

The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

September 2022

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



BIG SERVICE



BREAKFAST

**MIAMI-DADE INTERGROUP
& GENERAL SERVICE DISTRICT 10**

SEPTEMBER 17TH, 2022

Tickets on sale: \$12.00



Great Speakers!

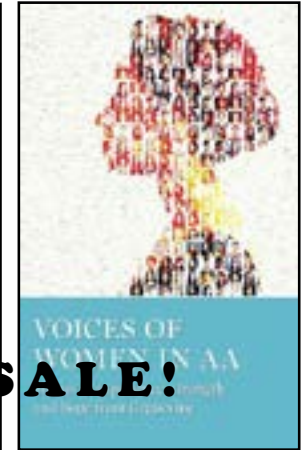
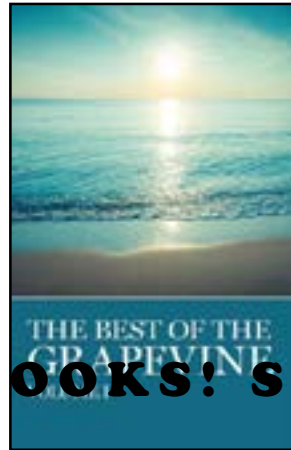
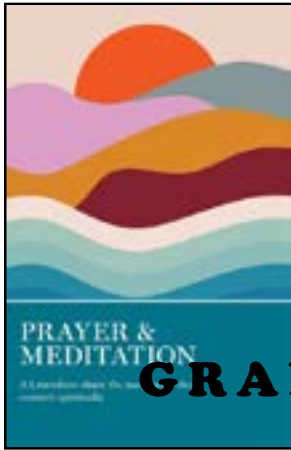


**At the Riverside Baptist Church
10775 SW 104th St. – 33176**

From 8:00am until 11:00am

For Service opportunities: Call the Intergroup Office 305.461.2425
Please support, contribute and help make this event a success!

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



GRAPEVINE BOOKS! SOON ON SALE!

That Little Boy was not a Jerk What Went Wrong Between Then and Now

I was deeply touched by what I heard a young man at a meeting sharing about planning a party for his mother. He started to search through some old pictures and came up with photos of himself when he was 3 years old. Looking at them, he saw the innocence in his face at that young age and he said to himself: "That little boy was not a jerk". His next question to himself was: "What went wrong between then and now"? I believe that everyone in the room could identify with him.

Most of us were perfect when we were born but something influences us in those formative years that set the tone for the direction that our thinking would take. The childlike innocence gave way to the neediness and insecurity that alcoholics seem to have in common. The unworthiness tapes run rampant in our heads telling us that we couldn't make it without cutting corners and doing things that brought on guilt and shame, then we were plagued by our conscience. That little child was damaged and scared on the inside in a way that nothing could bring him peace, until he discovered the elixir in a bottle. When that failed him, he showed up in the rooms of Alcoholics Anonymous trying to make sense of it all.

When I look around the room at an A.A. meeting, it seems like we all look about the same on the surface, with a few minor differences due to age and generational things. We're all made up of hair, eyeballs, elbows, and feet, and things like that. Most of us follow dress codes and courtesy standards. We're not that much different on the surface. Our real problems consume us on the inside and we spend years trying to convince the world around us that we are as good as they are while, inside, loathing what we had become. It's hard to convince a drunk that the child that he was at 3 years old is still inside of him and can resurface if he desperately wants it.

Suppose, for a moment, that we all woke up this morning with amnesia. We would all be the same. The only thing that makes us different is what is going on between our ears and we drag that with us everywhere we go. I discovered years ago that my brain, with the aid of my ego, was lying to me, and that I wasn't that hopeless loser that I thought I was. I also discovered that most of that damage could be reversed, and that I could, over a period of time; develop an approach to a life far superior to anything I could have imagined. The hardest thing that stands in the way of this is my inability to surrender, and to trust the process. With the help of the group, slowly letting go of some of the old ideas, you can start seeing the results in a short period of time, and it will be exhilarating, however, we didn't get this way overnight, and it will be a slow journey, but a very exciting and happy experience. An old, departed friend used to say, "Your hair will be a different color before you know who you are." To me that means, with the help of the A.A. program, patiently changing some of those old habits that cause us grief, and replacing them with unselfish deeds that start to heal our conscience. I've heard it said, "Try it for 90 days and if you don't like what we have to offer, we will gladly refund your misery". What have you got to lose? Now, let's go find that kid and give him a second chance.

