

# The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

July 2020

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

**If your group is reopening the doors for meetings in person please do not forget to reach out to the Intergroup Office so we can post the correct information on our website promptly.**

**ONLINE AND IN PERSON MEETING INFORMATION  
WWW.AAMIAMIDADE.ORG**

## **On the 7th Step. . . "Humbly asked Him to remove our shortcomings"**

Few are so fortunate that the change implied in this Step comes about easily or quickly. For the majority, considerable effort is required to gain the desired outlook.

Both intellectual and emotional conditioning is called for here. The intellectual seems the easier, as it is so often in applying other Steps and other A.A. principles and propositions. Getting the intellectual understanding usually comes first; getting "the feel" of the idea is more difficult.

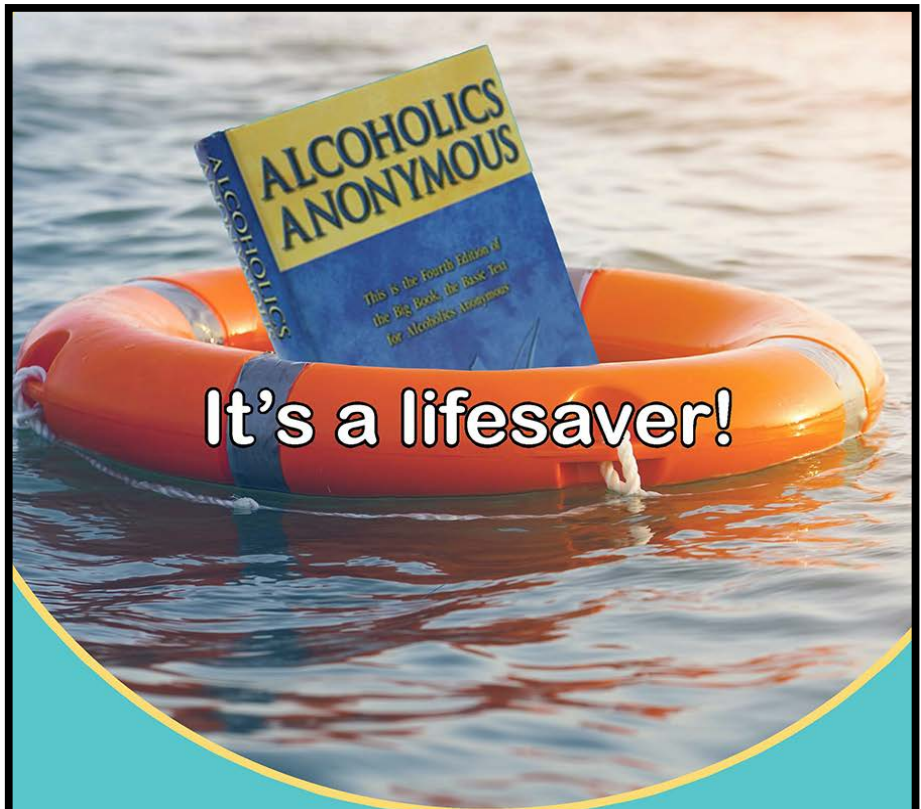
Another way of expressing the difference between the two degrees or departments of understanding is that the idea may be accepted in the conscious mind without penetrating to the subconscious, and it is in the subconscious that the emotional drive is generated. The terms used to define the process differ according to individuals, but apparently a full understanding of the 7th Step needs to be achieved on two levels which some call intellectual and emotional, or conscious and subconscious.

From the experience of many who did not achieve this full understanding easily comes much encouragement. They testify that the mind and the spirit, the conscious and even the subconscious, can be conditioned favorably even as the body. Though the process requires perseverance, many have done it.

First, they point out, the myth of man's own self-sufficiency needs to be dispelled. This is not too difficult if one begins by listing only a few of the things on which man depends for his survival and which are beyond his own limited power to supply. Even such an elemental thing as oxygen is enough to lay the premise that man depends on some other source or power greater than himself.

