

The Messenger



MIAMI-DADE INTERGROUP

Florida - USA

aamiamidade@bellsouth.net

July 2022

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

Pride-Humility-Shame The Golden Mean

Defining the word Humility was not an easy thing to do and it took a long time to settle on an understanding that put it to rest for me. I thought that Pride and Humility were Opposites. The final piece of the puzzle came to me when in my 22nd year of sobriety, I was on the phone with a man who was trying to engage me in an argument, and when he realized that I wasn't going to bite, he fired his last volley by saying: Well, I've heard stories about you, and you're no angel." I thought about it for a few seconds and replied, "I have done things in my life that I am not Proud of, but I am not Ashamed of anything that I have done in the past 22 years. The phone call ended peacefully.

Several years later, in a step study meeting on Step Seven the topic was Humility. I remembered that phone call and realized that Pride was not the opposite of Humility that Pride was the opposite of Shame and that Humility fell right in the middle of the two. When I boiled it all down, I concluded that I should not be proud of, or ashamed of the things I do and that I should be in the middle somewhere. This applies to my receiving as well as my giving.

On Page 62 of the Big Book (Alcoholics Anonymous) It says, "Selfishness---Self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows, and they retaliate. In Alcoholics Anonymous (A.A.) I learned that if selfishness was the root of my problems, I could solve them by examining my motives for all my behaviors and staying on the unselfish side of every decisions I make. That one challenge has taken all the shame out of my conscience and has replaced it with compassion and empathy and as a result I receive unselfish comments in return. Aristotle referred to this as "The Golden Mean" where, for example, when we are in the habit of giving compliments to our friends when they deserve it, we should not be so stoic that we cannot accept a compliment with the proper amount of appreciation, when we deserve it. To me this means finding the Mean between the extremes and exercising it until it becomes second nature.

(Cont. on pg. 5)

" HUMBLY ASK HIM TO REMOVE OUR SHORTCOMINGS "

Notes on Step Seven

There was true humility and deep surrender by asking God to "take all of me," both the "good" and the "bad." This was an admission that I could not trust myself to differentiate between the two. I almost drank after five months sobriety before going into the 12-step process with my sponsor. He wisely pointed out the obvious fact that my mind lied to me— It was not to be trusted! I needed a higher power (God) to see the truth about myself. What an ego-shattering revelation! Yet, it was necessary to give up on myself and trust God to take over my recovery. Someone said: "Self cannot rid self of self with self. " I often hear long dissertations of what Bill W meant by "shortcomings" and "defects of character" in Step Seven. Though it may be impossible to over

state the importance of dictionaries, Bill W uses these words to mean the same thing. Let us look how he came about phrasing Steps Six and Seven: Page 59, Step Seven: "Humbly asked Him to remove our "shortcomings." Page 76, Step Seven: "I pray that you now remove from me every "defect of character" that stands in the way of my usefulness to you and my fellows." Consequently, it is easy to see that Bill meant for us to absorb these two words as "twins." I wondered why the closing word "Amen" was not used in the many prayers of the steps leading up to Step Seven. It was explained to me that this word can be used as a summary of previous connected facts, e.g,; In Step Three we asked to be relieved of the bondage of self, but we didn't know

what that was. Not complete. No Amen! In Step Four we only partially realize the nature of said bondage. Not complete. No amen! In Step Five our sponsor may provide deeper insights of the bondage. Not complete. No Amen! In Step Six we become willing to ask God to remove this bondage. Not complete. No Amen! In Step Seven, not that we have a much better insight of our bondage and are willing to be rid of our defects and shortcomings we are now ready to ask God for help. We have completed the necessary prerequisites. The summary has been completed—consequently Bill adds the word, Amen. So be it.

Bob S.

Greetings!!!

We are excited to inform you that District 10, which is YOUR district, is privileged to host the July 2022 South Florida Area General Service Quarterly.

The weekend Quarterly will be held at the Dadeland Marriott Hotel, July 22nd - 24th, 2022.

We need your help in assisting our brother and sister alcoholics from out of town.
We need YOUR help greeting them as they arrive.
We need YOUR help at the registration table.
We need YOUR help staffing the hospitality room.



We need YOUR help in showing our fellow visiting alcoholics that the service leg of our triangle fills us here in Miami-Dade and all Area 15 counties and can fill them too.

To register as a volunteer just scan the code below and complete the form.

Thank you in advance for YOUR support.

District Ten General Service
@District10GeneralService



Contributions



Volunteers list

BIG SERVICE BREAKFAST



IS COMING SOON!

SEPTEMBER 17TH, 2022



Save the date!