By Rick R.

Groups we need your help!

We are looking for groups that would like to donate a basket with A.A. approved Literature for the amount of **\$30.00** for the

BIG SERVICE BREAKFAST

SEPTEMBER 17th, 2022
Riverside Baptist Church



If your group would like to donate a basket, you can order the books by contacting the Office and we will give the books to the Basket committee.



Please contact:
the Intergroup Office at (305) 461.2425

I CRINGE

The nineteen sixties reminded us that, "Things they are a-changin'." This theme still echoes into today's AA meeting room customs. Some of these alterations have been beneficial, but in my somewhat-humble opinion—not all! Of course, these are only customs, not Traditions, the fourth of which allows groups to do as they choose so long as not affecting other groups or AA as a whole.

Consequently, when old customs are cast aside by the new of which I believe detrimental to recovery, I remain silent. However, if I belong to that particular group, I may discuss my opinion at the next group conscience. Here follows a few of the newer practices that cause me to cringe:

- When the chairperson ignores the readers name and instead announces: "I have asked a friend to read . . .", etc. How impersonal is that! Are we just impersonal strangers?
- During the reading of Chapter Five at the beginning some members "call out." (What's the point, etc.). To newcomers the 12 Steps needs to be considered very important; such disruptive joking tends to diminish newcomer respect for the AA program.
- I believe the original opening readings are necessary, e.g., the Steps, Traditions and Promises. However, some meetings read, and read! Such over-reading destroys the intended message—too many words become a meaningless blur—besides, how boring!
- The practice of announcing as an "alcoholic and-a something else" is becoming increasingly prevalent—well, who isn't! This practice dilutes our primary purpose. Alcoholic and-a jaywalker, indeed!
- Lastly, I cringe at the silly "chicken-dance and chanting" following the Lord's Prayer. I believe this diminishes sincerity of this special prayer.

Of course, many groups still hang on to the old tried and successful customs and have not changed one iota. Thank you, God!

Bob S.

Love Empathy and Compassion No Criticism or Character Assassination

Hanging on to resentments and criticizing the behavior of others is often a noticeable characteristic of some members of the program that never find the serenity and peace that is mentioned in the promises. For some people it seems impossible to let their guard down. I think that most of us can understand this, simply because we have all had to face this issue and deal with it as we went through the Twelve Step process. One of the things that I learned when I was faced with this matter was that I had a self-esteem issue and I overcorrected, by pointing the faults of others, to somehow make myself seem normal. This never worked for me as I could not fool my conscience. Things only got worse. I still worked through the steps and did what I could at the time. No one gets it perfect the first time, but we can make a second effort at it when we have established a record of living by principles. Alcoholics Anonymous (A.A.) meetings are a training ground for how we treat others and if we cannot accept the people there, it is a cinch we will not do it outside of the rooms.

Everyone that comes to A.A. brings with them, their own assortment of mental, emotional, spiritual, and material problems, and none of us are without these concerns. If we did not have them, we would not need this program. We all feel vulnerable and establish our own firewalls, with the help of our EGO'S, to protect ourselves from our perception of what those other people are doing, saying, and thinking. We each might establish hard and fast protective reactions, mentally and verbally to protect our own turf. With so many different personalities brought together in one group, it is extremely hard to let down our guards we all feel justified when pointing out the faults of others. This is what the alcoholic personality does.