The distance from this premise to the idea of a Supreme Power is not as great as when the individual was still entertaining the illusion that he was self-sustaining, that he could do it himself, his way.

*(Cont on page 3)*



The Big Book, *Alcoholics Anonymous*, has been helping alcoholics for over 80 years. And now it's available in print, audio, ASL DVD, hardcover, softcover, pocket-size, and more.

Buy it locally, here:

**MIAMI-DADE INTERGROUP**  
**4315 NW 7th St. # 36**  
**Miami, FL 33126**  
**305.461.2425 Tel (24 hrs)**  
**305.461.2426 (Fax)**

**• Due to COVID-19 and the inability of the groups to meet in person we find ourselves limited to attending mostly online meetings. Even though people do contribute as per our 7th Tradition the Intergroup Office has been very affected and will be having a hard time keeping the doors open in the near future if us, the members and the groups don't contribute to keep its doors open.**  
**• Please keep your Intergroup Office in mind when you send your contributions, the office has a direct link for contributions on our website. [www.aamiamidade.org](http://www.aamiamidade.org) -Thank you!**

### Relapse: Like Dancing with a Gorilla Praying for Potatoes

One of the things I have always enjoyed about A.A. meetings is our ability to poke fun at each other, in a lighthearted way. We laugh at things that others would consider to have been tragic incidents in our lives but we seem to have come to terms with these past negative experiences and what we are really laughing at is the absurdity of what our old way of thinking. Sometimes we need to have things explained to us in simple terms. The world of A.A. is ripe with metaphors, similes, and allegories that make the learning process much easier to understand. With all of the re-learning we go through to help us in changing our old way of thinking, we are faced with the task of setting new principles, new disciplines and new priorities in place for our actions and behaviors in the future.

Starting with the first and most important priority, we have to be convinced that, we "are like men who have lost their legs, they never grow new ones". (BB CH.3) It can't be put any better than that. Then you may hear it said about relapse: It's the first drink that gets you drunk, not the forth fifth or, you may hear, Taking that first drink is like dancing with a gorilla, the dance isn't over till the gorilla says your done. These things are truths that we all hear at meetings but these things won't stop anyone from picking up a drink if they're not done yet

In A.A. we hear a lot about prayer and meditation and it seems that everyone has their own way of defining what that means to them. Some may be reunited with the religion of their childhood, while others may feel that they are agnostics and seem to find a sort of neutral approach in finding a power greater than themselves, and that seems to works for them. Then there are those that consider themselves atheists and, as it says in the 12X12 (step two). "A, one-time, Vice President of the American Atheist Society got through with room to spare." However we, as individuals, frame our own approach to how we incorporate this concept into our lives is equally acceptable, as long as it replaces our own, failed way of thinking.

What we pray for is another, sometimes, misunderstood practice that may be clarified by a few metaphors that we hear in meetings. Asking God to cure someone of an illness seems, well meaning but misguided. If God worked his wonders at that level, the hospitals would be full of sinners and the people we pray for would all be healthy and happy. I can only pray for the understanding and strength to deal with these things when they are presented as it is suggested in step eleven, "praying only for knowledge of his will for us and the power to carry that out." (step 11) i.e. God, please show me what to do, and please give me the strength to do it; I do not do well on my own.

Most of the principles I live by today are backed up by stories that illustrate a point that may have been easy to misunderstand when my old way of thinking was involved. The next thing that I find important is that I have to do the things that I learn when I ask for guidance and not just give them lip service, after all, "If you're going to pray for potatoes, you better grab a hoe".

By Rick R.



## 2020 INTERNATIONAL CONVENTION

### A VIRTUAL EXPERIENCE

"LOVE AND TOLERANCE IS OUR CODE"

<https://2020convention.aa.org>

### SOUTH DADE GROUP

10965 SW 186TH ST. - 33157

### NEW STEP SERIES

### STARTING

**JULY 22ND, 2020**

**@ 5:30pm**

**EVERY WEDNESDAY!**



Making Amends features 55 candid, firsthand stories from A.A. Grapevine magazine of members' experiences with Step Nine of the A.A. program. The book includes chapters on making amends to parents, children, family members, exes, financial institutions, friends and coworkers. These powerful stories illustrate how practicing Step Nine can help us, as AA's co-founder Bill W. wrote, "know a new freedom and a new happiness."



