The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

November 2021

1850 SW 8th St. # 303 - Miami, FL 33135

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T Do not Understand Thermodynamics Where is All This Warmth Coming From?

I came to Alcoholics Anonymous (A.A.) bankrupt in every department. When I started to take the steps, my first big challenge was to find a power greater than myself that could solve my problems. What an order for a guy who they describe in step two in the Twelve Steps and Twelve Traditions (12&12) as the one who" had tried religion and found it wanting." I could see the examples of people around me that seemed to have it figured out and I became a nuisance trying to corner them to get them to explain to Me how they do it and they had the same trouble explaining it as I did. One day I confronted my friend, Jim, and asked him to let me in on the secret. Frustrated, He asked, "Do you want to drink right now"? My answer was "NO." He then asked me, "Did you want to drink a year ago"? And my answer was "YES.I could not go a day without it." Next, he asked me "What made the difference'? !My answer was "I was influenced by the A.A. program" His next question was, "Do you have any Problem calling that God? WOW! What a concept.

I have never wanted a drink since I entered the program and the only answer, I could produce was the influence of A.A in my life.

For a guy who could not conceive of a day without alcohol, to a guy that has never wanted a drink since, was all I needed to know about God. I wish I could tell you who or what God is, but I cannot. I can, however, tell you what God does for me, but I will get to that later.

The second appendage in the Big Book, (Alcoholics Anonymous), Spiritual Experience, implies that there are many examples of spiritual

experiences, and they come in different forms. They can be of the Burning Bush variety or a Psychic Change enough to bring about recovery from Alcoholism. Or, as I like to believe, my spiritual experience came in the form of" A Profound Change

57th Annual Gratitude Dinner

"We Are Not a Glum Lot"

GENERAL SERVICE DISTRICT 10



FRIDAY, DECEMBER 10, 2021

The Elks Lodge 10301 SW 72nd Street Miami FL 33173

** Free Parking **

Fellowship 6:30 p.m. - Dinner 7:15 p.m. - Speaker 8:30 p.m.

Speaker.	
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Can't come in person? Zoom room opens at 8:15 p.m.



ZOOM ID - 878 8288 2829 * Password - Gratitudes

For online raffle, visit - gratitudedinner.betterworld.org

Desserts are welcome!

Raffle: GROUPS ARE ENCOURAGED TO CONTRIBUTE BASKET WITH BOOKS (CONFERENCE APPROVED LITERATURE INCLUDING GRAPEVINE) - SUGGESTED \$50.00.

Table \$250.00 – Each Ticket \$25.00

For tickets, contact - Pablo B. - Chair, 305-984-5511 ♦ Lori H. - Co-Chair, 305-781-5076

of Perception." When it occurred to me that all my thinking was flawed and that I was finally in an environment where I could, with the help of the group, start to follow simple unselfish guidelines that would restore my self-esteem and put me at peace with myself and others, I started this wonderful journey and I have never had it so good. These universal truths are common in the meaningful Philosophies of life, and I must seek them out if I want to heal.

(Cont. on page 3)

Even though meetings, 12-step services and operations have now some virtual environment, expenses continue to accumulate during these times which underscores the importance of practicing the Seventh Tradition. Miami-Dade Intergroup still stocks literature, handles 12-step calls around the clock, and assists those with a desire to stop drinking. Your generous support is critical and greatly appreciated. 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

The Values I Learned as a Child An All-Encompassing Spiritual Roadmap

As I navigate my way through the program of Alcoholics Anonymous (A.A.), with only a limited education, but a desire to learn all I can about life as it unfolds, it occurs to me that most of the things that the program teaches me are things I've have been taught before. I learned the Ten Commandments in church. In the Boy Scouts, I learned that a scout is Trustworthy, Loyal, Helpful, Friendly, Courteous, Kind, Obedient, Cheerful, Thrifty, Brave, Clean, and Reverent. In sports I learned of Teamwork and of Disappointment. In kindergarten, I learned to play fair in the sand box, I also heard of the Golden Rule. These things have been around long before me and even before A.A; so, where did I go wrong? I, like most Alcoholics that come into the program, had a myriad of personal problems, and at first, I believed that those life issues including Marital, Legal, Economic, Physical, etc.; were the cause of my drinking the way I did. At that time, I was not experienced enough to understand the ins and outs of these things. I am not sure that anyone can just drop what they have been conditioned to do, just because they quit drinking. There must be more to it than that. If at first, we are fortunate enough to envision the wonderful life we can experience as the result of fully embracing this program, we will first, want to clear up the wreckage of the past. This we can do by thoroughly going through the steps in the spirit they were intended to be taken, being careful not to hold back anything. As we approach the twelfth step, we are introduced to the Saint Francis prayer in the 12&12. Francis was not a saint when he wrote this prayer, but he expresses that these virtues were the answer to all the imisguided thinking of the past. Note that not one of his requests is for help with things that are of a selfish or material nature. I am not affiliated with any religious organization, but I am not threatened by religious doctrines, and I agree with the statement on pg. 87 BB. "Be quick to see where religious people are right. Make use of what they offer". I am sometimes honored when a newer member of the program asks for some guidance and I will usually suggest that he/she write out this prayer in long hand, paste it on his/her mirror and read it every day for a minimum of 30 days, and I guarantee that it will influence your thinking for the rest of your life. It did for me. I do not know of a more practical thing to set the tone for a person's interactions with others. Thinking back on it, I always knew the right thing to do, but was not always strong enough to do it. I dismissed these things, not realizing the pain that would result as I lost my direction in life. The Saint Francis prayer is one of the ways in which the program suggests we revisit our early value system. It gives us a spiritual direction that deals with the change in our inner self, which, if we heal in that area, the material world will take care of itself. When faced with a sticky situation, I have a choice whether to escalate it or to back off and withdraw with love and understanding. After years of trying my best to live in the spirit of this prayer, it occurred to me that, as the result, I qualify in all those things I learned as a child, in church, in the Boy Scouts, in Kindergarten, The Golden Rule, and in childhood sports. To me, it is an ALL-ENCOMPASSING SPIRITUAL roadmap. By Rick R.



