The Messenger MIAMI-DADE INTERGROUP

RECOVERY

aamiamidade@bellsouth.net

Florida - USA

October 2019

No Time to Rest on Our Laurels Playing Checkers or Playing Chess?

Let me preface this article by saying that I am not being critical of anyone for any reason concerning where a person is along the path of sobriety. My only motive for writing it is to give some prospective concerning the possibilities which lie ahead based on the thoroughness we apply to the steps as we put some distance between us and that last drink. I am one of the fortunate ones that showed up at the doors of Alcoholics Anonymous at the age of 28 and have never wanted a drink since that day.

I was the youngest person in the room for my first couple of years as the drugs using population of the Sixties generation hadn't started showing up until the mid-seventies and they seemed to bottom out at a much earlier age than the common variety alcoholics who seldom came to us until they were in their forties. (midlife crisis) I was referred to as "The fortunate One." In my first two years, I was like everyone else when it came to the subject of thoroughness, and I was selective about what I would do

with the program and about the things I would dismiss as being unnecessary since I had absolutely no desire to drink.

I was slow and deliberate when it came to actually taking the steps and it was almost two years before I attempted to do the fourth step

inventory and being in the Navy at the time, I was shipped out to an oil tanker in The Tonkin Gulf Yacht Club Where I spent four months hauling fuel to the fleet.

I had many nights at sea thinking and longing to be back with my home group and contemplating what I had planned to do and when I got home I re-opened my fourth step inventory with a new attitude about the steps and realized that my original attempt was a very shallow scam so I burned it and started over and this time, I got it right.

That, I think was the turning point in my attitude about thoroughness. I addressed those so called "Tormenting Ghosts of Yesterday." Shared them with another trusted member of the program and it just lifted the weight off my shoulders and that, I believe, made the rest of the program much easier.

I have attended a weekly step study meeting ever since and it helps me to measure my growth as we cycle through the steps and traditions several times a year.

There is a term on page 85 in the Big Book and, coincidentally, on Page 85 in the 12x12 that suggests" This is no time to rest on our laurels" and I take that very serious. Selfishness was the problem and today I live a life based on unselfish principles and motives.

(Cont. on pg. 2)

THE BEAUTY OF TRADITION TEN

It allows us to concentrate on what we have in common. Sobriety in AA is the first thing in my life that has really worked. I'm grateful to fellow AAs who've shown me how not to drink on a daily basis, and to alcoholics I've never met who established our Steps, Traditions, and Concepts for World Service. When I live these principles to the best of my ability, they keep me sober and in touch with the God of my understanding.

I'm especially grateful for Tradition Ten, where it is suggested that AA groups never get involved in the messy usiness of debating outside issues. The wonderful "extra" implied by this Tradition is that I, as an individual recovering alcoholic, am free to simply enjoy sobriety in AA, without having to defend my position on any outside issue.

You see, I grew up in the sixties. I lived with my parents (one alcoholic, one social drinker) who were closely associated with a small, left-wing, private college in the Northeast. It was a school where expressing your opinions in public was very important. On campus, where I hung out

as a thirteen-year-old, I heard lots of angry rhetoric about Vietnam, civil rights, and a lot else. My parents brought the same kind of political anger home with them, and challenged me to come up with informed positions on the same issues. I was only an eighth grader, but I was expected to engage in



adult-style discussions.

If I didn't have an opinion on the issue at hand, I was considered a failure or a nonthinker. Looking back, it was probably great training for a future alcoholic. I got very good at hiding the things I was truly ashamed of (especially the amount I drank), using a smoke screen of vaguely directed political opinion.

As my disease progressed, I was often broke, unemployed, hungover, and in need of a place to stay. Usually, my parents would take me in, and for months at a time I'd live at home, trying to get my act together. Deep down inside I knew I was sick and crazy from booze.

But at the time, dealing with it was too frightening. It was easier to engage my parents in a petty debate over some global issue beyond our control than to draw attention to the real reason I was out of work.

(Cont. on pg. 5)



55th Annual Gratitude Dinner

"Unity Through Love and Service"

GENERAL SERVICE DISTRICT 10



SATURDAY, NOVEMBER 9, 2019

Watsco Center, University of Miami 1245 Dauer Drive Coral Gables, FL 33146

Desserts are Welcome!

