

# The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

May 2022

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

## Step Five: A Clean Slate Those Tormenting Ghosts of Yesterday

We were all born with a clean slate. From the first day of our lives, we started to experience different emotions and those feelings had to do with the way we evolved into who we are today. Instinctively we responded to the different Threats and Comforts, of life, and these were the things that established our mental Strengths and Weaknesses. I believe, our problems can be traced back to the conditioning we experienced as we formed our Mental and Spiritual makeup. The perception we have of ourselves may be likened to a chalkboard containing every experience of our lives. If we can look at it and be satisfied that we had a good track-record, we would be comfortable with it and lead a normal life. If, however, we find ourselves on the negative side of the ledger in our formative years, we may develop abnormal feelings of guilt and shame, that triggers the beginning of the compulsion to drink excessively. In the beginning we get a temporary relief that tells us that we are fine, but it only lasts until we wake up the next morning and find ourselves in an even deeper quandary. We reach for the bottle, and again it gives us that temporary euphoria, and we repeat this process over and over until, something tragic in our lives drives us to Alcoholics Anonymous (A.A.) where we are encouraged to go through a process that can restore us to a more normal life. Steps One through Four are about surrender, acceptance, and discovery.

Step five is about disclosure and for me, it was the gateway to how I was to live the rest of my life. After two attempts at Step Four, I was faced with the decision as to whether my future was going to be honest and meaningful, or just a meaningless facade. Fortunately, for me, I took a leap of faith and disclosed all those, so called, tormenting ghosts of yesterday, (12&12 pg.55) and looking back on it now, I realize that the decision to do this was the hinge pin for my thoroughness, with the rest of the steps. Had I not Cleaned the Slate at that time, I just do not see how I could have followed the spirit of truth and honesty, with myself and others that would have resulted in the peace of mind that I enjoy today. My inventory had to deal with bad, habits and deeds which had to be changed by the process suggested in steps six and seven. That was the easy part of step five. However, those tormenting ghosts of yesterday were another story. These were not habits, but deeds that I had done as an adolescent kid that seemed unforgivable.

No one should ever know; I would take them to the grave with me. Mustering the strength to take that risk may have been the most crucial step forward I have ever made. My brain had been lying to me, after all; how bad could a thirteen-year-old kid be? That one decision is what I credit with giving me my life back and if I had not done it, I do not see how I could have given a good effort to the rest of the steps. I often hear members of the program that seem to resist looking deeper into their regrets and seem to build a wall of reasons why they do not need to, and I wonder if they might be caught up in the same dilemma that I was in when I took my fifth step.

I wish I could reassure them that it is not worth the mental torment that it puts us through and that it may be wise to revisit that step and clean the slate. We cannot live alone with them; we must talk to someone about them. (Even A.A. old-timers, sober for years, often pay dearly for skimping this step. (12&12 pg. 56) If, you are that person, I encourage you to try to garner the strength to take that risk, and clean the slate; Afterall, we only live once. Let us not waste the opportunity to live a peaceful and contented life.

**By Rick R.**

## Peace of Mind and a Quiet Heart What More Could a Person Want

In my early days of sobriety, I was hearing a lot of words that were unfamiliar to me and I did not pay much attention to them at the time since I had bigger fish to fry. I had a drinking problem and everything else took a back seat to that. I was overwhelmed by marital, legal, and economic problems. Words like love, patience, spirituality, and forgiveness were foreign to me and I did not see how they mattered when all I wanted to do was quit drinking. I stayed close to that group, and they started calling me the fortunate one. At the age of 28, I was the youngest one in that group. The rest of members in the group were over forty and it stayed that way for quite a while as drug problems had not evolved enough at the time (1969) to affect the influx of younger members. I felt like the elders of that group took a special interest in me and that endeared me to them in a special way.

I was always listening for the magic word that would inspire me and give me a purpose in life and one day it happened. Tears come to my eyes when I recall the memory of the gentle voice of an old farmer named Harlan. As he talked about all the trials and tribulations in the past, that he had endured, he explained how he had stumbled into A.A. and that all the answers were there, but he did not understand it until he had a goal to reach for, and the next words that came out of his mouth changed my life forever. He said, "ALL I WANT FROM LIFE IS PEACE OF MIND AND A QUIET HEART." The next thought that came to me was, what more could a person want? To this day, I still quote Harlan and credit him with the inspiration. He passed away in 2007 being sober 51 years.