**MAKING AMENDS**  
Finding a new freedom



## On the 7th Step (Cont. from page 1)

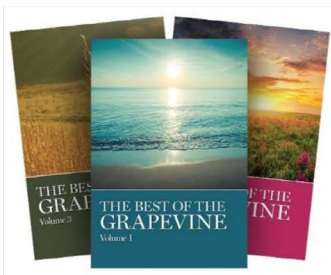
Once this point of development has been reached, common sense points the rest of the way. Having discovered that there is a greater Power, it's no more than good sense to make use of It in all possible ways, and to ask for the removal of those defects that we could not remove ourselves.

The mystery of the 7th Step is that it works with a fairly simple technique. The secret of some magic formula does not first have to be discovered. Rather, results are obtained merely by reminding oneself of the existence of the Power which he already admits does exist, coupled with a reminder of one's own desire and willingness to rely on It. Frequent enough reminders develop a new way of thinking, as many who once were skeptics, cynics, agnostics or even atheists, now gladly testify. The new way of thinking is the way to the "personality changes" that are common in A.A.

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Reprinted with permission.

If I quit now, I will soon  
be back to where  
I started.  
And when I started, I  
was desperately wishing  
to be where I am now.

# AA GRAPEVINE, Inc.



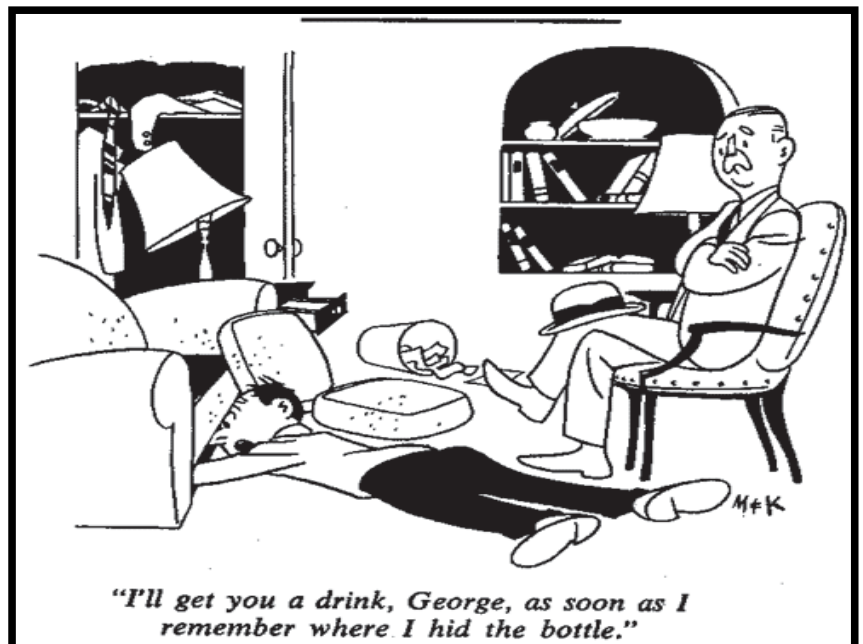
Just a quick note to let you know the new book bundle  
"The Best of the Grapevine" volumes 1,2 and 3  
will be available later this month.

