

The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

December 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

The Importance of Step Twelve

In chapter 11 in the big book (A VISION FOR YOU) it starts off by reminiscing about the early days of an alcoholic's drinking and how it gave us the feeling that life was good, but not so in the later times. It then talks about the hideous four horsemen, Terror, bewilderment, frustration, and despair, and then the next line is: Unhappy drinkers who read this page will understand. When I read that chapter I knew that I was qualified, as it was the blueprint of my life, up to that moment. What I didn't understand was that drinking was but a symptom of a much deeper rooted emotional problem and after many years of sobriety, I still had trouble articulating how one caused the other. In the first paragraph of step twelve in the 12X12 it talks about finding emotional sobriety. What emotions are we talking about, that's what I wanted to know? As a child, I had very little supervision and I grew up in a dysfunctional environment. I did a lot of things that I was ashamed of but I never knew how these things would come back to haunt me later on. As I started drinking, it immediately relieved me of the guilt and shame and it even gave me license to continue acting badly as long as I could rationalize and lie about my behavior. The only thing that I hadn't considered was that I couldn't hide from my conscience and it plagued me till I couldn't sleep at night without drinking myself into oblivion. I had been a taker all my life. I never got enough of what I thought I needed. I was insecure. I had no self esteem. No one had any respect for me except for the (want to be) losers like myself. Guilt and shame, brought on by a hundred forms of fear ruled my mind. Not a happy way to live! When they ask me what freedom I cherish the most as the result of practicing the program, most of my fellow members would expect me to say freedom from Alcohol, but, they would be mistaken. I would reply that the freedom from all of those unresolved mental issues that plagued me to the point that only a drink would quiet my mind. The hope that I experienced the minute I embraced this program, at the level of my innermost self, removed the obsession to drink alcohol and it has never returned. I no longer have any fear of alcohol.

(Cont. on pg. 3)

KEY BISCAVNE GROUP

Is celebrating 61 YEARS!

**You are invited to join us in our Virtual Celebration on
December 18th, 2020**

Zoom ID
868 686 063

Password
anniversary

7:30pm - Virtual Fellowship

8:00pm - Invocation

*** Remembrance of past members**

*** Surprise Video**

8:30pm - Great Guest Speaker

Followed by our great RAFFLE!

**\$200.00 Delicious Gift Certificate
and many other items!**

A.A. BENEFIT

Raffle Tickets & Contributions "Click Here"

Due to COVID-19 and the inability of the groups to meet in person we find ourselves limited to attend 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 -Thank you!

We can accept contributions through PayPal or Zelle under our e-mail: aamiamidade@bellsouth.net

Twelve Tips on Keeping your Holiday Season Sober & Joyous

Holidays parties without liquid spirits may still seem a dreary prospect to a new Lucky Ladies'. But many of us have enjoyed the happiest holidays of our lives sober--an idea we would never dream of, wanted, or believed possible when drinking. Here are some tips for having and all around ball without a drop of alcohol.



1. Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with the dishes, or visit the alcoholic ward at a hospital.



2. Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for coffee.



3. Keep your A.A. telephone list with you at all times. If a drinking urge or panic comes--postpone everything else until you've called an A.A. member.



4. Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



5. Skip all drinking occasions you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



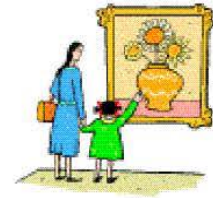
6. If you have to go to a drinking party and can't take an A.A. friend with you, keep some candy handy.



7. Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8. *Worship in your own way.*



9. Don't sit around brooding. Catch up on those books, museums, walks, and letters



10. Don't start now getting worked up about all those holiday temptations, Remember-"One Day At A Time".



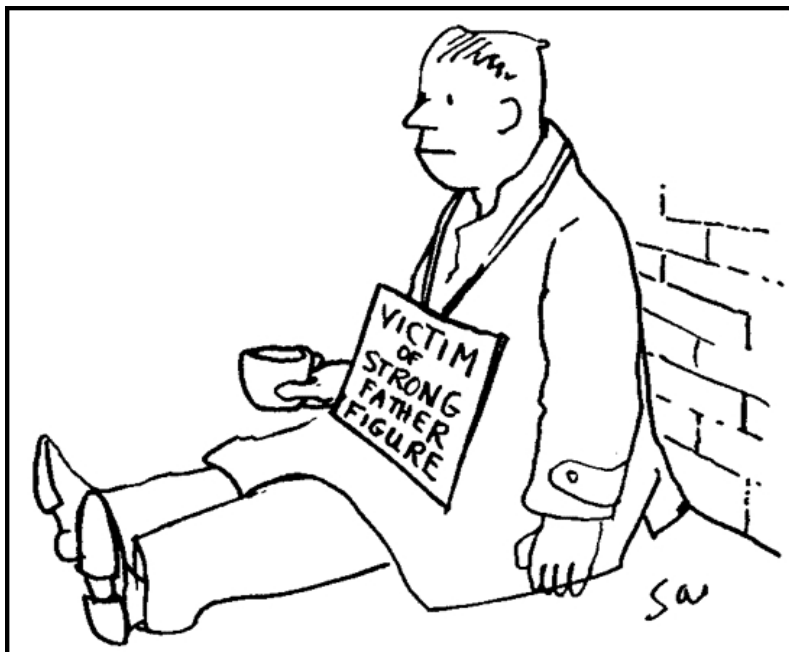
11. Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts -- But this year, you can give love.



12. Having had a ..."
No need to spell out the Twelfth Step here, since you already know it.

The Importance of Step Twelve (Cont. from pg. 1)

Having cleaned up the wreckage of the past by thoroughly taking the steps and ridding myself of the selfish motives, my conscience is clear. My self esteem is high and the feeling of wellbeing is my constant companion. I'm so glad that I didn't fall into that category that become complacent and think that I could rest on my laurels (as they say) at any point as I understand the meaning of Step Twelve suggests, practicing these principles in all our affairs. I try always to be an asset and never a liability. I am neither a victim nor perpetrator. I am always willing to make things right as best I can. I can be trusted and relied upon. I feel that I am on the positive side of the ledger. Peace of mind and a quiet heart have been my goal ever since I entered AA and I am happy to say that I haven't been disappointed. One of my favorite prayers is: Thank You God; it's everything you promised it would be. By Rick R.



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- * **One Year - A. A. Grapevine Subscription**

For Orders Please Call the Intergroup Office at: 305.461.2425

Practice These Principles in All Our Affairs Principles are Not Flexible

When I entered the program of Alcoholics Anonymous, I identified with just about everything I had read and heard, and I began to recognize where I went wrong up to that point. I realized that I had no direction in my life, no moral compass to speak of, and that the failure in my personal relationships manifested itself in low self-esteem (self-loathing). I felt inferior, unworthy, disrespected, isolated, unappreciated, disliked, etc. etc. I was going to have to depend on something outside of myself to govern my judgment and my decision-making. One of the first default positions I would take to surrender to these new realities was to concede to the fact that, as an alcoholic, my brain did not process information properly, and that I was going to have to trust in something more reliable. Living by Principles, What a Concept! There are people who believe that if we all lived by one simple principle, we wouldn't need any other laws on this planet, and that principle is The Golden Rule: Do unto others as you would have others do unto you. That simple statement gave me an understanding of how I could begin adopting a value system, based on principles, where I did not have to originate my own rules. While reading a book on economics, the author stated that "a man who lives by principles has 99% of his decisions already made for him". With that in mind, I began to establish a system of principles that are consistent with the AA program, and, I might add, with most of the other successful philosophies of life. I would read the St. Francis Prayer (12X12pg 99) daily. I attend a step study meeting weekly to reinforce these principles. I try to make sure that I am not modifying these standards to evade the tougher actions. I was complaining about another member of our group one day, to one of my mentors at that time, and he suggested that I try to place principles before personalities. I responded, yes, but I do not agree with his principles. He then said it was not his principles that we are talking about, but that it was my principles that needed to change.

