The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

February 2023

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

305.461.2425 (24 hrs) /

305.461.2426 (Fax)

aamiamidade.org



68TH ANNUAL BANQUET MIAMI-DADE INTERGROUP

GUEST SPEAKER
FROM THE MIAMI MEN'S GROUP

Tickets: \$55.00 Tables (8 people): \$440.00 6 PM - RECEPTION 7 PM - DINNER 8 PM - SPEAKER FOLLOWED BY DANCE @ 10PM

Doublee Tree Hotel By Hilton 711 NW 72nd Ave. - Miami, FL 33126 (Near Int'l Airport) - Self Parking \$7.00 Semi-Formal Attire



GRAPEVINE BOOKS! ON SALE NOW!

AA Grapevine
Announces A Price Increase On Books
As of January 1, 2023, book and other content related iltems
prices will increase. AA Grapevine

Finds Lord's Prayer Key to Steps!

Just recently, after more than four years on the ball in A.A., several of the 12 Steps were made simple and clear to me by a new approach. The light that clarified these Steps for me may appeal to some beginners who, like myself, find the program in its entirety hard to take.

Four years ago last February Jimmy B. caught me between drinks, after a post-graduate course at Samaritan Institute. I thought at first my name was on the sucker list—there must be a dotted line somewhere in the offing. But my curiosity was aroused; and I knew something had to be done about my drinking. From occasional drunken sprees in 1916 to continuous drinking and frequent spells of complete disability (hospitalized twice because of uremic convulsions followed by D.T.s; hospitalized for attempted suicide; failure of the Samaritan cure in 1940 and 1941; loss of two businesses and innumerable jobs; divorced once and on the brink again), February 1941 found me desperately seeking an answer—so I attended my first A.A. meeting.

That meeting convinced me that this was it; the people I met had regained health, stability, self respect and a place in the community. If it worked for them it must and would for me. I went home filled with enthusiasm and elation. But one nagging doubt, a real fear, assailed me. What of the 12 Steps to which I must subscribe and which I must practice? What of all this spiritual approach; the requirement that I acknowledge and turn my life over to God? Those were staggering thoughts.

I told my wife about the meeting and my hope that it was finally a way out for me. Then I went out to the park to thrash out alone the need to accept God. And I knew I could never hurdle those Steps. For years I'd vainly called on God to help me. (I know now that I'd actually attempted to trade with God—only when in a very bad trading position).

There was much to think about, so I wound up in the rear booth of a taproom. Not to drink, of course. It was cold in the park and I needed to be alone with my thoughts. That was Thursday night.

(Cont. on page 5)



www.aa.org

General Service Office of Alcoholics Anonymous

475 Riverside Drive, 11th Floor, New York, NY 10115 / Telephone: (212) 870-3400

Contact: Public Information Desk

pressinfo@aa.org (212) 870-3119

FOR IMMEDIATE RELEASE Attn: Reporters, editors, and producers

Open Meetings of Alcoholics Anonymous Welcome Everyone to the Fellowship

(NEW YORK, February 2, 2023) A remarkable effect can take place in an Alcoholics Anonymous group meeting when an individual struggling with a drinking problem asks for help and someone is there to share with them that AA may be a solution. For some AA members, their journey of sobriety began at "open" AA meetings, which can be attended by any member of the community, alcoholic or nonalcoholic. Open meetings have long been a vital source of information for anyone who wants to learn more firsthand about the AA Fellowship. The only request is that attendees not disclose the names of AA members outside the meeting so that members' anonymity may be maintained.

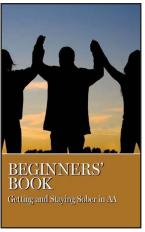
A typical open meeting will have a "leader" and other speakers. The leader opens the meeting, introduces each speaker, then closes the meeting after sharing and discussion. With rare exceptions, the speakers at an open meeting are usually AA members. Each may share some drinking experiences that led them to join AA and they also may talk about how their life has changed because of the AA Fellowship and the Twelve Steps.