Item #GV41

## A Life of Principles and Purpose Rebuilding Our Morality

The twelve steps of the A.A. program are placed in numerical order for a reason. Each step is preparatory to the next step and each step requires a certain amount of attention before we can successfully move on to the next step. Simply put, Step one is acknowledging that we have a problem. Step two is about accepting outside help. Step three is where we surrender to that outside help. (A power greater than ourselves) Step four is the beginning of the action steps where we acknowledge and document the immoral behaviors of our past and those we offended. Step five may be the most difficult step where we must admit to God, to our self and to another human being, all those faulty deeds and habits. It was that "other human being" part that I found to be the most difficult thing and it delayed my progress for a short time. We cannot change one moment of the past, but we can change our habits and behavior as we begin our journey into the future and that is where Step Six and Seven come in. To simplify my understanding of these two steps it occurred to me that most of my faulty behaviors (shortcomings) are the result of my (defective) thinking. Once I discovered the defect in my motives, it was not too difficult to change my behaviors. On the last page of Step 7 in the 12 Steps and 12 Traditions it says, "The chief activator of our defects has been self-centered fear." Most of my fears were of the irrational variety as I discovered that they stemmed from experiences in my youth that caused my fears and insecurity and to do things that were morally wrong. Those actions were the Shortcomings that stemmed from my Irrational Fears. Once I recognize the defect(fear), the Shortcomings (Behaviors) were much easier to change. "Selfishness--Self-Centeredness! That we think, is the root of our troubles. Driven by a hundred forms of Fear, Self-Delusion, Self-Seeking, and Self-Pity, we step on the toes of our fellows and they retaliate." (BB pg.62) If, in fact, Selfishness-Self-Centeredness is the root of our problems it is plain to see that Unselfishness just might be solution to my problems. I could not have understood this line of thinking when I was still using alcohol to mask these problems. I do not believe that I would have been strong enough to follow these guidelines had I not completed Step Five and admitted my fault to God, to myself, and to another human being. The proper completion of Step Five was the most humbling experience of my life, but it opened the door to the rest of the program. Had I not done that I could never have taken my ego out of the game and the rest of the program may have been a shallow facade. The only requirement for A. A. membership is a desire to stop drinking. Those words were put in place by the Co-founders of the program Alcoholics Anonymous and it gives each of its members the opportunity to choose their own degree of thoroughness when it comes to practicing the AA principles. I am so thankful that I did not let my ego stand in the way of my spiritual development and all the progress that I have made in the program. I have experienced all the promises and I encourage anyone who is still caught up in the Fear of Step Five to take the leap of faith, revisit it, get your ego out of the way and clear your conscience. We only live once, and it would be a shame to waste this precious gift.

By Rick R.





**XLVIII CONVENCION HISPANA DE ALCOHOLICOS ANONIMOS  
ESTADOS UNIDOS Y CANADA, SEDE CHICAGO ILLINOIS  
4, 5 Y 6 DE SEPTIEMBRE 2020**

**<https://convencionhispanadeaausaycanada.com>**



**PARA INFORMACION**  
(815) 276-1230  
(224) 478-7313

P.O. BOX 945  
Woodstock, IL  
60098-6402



**RESERVACIONES DEL  
HOTEL**  
(1 855) 479-0732

Hyatt Regency Mc Cormick Place  
2233 S Martin Luther King Dr  
Chicago, Illinois 60616

Para reservaciones, entrar en:  
[www.hyatt.com/en-US/group-booking/CHIMC/G-AAHP](http://www.hyatt.com/en-US/group-booking/CHIMC/G-AAHP)



**REUNIONES VIRTUALES  
EN  
ESPANOL**

**[WWW.AAMIAMIDADE.ORG](http://WWW.AAMIAMIDADE.ORG)**

**GRUPOS:**

**VIVIENDO SOBRIO  
CORAL GABLES  
LA GRAN MANZANA  
NORTH MIAMI GROUP**

Si necesitan postear sus  
reuniones virtuales en  
el website de

Miami-Dade Intergroup  
por favor  
enviar e-mail a  
**[aamiamidade@bellsouth.net](mailto:aamiamidade@bellsouth.net)**  
o llamar al  
**305.461.2425**  
con su informacion.