He then informed me that we cannot be selective about who and when we apply these values. I must treat everyone with respect, and that goes for the smallest, innocent child to the most errant rogue that I might encounter. I know that it seems like an impossible task, but I assure you that if you start with the child and work your way to the rogue, it will get easier, if you don't let your ego convince you otherwise. There are many suggestions in the Big Book and the 12X12 that have given me plenty of material to work with so that this does not have to become a crisis management project. It is more like a lifelong pruning of my unwanted, destructive behaviors. Here are a few of those suggestions: Restraint of tongue and pen, Drop the word blame from your thoughts and speech, Stop fighting everyone and everything. Cash-register honesty means I must be honesty with everyone, not just the person at the Cash-register, and so on. If we all had amnesia, we would all be pretty much the same.

The only thing that makes us different is the things we carry around between our ears. It may be time to reprogram the mental software to default to the principles that have been proven to work so well for so many. No one could ever fault us for living by the principles that we learned in AA.

By Rick R.

Un Mensaje a los Jóvenes... Cómo saber cuándo la bebida se está convirtiendo en problema.....

ALCOHOLISMO

Alcoholismo es una palabra difícil de entender. Sin embargo nadie es demasiado joven (o viejo) para tener problemas con la bebida. Es así porque el alcoholismo es una enfermedad. Puede darle a cualquiera. Joven, Viejo. Rico, Pobre. Negro, Blanco. Y no importa cuánto tiempo lleves bebiendo o lo que hayas bebido. Lo que cuenta es cómo te afecta la bebida.

Para ayudarte a decidir si tienes problema con tu manera de beber, hemos preparado estas 12 preguntas. Las respuestas son asunto tuyo y de nadie más.

Si contestas sí a cualquiera de estas preguntas, tal vez sea el momento de echar una mirada seria a lo que te podría estar pasando con la bebida.

Y, si necesitas ayuda o si sólo quieres hablar con alguien acerca de tu manera de beber, llámanos. Estamos en el directorio telefónico bajo Alcohólicos Anónimos.

Un simple cuestionario de 12 preguntas diseñado para ayudarte a decidir

1 ¿Bebes porque tienes problemas? ¿Para relajarte?

2 ¿Bebes cuando te enojas con otros, con tus amigos o tus padres?

3 ¿Prefieres beber a solas, en lugar de hacerlo con otros?

4 ¿Están empezando a bajar tus calificaciones? ¿Estás chapuceando en tu trabajo?

5 ¿Has tratado alguna vez de dejar de beber o beber menos - y fracasaste?

6 ¿Has empezado a beber por la mañana, antes de la escuela o trabajo?

7 ¿Te tragas las bebidas de un golpe?

8 ¿Has experimentado alguna vez una pérdida de memoria debido a tu forma de beber?