FELLOWSHIP DINNER SPEAKER
5:30pm 6:15pm 8:00pm

Docc H. - Speaker, East Naples Men's Group

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Groups are encouraged to contribute raffle basket with books

1. Build your own basket

(Conference approved literature including Grapevine) – suggested \$50.00.

2. We will build it for you. Contribute \$50.00. (Make checks payable to Miami Dade Intergroup)

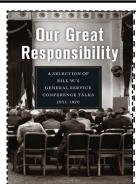
Table \$200 – Each Ticket \$25.00

Contact: David M. - Chair, 786 413-9450 ★ Iliana K. - Alt. Chair, 786 285-9065

Gratitude Dinner Committee Meetings are being held as follows:

Sunset Room on the following dates: October 12, October 26 and November 2, 2019 (all meetings start @ 2:00pm)





"Our Great Responsibility"

New Publication

BOOK ON SALE NOW!

at your INTERGROUP OFFICE

in English & Spanish!

SOUTH FLORIDA AREA 15 GENERAL SERVICE ASSEMBLY "Our Common Journey"

Hosted by District 9 | Broward County, Florida October 4-6, 2019 Registration Friday 4:00pm - 8:30pm,

Saturday 8:00am - 8:30pm, Sunday 7:00-9:00am

No Time to Rest on Our Laurels

:(Cont. from pg. 1)

After many years of sobriety, I could very easily slack off and vegetate, but I would have no purpose in life and if I neglected responsibilities my self-worth would suffer. I also stopped being judgmental about the behaviors of others or I would be playing God myself. Scott Peck Defines Love as "Caring for and nurturing another person" and I can love everyone even If they can't return the gesture. It simply means wishing the best for them and meaning it.

Happiness is a Biproduct of right living and living by unselfish principles is the key. These are just a few ideas but there many ways to continue to have a purpose and if you don't, you may be stronger now and you may want to re-visit the fourth thru the ninth steps and get a better perception on how to become a more useful member of society and be fulfilled or, you may be satisfied just not drinking one day at a time.

That's your choice. I overheard a sports-caster describing the different head coaches of professional football teams and he said, "Some are playing Checkers, and a few are playing Chess." Life takes on a new meaning and it is way too precious to waste when you've come this far.

by Rick R.

THE VETERAN traveler told of his surefire way of never getting lost, even in the heart of the most impenetrable jungle: "It's simple. Just start making a martini. Some clown is sure to appear and say, 'That's no way to mix a martini!"

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Fall 2019 Workshops



Traditions & Concepts Workshop

2 Day Workshop & Saturday Potluck

Oct 18 - 19

Miami Big Book Workshop 3 Day Workshop & Saturday Lunch Nov 15 - 17

Register @

miamibigbook.com

Price: \$25 each or 2 for \$40



First Miami 609 Brickell Ave Miami, FL 33131

Event to Benefit Local Intergroup, Local District 10, Area 15 and GSO.



Questions email: info@themiami.group

THE TENTH STEP PROMISES

The Big Book offers an array of promises associated with each of the Twelve Steps, but for me, the rewards starting on the bottom of page 84 and continuing throughout that paragraph are, by far, the most vibrant and exciting – these are my favorites:) "And we have ceased fighting anything or anything – even alcohol."

When I am living in the spirit of the Step Ten directions and resolutely turning my thoughts to someone I can help, I become much less reactionary with those who disagree with me. Being right, takes a back seat to developing a continuing friendly relationship. The first shot is not fired because the battle never begins.

"For by this time sanity will have returned."

I feel as though the word 'sanity' overflows from the first promise; if I am unable to differentiate the true from the false in the matter of drink, I am indeed suffering from alcoholic insanity. However, if I can see and act on the obvious truth in the matter of that next drink, I am living in a sane manner. The Big Book often uses the expression of insanity interchangeably with the phrase, 'mental obsession.' Jim's Story (p. 37) is case in point.

"If tempted, we recoil as from a hot flame"

During first sober year or so drinking thoughts would spawn deep-seated horror. If I would – as is often suggested – Think the drink through, the dismal memory of those horrible hallucinations coming on, the music exuding from the walls, and the jail door slamming shut filled me with terror. The dread of being fired, once again, would come on strongly. But as time passed, I learned to stymie these unpleasant thoughts before they become solidified. Actually, I believe I have developed a reverse Pavlov in the

"It just comes! That is the miracle of it."

This miracle happened for me! Thoughts of drinking no longer exists in my emotional vocabulary. This marvelous "release" took place in my second year of sobriety and I have not been plagued by the mental obsession since—thank you God!

