

The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

April 2019

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

The Fear of a Moral Inventory Those Tormenting Ghosts of Yesterday

Over the years, I have watched the differing patterns of A.A. members and the degree of the importance of Thoroughness applied to the steps as opposed to simply abstaining from alcohol and with all the empathy and compassion in my heart I try to be available to everyone with an explanation of what I perceive to be the biggest Stumbling Block that stands in the way of the unfortunate ones that never seem to reach the degree of Happiness and Peace of Mind that the program offers. When I am approached by someone who is struggling with this issue my first question would be, "Have you completed a thorough Fourth and Fifth step" and if they are honest about it, we have a chance to revisit that part of the program and Neutralize those Tormenting Ghosts of Yesterday. I was that guy in my first attempt at taking the steps and rather than dealing with it I just went to meetings and told funny stories until an event in my life caused me to take a second look at the inventory process and I'm so glad that I got it right the second time around, for if I hadn't, I can see no possible way that I could have followed up with the remaining steps of the program. Most alcoholics are not proud of their past behaviors and live in a constant state of guilt and shame. They believe that they were responsible for those behaviors and that is where the alcohol became the solution (no pun intended) to their problem until it stopped working. There is a difference between Responsibility and Accountability. Most alcoholics believe that they are responsible for becoming an alcoholic and that is the Biggest Misconception concerning this subject, unless, at childbirth, you had the capacity to understand alcoholism and the ability to decide that you wanted to become one. From the day we were born, until we took our first drink, we were conditioned to a degree that alcohol affected us differently than it does for the normal person. Our minds were diseased, and we had no choice in the matter. The symptoms of the disease were the behaviors that followed. Once we are aware of this perception, and become willing to become accountability for those behaviors and make restitution for wrongs done, who could fault us for that? As we continue the steps of the program, we start by recognizing the old alcoholic habits and they are not too hard to change, and we seem to begin that process as soon as we start attending meetings and we deal with the obvious things upfront and if we continue to examine our motives for the things we do, over a period of time, the load gets lighter and lighter. Now comes the Stumbling Blocks I referred to earlier; Those Tormenting Ghosts of Yesterday.

Continue.....

"Made a searching and fearless moral inventory of ourselves."

There is a big difference between a Habit and a Deed. Habits can be changed, in time, as we establish a new track record and we become an entirely different person. Deeds are an entirely different matter. We can't change history. I'm sure that we all have done things that we would hope that they remain a secret but when they measure up to the term "Tormenting Ghosts" we need to deal with them if we wish to have some degree of Happiness and Peace of Mind. We can't change our history but we can change our Perception of those deeds as Symptoms of the disease of Alcoholism that were part of the conditioning and often things that happened even before we ever took a drink and as painful as they may be, if we spend the rest of our lives living by those unselfish habits, over a period of time, our actions will far outweigh our guilt and shame. We only live once, and it would be a shame if some thing that happened years ago kept us in pain as a result of a symptom of a disease. They are not what we Perceived them to be.

By Rick R.



2019 GRAPEVINE ROUNDUP!

APRIL 27TH, 10AM-4PM

**BLUE LAKES PARK
4225 SW 92ND AVE
MIAMI, FL 33165**



**TICKETS: \$10.00 EACH
DESSERTS WELCOME!**

**JOIN THE GRAPEVINE COMMITTEE MEETS
EVERY 1ST SUNDAY OF THE MONTH
AT CORAL ROOM AT 2PM!**

CALL ANNA FOR TICKETS (773) 220-4262



Perspectives on Step 4

By Dominica A.

My years of addiction landed me in some pretty painful circumstances. Due to using alcohol and other vices to cope, I ended up hurting others and myself. I did things I am ashamed of. I wore a mask, lived a lie, and still walked around with a big smile on my face pretending all was well.

By the time I entered recovery, I was broken, ashamed, depressed, confused, and hopeless. I needed help. Working the 12 steps has been a gateway for serious transformation.

Attend to Your Wounded Inner Child

You'll be writing a lot in Step 4. You'll be looking at your past. You'll be able to get a glimpse of some childhood wounds or traits that you picked up along the way. You'll feel some things you may have been numbing for decades and work through them. You'll courageously tackle any character defects, shortcomings, or internal programming that kept you in bondage.