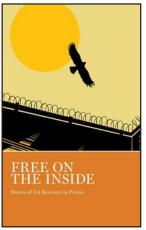
Open meetings are among the variety of meeting types offered by AA. "Closed" meetings are open to anyone with a desire to stop drinking, regardless of race, gender, sexual orientation, religion, income, or profession. There also are AA meetings specifically geared toward groups, topics, and communities, such as, young people, men and women, beginners, meditation, LGBTQ+, and online, to name a few.

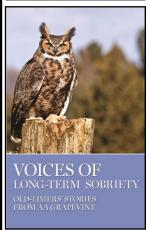
More information on meetings and the Fellowship can be found in our Frequently Asked Questions pamphlet and on aa.org.

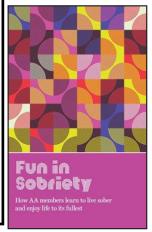
Open meetings are searchable by contacting a local A.A. office and by using the Meeting Guide app. where you can search by meeting type, location, day and time, and other features.

For nearly 90 years, AA has helped millions recover from alcoholism-to get sober and stay sober. Alcoholics Anonymous is for anyone who wants to stop drinking. For more information, visit www.aa.org.









"UNDERSTANDING STEP 2"

"Came to believe that a Power greater than ourselves could restore us to sanity."

I never had a problem with the Higher Power thing before or after beginning my path to sobriety. As an old Yankee Presbyterian, I recognized that part of the ministry of my Savior was healing and the Old Testament is full of examples of the restorative possibilities that are available to us.

However, it took A.A.'s teachings about connection (Step 11) and availability which enables us to become restored. I didn't realize that I needed restoration until I did Steps 4 and 5. But by working Step 2, I began to realize that restoration was available to me and that in my active alcoholism I was unavailable to restoration. By revitalizing my faith, my surrender to and reliance on the Higher Power, my availability to receive the restoration, promised through grace, became unblocked.

Good things can't happen to us, including healing and restoration, if we are unavailable to receive them. Alcoholism disabled the connection. The second realization that came to me by doing Step 2 was about the nature of insanity. I didn't know I was insane.

I used to "reward" myself after a grueling day at work or getting through a difficult ordeal by drinking. How can putting poison into my body be a reward? Now that's insane! Then I needed the reward every single day, leading to further insanity in my thinking and actions, as well as my progressive dependency. I began to understand that the risk taking in which I engaged, the inappropriate behaviors, and the troublesome path on which I traveled were all examples of insanity.

That I could drink without consequences, that I could drink without progressive damage to my physical and mental health, that my spiritual possibilities were now being clouded and rendered empty, were all parts of my insanity, that I accepted a diminished quality of life, that I abandoned my talents to accomplish positive things, that I saw alcoholism as a part of life that wasn't destructive or that relief from misery was available to me were also parts of my insanity.

I fooled myself into believing that if I wasn't in an institution for mental illness, I was well enough to continue in active alcoholism. I want to be restored as a person. I want to be healed mentally and physically and to dwell in the realm of the comfort of our spiritual possibilities.

My higher Power will grace me with these things if I remain connected and available through sobriety. This is what Step 2 has done for me and its lessons are one of the pillars of sobriety.

By Carl D'A., Miami, FL

The Guilt and Shame of Alcoholism The Peace and Happiness of Right Living

Coming from a life of poverty in Pittsburgh in the early 1940s I was conditioned by the environment that I was raised in. I did a lot of things I was not proud of as a youth. Had I known the consequences of those actions I might never have developed into an alcoholic but there was no way of changing the history of my youthful behavior. I could blame it on my family environment, but then, who would my family get to blame their problems on? Coming from a family of 10 Siblings, divorced parents, on we fare, and the absence of positive role models was not an easy thing to overcome. Most of my family drank excessively and by the age of 15, I was drinking right along with them which only broadened my sense of fear and insecurity that returned upon waking each morning. I had the feeling that I would have to fend for myself if I were going to survive and at the young age of 17, I enlisted in the U. S. Navy and was removed from the undisciplined environment at home to a safe and disciplined environment aboard ship where all my needs were met so long as I was able of performing my duties. I advanced in Rate rapidly, and I could continue my drinking habits in the off hours. The life of the fleet sailor would have been fine with me, but that all changed when I became a husband and a father. My marriage lasted only 11 months and I came home from sea to an empty unit in Navy housing and gone was my wife, my son, my car, and my dignity. I continued drinking heavily for two more years and going through a divorce by correspondence, all over the Pacific. I started missing muster on board the ship and with the fear of losing my navy career I woke up one morning, called Alcoholics Anonymous (A.A.) and found my first meeting.