At the Riverside Baptist Church – 10775 SW 104th St. - 33176



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

The Speed of Life The Bad Days are But Distant Memories

I am seven years old and every adult in my immediate environment is drinking daily and it is not hard for me to get a taste of beer, if I wanted, but I do not necessarily like the taste, so no problem. I am ten years old, and beer is beginning to taste better but still not my favorite, but a little sip of whiskey, now and then, tastes o.k. but it is harder to get the adults to give it up. I am thirteen years old, and my friend and I talk an old drunk into buying us a few quarts of beer, and we commence to get drunk for the first time in our lives, and now I know why all those adults drink this stuff every night. I was giddy, sloppy, stupid, sick, and eventually unconscious. I woke up the next morning and went off to school with a nasty hangover. I was in the eighth grade at that time. Still, it was no problem.

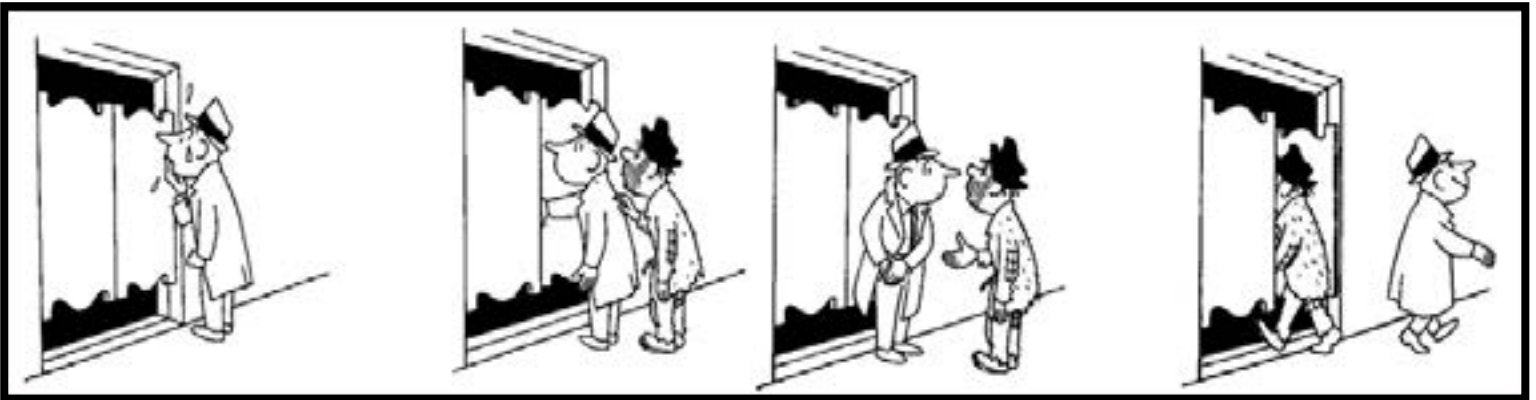
From that time on my mind was consumed with thoughts of how I was going to repeat that wonderful experience. As I started high-school I worked in a bowling alley from six pm till ten thirty pm, setting up pins (in the old days) and when we got off, we would go straight to a sleazy bar where we could get someone to buy beer for us. From there, we would go to an abandoned school building and drink till all the beer was gone, get into fist fights with each other, wake up the next morning with black eyes, skinned up knuckles and elbows, go back to school and come up with some ridiculous story about what had happened.

I am sixteen years old, and I am allowed to party with the adults and shortly after getting my driver's license, I am asked to drive someone home, and on the return trip, I missed a turn and smashed into a parked car. I continue to drink unabated. I quit school in May of my senior year with almost no resistance, Join the navy in August of that same year, locked up for gang fighting, have my second drunk driving accident when I drive into a gas station and hit a car at the pump.

I continue this kind of behavior for ten more years and am lucky to have survived after more trips to jail, failed marriage, broken bones, cuts and bruises and broken relations with everyone that means anything to me. I am twenty-eight years old, surrender and show up at A.A. coming out of a blackout. I am greeted on the front lawn of a little yellow house in the suburbs that is being used to hold meetings, by three people who welcome this stranger with opened arms as though they are expecting me. They began to listen patiently to my tales of woe, nodding as they seem to understand. Their eyes are soft and gentle, and I feel their compassion.

At the early age of twenty-eight, I believed my life is over but, one of them says "life isn't passing you by near as fast as you think it is" and they say, come inside and have a cup of coffee. They were right; I had a profound change of perception. From that moment on I have never wanted a drink and all those bad days are but distant memory. My hope is that all who arrive at the doors of A.A. can be accepted with the same love and kindness that I experienced. I have been sober Fifty-two years; I am eighty years old and on my way to one hundred + and life is good.

By Rick R.



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

¿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. 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.