NEW MEETING TIME!PHOENIX GROUP

Wednesdays @ 8:00pm



South Miami Lutheran Church 7190 SW 72ND Ave. - Miami, FL 33143



CELEBRATING
62 YEARS
OLUCK DIAMES
DECEMBER 17
Save the Date!

Groups we need your help!

District 10 General Service is looking for groups that would like to contribute a basket with A.A. approved Literature for the

57th Annual GRATITUDE DINNER

December 10th, 2021



Books will be for sale at cost for these baskets! PLEASE SEND THE CONTRIBUTION BY NOVEMBER 28TH



Please contact the Intergroup Office @ 305.461.2425

THANKSGIVING HOURS' MIAMI-DADE INTERGROUP



OFFICE WILL BE *CLOSED* ON

THURSDAY - NOV. 25th, 2021 FRIDAY - NOV. 26th, 2021

Phones will be forwarded to the 12 Step Relay



I Do not Understand Thermodynamics

(Cont. from pg. 1)

I pray to God every day, even though I do not know who or what God is. My mind is not evolved enough to understand God and I am not sure that God hears my prayers, but, I HEAR MY PRAYERS and that, I believe, puts me in the best possible attitude I can have about the issue I pray for. My prayers are always the same. I pray for knowledge of his will for me and strength to carry it out. 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. I often knew what to do but was not always strong enough to do what was right. Today I am stronger.

Who or what is God? I am not sure anyone can define God. As a friend of mine (Will) explained, "You do not have to understand Thermodynamics to enjoy the warmth of the sun", I do, however, know what God does. When I ask for guidance, I become a better receiver and I hear the answers that used to pass right over my head when I Thought I had all the answers, and today, I thank God for an open mind.

By Rick R.

THE MYSTERY OF MEDITATION

MORE than anything, I wanted to honestly take the Eleventh Step, not pretend I had taken the Eleventh Step. By that I mean I wanted to follow the sentence introducing Step Eleven in the Big Book, which states, "Step Eleven suggests prayer and meditation." It does not tell me, "Step Eleven suggests prayer and meditation, if you feel like it, and it's conveinient and easy . . .'

Prayer, even when I am being honest, is simply prayer. It is my asking. Meditation for me seems to be a grownup version of prayer, the mature of offering of myself, without need or agenda, and the willingness to listen to an answer, even if the answer is silence. For this alcoholic, meditation is all about growing up; it is about new knowledge and new ideas.

Meditation for me is a venture into the unknown, a gamble with my pride, a true leap into powerlessness. "Being still in experienced and just having made conscious contact," as the Big Book says, I now found myself taking a huge risk and walking into the experience of attending a new Eleventh Step meditation meeting. No one chanted.

Everyone sat normally in a chair. It was a closed AA meeting for men and women. We read the Eleventh Step in the Big Book out loud. Suggestions about meditation from the essay about the Eleventh Step in the "Twelve and Twelve" were read. We meditated silently for 20 minutes. And then we shared our meditation experience. Just like our Step work, some of us were on Step One in meditation; some carried experience and confidence that they willingly shared. We were all equals. The same AA principles applied in our meditation meeting that apply in any other AA meeting: new ideas, new knowledge,

willingness, patience, perseverance, discipline, honesty and open-mindedness. It is the same way \overline{I} live my life in sobriety, the same way \overline{I} work for conscious contact, the same way \overline{I} work to fit myself to be of maximum service to my creator.

This alcoholic has work to do. Meditation with my fellow drunks is an experience unlike any other. I love taking a chance that even the smallest amount of change might allow my Higher Power access to my heart and mind. I love the risk of failing in meditation. I love the risk of succeeding in meditation. I love the risk of not knowing the difference. I love the risk of being lost and sober in completely new territory. The results are worth all those risks, and more. Now I can honestly say I am living the Eleventh Step as our founders felt we ought to.

Anonymous, Staunton, Va.



REUNIONES VIRTUALES EN ESPANOL

WWW.AAMIAMIDADE.ORG

GRUPOS:

VIVIENDO SOBRIO CORAL GABLES LA GRAN MANZANA

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.



