

# The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

April 2023

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

## The Fourth Step Inventory Process I Got it Right the Second Time

My first attempt at doing a fourth step inventory came as I was approaching my first year of sobriety. I now realize that I was rushing into it before I understood what the objective was and after scribbling down a great number of superficial deeds that I had done during my drinking days, my project was abruptly interrupted by a flight to Asia and a four-month vacation aboard a Navy tanker in the Tonkin Gulf Yacht Club, (being in the Navy at the time.) I didn't have the opportunity to get to a single meeting during that time, but I did have a lot of quiet nights at sea where I contemplated my life before Alcoholics Anonymous (A.A.), and what I was going to do with the rest of my life. It was during that time that I decided, By God; I wasn't going to mess this thing up. I was going to do it by the book. I longed to be back in the safety of that very loving group that I left four months earlier. I knew that with their love and support I could get it right, I realized, as I was studying steps six it says, "We were entirely ready to have God remove all these defects of character" and in step seven, it says "Humbly ask him to remove our shortcomings". To me that means, in Step Four, I should be trying to identify my defects of character and my Shortcomings. The example of this step in the Big Book (Alcoholics Anonymous) shows a chart which describes, what we did, why we did it, (fear of something) and who we did it to. It occurred to me that if I could identify the root cause of my problems (defects/fears) that I could change the behavior that resulted from those actions. (shortcomings) To explain this in simple terms, I produced this scenario that anyone could understand, and it goes like this. I purchased a large S.U.V. off the showroom floor, drove away and, at the first signal light, I hit the brakes and it didn't stop till I was out into the cross traffic. I drove back to the dealer and explained what happened. They checked it out and discovered that they had put the wrong brake shoes on it by mistake, they replaced them with to the correct brakes and when I came to the signal light the S.U.V. stopped, and it stopped at all the other stop lights as well. The defect (root cause) was that the brakes were the wrong size. The shortcoming (behavior) was that the vehicle did not stop properly. Once the defect was corrected, the shortcoming went away. For example, I was talking to one of my mentors, at that time, about criticizing other people and he said that the criticism of others stems from my own, low self-esteem (defect) it occurred to me that, with a little self-restraint, I could slowly refrain from that behavior. Once I identify my defects of character, it seems to take all the power out of them, for instance, if I could find any value in criticizing another person, I might still be doing it but there is no value in it except to feed my ego and it shows weakness of character. (Low self-esteem)

I used that template on all the behaviors, that I'm not proud of, and I feel stronger for it. That four months at sea gave me the motivation to re-visit the fourth step and get it right the second time around and I highly recommend the revisiting that step if you feel troubled by old behaviors. It did wonders for me.

By Rick R.

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

## Grapevine Round Up

GENERAL SERVICE DISTRICT 10

SATURDAY - APRIL 29<sup>th</sup>, 2023

From 11:00am to 4:00pm

TICKETS \$ 10.00

BAR B Q LUNCH FROM 12PM TO 1:30PM

RAFFLE - 1:30PM

GUEST SPEAKER

FROM 2:00PM TO 3:00PM



DESSERTS ARE WELCOMED!  
(Bring a chair or blanket)



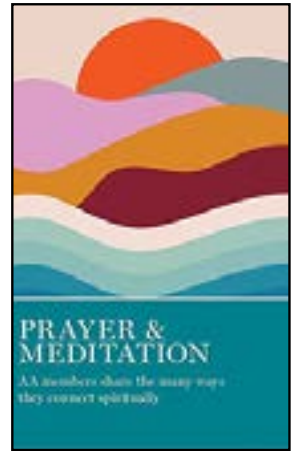
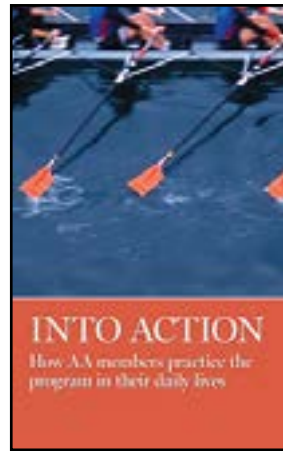
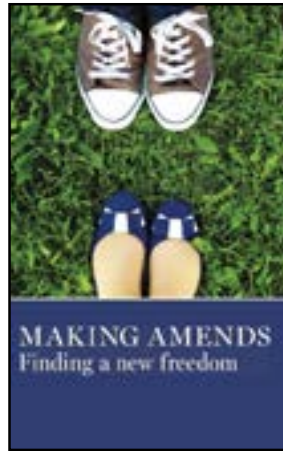
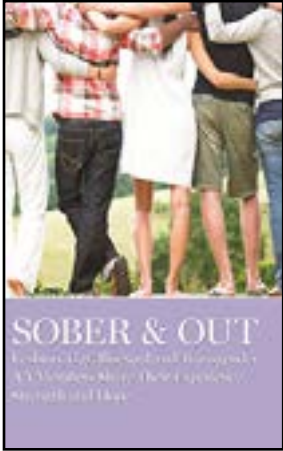
TROPICAL PARK – SHELTER 2

7900 SW 40<sup>TH</sup> ST. – MIAMI – 33155

For More Information Text: 305.209.5039

GRAPEVINE BOOKS! ON SALE NOW!