I arrived and was greeted by three empathetic members and within two minutes the obsession to drink was gone and has never returned. Up to that moment in time I thought that I was responsible for all the shameful deeds of my past but as I got more familiar with the program, I came to understand that I was inflicted with the disease of Alcoholism long before I was capable understanding it. As I got more familiar with the program, I found that I was not responsible for contracting that disease, but I was accountable for my behaviors and that I could be restored to a somewhat normal life if I was willing to revisit those selfish deeds and behaviors of the past and make restitution to those I harmed. This did not happen overnight.

It took years of evolution just to understand this process and to reprogram my mind, adopting the habit of examining the motives for everything I do in my life and to practice unselfish principles concerning all my behavioral patterns. I liken it to a rock tumbler effect. Slowly but surely all the rough edges are worn away and I became the person I have always wanted to be. The main obstacle that stood in my way of my progress was recognizing when my EGO was running the show, as it often was, and living by the dictates of my Conscience in all my decision making. Over a long period of time, living by these unselfish principles became second nature and as the result, most of my decisions are already made for me and principles are not flexible. I do these things without fanfare as to not bring attention to myself and the result has been a life of peace and happiness that never could have happened had I not desperately surrendered to the wonderful program of Alcoholics Anonymous.

By Rick R.

Happiness and suffering come from your own mind, not from outside. Your own mind is the cause of happiness; your own mind is the cause of suffering.

To obtain happiness and pacify suffering, you have to work within your own mind.

Declaración de Responsabilidad de A.A.

Yo soy Responsable "Cuando cualquiera, dondequiera, extienda su mano pidiendo ayuda, quiero que la mano de A.A. Siempre esté allí. Y por esto: Yo soy responsable"

Agradecimiento Primero damos gracias a Dios "como cada quien lo nciba" y a toda nuestra comunidad de AA y en especial a los miembros del grupo por habernos ayudado a mantener nuestras puertas abiertas, para que todo aquel que sufre de alcoholismo pueda encontrar un lugar donde recuperarse de este terible mal. Invitacion:

invitamos a toda nuestra comunidad a que nos acompañen a celebrar nuestro 7mo. Aniversario de fundacion, nuestra semana de Unidad comenzara el dia lunes 20 de Febrero del 2023 y terminara el dia sabado 25 de Febrero del 2023 con una sesion publica.

Todo se llevara a cabo en nuestro local en el mismo horario.

Grupo Renacer en Sobriedad 1883 W. Flagler St., 2do Piso #1 Miami, FL 33135



Fundado el 20 de Febrero 2016

Reuniones todos los dias de la semana de 8:00 PM a 10:00 PM sin excepcion.

Si sientes que haz perdido el control con tu manera de beber, o quieres dejar la bebida, visitanos te esperamos con los brazos abiertos.

REUNIONES VIRTUALES ΕN **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.



i F E L I Z

Grupo Gratitud en Sobriedad

Se place en invitarles a su 31^{vo} Aniversario: el cual se desarrollará asi:

SEMANA DE COMPARTIMIENTO Comenzará el Domingo 19 de Marzo hasta el Sabado 25 de Marzo, 2023, seguido de una Maratónica. Las Sesiones serán de 8:00 p.m. a 10:00 p.m. Lugar: Commerce Cente 5110 US-441 Davie, FI 33314 Telefono: (954) 792-1849

SESION PUBLICA El dia Domingo 26 de Marzo, 2023 desde laS 11:00 a.m. en adelante. se invita a la comunidad alcohólica y no alcohólica a su magna sesión de información al público, con temas muy importantes sobre Alcohólicos Anónimos. Luego compartiremos un almuerzo y musica bailable.

