The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

July 2019

4315 NW 7th St. Suite 36 - Miami, FL 33126 /

305.461.2425 (24 hrs)

305.461.2426 (Fax)

aamiamidade.org

Breaking the Multigenerational Cycle of Alcoholism Our Children need a Safe Environment

Early in my first marriage I could easily rationalize all of my alcoholic behaviors. These things meant nothing to me, at the time, but that all changed the day that I became a father. It didn't change my behavior but it did affect my conscience. From that day forward I felt guilty about my inability to be a good father and as the result, my only son developed problems as bad as, or worse than mine. My wife and I separated and were divorced within two years of his birth and I got sober one year after that and have been sober ever since. My current wife of forty eight years and I have done everything we could to be supportive of my first wife and my son from a distance and as he turned ten years old, she asked us if we would take custody of him, since she was still having difficulties of her own and we understood and gladly accepted her offer. This was the right thing to do but it didn't solve my son's problem. He was damaged and the die was cast. He struggled with drugs and alcohol problems into his late forties and is now in the program, sober for seven years and doing well. From this experience and from the observation of the newer members that come to us in the midst of a divorce or a marriage influenced by alcohol or drugs, the children are often emotionally damaged and have very little chance of evolving into healthy adults.

Some of the symptoms I've read about are as follows: Children of alcoholics endure chronic and extreme levels of tension and stress. At times, children of alcoholics may begin to feel as though they are responsible for the problems and are likely to developing problems with drugs and alcohol themselves. These are just a few of the things that I and my family have experienced firsthand and it was not a pretty sight.

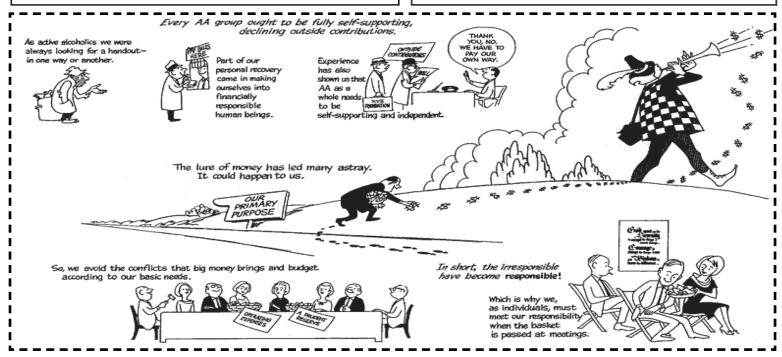
There were many sleepless night in sobriety wondering where my son was and fearing the worst.

It took many years of anguish before he finally surrendered and we finally had some peace of mind. My experience concerning this situation is to give some perspective on this matter in order to minimize the emotional damage to the children when the parents either divorce or reconcile their marriage.

Divorces are messy with the pain and disappointment of a failed relationship and my divorce was no different. Fortunately for us, I realized that my child would be witness to how I treated his mom and from that day foreword I have not been critical about her in or out of his presence. I only talk understanding and compassion and I taught him that same principle, and in time, she came around to the same way of thinking, and we all moved on with grace. When my grandson was born, the same thing happened when his mom and dad separated and my wife and I had a the chance to provide virtually all of his daycare, and we had the opportunity to shield him from most of the trauma by providing him with a safe environment, with love and comfort, explaining to him that they were good people but they have problems and we cannot judge them but we can help them when they are ready. The main thing was the safe environment part. We had the opportunity to walk him through these things with compassion and understanding. I am happy to say that he just completed his first year of college at the age nineteen with virtually no signs of emotional damage, no drugs or alcohol, no smoking of any kind and very mature. He talks to us freely about any and all subjects.

We can break the cycle but we must get our priorities straight as soon as possible, consider the damage to our children, put the past behind us and we must be strong enough to forgive. Every minute counts if we want to break the cycle.

by Rick R.



MY ANSWER WAS NOT ON THE WALL

During my first sober months I was "just surviving" on the first three steps; the obsession to drink plagued me every day—repeating the Third Step prayer helped but provided only temporary escape while I obsessively attended AA meetings. I began to preface my prayers with the number of days I had been sober. I believe this helped keep me in focus. However, the terrifying obsession was constant. I was doing the Twelve Steps "off the wall" (Like on pages 59 & 60) which, of course is only a summary; sort of like the Table of Contents of a book—not the actual clear-cut-directions. I was surviving on the fellowship (untreated alcoholism) and a false understanding of the Twelve Steps.

I thought I was living the AA Steps, but I was not!
Fortunately, I remained dry for five months, but then I marched into a bar and almost ordered a drink—happily I didn't! Terrified, I asked a new sponsor, Carl, for help and he immediately took me through the Steps directly from the Big Book!

At Step Three I asked God to relieve me of the bondage of self (of course, I had no idea what that was!), but Carl started me on Step Four at once before I had time to change my mind or "think things over." Upon completion of Step Four I came to realize that the basic nature of my bondage of self was rooted in selfishness, dishonesty, resentment and fear. I also learned to use the Big Book tools to face and be rid of these destructive ingredients. After Step Five, I knew exactly what to ask God to remove in Steps Six and Seven (after all, it was on paper right in front of me). We then discussed making amends.