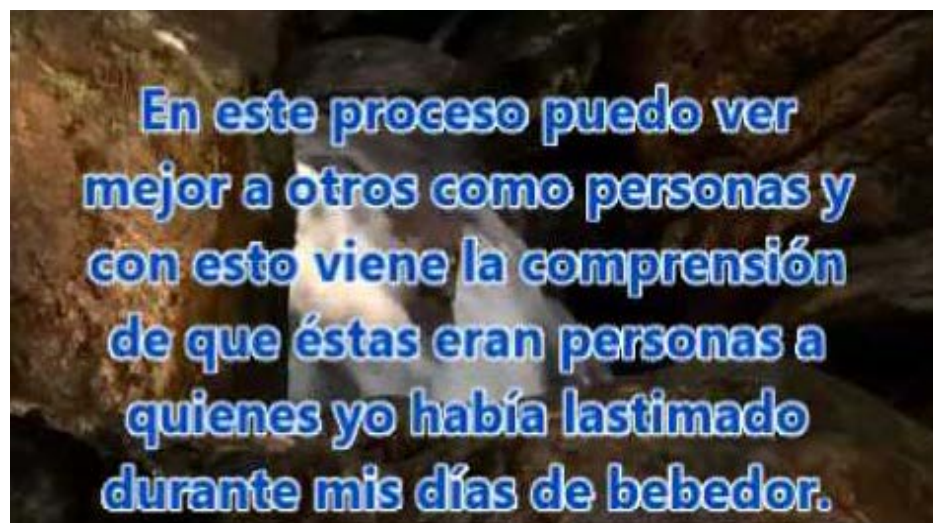
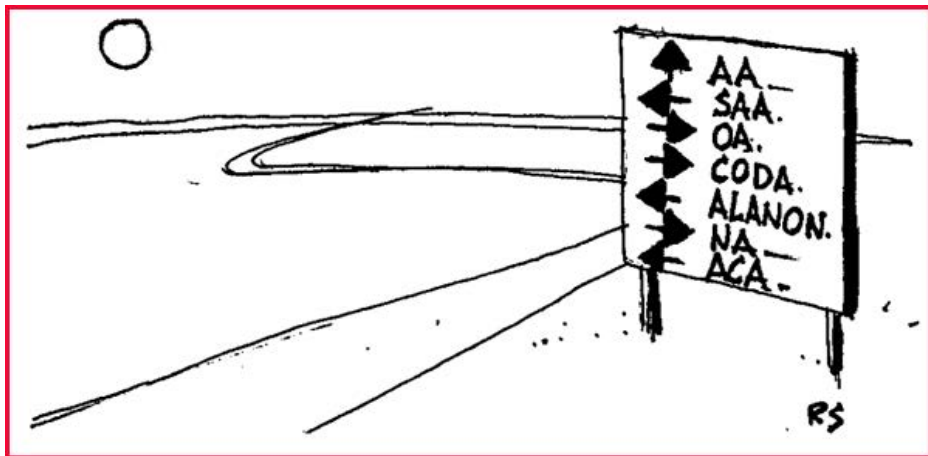
9 ¿Mientes acerca de tu forma de beber?

10 ¿Te has metido alguna vez en problemas cuando bebes?

11 ¿Te emborrachas cuando bebes, aunque no sea esa tu intención?

12 ¿Te parece una gran hazaña poder aguantar mucho bebiendo?

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REUNIONES VIRTUALES EN ESPANOL

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
o llamar al
305.461.2425
con su informacion.

DUODECIMO PASO

"Habiendo obtenido un despertar espiritual como resultado de estos pasos, tratamos de llevar el mensaje a los alcohólicos y de practicar estos principios en todos nuestros asuntos."

DUODECIMA TRADICION

"El anonimato es la base espiritual de todas nuestras Tradiciones, recordándonos siempre anteponer los principios a las personalidades"



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.

6 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., 33137

Live 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 33161

GS DISTRICT 10 Literary Committee

2nd Tuesday of the month
@ 8:00pm
Iglesia Metodista Unida
1000 Ponce de Leon Blvd.

