

The Messenger



MIAMI-DADE INTERGROUP

Florida - USA

aamiamidade@bellsouth.net

April 2022

1850 SW 8th St. # 303 - Miami, FL 33135 / 305.461.2425 (24 hrs) / 305.461.2426 (Fax) / aamiamidade.org

MIAMI-DADE INTERGROUP 67TH ANNUAL BANQUET

SATURDAY - APRIL 23RD, 2022

THE GIFT

"ABANDON YOURSELF TO GOD"

BIG BOOK PG. 164

6:00PM - RECEPTION
7:00PM - DINNER
8:30PM - SPEAKER
FOLLOWED BY DANCE @ 10:00PM

TICKETS ON SALE NOW!

TICKETS: \$45.00
TABLES: \$270.00

DOUBLETREE HOTEL BY HILTON
711 NW 72ND AVE. MIAMI, FL 33126
(NEAR MIAMI INT'L AIRPORT) - SELF PARKING: \$7.00

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

“Made a Searching
and
Fearless Moral Inventory
of Ourselves”



STEP FOUR
Need Not be a Saga
Exposing the Root of Our Faulty Behaviors

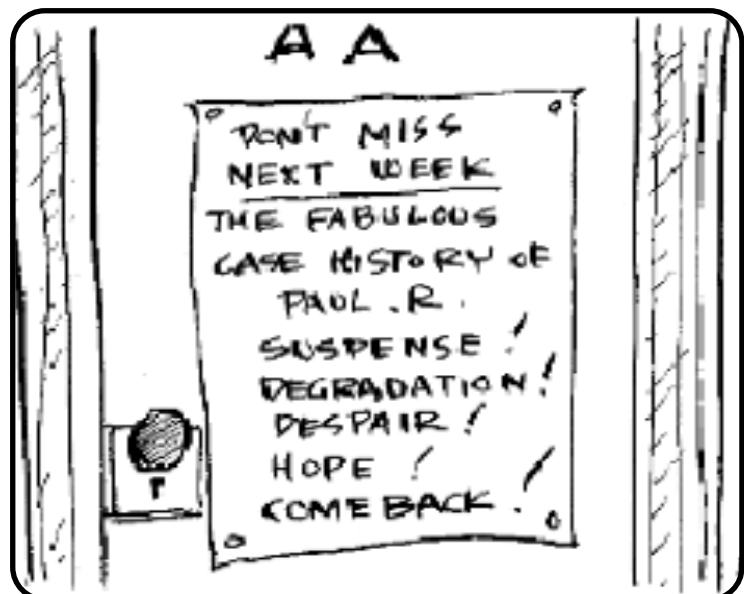
The subjects that we need to address in step four are the faulty behaviors that caused us to damage our relationships with other people and to get down to the core issues which caused us to behave the way we did. It is not necessary to drag these episodes out Ad nauseum. On page 65 in the Big Book it starts the process with the word Resentment. This is just the first topic we will address in our inventory but not the last. Some others may deal with subjects such as: Gossip, Dishonesty, Selfishness, Neglect, Character Assassination, etc. These issues are our natural instincts, for protection, far exceeding their intended purpose. More topics will be revealed as you fill in the “why we did these things” part of this step. I would have one page for each of these matters and as a new issue came up, I would open another page.

I would start with the most obvious person I had a resentment for and try to determine the cause and effect of these behaviors, and once I discovered why I felt threatened by this person or issue, I could deal with it at that level then I would move on to the next person on the list and so on. After going through three or four of these people I found that I was repeating myself and I would move to the next topic. I see that most of these fears stem from my own insecurity, for example: I was talking to a friend awhile back and I questioned how we could talk about another person without it be considered Gossip? His response was life changing for me when he said: “All forms of Criticism and Character Assassination stem from low self-esteem.” The Low Self-esteem was the Defect of Character, and The Criticism and Character Assassination were the Shortcoming. (faulty behaviors) (Cont. on page 5)

Drunk: “If it wasn’t for women, I wouldn’t be here.”
Judge: “If it weren’t for women, none of us would be here. Thirty days.”
-R.L.