Yet, the obsession persisted.

Carl informed me that although learning the AA program of action may provide a certain relief, the necessary release from the obsession happens only when put in action with the doing of Steps Ten, Eleven and Twelve. Carl was right—I haven't had to drink since!



New Group....



"NO DRY DRUNKS"

New Meeting.....

WEDNESDAYS @ 7:00pm

(Big Book, Open, Discussion)



Little River Club



(Small Room)

51 NE 82nd Tr. - Miami, FL 33138 - 305.759.6332







TRUMP NATIONAL DORAL MIAMI 4400 NW 87TH AVE. MIAMI FL 33178







SOBER WAY OUT LITTLE RIVER GROUP GOOD MORNING GROUP EACH DAY A NEW BEG. NIGHT OWL 79 ST BB GROUP



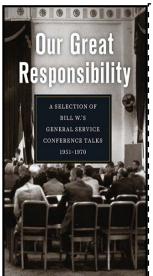


SUNDAY - JULY 14, 2019 11:00am 'til 4:00pm

Food, Fun for All, Fellowship Covered Dishes & Desserts Welcome RAFFLE / Talent Show! Oleta River State Park (White Ibis Pavilion) 3400 NE 163 Street, NMB

For More Information Call: Little River Club (305) 759-6332

Park Fee: \$6.00 per vehicle



"Our Great Responsibility"

New Publication

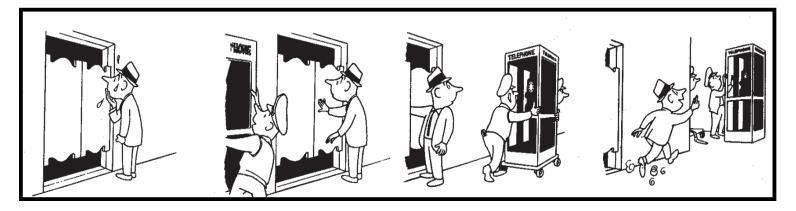
A selection of Bill W.'s General Service Conference talks, 1951 – 1970. Timeless & timely, these 16 selected talks give fresh perspectives on the A.A. Fellowship in our co-founder's own words.

BOOK ON SALE NOW! at your INTERGROUP OFFICE

in English & Spanish!

2020 INTERNATIONAL CONVENTION
Registration, Housing, and Transportation
International Convention - Love and Tolerance is Our Code
Detroit 2020

In less than two years — July 2-5, 2020 — the International Convention will celebrate A.A.'s 85th Anniversary in Detroit, Michigan. With a theme of "Love and Tolerance Is Our Code," A.A.s from around the world will converge on Detroit to celebrate sobriety and to share experience, strength and hope in meetings, panels and workshops at the Cobo Center, the Ford Field stadium and at other locations throughout the friendly city. Members of the Fellowship are now gearing up for this wonderful event, and the General Service Office is beginning to receive inquiries.



63 Convención Estatal Florida 2019

Servicio en

Acción

Miercoles, Julio 31 – Domingo, Agosto 4 63.floridastateconvention.com

Trump National Doral Miami 4400 NW 87th Ave. - Doral, FL 33178

Miercoles 7/31/19 a las 5:00pm Tema : La mujer en A.A.

Jueves 8/1/19 a las 11:00am Tema : Recuperación

Jueves 8/1/19 a las 4:00pm Tema: Libre

Viernes 8/2/19 a las 12:30pm Tema : Hay una Solución

Viernes 8/2/19 a las 4:00pm Tema: Una Visión para ti

Sábado 8/3/19 a las 12:30pm Tema: Jovenes en A.A

Sábado 8/3/19 a las 4:00pm Tema: Defectos de carácter



Septimo Paso
"Numildemente le pedimos
que nos liberase de
nuestros defectos."

Septima Gradicion

"Cada grupo de A.A. debe mantenerse completamente a sí mismo, negándose a recibir contribuciones de afuera."

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 participate in the Faithful Fiver Club!

Contribution information:	Date:			
Amount:	Monthly:	Quarterly:	Annually:	
I am a new Member:	•		\$3,000 per year) Returning Member:	
Check Enclosed:	Name:	Address: _		
City:	State:	Zip Code:	Tel: _()	
Yes, I would For Credit Card recurring	like my name to be adde g contribution informa	d in "The Messenger." ation please call the office	No, I would like to renat: 305.461.2425	nain anonymous

"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

GS DISTRICT 10 Corrections Committee

Miami Bid for FCYPAA

Archives Committee

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 Committe

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

"SOUTH DADE" YOUNG PEOPLE

CANDLELIGHT MEETING!



WEDNESDAYS @ 8:30pm

(O,S,D)







SOUTH DADE ROOM

10965 SW 186th St. - Miami - 33157 - 305,233,4784

INTERGROUP CONTACT LIST

aamiamidade.org

Chairman

Manuel N.