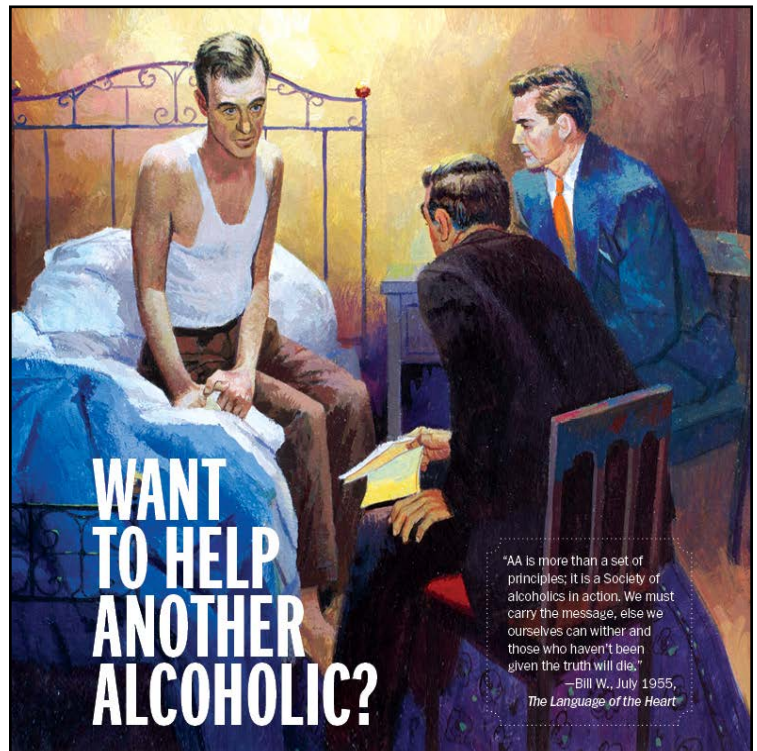
Meetings at the
CORAL ROOM
1100 Ponce de Leon, CG
305.446.9558

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**



"AA is more than a set of principles; it is a Society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth will die."
—Bill W., July 1955,
The Language of the Heart

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**2020
CARRY THE
MESSAGE
PROJECT**

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Vice-Chair

Raz S.

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Dylan S.

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Del H.

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Tom D.

Tamara K.

Richard A.

Ian S.

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Askia K.

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Intergroup Office

Jennifer R.

The Messenger

Office

Outreach

Maria S.

Public Information

Sam H.

Twelve Step Relay

Jenn G.

Big Service Breakfast**OPEN POSITION****General Service Liaison**

Jorge L.

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

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"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

TRADITION TWELVE

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

NOVEMBER

SOBER WAY OUT

Eric E. 2
Inez R. 4
Allison G. 4
Wendy O. 5
Alfred R. 6
Mehgan . 9
David M. 12
Conrad G. 14
Stella S. 16
Marta A. 20
Sophia S. 29
Jim C. 30
Alfred J. 31
Robert O. 38

SOUTH DADE

Johnathan 1
JB 2
Randy 4
Tim R. 4
Albert 6
Casey B. 11
Danaelle 17
Suzanne F. 26
Bambi 31
Jeanne Mc 34
Pat C. 35
Pat J. 40



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No contribution counts as small. We at Intergroup appreciate your continued support!



Scan. Pay. Go.

M A G B D P X C X B D T P I E
E Y N I R Z I X H R V H G C T
L T I N V E O H F A E K N E D
S I M S Y Y A U S N R A O E F
Y M L T P T W T O R R T N J X
M Y E I N F E M H E E O I C Q
P N H N T S E I P T I B R N A
A O W C L N J M C T A O M Z G
T N R T O U E R U O Y K J E O
H A E N Z T E A G J S L I O M
E D V V N V C F Y I Y J J N S
T B O I Y L T N E U Q E R F G
I E N T H U S I A S T I C R R
C F O R E W O R D I T B K P V
Q R G Q U Y T I L I M U H L M

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

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

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CAUTIONED	HUMILITY	PHENOMENON
CHARTING	INSTINCT	SOCIETY
ENTHUSIASTIC	INTEMPERANCE	SYMPATHETIC



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.



TAKE ME TO YOUR SPONSOR
From Robert & Caroleen from AA Grapevine

LOOKING FOR MEETINGS?

Learn more at:

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 - January 14th, 2021 @ 8:00pm Via Zoom. 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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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

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Miami, FL 33126
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Fax: 305.461.2416