Lugar: German American Society of Hollywood 6401 Washington Street Hollywood, FI 33023 (954) 322-6227

SEMANA DE COMPARTIMIENTO

Del 19 al 25 de Marzo, 2023 - 8:00 p.m. a 10:00 p.m.

| DIA | GRUPOS | TEMAS | |
|--------------|---|---|--|
| DOMINGO 19 | HOMBRE LIBRES (INDIANTOWN) RENACER HISPANO (FT. PIERCE) FELIZ Y LBRE (JUPITER) MUJERES EN ACCION (W.P.B.) SERENIDAD (PORT ST. LUCIE) | 5TO CAPITULO HUMILDAD 3 GIGANTES DEL ALMA PORQUE LAS RECAIDAS? 4TO PASO | |
| LUNES 20 | LOS TRES LEGADOS (BROWARD) LIBERACION (MIAMI) FACTOR X LATINO (W.P.B.) CENTRAL (MIAMI) ACEPTACION (HIALEAH) | HAY UNA SOLUCION LA FAMILIA DESPUES 1ER PASO LA ULTIMA BORRACHERA APADRINAMIENTO | |
| MARTES 21 | NUEVO DESPERTAR (MIAMI) TRANQUILIDAD Y LUZ (W.P.B.) 12 PASOS (HIALEAH) VIVIENDO SOBRIO (BOYTON BEACH) CUENTO CONTIGO (MIAMI) | 1ERA TRADICION LOS TRES LEGADOS HONESTIDAD AUTONOMIA 2DO PASO | |
| MIERCOLES 22 | LA GRAN DECISION (HALLANDALE) AFORTUNADOS EN A.A. (W.P.B.) TRADICION (MIAMI) ARBOL DE VIDA (BROWARD) ALEGRIA DE VIVIR (MIAMI) | LIDERAZGO EN A A. VIVE Y DEJA VIVIR EN ACCION 7MA TRADICION COMO LO VE BILL | |
| JUEVES 23 | NUEVO HORIZONTE (MIAMI) PUERTO SEGURO (W.P.B.) VIVIENDO SOBRIO (MIAMI) BUSCANDO HUMILDAD (BROWARD) SOLO POR HOY (W.P.B.) | JOVENES EN AA SEXO, PODER Y PRESTIGIO 3RA TRADICION GRATITUD LO QUE AA NO HACE | |
| VIERNES 24 | FE Y ESPERANZA (MIAMI) RENACER EN SOBRIEDAD (MIAMI) ENCUENTRO (MIAMI) EL MILAGRO (W.P.B.) SENDERO DE VIDA (FT. MYERS) | 9NO PASO ALCOHOLISMO COMO ENFERMEDAD NOSOTROS LOS AGNOSTICOS ORACION DE LA SERENIDAD 12VA TRADICION | |
| SABADO 25 | MANANTIAL DE VIDA (ORLANDO) HISPANOS COMPANEROS (BRADENTON) 3 LEGADOS (ORLANDO) 20 DE AGOSTO (HAINES CITY) MILAGRO EN TAMPA (TAMPA) | 3ER PASO DE LAS TINIEBLAS A LA LUZ PLAN 24 HORAS ENREDOS EMOCIONALES 8VO PASO | |

PARA INFORMACION: Coordinador – ERNESTO P. (786) 612-5703 Tesorero – ROBERTO E. (786) 985-7794

Secretario - LILIANA V. (954) 832-6780

¿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

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.

FAITHFUL FIVER MEMBERS

Yes, I want to participate in the Faithful Fiver Club!

| Contribution information | : Date: | | | | |
|--|----------|---|--|---|--|
| Amount: | Monthly: | Quarterly: | Annually: | 5 | |
| I am a new Member: | • | nber can contribute more than \$ Member: | 3,000 per year) 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.**

FINDS LORD'S PRAYER KEY TO STEPS (Cont. from page 3)

Fortunately I sobered up enough by Saturday morning to remember mention of a downtown clubhouse, quite near where I lived. Somehow I found it—and the answer to my problem.

Jimmy B. arrived soon after I did. He and several other members told me to forget about the 12 Steps—to skip the "God part" of the program. "If you're sure of the 1st Step hang onto that. Stick around here awhile with an open mind. Anything you don't like, just skip it. And remember, easy does it". So I stuck around there, a few hours every day. Attended all meetings; went on calls and visited alcoholics in the psychopathic wards of the city hospital. There was just one reservation in my mind. I'd not be a hypocrite by reciting the Lord's Prayer when I couldn't subscribe to a word of it. Of course I rose with the others—it would be too conspicuous to remain seated—and with gritted teeth remained silent.