Vice-Chair

Raz S.

Treasurer

Dylan S.

Secretary

Yvonne N.

Steering Committee

Jennifer R.

Tom D.

Tamara K.

Barry G.

Ian S.

Trustees

Askia K.

Mary S.

Founder's Day Picnic

OPEN POSITION

Intergroup Banquet

OPEN POSITION

Intergroup Office

Jennifer R.

The Messenger

Office

Outreach

Joe C.

Public Information

OPEN POSITION

Twelve Step Relay

Barry G.

Big Service Breakfast

Kevin W. (Co-chair)

General Service Liaison

Tamara K.

Spanish Intergroup

OPEN POSITION

Webmaster

Office

GENERAL SERVICE CONTACT LIST

www.district10miami.org

Chairman

Gerry S.

Alternate Chairperson

Peter D.

Treasurer

Regina F.

Registrar

Sara G.

Recording Secretary

Manuel T.

Archives

Toni Marie

Corrections

Erik R.

Current Practice

Ray S.

Grapevine

Anna G.

Gratitud Dinner

David M.

Intergroup Liaison

Jorge L.

Literature

Isabel C.

PI/CPC

Mario P.

Accessibilities

OPEN POSITION

Treatment

Glen H.

Big Service Breakfast

David J.

District 17 Liaison

Sonia H.

Remote Communities

George R.

Webmaster

Nino P.

"THE MESSENGER"

Published Monthly by

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> Miami, FL 33126 Tel: (305) 461-2425

Fax: (305) 461-2425

E-MAIL:

aamiamidade@bellsouth.net WEBSITE:

www.aamiamidade.org

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

CONCEPT SEVEN

The Conference recognizes that the Charter and the Bylaws of the General Service Board are legal instruments: that the Trustees are thereby fully empowered to manage and conduct all of the world service affairs of Alcoholics Anonymous. It is further understood that the Conference Charter itself is not a legal document: that it relies instead upon the force of tradition and the power of the A.A.

purse for its final effectiveness.

JUNE

PALMETTO BAY

Sheila 2 Dave S. 6 Ivette M. 18 Frederiz 26 Carnie Joe 28 Carolyn S. 35

SUNSET

Josh N. 1 Vicki H .1 Liz M. 3 Renee L. 4 Julio L. 5 Mario D. 7 Frank A. 9 Ricardo M. 11 Paul S. 20 Mirta P. 31

SOBER WAY OUT

Paco 1 Tom H. 2 Graciela P. 2 Robert L. 3 Freddie D. 5 Alesia 5 Lina 9 Ricardo M. 11 Patrick 15 Wilfredo 17 Darnell 18 Judy 31

Karen W. 32

Richard W. 44

HOMESTEAD Kelly Anne N. 1 Jorge D. 3 Miguel A. 7 Gerry L. 11 Marion K. 11 Scott A. 11 Bob K. 19 Dale H. 23 Jimmy G. 26 Regina 17 Carnie Joe F. 28 Manny 1

SOUTH DADE

Sheila 3 Juanita 5 Rene 5 Donna T. 7 Dal 7 Fernando 10 Ivette 18 Patricia 24 Robin L. 26 Rob S. 28 Rusty 35

CORAL GABLES

Edward 2 Armand 3 Sean 4 Omar 5 Mario 7 Roger 8 Anthony 9 Marco 11

Julie 11 Rick C. 13 **Gus 14** Gisela 16 Lisette 19 Jim S. 26 Rob 28 Patricia 32 John S. 36

PRIMARY PURPOSE Emilio 1

Sam 2 Mercy 2 Denise 2 Peter 2 Frank 3 Milly 4 Shannon 4 Suzanne 4 Pedro 4 Kemp 4 Ileana 7 Kent 16 Wade 16

LITTLE RIVER **GROUP**

Melissa 3 Willie 8 Keith 24 Bartimous 26

GOOD

MORNING Antonio W. 6 Krystal B. 9 Kris S. 14 James T. 14 Gloria H. 16 Wilbur B. 24 Charlotte W. 30

JULY

SUNSET

Paula G. 1

Elizabeth B. 1 Rav C.1 Chris C. 1 Pat M. 1 Julissa G. 1 Clinton W. 1 Lucy C. 2 Diana L.3 Linda G. 3 Alyssa C. 5 Maria G. 10 Jim Q. 32

THE STILLFUNCTIONING

ALCOHOLIC went for her annual physical. "Well, Doc, how do I stand?" she asked. "That's what puzzles me," the doctor replied. by Terry B.

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

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

Submit Your Story for Upcoming Issues

- My Spiritual Awakening (due July 20)
- Getting Through Tough Times in Sobriety (due Aug 20)

www.aagrapevine.org/contribute

LOOKING FOR **MEETINGS?**

Young, Sober and Free/Last Sunday

Learn more at: www.meetingguide.org

Here is the icon to look for...



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!!!