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



**New Group!**

**“THE NEWCOMERS”**

\*\*\*\*\*

**New Meetings!**

**WEDNESDAYS (O,ST)**  
**& SATURDAYS (O,Lit)**

**@8:30pm**







**SOBER ON SOUTH BEACH CLUB**  
1718 Bay Road – Miami Beach - 33139

**4<sup>th</sup> STEP**

**A SEARCHING  
FEARLESS  
MORAL  
INVENTORY**



“It must never be forgotten that the purpose of Alcoholics Anonymous is to sober up alcoholics.

There is no religious or spiritual requirement for membership. No demands are made on anyone.

An experience is offered which members may accept or reject. That is up to them.”

~ Bill W., Alcoholics Anonymous Co-Founder

M K L J K C E E K C G Y P W V  
 T H O R O U G H L Y N T R H D  
 P B Y F L E Q S N S N I I B T  
 A E Q N C H S U E Q I L D W O  
 M G R X O E T A I Q N I E T X  
 Q O L F R T R O Q D V M R S L  
 K P R G E C T B L E E U D U F  
 F Y O A H C E U D S N H R L C  
 I R G I L W T E L H T U D A A  
 P I N G B M I I M G O F X N T  
 C G D E E R G R O P R L G D N  
 S S E L R A E F M N Y E A Z R  
 H H O N E S T Y Z I R Y P X X  
 M R X S C X F F N Y H K Y D Y  
 D U R W T B U F C H K O O L Q

## 4TH STEP

ANGER  
 FEARLESS  
 GLUTTONY  
 GREED  
 HONESTY

HUMILITY  
 INVENTORY  
 LUST  
 MORAL  
 PERFECTION

PRIDE  
 PROGRESS  
 SEARCHING  
 SLOTH  
 THOROUGHLY

## GRATITUDE & GRUDGES

**GRATITUDE:** I'm sober.

**GRUDGE:** Only a few people really seem to do service work.

**GRATITUDE:** For our fore fathers who came up with the 12 steps.

**GRUDGE:** I have to practice the 12 Steps so I don't get drunk again.

**GRATITUDE:** I can have my own opinions.

**GRUDGE:** I have to accept opinions of others as being valid as mine.



**GRUPO DOCE PASOS**  
 FUNDADO EL 13 DE ABRIL DE 1978  
 1183-C WEST 29 STREET HIALEAH FL 33012  
**BIENVENIDOS A NUESTRO 45 ANIVERSARIO**

CORDIAL INVITACION A NUESTRA  
**SEMANA DE COMPORTAMIENTO**  
 Sabado 22 al Viernes 28 de Abril del 2023

**1978**  **2023**

SESION PUBLICA EL SABADO 29 DE ABRIL  
 HORA: A PARTIR DE LAS 6:00 PM  
 LOGIA MASONICA  
 601 WEST 29 ST HIALEAH FL



REUNIONES VIRTUALES  
 EN  
 ESPANOL

[WWW.AAMIAMIDADE.ORG](http://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.



**ALCOHOLICOS ANONIMOS**  
**GRUPO CENTRAL**

1978  2023

*Los Invitamos a que*  
*Compartan nuestro*  
**45**  
**ANIVERSARIO**  
**REUNIÓN DE**  
**INFORMACIÓN PÚBLICA**  
 Domingo 16 de Abril del 2023  
 de 1:00 a 6:00 p.m.

**MASCANOSA CENTER**  
**250 S. W. 114th Avenue**  
**Miami, Florida 33174**

¿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.

## 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.

**3 Anonymous.**



## Resign from the Debating Society Turned the Radio Off

There was a good reason why I was so obsessed with that first drink each day when I woke up, or came to, every morning and I was not alone in this. As I listen to many fellow members of the share about this issue over the years it's very clear that it did something for us that it didn't do for the "so called" normal drinkers. Half-way through my second drink, I was at peace with myself, and everything was right with the world. Strangely enough, after being diligent about understanding and applying what I believe to be the spirit of the Alcoholics Anonymous (A.A.) program to the best of my ability, I am at peace with myself, and I am fine with the world around me. The booze gave me that temporary euphoria that convinced me that it was the answer to my mental problems, but I didn't realize that it had a shelf life and that my tolerance for alcohol would be short-lived and that it would turn out to be my downfall.