("Instead, the problem has been removed. It does not exist for us."

These two phrases probably represent the most important single promise in the Big Book: a release from the insanity of taking that first alcoholic drink! Of course, this exciting promise is obviously concerning the mental obsession before the first drink. I will never be an ex-alcoholic—just one shot and I am shot! We are not told that the problem (obsession) has been eradicated, destroyed or beamed to outer space. It simply promises that it has been removed. That Obsession/Allergy will forever lurk, just waiting for me to fall below a fit spiritual condition.

"That is how we react so long as we remain in a fit spiritual condition."

I have found that living in the spirit of Maintenance Steps Ten, Eleven and Twelve, to the best of my ability, I have remained close enough to a fit spiritual condition that I haven't had to drink since my very first meeting in 1975.

By Bob S.



Workshops
Inviting AA members to share 7
minutes on a topic to be submitted to
aagrapevine.org

Mondays at 7pm West Dixie Club 1636 NE 148th Street North Miami, FL 33181



QUINTA TRADICION

1998-2019

21 Aniversario

Semana de Compartimiento Del 14 al 18 de Octubre

Sesion Publica Domingo 19 de Octubre a las 5:00pm

> 2980 NW South River Dr. Miami, FL 33125

GRUPO ACEPTACION 1993 - 2019 26 Anniversario

Semana de Compartimiento Del Domingo 1ro al 6 de Diciembre del 2019 a las 8:00pm

Continua..... De Lunes al Viernes a las 8:00pm

Sesion Publica 7 de Diciembre a las 6:00pm

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

VIVIENDO SOBRIO

2014-2019

5to Aniversario

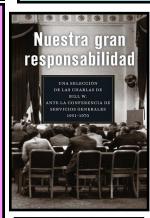
Semana de Compartimiento Del 21 al 25 de Octubre a las 8:00pm

***** ******

Sesion Publica Sabado 26 de Octubre

a las 6:00pm

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



"Bajo El Mismo Techo" Ateas y agnósticos como parten su experiencia



BAJO EL MISMO

Ateos y agnósticos comparten su experiencia, fortaleza y esperanza

Decimo Paso

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

AREA 15 SUR DE LA FLORIDA ASAMBLEA DE SERVICIOS GENERALES

"Nuestra Travesía Común" Auspiciado por el Distrito 9 | Broward County, FL | Octubre 4-6, 2019 Inscripción: Viernes 4:00pm - 8:30pm, Sábado 8:00am - 8:30 PM, Domingo 7:00am - 9:00am

Decima Gradición

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

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	:	5
I am a new Member:		nber can contribute more than Member:			
Check Enclosed: N	ame:	Address: _			
City:	State:	Zip Code:	Tel: _()	
Yes, I would like For Credit Card recurring of	contribution informa	tion please call the office	at: 305.461.24	25	
"Each day that your Group pa Contributions, or Sobriety Cor					

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.

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

COMMITTEE MEETINGS:

carrying the message of hope to the still suffering alcoholic.'

GS DISTRICT 10 Monthly Business Meeting

GS DISTRICT 10 Corrections Committee

Miami FCYPAA Host

2nd & 4th 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

GS DISTRICT 10 Grapevine Committe

1st Wednesday of the month @ 7:15pm Upper Room 822 NE 125th St. # 111 North Miami, FL 33161

Meetings at the

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

THE BEAUTY OF TRADITION 10 (Cont. from pg. 1)

Today, I'm sober and grateful for what it was like, what happened, and what it's like now. I'm even grateful to my parents, who put up with me as an active alcoholic while also living with their own illnesses. But I'm especially grateful to the alcoholics who founded this Fellowship and gave us the guidelines by which we run our groups. Tradition Ten frees AAs to concentrate on what we have in common—recovery, unity, service—rather than waste time debating outside issues. Angry debate of things over which we have no power can only serve to split us.

Matt F.

Brooklyn, NY

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As the social worker was passing his cell, she asked the prisoner, "Was it your love of drink that brought you here?" "No, ma'am," he replied.

"You can't get none of it here."

Sometimes when talking to a new man, we mention a Higher Power or God and we see panic in their eyes. Well, the way I learned to handle it was to tell the story I learned from an old timer.

In the story a newcomer said, "I don't understand this God business."