*(Cont. on pg 2)*



**GOOD MORNING  
MIAMI**

**SATURDAY 10:30 AM EST  
OPEN AA ZOOM SPEAKER  
DISCUSSION MEETING**

**ID: 852 3203 6959  
PASSWORD: 198967**

***Peace of Mind and a Quiet Heart*** (Cont. on pg 2)

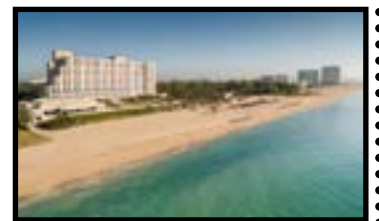
I have been through the big book and the 12&12 many times and have made a slow but very purposeful attempt to rid my mind of all the tormenting memories and regrets of the past, and as I processed each one of them, the more I realize that peace of mind is the natural result of living by these principals. Clearing the wreckage of the past, and changing those behaviors that caused it, and practicing unselfish behaviors, with the help of seasoned veterans like Harlan, I move closer and closer to the promise: We will comprehend the word serenity and we will know peace.

My books are marked and hi-lighted over the years as I evolved through the step study meetings or checked out the references to the big book in the Daily Reflections. Recently I have been focusing on the word peace and underlining it, and it is amazing how often it is linked to other words that, seem to get more attention. Peace of mind encompasses the spirit of recovery in alcoholics anonymous and I will be forever grateful that God saw fit to lead me to this wonderful program. Harlan, rest in peace and thank you for the inspiration.

**By Rick R.**



**FLORIDA STATE CONVENTION  
AUGUST 3 - 7TH, 2022**



**HOTEL INFORMATION  
HARBOR BEACH MARRIOTT - FORT LAUDERDALE**

If we were unable to reserve your room at the Harbor Beach Marriott, you can register on our waitlist for rooms as they come available. Please know that we fully expect rooms in the Harbor Beach Marriott to become available as we get closer to our event. However, you can also choose one of the two overflow hotels listed below.

**OVERFLOW HOTEL - B Ocean Resort Fort Lauderdale.  
OVERFLOW HOTEL - Courtyard Fort Lauderdale Beach. Click**

## 12 STEP CLEAR-CUT DIRECTIONS ARE NOT ON THE WALL

Before studying the Big Book, I thought if I memorized the Twelve Steps from the clubhouse wall or from pages 59 and 60 and practiced them every day that mental obsession would finally disappear. It didn't work! After five months sobriety I marched into a bar with gin and tonic on my lips. I was in deep chicken fat trouble!

I didn't order that drink, thanks to God, but I was terrified!

Returning home, I immediately prayed to be shown the path to sobriety. God answered with a new sponsor who taught me the clear-cut directions directly out of the Big Book.

We read on page 29 that: "Further on Clear-cut directions are given showing how we have recovered." We then read the "outline" on pages 59 and 60. It was explained the these are not the clear-cut directions of recovery; the 12 Steps hanging from the meeting room walls are also not the program of recovery! Both these are simply a description of what the Big Book is going to explain further on.

Bill Wilson tells you what he is going to tell you (as above); then he tells you the directions on Pages 60 thru 103, then he tells you what he told you on page 164—3rd full paragraph.

Please notice how many directions exist in Step 3. Step 4 has more than I can count—Plus it shows how to face and be rid of our defects, etc. Step 10 has five directions.

I believe a newcomer is being short-shrimped when taught that the steps on the wall are sufficient for recovery. Here are a few important bits of information not found on the wall:

Step Three: The 3rd Step promises, the 3rd step Prayer, and who to do it with, or not. That Step 3 is only a beginning.

Step Four: When to begin Step 4. Why we need to do this step. How to face and be rid of resentment by using a spiritual tool and a logical tool. How to be rid of irrational fear. How to develop a new sex ideal.

Step Five: When to do this step and where it comes from. Whom to do it with. Precautions about sharing particulars. Why this step is so important. Discover the 5th Step promises.

Step Six: When to be convinced we are ready to allow God to remove defects blocking our sobriety. Suggested prayer for help.

Step Seven: A humble request for God to remove the "bondage of self, "now that we realize what they are.

Step Eight: Explains where our list comes from. Offers a prayer to help to complete this list.

Step Nine: When to begin making amends. Why to make amends. How to prepare how to present your amends. How to handle financial amends. How to avoid jail time for alimony. What amends are inappropriate. Forgiveness.