I felt a huge relief after I completed this step. I squared my shoulders and faced a lot. Then, as I began to heal, I began looking at myself with a new perspective—a loving and compassionate perspective. I forgave myself for my past. Shot my emotional baggage to the moon.

My advice for heading into Step 4 is to allow courage to rise and be completely honest with yourself while doing it. Dig deep. Shed layer after layer of pain, lies, shame, and anger, and get to the guts of who you are: a beautiful and courageous soul!

The Inventory Step

Step 4 is called the Inventory Step. This simply means taking an honest look at all of your good and bad character traits. Peeling back the curtain and exposing IT ALL. When you take inventory, you take notes or write down ALL that you have on hand.

Wait. I have to write down all of my negative character traits? My defects? I have to admit that I hurt others? Own my insanity? Take responsibility for all the times I manipulated, lied, stuffed, etc.? Yes. Believe it or not, it's important for a solid and life-changing recovery.

Get to the Roots of Addiction

Step 4 is where the rubber met the road for me.

This is the step that really scared me. But at the same time, it got me excited. This is a step that could help me get to the root of my insane thoughts, behaviors, and addictions. I mean, why in the world did I continue to use booze to numb or use people to fill the void? What were the underlying causes?

If there's one thing this step taught me, it's that to get to the buried treasure, you've got to get your hands dirty!

Step 4 prompted me to dig through a lot of "junk" and begin a journey toward healing old wounds and rediscovering the beautiful person I am at my core. Turns out I'd simply forgotten.

How Do You Complete This Step?

Be honest about your moral defects: They can give you insight into why you started drinking in the first place.

Accept that the problem is within yourself and drop the word "blame" from your vocabulary: You and you alone are responsible for your behaviors.

Work closely with your sponsor: They will share their defects with you, too, for comfort and security.



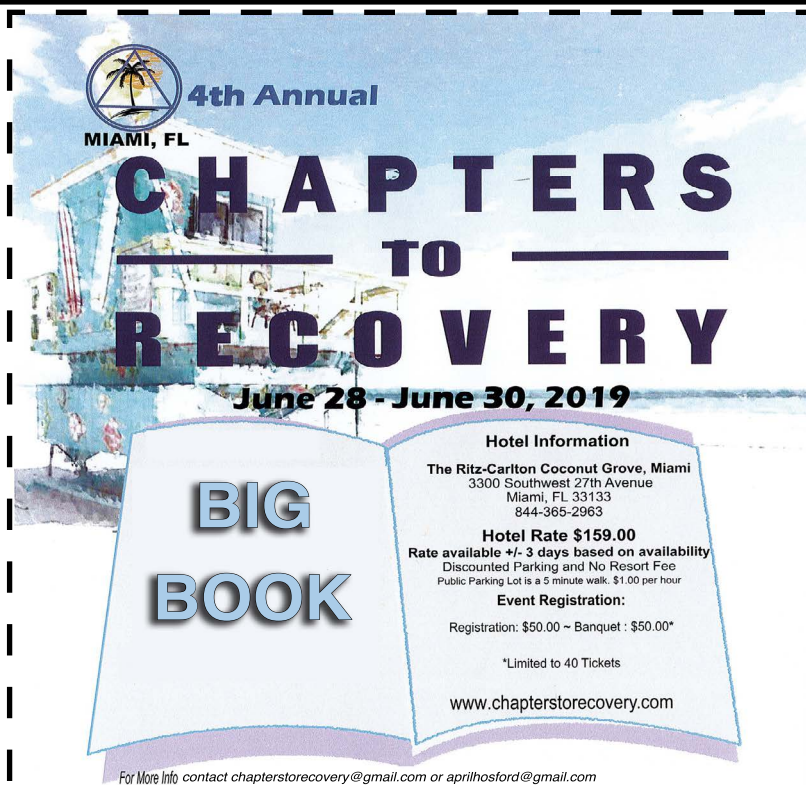
63RD FLORIDA STATE CONVENTION

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SERVICE IN ACTION
63RD FLORIDA STATE CONVENTION



4th Annual
MIAMI, FL

CHAPTERS TO RECOVERY

June 28 - June 30, 2019

BIG BOOK

Hotel Information
The Ritz-Carlton Coconut Grove, Miami
3300 Southwest 27th Avenue
Miami, FL 33133
844-365-2963