I don't understand this electricity business

either," said the old timer, "But I'm not going to sit in the dark until I do." Or as we sometimes say, "Fake it until you make it." Andy E., Akron, OH

INTERGROUP CONTACT LIST

aamiamidade.org

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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.

Founder's Day Picnic

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Intergroup Banquet

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Leah L. (Co-Chair)

Intergroup Office

Jennifer R.

The Messenger

Office

Outreach

Shane

Public Information

Sam H.

Twelve Step Relay

Bryce C.

Big Service Breakfast

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General Service Liaison

Tamara K.

Spanish Intergroup Liaison

Anthony B.

Webmaster

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www.district10miami.org

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Isabel C.

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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

CONCEPT TEN

Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

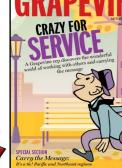
AUGUST

HOMESTEAD

Jorge M. 2 Sherri A. 3 Mike B. 3 Elena P. 6 Laura K. 12 Wes K. 14 Drew H. 20 Ron G. 21

SUNSET

Tony F.1 Richard E. 1 Natalie M. Nikki S. 4 Jill B. 5 Richard X. 7 Pedro P. 18 Iliana K . 30 Ed OC. 43



HOMESTEAD

John C. 2 Jan R. 4 Carlo C. 5 John W. 6 Roger M. 17

SOBER WAY OUT

Andv 1

SEPTEMBER

Juan 1 Ralph 1 Pedro 2 Frank2

Jerry M. 4 Erika 5 Ray 7

Mickey 18

Sandy B. 24

Michael T. 25

Shari T. 24

Susan 29

Celeste 30

Sergio 32

SUNSET

Ray 1

Russell S. 1

Carlos O. 1

Tammy L. 1

Cristy B. 2

Vince C. 4

Jessie G. 5

Richard B. 5

Shawn S. 6

Marisol G. 15

Pedro F. 7

Lisa V. 19

Hugo D. 19

Shari T. 24

Matt T. 46

Michael T. 25

Richard J. 37

Rick N. 4

George D. 2

Michelle C. 2

Reggie C. 1 David M. 3 Miriam 8 Vanessa J. 8 David 8 Luis S. 8 Mark 8 Kenneth T. 15 Gary 8

Marvin F. 15 Adi M. 16 Dennis S. 17 Catherine F. 21

Yusuf S. 22 Donya B. 28 Richie H. 30 Martha F.H.31

PRIMARY

PURPOSE Richie 1 Layra 2 Lorraine 2 Pedro 7 Yvonne 10 Lynn 12 Bill 13

SOUTH DADE

Donya 28

Bill 1 Morgan 2 John C. 2 Hendrick 2 Marcy A. 7 Fred D. 10 David K. 15 Lucia M. 18 Brian W. 26 Jim L. 33

CORAL GABLES

Laverne 1 Wilmer 1 Riva 8 Gloria P. 13 Donya B. 28 Gisel 30 Sandy N. 38

SABAL PALM

NORTH MIAMI

Kevin S. 1 Dawn 1 Christopher 10 Carlos O. 1 Kathy S. 1 Armando B. 1 Sandra S. 1 JR R. 2 Danny T. 2 Carlos M. 3 Mark G. 4 Claudine 4 Jorge Lc 5 Richard C. 12 Fernando T. 12 CIP 13 Jeannett B. 14 Bobby O. 18 Paul B. 19 Robert R. 22 Eddy Diaz 29 Jim L. 33 Marc B. 35

Gerry T. 36 **SOUTH DIXIE**

Morgan H. 2 Vitaly 7 Jack MC 11 Jim W. 14 Dwayne D. 33 Jim L. 33 Richard B. ?

LITTLE RIVER **GROUP**

Bryan 2 Mark 22 Grace 8 Deborah 23 Robert 15 Danva 28 Kenneth 15 Jimmy 30 Dennis 17 Gary 31 Catherine 21

OCTOBER

SUNSET

Christina R. 1 Leslie C. 1 Alicia P. 1 Roly S. 1 Alexandra SJ. 1 Jennie P. 3 George T. 6 Luis H . 9 Ricky D. 10 Fred K. 31 Mike R. 34

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

Take Me To Your Sponsor

Sobriety can be tough sometimes, which is why recovering alcoholics can always use a good laugh.: In AA, members learn to not take themselves too seriously, to be happy, joyous and: free. Luckily, sobriety can be pretty darn amusing.

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....





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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!!!