**SETIMO PASO**

**"Humildemente le pedimos  
que nos liberase de  
nuestros defectos."**

**2020 CONVENCION  
INTERNACIONAL  
UNA EXPERIENCIA VIRTUAL**

**"El amor y la tolerancia  
son nuestro código"**

**<https://2020convention.aa.org>**



## 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.  
**9 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 FCYPAA Host

2nd & 4th Sunday of the month  
@ 1:30pm at the  
Lambda Miami Club  
28 NE 54th St.  
Miami, FL 33137  
\*\*\*\*\*

#### GS District 10 Ladies Committee

4th Tuesday of the month  
@ 6:30pm - Sunset Room  
6999 N. Waterway Dr.  
\*\*\*\*\*

#### Remote Communities

3rd Sunday of the month  
@ 10:00am at Little River Club  
51 NE 82nd Tr.  
\*\*\*\*\*

#### Accessibilities

3rd Tuesday of the month  
@ 7:15pm Upper Room  
811 NE 125th St. # 111 - NM  
\*\*\*\*\*

#### GS DISTRICT 10 Grapevine Committee

1st Wednesday of the month  
@ 7:15pm  
Upper Room  
822 NE 125th St. # 111  
North Miami, FL 33162  
\*\*\*\*\*

#### GS DISTRICT 10 Literary Committee

2nd Tuesday of the month  
@ 8:00pm  
Iglesia Metodista Unida  
1100 Ponce de Leon Blvd.  
\*\*\*\*\*

#### Meetings at the CORAL ROOM

1100 Ponce de Leon, CG  
305.446.9558  
\*\*\*\*\*

#### GS DISTRICT 10 PI/CPC

4th Saturday of the month  
@ 3:00pm  
\*\*\*\*\*

#### Treatment Committee

3rd Saturday of the Month  
@ 3:00pm  
\*\*\*\*\*

**For more information go to  
[www.district10miami.org](http://www.district10miami.org)**

## ATTENTION PLEASE SOUTH MIAMI MEN'S



**Effective Thursday July 2nd, 2020**  
The South Miami Men's Group  
regular Monday & Thursday night  
meetings will be held at...

**Monday**  
8:30 pm Big Book Study Meeting

**Thursday**  
7:30 pm Beginners Info Meeting  
8:30 pm Speaker Meeting



**American Legion Post #31**  
7710 SW 59th Ave  
South Miami, FL 33143



**INTERGROUP  
CONTACT LIST**

aamiamidade.org

**Chairman**

Manuel N.

**Vice-Chair**

Raz S.

**Treasurer**

Dylan S.

**Secretary**

Del H.

**Steering Committee**

Jennifer R.

Tom D.

Tamara K.

Barry G.

Ian S.

**Trustees**

Askia K.

**Virtual Founder's Day**

Sean-Paul G.

**Intergroup Banquet**

Ian S. (Chair)

Leah L. (Co-Chair)

**Intergroup Office**

Jennifer R.

**The Messenger**

Office

**Outreach**

Sean-Paul G.

**Public Information**

Sam H.

**Twelve Step Relay**

Jenn G.

**Big Service Breakfast**

OPEN POSITION

**General Service Liaison**

Tamara K.

**Spanish Intergroup Liaison**

OPEN POSITION

**Webmaster**

Office

**GENERAL SERVICE  
CONTACT LIST**

www.district10miami.org

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Gerry S.

**Alternate Chairperson**

Peter D.

**Treasurer**

Regina F.

**Registrar**

Sara G.

**Recording Secretary**

David M.

**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**

Melissa L.

**Treatment**

Glen H.

**Big Service Breakfast**

OPEN POSITION

**District 17 Liaison**

Sonia H.

**Remote Communities**

George R. 1

**Webservant**

Nino P.