Hotel Rate \$159.00
Rate available +/- 3 days based on availability
Discounted Parking and No Resort Fee
Public Parking Lot is a 5 minute walk. \$1.00 per hour

Event Registration:
Registration: \$50.00 ~ Banquet : \$50.00*

*Limited to 40 Tickets

www.chapterstorecovery.com

For More Info contact chapterstorecovery@gmail.com or aprilhosford@gmail.com

NAME 1: _____ NAME 2: _____
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EMAIL 1: _____ EMAIL 2: _____
OF REGISTRATIONS: _____ # OF BANQUETS: _____

MAIL CHECK OR MONEY ORDER TO: 1335 NW 43RD STREET, MIAMI, FL 33142

Register Online www.chapterstorecovery.com

PayPal Direct : Chapterstorecovery@gmail.com (Please include Full name, email, hometown)

This not for profit event is the annual speaker conference for the AA Group "Chapters to Recovery" GSO # 717215.
Contributions will be made to AA world Services as well as local AA intergroup, District and Area Organizations



**IT'S IN THE
BIG
BOOK!**

LET YOUR ACTIONS DO THE TALKING

Big Book "Acceptance was the Answer" page 417

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing, or situation - some fact of my life - unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy.

I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

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Dr. Bob and the Good Oldtimers page 222

On his desk, Dr. Bob had a plaque defining humility: "Perpetual quietness of heart. It is to have no trouble.

It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as un a deep sea of calmness, when all around is seeming trouble."

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THANK YOU!

To all the volunteers and the service they provided in the preparation of our 64th Annual Banquet at the Double Tree Hotel by Hilton on March 23rd, 2019.

It was a great night of fellowship and sharing and a night to reconnect with special friends that we don't get to see very often.

To prepare one of these events is not easy, it takes a lot of time and effort from all the people involved. We want you to know we appreciate each one of you for your commitment and dedication in making this event a success.

Also, we would to thank all the people that attended our Banquet; without your support and attendance it would not have been possible to have a successful one. Special thanks to our great Speaker who came all the way down from Canada. Her message was trully inspiring.

We at your Intergroup Office thank you again!

GRUPO CENTRAL 1978 - 2019**41 Aniversario****Semana de Compartimiento
Del 8 de Abril al 13 de Abril****Sabado Maratonico de
11:00am en adelante.****Sesion Publica
Domingo****14 de Abril del 2019
De 1:00pm a 5:00pm****Jorge Mas Canosa Youth Center
250 SW 114th Ave. - Sweetwater****UN DIA A LA VEZ 1999 - 2019****20 Aniversario****Semana de Compartimiento
Del 15 de Abril al 20 de Abril
a las 12:30pm**

Sesion Publica**20 de Abril del 2019 a las 12:30pm****LOCAL DEL GRUPO****32 SW 21st Ct. - Miami 33125****GRUPO DOCE PASOS 1978 - 2019****41 Aniversario****Semana de Compartimiento
Del 20 de Abril al 26 de Abril**

**Sesion Publica****27 de Abril de 2019 a las 6:00pm****Logia Masonica****601 West 29th St. - Hialeah, FL 33012****XLVII CONVENCION HISPANA DE ALCOHOLICOS ANONIMOS
ESTADOS UNIDOS Y CANADA SEDE ATLANTA, GEORGIA
AGOSTO 30, 31 Y SEPTIEMBRE 1, 2019****UN MILLON DE VOCES
UN SOLO MENSAJE****RESERVACIONES 1(800) 468-3571.**CLAVE: CONVENCION NACIONAL HISPANA DE ALCOHOLICOS, INC. XLVII
30, 31 AGOSTO 1 SEPTIEMBRE

f CONVENCION NACIONAL

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ATLANTA GA. 31119
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WAVERLY HOTEL & CONVENTION CENT
2450 GALLERIA PARKWAY
ATLANTA, GA 30339
770-953-4500