Step Ten: Explains this step is for a lifetime. On the wall and page 59 and 60 there are only two directions, but on page 85 there are five clear-cut directions. We learn the important 10th Step promises.

Step Eleven: How to pray at night, morning and through the day. How to find forgiveness. 11th Step promises.

Step Twelve: Prerequisites for 12-stepping. Rewards for carrying this message. What message to carry. How to prepare before approaching a newcomer.

**By Bob S.**



### Armed Forces Interview Project

The Trustees' Committee on Cooperation with the Professional Community/Treatment and Accessibilities is seeking A.A. members in the U.S. and Canadian Armed Forces to discuss their experience, strength and hope as sober members of A.A. in the military in recorded anonymity-protected interviews. The goal of this effort is to improve A.A. outreach to members in the U.S. and Canadian military. Interested military members can volunteer or get more information about this project by writing to [militaryoutreach@aa.org](mailto:militaryoutreach@aa.org)

**¿Sabías qué..?**

La Oficina de Servicios Generales (OSG) tiene actualmente una extensa lista de hombres encarcelados que están a la espera de intercambiar correspondencia con un miembro de A.A. de afuera. La gran mayoría de estos hombres son alcohólicos hispanos que desean trabajar el programa de A.A.

Tu puedes enviar el mensaje de A.A. manteniendo esta correspondencia y usando La Viña como herramienta de Paso Doce.

Para obtener más información, envía un correo electrónico a: [corrections@aa.org](mailto:corrections@aa.org). O puedes escribir a:

**Correccionales,  
Oficina de Servicios Generales  
Box 459, Grand Central Station  
Nueva York, N.Y. 10163.**

**Diversión en Sobriedad**

...Cómo los miembros de AA aprenden a vivir sobrios y a disfrutar la vida al máximo

Presenta más de 50 historias inspiradoras relatadas por miembros de Alcohólicos Anónimos acerca de las diversas formas en que han aprendido a pasarla bien luego de dejar la bebida.

Disponible en Inglés.



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](mailto:aamiamidade@bellsouth.net)**

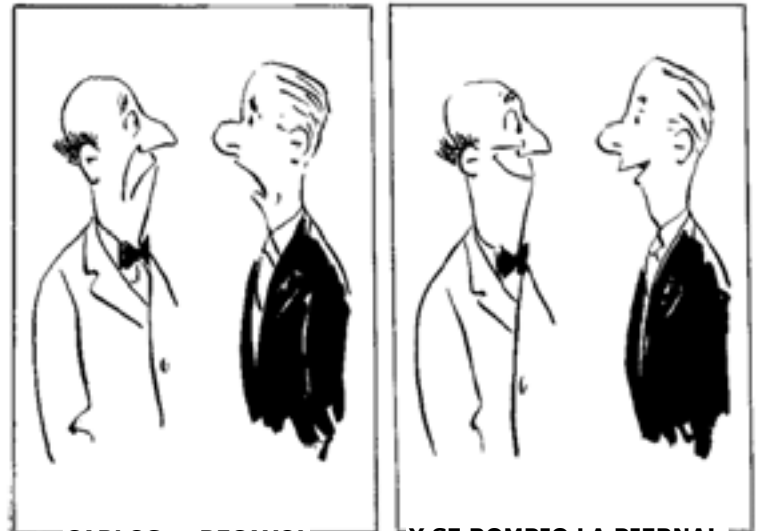
o llamar al

**305.461.2425**  
con su informacion.

**NOTICIAS DEL GRAPEVINE**

Invitación a presentar historias para la Cuarta Edición del Libro Grande Conforme con la recomendación de la Conferencia de Servicios Generales de 2021 que "Se desarrolle una cuarta edición del Libro Grande en español, Alcohólicos Anónimos, incluyendo historias actualizadas que reflejen mejor la membresía actual, y que se presente un informe de avance a la Conferencia de Servicios Generales de 2022", el Comité de Literatura de los custodios está buscando una amplia variedad de experiencias de recuperación de los miembros de la comunidad hispana en la estructura de A.A. de Estados Unidos y Canadá.

*Feliz Día de las  
Madres!*



CARLOS.....RECAYO!

Y SE ROMPIO LA PIERNA!