With the understanding that most forms of criticism and character assassination stem from low self esteem, it occurred to me that I was just as guilty of the very things that I was accusing them of. I likened it to two old men in a convalescent home hitting each other with their canes because one was not walking fast enough for the other. I had to step up to the plate and become strong enough to look deeper into their motives and understand what caused them to behave the way they did, and not be threatened by their outside behavior. I cannot express in words the mental freedom that this principle has produced in me. When I see someone acting out, my first thought is not judgmental in nature but of empathy and compassion. My next thought is "what I can do to help him or her." In time, I have come to terms with all the people that I inner act with on a day-to-day basis and I conflict with no one. To me, they are all like kids just learning how to do life. They all have problems, and I am not going to be one of their problems. I need to be strong enough to replaced words like resentment, judgment, and criticism with empathy, understanding and compassion. Today I have no adversaries that I can think of, and peace of mind is the natural result of this approach.

I find no exceptions to this principle, and I cannot be selective about who I apply it to. Everyone gets amnesty in my book. All those mental gymnastics about "those other people" are a distant memory and I cannot think of a single time that practicing this principle did not serve me well. The only one that is sorry for this profound and life changing transition is my EGO, but about that; who am I to criticize?
By Rick R.

I CHOOSE ANONYMITY

We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have.

TWELVE STEPS AND TWELVE TRADITIONS, p. 187

Since there are no rules in A.A. I place myself where I want to be, and so I choose anonymity. I want my God to use me, humbly, as one of His tools in this program. Sacrifice is the art of giving of myself freely, allowing humility to replace my ego. With sobriety, I suppress that urge to cry out to the world, "I am a member of A.A." and I experience inner joy and peace. I let people see the changes in me and hope they will ask what happened to me. I place the principles of spirituality ahead of judging, fault-finding, and criticism. I want love and caring in my group, so I can grow.

- Daily Reflections

¿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.
Disponibile 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

o llamar al

305.461.2425
con su informacion.



**DISCIPLINA, TACTO Y PRUDENCIA
(Noveno Paso)**

"Lista la lista". Le dije a mi padrino risueñamente y valga la redundancia, porque estaba anunciando el fin de mi Octavo Paso y el comienzo del Noveno Paso y le pedía solapadamente que por favor chequeara conmigo los nombres de los damnificados por mi alcoholismo o por lo menos los que yo creía que había perjudicado en mis años de borracheras extremas. Me pidió que leyera nombre por nombre y que le cuente que daño había causado a cada uno y porque creía yo que debía presentar mis disculpas y hacer enmiendas. Empezamos a las 2 de la tarde y terminamos a las siete menos cuarto de la noche. Creía que iba a ser un trámite de quince minutos y no fue así. Largo y tendido hablamos y detallamos la estrategia a seguir porque la lista estaba formada en un 100% con la gente que yo más quería.

Mi padrino no quitó ningún nombre y no lo hizo porque yo escribí la lista de forma puntual y específica porque sabía a quien debía poner y a quien no. Habíamos estudiado este paso a fondo con él. Los errores se eliminaron de entrada. Ahora solo quedaba pasar a la ACCION, PALABRA CLAVE. La fórmula del éxito para hacer este paso, me dijo, es DISCIPLINA, TACTO Y PRUDENCIA. Cosa que los alcohólicos carecemos, pero que después de haber practicado el programa por un prolongado espacio de tiempo, al menos sabemos de que se trata cada una de estas cosas. La disciplina te va a servir para cumplir con el objetivo fijado y no salirte de él por escuchar "cantos de sirenas" o sea dijimos diez nombres vamos por los diez a no ser que un tercero sea perjudicado por nuestro accionar. Si eso está claro buscaremos la oportunidad con tacto, teniendo en cuenta si es el momento o no para hablar del tema, tal vez sea mejor dejarlo para mas adelante si las cosas no están para pedir perdón o enmendar.

Y por último la prudencia. Vamos a medir el salto que vamos a dar antes de darlo para no tener evaluar los daños nuevos que podríamos llegar a hacer por el apuro y la ansiedad. Dejar que las conversaciones fluyan solas y sin presión de ninguna índole, con la voz normal y pausada y sin alterarse porque no hay razón para hacerlo. Por lo general el Poder Superior está presente en estos actos. Seremos esclavos de nuestras palabras pero dueños y señores de nuestros silencios por eso no se puede decir más de lo que podamos decir con sinceridad genuina, nuestro "perjudicado" podría notar la falta de transparencia y no serviría de nada el esfuerzo que hoy hacemos. No te extrañe que haya gente que no te quiera ver o recibir. Tampoco te enfades con ellos. Hay veces que las cosas son así (De hecho me ocurrió esto).