“SO HOME IS THE BEST place after all?”
snarled the alky’s wife at 3 A.M.
Alky: “I don’t know about that—but it’s
the only place that’s open.”



STEP FOUR: WAS I READY? 1, 2, 3, AND OUT

When I attended my first Alcoholics Anonymous (A.A.) meeting, I had no idea what any of the steps, entailed but at that meeting I heard the things that were read, and sharing about steps and, I now realize that I came away from that meeting a different man. My life took a 180% turn, and I have never been the same since. For the first time in my life, I saw a refreshing, new approach to living and all I had to do, was to show up and listen. That may have been the taking of step 1, but I did not know it at the time. I realize that, from that day on, I have had a huge change of perception and I have learned to recognize faulty thinking and to find the answers to life issues as they were articulated by the collective sharing in that meeting.

I have heard people in the program, when attending a structured step study meeting, say that there may be as many as 35 people at the meeting when they started on step 1, but by the time they got to step 4 they might be down to 10 or 12 people left in the room, and they say it is like, 1. 2. 3. And out. There seems to be something in step 4 that their ego would not let them address at the time. Like myself, I had things that I thought I would take to the grave with me. When this happens, I believe that they may not be ready for this step yet, and if they are hurried into it, they may start to search for an easier softer way. If they stay on that softer path for long, they may end up having a half measures approach, which avails them nothing and they may waste precious years, or worse, they may relapse and do irreparable damage that cannot be undone. When I hear of a person who has a relapse after having long term sobriety I often wonder if it was due to skimping on steps 4 and 5, which leads to a much more superficial approach to the remaining steps. Thoroughness is the watchword when taking these steps.

I use the 4th step in the 12&12 to illustrate what I mean when I try to describe the way reading and hearing the things that they describe in step 4, are things that we live with every day of our lives. Each time we read them again, we realize that we have addressed some of these issues without being aware of it. I have heard people who have not taken step 4 yet, using terms such as, "restraint of pen and tongue, or remove the word blame from my speech and thought" and, without realizing it, they are reducing their problems as the result of this different mindset. If they are honest, about not being ready to take step 4 and 5 it leaves the door opened for the time when they are more confident, and they will be able to revisit this step and make a clean slate of it without feeling guilty or being in denial about it.

I believe that the main reason why they wrote and published the 12&12 was because they did not want to establish a precedent of editing the A.A.(Big Book), and they wanted to give amplifying information and examples of how to navigate the twelve steps.(a road map if you like) We can tell stories and drunkalogues of our drinking days and that's fine, but if we don't go through a meaningful process of addressing the causes and solutions to our problems, we will be selling ourselves short, and life is too precious to waste. The question is: If this applies to me, am I strong enough to revisit step 4 and 5.

By Rick R.



JUST FOR ME

I had my first drink at age eleven and sobered up at age forty-three. In between, I was on that hellish rollercoaster that we alcoholics come to know, sooner or later.

I failed college my first year, failed lots of relationships, was fired, lost my house, lost my marriage, and had tried many geographical escapes.

The Navy said, "Go to treatment or get out," so I got out. I've had suicidal thoughts, I've been to jail, missions, and treatment centers (three times). I've been homeless, too, but I kept right on drinking, with occasional periods of sobriety in-between.

In 2001, my two daughters and son were taken away as a direct result of my alcoholism. The judge said, "What is more important to you, your children or your drinking?" For the fourth time, I went into treatment. This time I did it just for me.

During my first year of sobriety, I found my Higher Power and today things are much better for me and my children. I take it one day at a time and have learned about honesty and humility.

I pray to God daily, make my meetings, take a daily inventory, keep in contact with my sponsor, read the Big Book, work the Twelve Steps, and do not drink.

I also never forget where I came from and where I will return to if ever I take that first drink.