## 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., 33177  
\*\*\*\*\*

**Miami FC Host**  
2nd & 4th Sunday of the month  
@ 10:00pm  
Lafayette Community Club  
8 N. 44th 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 Committe**  
1st Wednesday of the month  
@ 7:15pm  
Upper Room  
822 NE 125th St. # 111  
North Miami, FL 33161  
\*\*\*\*\*

**GS DISTRICT 10  
Literature Committee**  
1st Wednesday of the month  
@ 7:00pm  
Iglesia Metodista Unida  
10000 Calle de Leon Blvd.  
\*\*\*\*\*

**GS DISTRICT 10  
PI/CPC**  
4th Saturday of the month  
@ 10:00am  
**ID: 897 0307 8285**  
**Password: 672322**  
\*\*\*\*\*

**Treatment Committe**  
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**

**District 10  
Grapevine Roundup**  
Saturday, May 14, 11 AM to 3 PM  
**Kendall Indian Hammocks Park**  
11395 SW 79th St  
Miami, FL 33173  
Shelter #2  
**Speakers & Food**  
Suggested Contribution \$30

**VIA ZOOM**

**INTERGROUP  
CONTACT LIST***aamiamidade.org***Chairman**

Ian S.

**Vice-Chair**

Richard A.

**Treasurer**

Dylan S.

**Secretary**

Rebeca C.

**Steering Committee**

Jennifer R.

Gloria P.

Manuel M.

Oliver

Jonathan M.

**Trustees**

Manuel N.

**Founder's Day**

Jonathan M.

**Intergroup Banquet**

Maria S.

**Intergroup Office**

Jennifer R.

**The Messenger**

Office

**Outreach****OPEN POSITION****Public Information**

Sam H.

**Twelve Step Relay**

Paul R.

Maria S.

**Big Service Breakfast**

Richard A.

**General Service Liaison**

Jorge L.

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

Office

**GENERAL SERVICE  
CONTACT LIST**  
*www.district10miami.org***Chairman**

Ric B

**Alternate Chairperson**

Regina F.

**Treasurer**

Sara G.

**Registrar**

Mario P.

**Recording Secretary**

David M.

**Archives****OPEN POSITION****Corrections**

Kathleen K.

**Current Practice**

Gerry S.

**Grapevine**

Ken T.

**Gratitud Dinner**

Pablo B.

**Intergroup Liaison**

Iliana K.

**Literature**

Carl L.

**PI/CPC**

Jacque T.

**Accessibilities**

Melissa L.

**Treatment**

Vinny G.

**Big Service Breakfast**

Al P.

**District 17 Liaison**

Enrique S.

**Remote Communities**

Andrea L.

**Communications**

Diana C.

**"THE MESSENGER"**

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**MIAMI-DADE INTERGROUP**

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Miami, FL 33135

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**E-MAIL:***aamiamidade@bellsouth.net***WEBSITE:***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**

A normal drinker finds a fly in his beer and asks the bartender to pour him a fresh drink.

A heavy drinker finds a fly in his beer, pulls it out by the wings, and continues drinking.

An alcoholic finds a fly in his beer and yells, "Spit it out! Spit it out!"

**APRIL**

**SOUTH DADE**

- Manuela S. 1
- Jen 3
- Missy 5
- Charles 5
- Jeremy 10
- Lee 11
- Carla 11
- John G. 13
- Donald 14
- Chuck 16
- Darryl 19
- Oliver 29
- Scott N. 31

**PALMETTO BAY**

- Manuela 1
- Jenny M. 3
- Charles S. 9
- Carla 11
- Darryl 19

**SOBER WAY OUT**

- Danny C. 1
- Jayde J. 1
- Eric E. 2
- Lisette Y. 5
- Adolfo L. 6
- Loretta T. 12
- Debbie H. 12
- Ty B. 15
- Amalfi G. 16
- Tamara K. 28
- Sharon A. 32
- Ron T. 36

**New Book!**  
**Fun in Sobriety**  
 ...How AA members learn  
 to live sober and enjoy life  
 to its fullest.  
**Features 50-plus**  
 Inspiring stories by  
 members of Alcoholics  
 Anonymous about the many  
 ways they've learned to  
 have a good time after  
 putting down the drink.  
 Available in English.



**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

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



**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](http://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 - June 9th, 2022 @ 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.)

### HELP US CARRY THE MESSAGE!!!

## The Messenger

Miami-Dade Intergroup  
1850 SW 8th St. # 303  
Miami, FL 33135  
Phone: 305.461.2425 (24 hrs.)  
Fax: 305.461.2426