**LA HUMILDAD ES UN REGALO**

Mientras colocáramos primero la confianza en nosotros mismos, una genuina dependencia de un Poder Superior era completamente imposible. Ese ingrediente básico de toda humildad, el deseo de buscar y hacer la voluntad de Dios, había faltado.
DOCE PASOS Y DOCE TRADICIONES, p. 77

Cuando recién llegué a A.A. yo quería encontrar algo de esa elusiva cualidad llamada humildad. No me daba cuenta de que estaba buscando la humildad porque creía que éste me ayudaría a lograr lo que quería, y que yo haría cualquier cosa por otros si creía que Dios me compensaría por ello. Ahora trato de recordar que la gente que encuentro en el transcurso de mi día está tan cerca de Dios como yo voy a estar mientras esté en esta tierra. Tengo que rezar para saber cuál es la voluntad de Dios hoy, y ver cómo puede ayudar a otra gente mi experiencia de esperanza y dolor; si puedo hacer esto, no tengo que buscar la humildad, ella me ha encontrado.

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.

Cuando estamos dispuestos, decimos algo como esto: "Creador mio, estoy dispuesto a que tomes todo lo que soy, bueno y malo. Te ruego que elimines de mi cada uno de los defectos de caracter que me obstaculizan en el camino para que logre ser util a ti y a mis semejantes. Dame la fortaleza para que al salir de aqui, cumpla con Tu Voluntad. Amen."
Entonces hemos completado el septimo paso.

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

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

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

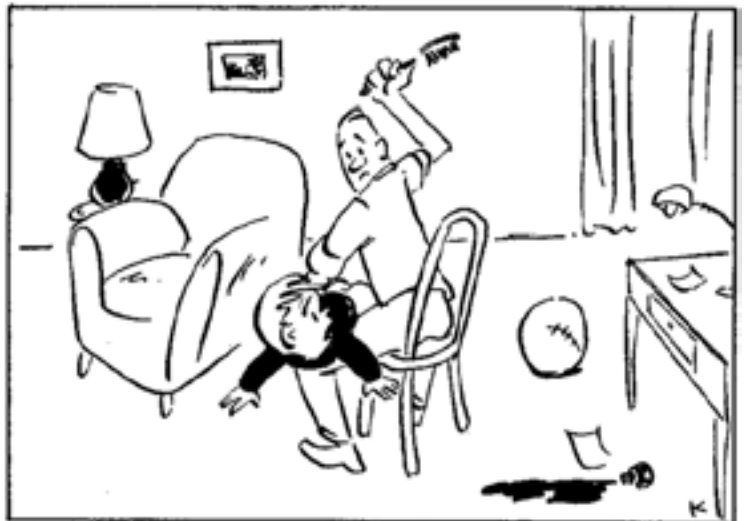
Treatment Committe
 3rd Saturday of the Month
 @ 3:00pm

Accessibilities
 3rd Tuesday of the month
 @ 7:15pm Upper Room
**For more information go to
 www.district10miami.org**

Pride-Humility-Shame (Cont. from pg. 1)

I have known some humble people in my lifetime, and they have many things in common: They seldom bring attention to themselves, they never criticize others, they are always comforting, and they are always an asset and never a liability. Humble people do the things they were taught as a child. They treat others with respect. They are: trust-worthy, loyal, helpful, friendly, courteous, kind, obedient... Sound familiar? I learned it in the boy scouts. I learned the Golden Rule in church, but I was never strong enough to live by it. Today, I am stronger. If you are not sure what you are supposed to be doing, Read the 11th Step Prayer in The Twelve Steps and Twelve Traditions (12&12) or The Boy Scouts Laws, or try practicing The Golden Rule. That should be a good start. When I found A.A. I was reintroduced to these values and helped to rein in my ego, and today I am at peace with myself and with the world around me.

By Rick R.



"Remember your AA. Pop—Easy Does It!"



**INTERGROUP
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aamiamidade.org

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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

True Humility ... With a simple prayer to our Higher Power, as we ask that ALL our character defects which stand in the way of our usefulness to Him and our fellows be removed, we have completed STEP 7

JUNE

SOBER WAY OUT

- Jonathan 1
- John R. 3
- Joseph S. 3
- Paco 4
- Graciela 5
- Robert L. 6
- Freddie D. 8
- Lina 12
- Ricardo 14
- Patrick 18
- Wilfredo 20
- Judy b. 34
- Karen W. 35

PALMETTO BAY

- Joe B. 1
- Kim C. 1
- Sean L. 2
- Ralph 2
- Sheila W. 6
- Dave S. 9
- Suzu Q. 19
- Ivette McC. 21
- Carnie Joe. 31
- Carolyn S. 38

JULY

SUNSET

- Lisa V. 1
- Alan B. 2
- Jackie P. 3
- Matias D. 4
- Paula G. 4
- Chris C. 4
- Sean B. 7
- Bernadette 18
- Rob C. 19
- Jose A 27
- Abel M. 33
- Jim Q. 35



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



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
- 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

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 - August 11th, 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

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Miami, FL 33135
Phone: 305.461.2425 (24 hrs.)
Fax: 305.461.2426