✉ UNMILLONDEVOCESUNSOLOMENSAJE@GMAIL.COM

4TO PASO**"Sin miedo hicimos un minucioso
inventario moral de nosotros
mismos."****4TA TRADICION****"Cada grupo debe ser autónomo,
excepto en asuntos que afecten a
otros grupos o a
Alcohólicos Anónimos considerado
como un todo."****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 proporcionará 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 facilitará 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 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: _____

Check Enclosed: _____ Name: _____ 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

For Credit Card recurring contribution information please call the office at: 305.461.2425

"Each day that your Group participates in the work of our local A.A. services, whether through those who "Contribute their Time" or Group Contributions, or Sobriety Contributions, something wonderful happens in A.A. When a newcomer calls us and finds your meeting, it is indeed a miracle. Your contributions show that you care about the services we as a fellowship provide and continued hope for the newcomer that reaches out for help. Words cannot fully express the deep gratitude about the energy that your A.A. Group devotes into carrying the message of hope to the still suffering alcoholic."



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.
Adam M., 5 Anonymous.

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
Corrections Committee**
4th Thursday of the month
@ 8:00pm at
Sabal Palm Room
10102 SW 107th Av., 33176

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

Archives Committee
2nd Tuesday of the month
@ the Harmony Room
721 SW 24th St. # 205

Remote Communities
4th Friday of the month
@ 1:00pm at St. Jude Church
126 SE 15th Rd. 2nd Floor

Meetings at the
CORAL ROOM
1100 Ponce de Leon, CG
305.446.9558

**GS DISTRICT 10
Grapevine Committee**
1st Sunday of the month
@ 2:00pm

**GS DISTRICT 10
PI/CPC**
4th Saturday of the month
@ 3:00pm

**GS DISTRICT 10
Literature Committee**
2nd Tuesday of the month
@ 7:00pm

Treatment Committe
3rd Saturday of the Month
@ 3:00pm

**For more information go to
www.district10miami.org**



SERVICE IN ACTION
63RD FLORIDA STATE CONVENTION

ITALIAN DINNER

First Miami Presbyterian
609 Brickell Ave. Miami FL, 33131
Dinner at 6pm

Guest Speaker at 7:30pm

Free with a registration to the state convention
15\$ in advance 20\$ at the door

**INTERGROUP
CONTACT LIST**

aamiamidade.org

*Chairman***OPEN POSITION****Vice-Chair**

Raz S.

Treasurer

Dylan S.

Secretary

Yvonne N.

Steering Committee**OPEN POSITION**

Jennifer R.

Tom D.

Manuel N.

Ian S.

Trustees

Askia K.

Mary S.

Founder's Day Picnic**OPEN POSITION****Intergroup Banquet**

Lee & April

Intergroup Office

Jennifer R.

The Messenger

Office

Outreach**OPEN POSITION****Public Information**

Sam H.

Twelve Step Relay

Berry G.

Big Service Breakfast

Kevin W. (Co-chair)

General Service Liaison

Tamara K.

Spanish Intergroup**OPEN POSITION****Webmaster**

Office

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CONTACT LIST**

www.district10miami.org

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Recording Secretary

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Gratitud Dinner

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Isabel C.

PI/CPC

Mario P.

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Glen H.

Big Service Breakfast**OPEN POSITION****District 17 Liaison****OPEN POSITION****Remote Communities**

George R.

Webmaster

Nino P.

"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

CONCEPT FOUR

"Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge."