I couldn't help hearing that prayer; hearing it spoken in frank sincerity by a group of people who had suffered all the reverses that had plagued me. Sometime during the first few weeks I began to follow the prayer as I heard it; to think it and think about it. Within a year I was saying it aloud at meetings and meaning every word of it.

For over three years I've had a comfortable feeling of peace and serenity. Some of the A.A. Steps have remained high hurdles, perhaps through that early habit of thought regarding them. Then a few weeks ago at a meeting the Steps were discussed in a way that started a new train of thought. After several days it dawned on me that I'd accepted those toughest steps some three years ago. I'd found comfort in the Lord's Prayer. I'd been thinking and saying it—and meaning it. I could start with"Our Father Who art in Heaven" and end with "for Thine is the kingdom and the power"—and there was Step 2. "Thy will be done" is certainly Step 3. "Forgive us our trespasses —— and lead us not into temptation, but deliver us from evil" was a way of practicing Steps 6 and 7. And when the Lord's Prayer has been uttered sincerely and humbly Step 11 has truly been accepted. The Lord's Prayer, beautiful yet simple, easily understood, has cleared up finally, for me, much that has been difficult in the 12 Steps of A.A.

Bill C., Philadelphia, PA
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Ego - vs - Conscience By Rick R.

It's difficult to understand the way we act and think. Especially when we're one of those who really loves to drink. The plans we have seem normal till we put them into play. Then turn into disasters by the ending of the day. How can this happen? We're so smart, we have a high IQ. That doesn't seem to matter, and we haven't got a clue. While pondering this quandary it occurred to me one day. That I had two deciders and they both could levy sway. On one side of my brain box was my conscience sitting quiet. On the other was my EGO making plans to cause a riot. Did I have choice to intervene and right this sinking ship? I would not know unless I let

my conscience get a grip.

INTERGROUP CONTACT LIST

aamiamidade.org

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www.district10miami.org

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"THE MESSENGER"

Published Monthly by

MIAMI-DADE INTERGROUP

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NOTICES

Notices published in "The Messenger" are taken from information submitted to the Miami-Dade Intergroup Office Information is based on what is current at the time of printing.

If your group discontinues a meeting or changes it's schedule time, please notify Intergroup as soon as possible at (305) 461-2425

Articles and opinions expressed herein not to be attributed to Alcoholics Anonymous as a whole.

Further endorsements, opposing views and rebuttals to articles published are also welcomed. Also, please tell us how we can improve.

Contributions to "THE MESSENGER"

will be gratefully accepted.
A sign up form is on the back cover.

E-mail the Editor at: aamiamidade@bellsouth.net

Please make checks payable to: MIAMI-DADE INTERGROUP

"I knew I was

beginning to get well when my car broke down and instead of calling the suicide hotline, I phoned a mechanic".

-Anonymous

JANUARY

SOBER WAY OUT

Bonnie L. 4 Glen M. 5 Donald G. 7 Johnny S. 11 Connie M. 12 Stephanie H. 12 Kenneth T. 18 Patrick R. 19 Mechelle L. 19 Herbert W. 23 Eudely R. 24 David Mc B. 26 Yosaar M. 30 Michael L. 38 Mamie K. 40

PALMETTO BAY

Ed J. 1 Kelly M. 5 Richard A. 9 Luisa R. 13 Joanna J. 13 Lynn A. 17

FEBRUARY

SUNSET

Pedro M. 1 Darlene S. 24



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.



www.russianaa.com russianaa.florida@gmail.com





"You used to love the way I annoyed the hell out of you."

PAYPAL NEWS

Fees charges have changed with PayPal while sending contributions through their site or app.

Please if you send your contributions through PayPal you need to send it through their

"PayPal Giving Fund"

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 Ouinto 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 Saturday @ 7:30pm West Miami Group/Last Friday @ 8:30pm

LOOKING FOR A.A. MEETINGS?

Learn more at: <u>www.meetingguide.org</u>



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

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!!!