Poniendo en las manos del PS esta ACCION y siguiendo los lineamientos, mi Noveno Paso salió mejor de lo que yo esperaba. Gracias Padrino.
¿Qué hubiera sido de mí sin ti?

Anónimo

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.W. 41st 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. # 11
North Miami, FL 331

**GS DISTRICT 10
Literature Committee**
1st Wednesday of the month
@ 7:00pm
Iglesia Metodista Unida
Once 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**

Origin of "I am Responsible...?"

Question:
Where did the phrase "I am responsible" come from?

Answer:
The Responsibility Declaration was written by Al S., a former Grapevine editor and trustee of Alcoholics Anonymous for the 1965 International Convention held in Toronto. Bill W. expanded on the theme in an essay called "Responsibility Is Our Theme" for the July 1965 Grapevine. It became a regular feature of the Grapevine shortly thereafter. The Responsibility Declaration: "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible." This goes hand in hand with the Fifth Tradition. The long form says "Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers

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A.A. won't keep you from going to hell nor it is a ticket to heaven but it will keep you sober long enough for you to make up your mind which way you want to go!

The Big Book is like a cookbook you can read it all day long and starve....
You have to take the action!

Our neighbors window looks much cleaner if we first wash our own!

**INTERGROUP
CONTACT LIST**

aamiamidade.org

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Vice-Chair

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Dylan S.

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Rebeca C.

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Gloria P.

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Oliver M.

Jonathan M.

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Manuel N.

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The Messenger

Office

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Twelve Step Relay

Paul R.

Maria S.

Big Service Breakfast

Richard A.

General Service Liaison

Jorge L.

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

Office

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Mario P.

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David M.

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Gratitud Dinner

Pablo B.

Intergroup Liaison

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Carl L.

PI/CPC

Jacque T.

Accessibilities

Melissa L.

Treatment

Viny G.

Big Service Breakfast

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District 17 Liaison

Enrique S.

Remote Communities

Andrea L.

Communications

Diana C.

"THE MESSENGER"

Published Monthly by

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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

Remember.....

DON'T MESS UP AN AMEND.....

WITH AN EXCUSE!



AUGUST

KEY BISCAKYNE

- Ruthie 9
- Norma 20
- Debbie C. 23
- Jennifer R. 23

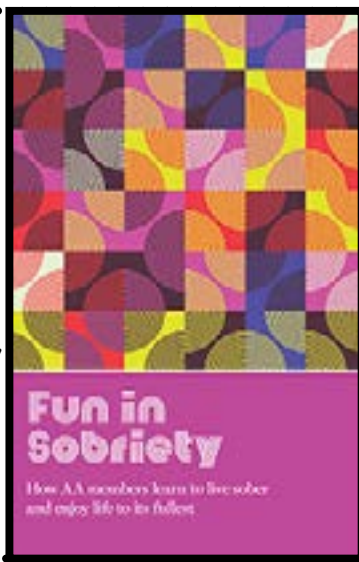
SOBER WAY OUT

- Alyssa M. 1
- Neil S. 3
- Andra B. 4
- Eli 5
- Carlos G. 6
- Katie C. 6
- Alex V. 10
- Lucille G. 13
- Kris S. 17
- Debra J. 24
- Garcia G. 29
- Jimmy S. 36
- Sean S. 2
- In Memoriam
- Efraim 24

PALMETTO BAY

- Janet 1
- Beth M. 2
- Sarah 3
- Cathy K. 4
- Arianne R. 14
- Tom McC. 40

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



**IF YOU WANT TO CHANGE WHO YOU ARE.
 CHANGE WHAT YOU DO!**



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 - October 13th, 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

happy LABOR day