Joshua L., Mobridge, SD

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**ME LLAMO LUIS Y SOY ALCOHOLICO
(Ateo)**

Me dirijo a los alcohólicos que han tenido dificultades en adaptarse a las referencias religiosas dentro del programa de A.A. A aquéllos que no pueden aceptar la idea de un ser sobrenatural, permítanme decirles que siempre han sido los seres humanos quienes me han fortalecido cuando necesitaba ayuda. Reconozco que necesito más fuerza de la que yo personalmente tengo para vencer la compulsión de beber. Recibo esta fuerza adicional del poder para crear el bien que en A.A. se genera. He interpretado la frecuente referencia a Dios en los Doce Pasos y en otros lugares, como el poder que viene de otras personas.

Después de un año y medio de verdadera sobriedad (anteriormente pasé tres años tratando de captar el programa de A.A.), sufrí una catástrofe personal. No considero esta situación como un castigo por los "pecados" del pasado; ni tampoco soy tan vanidoso como para creer que una deidad me eligió como mártir. Es ciertamente irónico verme paralítico después de un período de verdadera sobriedad, y no como resultado de una borrachera. Pero no es más que eso — irónico.

Tengo una firme creencia en la moral humana. Creo que los malos impulsos pueden ser superados por las acciones honestas. A.A. pone de manifiesto los impulsos para crear el bien, y esto tiene una fuerza tremenda. A mi parecer, el total de las buenas acciones constituye el "poder superior".

Estas son las palabras de un ministro Unitario: "En un mundo que ha perdido, o que va perdiendo rápidamente, toda idea convincente de la providencia divina en acción, de un Dios que dispone de los asuntos de la humanidad, no es necesario suponer que la única alternativa a un universo amante del ser humano es un universo enemigo y satánico. Existe la alternativa más probable de un universo neutral, en donde viven los seres humanos forjando su salvación, sin esperanza del cielo ni temor del infierno. Se puede encontrar que la vida tiene un valor no porque un padre divino así lo dispone, sino porque los logros de buenos hombres y mujeres trabajando juntos con amor y respeto mutuos, son en y por sí mismos valiosos y gratificadores." Durante más de dos años, fui casi un Solitario, pudiendo asistir solamente a unas pocas reuniones cada año. Afortunadamente, mi esposa comprende bien lo que es el alcoholismo (debido a su asociación en el pasado con un grupo familiar), y tuve la oportunidad casi diaria de tener conversaciones con ella. Ahora, hemos formado un grupo de A.A. en esta área que se reúne cada semana en mi casa.

No fui capaz de aceptar a A.A. ni la ayuda verdadera que prestaba, hasta que hice una interpretación racional del programa. Sigo siendo ateo, pero soy un ateo agradecido. No quiero cambiar a A.A. Funciona para mí. Sólo quiero que A.A. logre atraer a los racionalistas. Como miembros de A.A., ellos pueden aportar mucho a la Comunidad.

- De la pagina web del grupo 24 horas



*Sí, sabemos que estabas seco por una semana, pero este no es la manera de calabrart**

**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.

**Dependencia de un
Poder Superior**

Para obtener un cambio de juicios y actitudes positivas, aspirando a una nueva vida, el enfermo necesita depender de un Poder Superior o de algo más fuerte que él; debido a que el enfermo siempre trató de hacerlo todo por sus propios impulsos, lo que originó que constantemente fracasara, se frustrara y luego se resintiera con los demás. Necesita reducir su ego para aceptar la ayuda de algo o de alguien.

No es conveniente depender de las personas o cosas, pues en algún momento nos pueden fallar. Inicialmente se puede depender del Grupo de A.A. y después si así lo prefiere, puede depender de un Dios, tal como él lo entienda, ya que en Alcohólicos Anónimos se respeta la libertad de creencias.

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.

5 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., 331

Miami FC Host

2nd & 4th Sunday of the month
@ 10:00pm
Lafayette Community Club
8 N. 4th St.
Miami, 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 Committee

1st Wednesday of the month
@ 7:15pm
Upper Room
822 NE 125th St. #111
North Miami, FL 331

Literature Committee

1st Sunday of the month
@ 10:00pm
Unida Metodista Unida
Ponce de Leon Blvd.