UNDECIMA TRADICION

"Nuestra política de relaciones públicas se basa más bien en la atracción que en la promoción; necesitamos mantener siempre nuestro anonimato personal ante la prensa, la radio y el cine"

UNDECIMO CONCEPTO

"Aunque los Custodios tienen la responsabilidad final de la administración del servicio mundial de A.A. ellos siempre deberán recibir la asistencia de los mejores comités permanentes, de los directores de las corporaciones de servicios, de los ejecutivos, del personal de oficina y asesores, todos de la más alta com- petencia. Por consiguiente, la composición de estos Comités fundamentales y de las juntas de servicios, las cualidades personales de sus miembros, la forma de su incorporación, el servicio, los sistemas de rotación, la manera en que se relacionan unos con otros, los derechos específicos y las obligaciones de nuestros ejecutivos, empleados y consejeros, todo esto unido con una base correcta para la remuneración financiera de los trabajadores especiales, serán siempre asuntos de verdadero interés y cuidado."

UNDECIMO PASO

Mediante la oración y la meditación, tratamos de mejorar nuestro contacto consciente con Dios, según nuestro propio entendimiento de Él, y le pedimos tan sólo la capacidad para reconocer su voluntad y las fuerzas para cumplirla.

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:		ber can contribute more than lember:	\$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 added g contribution informa	in "The Messenger." tion please call the office	No, I would like to real at: 305.461.2425	main 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. 8 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 Sunda @ 1;30pn de Club Lamb ni, FL 33137

Archives 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. *********

GS DISTRICT 10 Grapevine Committe

1st Wednesday of the month @ 7:15pm Upper Room 822 NE 125th St. # 111 North Miami, FL 3316

GS DIS Litera₂

2nd Tu the month ு.00pm Metodista Unida Ponce de Leon Blvd. ******

GS DISTRICT 10 PI/CPC

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

Treatment Committe

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

Accessibilities

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

For more information go to www.district10miami.org

FREEDOM FROM GUILT

(Step Eleven provides the answer)

AA promise: "We will not regret the past nor wish to shut the door on it." (p. 83)

There exists a demon (Mental Obsession) lurking in my subconscious that wants me drunk! This demon hopes that I will misinterpret the above promise and begin to compulsively dwell on my many past mistakes, over and over. It hopes that the resulting guilt will render me so irritable, restless and discontented that I will march into the nearest bar.

Of course this great promise taken rightly does not encourage guilt at all. That we are not to "shut the door " on? the past simply means that I need to realise my past mistakes so as not to repeat them.

But how, but not feel quilty?

I have heard said that self cannot rid self of self-guilt with self—akin to lifting oneself by their shoestrings. Obviously, I need a conscious contact with a power greater than my self!" Page 86 provides the answer: " After making our review, we ask God's forgiveness and inquire what corrective measures should be taken." (p. 86)

Asking for God's forgiveness is the easy part, but then comes the "corrective measures" part. To obtain release from my guilt I may need to make amends and perform unpleasant measures to prevent recurrence—whether I want to or not! I must always remember that to stay sober I must remain in a fit spiritual condition. (p. 85)

So, when past defects and shortcomings come to haunt me I can request help with the above prayer and try to stay busy in the 'nowness' of each day. AA service provides many such opportunities. Step Eleven solutions are based on truth, but the mental obsession is a lie. Happily, a lie cannot penetrate the truth anymore that darkness can penetrate light. The Eleventh Step directions continue to save me from marching back into that bar room door. Thank you, God!

By Bob S.

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"THE MESSENGER"

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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 ELEVEN

"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

OCTOBER

SOUTH DADE

Andres 1 Olivia D.3 Christina 3 Roly 4 Sonia H. 5 Rachel F. 5 Isabel 9 Eric B. 9 Marji 10 Penny G. 13 Stacia V. 13 Morgan C. 29

AJ 35

Fred R. 36

Caro 2

PALMETTO BAY

Please use this QR Code for your online contributions to your Intergroup Office. Please just scan the code and it will take you directly to PayPal.

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



SOUTH DIXIE

Kevin A. 2 Rachel F. 5 Maria S. 6 Stacia V. 13 Morgan C. 29 Fred R. 36 Linda W. 43

Olivia 3 Roly 4

SOBER WAY OUT Chris R. 5 Stan 6 Chris W. 2 Izzy 9 Itara M. 3 Becka 10 James D. 4 Hans 20 James L. 8 Voncel J. 9

MEETINGS IN RUSSIA

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

Sade Monique 7 Johnne S. 15 Paul B. 15 Elizabeth R. 30



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 Mix Nuts Group/1st Monday @ 9:30pm New Beginner's # 2/2nd Thursday @ 7:30pm Night Owl Group/2nd Sunday @ 7:00pm 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/Last Monday @ 7:30pm Miami Young People/Last Saturday @ 8:30pm Mixed Nuts Group/Last Monday @ 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 A.A. MEETINGS?

Learn more at: www.meetingguide.org



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

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 - December 9th, 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

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.)