SOBER WAY OUT

Cindy J. 1
Jennifer V.2
Lisa B. 2
Jennifer D. 3
Carlos H. 3
Ellen 7
Jessica S. 10
Carlos 12
Marta P. 14
John H. 15
Jerzy L. 18
Annie P. 20
Robert J. 21
Raymond A. 22
Felix 26
Fred T. 29

SABAL PALM

Nick L. 1
Francisco S. 1
Jason B. 1
Michelle F. 1
David S. 2
Trish L. 2
Martha R. 3
Chris G. 4
Jeff R. 4
Steven E. 4
Ramona D. 4
Ryan D. 5
John D. 5
Trish S. 8
Claudio 10
James Z. 14
Raina L. 16
Albert M. 16
Leslie 17
Gaila G 20
Rosemary 25
Albert S. 33
Roberto C. 36
Sanford K. 41

SOUTH DADE

John M. 3
Art B. 3
Bill F. 5
Shane 8
Cecile 18
Dawn F. 19
Arlene L. 21
Ben S. 28
Frank B. 29
Judy K. 42

MARCH

PALMETTO BAY

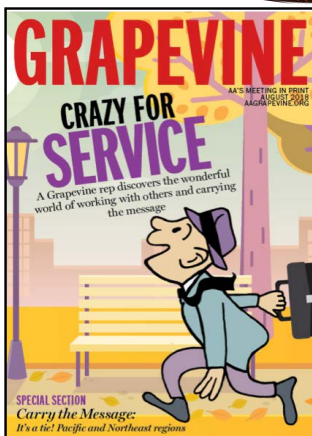
Pedro 1
Saryna 2
Shelby F. 2
Art B. 3
John M. 3
Valerie L. 8
Ben S. 28
Dan U. 29

HOMESTEAD

Robert B. 1
Bryce T. 2
Kathy C. 2
Nancy C. 3
Nicole D. 4
Maria Q. 6
Karen O. 22
Elisa S. 33
Mary C. 41

PRIMARY PURPOSE

Giovanni 1
Cece 1
Zoran 2
Lety 2
Loly 2
Bill 3
Alfredo 4
Bill 5
Ike 6
Mike 14
Pete 18
Jim32
Gwen 41



Just for today...



APRIL

LITTLE RIVER GROUP

Loretta W. 9
Richardo R. 8
John 19
Carlos G. 19
Jessie S. 21
Tamara G. 25
Pete K. 50

Our most sincere
condolences to the family

and Friends of our members
JR K. & Craig N.

Whom have recently passed away.

You will be greatly missed by
all of us.

Thank you for all your years of
service to A.A.



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.



12 STEP HOUSE
205 SW 23rd St.
Ft. Lauderdale, FL 33315

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

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
Happy Hour Group/ 3rd Thursday @ 6:35pm
Homestead Group/3rd Tuesday @ 7:00pm
Lincoln Road YP/3rd Sunday @ 7:00pm
Little River Group/2nd Sunday @ 7:00pm
Miami Young People/3rd Saturday @ 7:00pm
New Beginner's # 2/2nd Thursday @ 7:30pm
Night Owl Group/2nd Sunday @ 7:00pm
North Miami Group/Last Wednesday @ 7:15pm
Palmetto Bay/3rd Wednesday @ 6:35pm
Primary Purpose/Last Wednesday @ 6:45pm
Quinto Paso/1st Monday @ 7:00pm
Sabal Palm/3rd Thursday @ 7:00pm
Sober Way Out/3rd Sunday @ 7:00pm
Something Happens/1st Saturday @ 10:00am
South Dade Group/3rd Wednesday @ 7:00pm
South Dixie Group/2nd Sunday @ 12:15pm
Sunset Group/2nd Friday @ 7:00pm
West Miami Group/3rd Tuesday @ 7:00pm
We Stopped in Time/1st Monday @ 9:35pm
Young, Sober & Free/Last Sunday @ 8:05pm

Group Anniversaries

Almeria Group/Last Tuesday @ 7:30pm
Coral Gables Group/Last Monday @ 8:00pm
Grupo Central/Last Sunday @ 1:00pm
Good Morning Group/Last Friday @ 10:00am
Happy 1060 Group/Last Sunday @ 10:45am
Happy Hour Group/Last Friday @ 5:30pm
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

LOOKING FOR MEETINGS?

Learn more at:
www.meetingguide.org

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



**BUILDING
CONNECTIONS
WITH
GRAPEVINE'S
75TH ANNIVERSARY
TOOLKIT**

GRAPEVINE
75
YEARS

A comprehensive package
of recovery tools to
connect groups

Available January 21st, 2019
aagrapevine.org/75thanniversary

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 9th, 2019 @ 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

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

**Welcome
Spring**

