Message Of AA



LOOKING FOR MEETINGS?

Learn more at: www.meetingguide.org

Here is the icon to look for.....



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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!!!