GS DISTRICT 10 PI/CPC

4th Saturday of the month
@ 10:00am

ID: 897 0307 8285

Password: 672322

Treatment Committee

3rd Saturday of the Month
@ 3:00pm

Accessibilities

3rd Tuesday of the month
@ 7:15pm Upper Room

**For more information go to
www.district10miami.org**

STEP FOUR.... (Cont. from page 2)

To put it in simpler terms let's say you just purchased a brand-new SUV and drove away from the dealership and as you approach the first stop sign you hit the brakes and the car didn't stop properly and drifted out into the intersection. You carefully drive the car back to the dealership and explain what happened and the salesman said, the mechanic will check it out and see what went wrong. Shortly there-after the salesman returned and explains that they put the wrong break-pads on the car, and they would have them replaced and it should be fine. You get the car back and drive off and when you reach the first stop sign it stops perfectly and it stops perfectly in all the other stop sign that you approach. The defect was the faulty brakes and the failure to stop was the short coming. Once the defect was corrected, the short coming went away. The defect was the cause and the shortcoming were the effect.

If we simply look at our irrational fears and insecurities as the defects in every case, we can get through step four quickly and I find it best to add any new shortcomings, as they become obvious, to an additional page and expose them to the light. Without a thorough fourth and fifth step I can't see any way that a person can do the rest of the steps with those tormenting Ghosts of yesterday still rattling around in their head. They may never drink another drop of alcohol, but they may never rid themselves of those corrosive mental issues and miss out on, what I see as, the most important promise in the program and that is, Peace of Mind. Ridding ourselves of the root causes of our behaviors is the solution to our mental unrest and, in time, we will develop a life of credibility and integrity and above all, a clear conscience. It gets easier as we move forward and get right with ourselves and the world around us.

By Rick R.

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aamiamidade.org

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Richard A.

Gerry O.

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Manuel N.

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Jonathan M.

Intergroup Banquet

Maria S.

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The Messenger

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Twelve Step Relay

Paul R.

Maria S.

Big Service Breakfast

Richard A.

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Jorge L.

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

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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

"I AM TOO BLESSED TO BE STRESSED THE SHORTEST
DISTANCE BETWEEN A PROBLEM AND A SOLUTION IS THE
DISTANCE BETWEEN YOUR KNEES AND THE FLOOR."

MARCH

SOBER WAY OUT

Nandy 1
 Konstantin V. 2
 Cindy J. 4
 Jean V. 5
 Lisa B. 5
 Jenn D. 6
 Carlos H. 6
 Aaron M. 6
 Carlos 15
 Maria P. 17
 John H. 18
 Jerzy L. 21
 Annie P. 23
 Robert J. 24
 Raymond A. 25
 Felix F. 29
 Fred T. 32

SOUTH DADE

Rickey F. 1
 Carlos D. 3
 John 6
 Art 6
 Bill F. 8
 Blanca 10
 Shane 11
 Cecile C. 21
 Dawn F. 22
 Ben S. 31
 Frank B. 32
 Sandor 45

PALMETTO BAY

Laura 3
 Pedro 4
 John M. 6
 Marco F. 20
 Arlene L. 24
 Dan U. 32

Experience is not
 what happened
 to you.
 Experience is
 what you did with
 what happened
 to you.



**Our most sincere condolences
 to all the family and friends of
 our dear friend**

MARY C.

**From the Homestead Group
 who recently passed away.**

**Her passing is very felt by all
 of us who knew her.**

**She did a lot of service for A.A.
 and she will be greatly missed.**

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
 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

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
 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

"As we we go through the day we pause,
 when agitated or doubtful, and ask for
 the right thought or action.
 We constantly remind ourselves
 we are no longer running the show, hum-
 bly saying to ourselves
 many times each day
 'Thy will be done'."

Scan. Pay. Go.



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



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 A.A. MEETINGS?

Learn more at:
www.meetingguide.org



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

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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!!!

The Messenger

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