We all have, what seems to be a cross-section of issues that trouble us and cause our brains to work overtime, night, and day, on matters that we thought, needed our input. I thought it was perfectly normal to let you know what my political views were, or if someone was driving too fast, or too slow, I should let them know in one way or another. I had many of these types of matters spinning around in my busy mind during all my waking hours. I believed that I could read minds and it was my responsibility to challenge all these matters and I burned a tremendous amount of mental energy on things that I had absolutely no control over.

When I became aware of what the program suggests I started to try to single them out and try a different tact on them. About 30 years ago I removed one of my most troublesome habits, Talk Radio, from my daily life. I simply TURNED IT OFF. I then stopped entering political debates. I am amazed at how much of a load off my mind that turned out to be, and the world got on fine without my input.

Worrying about what others were thinking or doing was another mental burden removed. I just started to look a little deeper and realize that they are a lot like me, and I began cutting them some slack. Empathy and Compassion replaced the Criticism and Gossip and as a result, I have very few if any adversaries. On the highways, I just back off a little and let them in. I feel better about myself when I do these things. I simply "Resigned from the Debating Society" (pg. 26 12&12) Alcoholism is a disease of the mind, a disease of perception. Alcohol gave us a temporary vacation from reality but if we think that it still has promise for us, we will have to put the rest of the program aside until we recognize the absurdity of that way of thinking. If in fact, we are desperate enough to trust this process, we can quit wasting mental energy on things we have no ability to change. To me, peace of mind amounts to the absence of unresolved mental issues. If we can replace all those EGO driven ideas, of what the rest of the world should be doing, and replace them with them with an understanding attitude, in time we can lessen our mental load and life gets much more peaceful. We can restrain our pen and tongue, we can remove the word blame from our speech and thought, we can control the knob on the radio and if it tries to draw us back in, we can simply, TURN IT OFF.

By Rick R.

**INTERGROUP  
CONTACT LIST**

aamiamidade.org

**Chairman**

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**Vice-Chair**

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**Treasurer**

Sal G.

**Secretary**

Albert V.

**Steering Committee**

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Manuel M.

Ma. Isabel S.

Jonathan M.

Paul R.

**Trustees**

Ian S.

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**Intergroup Banquet**

Ma. Isabel S.

**Intergroup Office**

Jennifer R.

**The Messenger**

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Maria S.

**Big Service Breakfast**

Mary Beth L.

**General Service Liaison**

Andrea L.

**Spanish Intergroup Liaison**

Jennifer R.

**Webmaster**

Office

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**Current Practice**

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**Intergroup Liaison**

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**Literature**

Kenneth T.

**PI/CPC**

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**Accessibilities**

Adi M.

**Treatment**

Paul H.

**Big Service Breakfast**

David A.

**District 17 Liaison****OPEN POSITION****Remote Communities**

Brenda C.

**Communications****OPEN POSITION****"THE MESSENGER"**

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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**

**Step Four**

*"Made a searching and fearless moral inventory of ourselves."*





## MARCH

### SOBER WAY OUT

- Bo F. 2
- Nandy 2
- Liz S. 3
- Konstantin V. 3
- Jennifer V. 6
- Carlos H. 7
- Jennifer D. 8
- Carlos 16
- Marta P. 17
- Jerzy L. 22
- Annie P. 24
- Robert J. 25
- Raymond A. 26
- Felix F. 30
- Fred T. 33

### SUNSET

- Robert F. 1
- Johanna . 4
- Robert E. 14

### SOUTH DADE

- Mario Q. 1
- Ricky 2
- Carlos D. 4
- John M. 7
- Bill F. 9
- Shane 12
- Cecile C. 22
- Arlene 24
- Ben 32
- Frank B. 33
- Sandy B. 36

### HOMESTEAD

- Elisa B. 37

### PALMETTO BAY

- Pedro G. 5
- John M. 7
- Marco I 21
- Ben S. 32
- Dan U.33

## APRIL

### SABAL PALM

- Dennis 1
- Albert C. 2
- Mark F. 3
- Michelle F. 5
- David S. 6
- Chris G. 8
- James Z. 18
- Raina L. 20
- Leslie R. 21
- Gaila G. 24
- Frances P. 26
- Rosemary 29
- Albert S. 37
- Sandor K 45

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



## 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"

## 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 - May 11th, 2023 @ 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