**"THE MESSENGER"**

Published Monthly by

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aamiamidade@bellsouth.net

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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 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**

**TRADITION SEVEN**

**"Every A.A. group ought to be fully self-supporting, declining outside contributions."**



## JUNE

### SOUTH DADE

Savanna S. 1  
Matt 2  
Sheila 4  
Dal 8  
Donna 8  
Christine 8  
Fernando 11  
Ivette Mc. 19  
Patricia 25  
Lainie 25  
Rob S. 29  
Noel G. 34  
Rusty 36

### PALMETTO BAY

Yvette Mc C. 19  
Carnie Joe 29  
Carolyn C. 36

## SOBER WAY OUT

Joseph S. 1  
Poco 2  
Graciela P. 3  
Robert L. 4  
Freddie D. 6  
Alesia U. 6  
Lina 10  
Ricardo 12  
Patrick 16  
Wilfred V. 18  
Darnell T. 19  
Jewdy S. 32  
Karen W. 33  
Richard W. 45



## CORAL GABLES MARCH THRU JUNE

Tony V. 1  
Susan 1  
Michael M. 1  
Chip C. 1  
Luis G. 1  
Scott N. 1  
Jenny 2  
Camila 2  
Monica 2  
Paul D. 2  
Mike 2  
Gilbert 3  
Kim S. 3  
Jeff 5  
Steve 5  
Donald 6  
George X. 10

Anthony V. 12  
Mario 12  
Ryan 12  
Marco 12  
Olga 13  
Vivian 14  
Paddy K. 14  
Karena 14  
Justin 15  
Gus S. 15  
Robert L. 25  
Oscar 27  
Parker 31  
Doriann 31  
Peter M. 32  
John S. 37  
Phil W. 40



## Group Conscience/Business/Service Meetings

Brickell Group/3rd Thursday @ 1:05pm  
Brickell Circle/3d Saturday @ 8:15pm  
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  
Mix Nuts Group/1st Monday @ 9:30pm  
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  
Bickell Circle/Last Thursday @ 8:00pm  
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  
Mixed Nuts Group/Last Monday @ 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

**Reality is an illusion  
Brought on by the  
absence of alcohol.**

**A.A. is not a self-help program:  
It is a help--others program.**

**There is a difference between  
Having an open mind and a  
Hole in the head.**

## MEETINGS IN RUSSIAN

Do you know any Russian-speaking  
friend, who has drinking problems?

Please invite them to our new 7pm

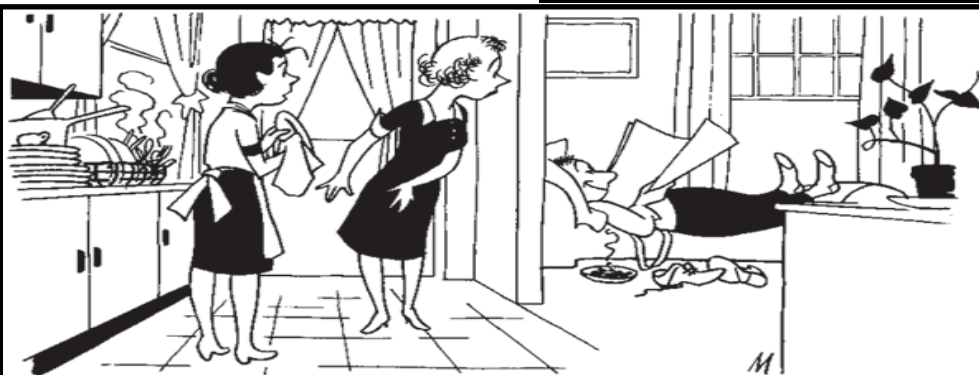
Sunday Russian-speaking

Alcoholics Anonymous meeting.



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

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



"He's not allowed to have any resentments--and helping with the dishes  
gives him a big one."



**TAKE  
ME  
TO  
YOUR  
SPONSOR**  
from AA Grapevine

## 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.

## LOOKING FOR MEETINGS?

Learn more at:

[www.meetingguide.org](http://www.meetingguide.org)



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 - August 13th, 2020 @ 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

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This Publication Belongs To You!

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To subscribe to "The Messenger" please fill out the form below and mail with your \$12.00  
for a yearly contribution.

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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

