

The Messenger



MIAMI-DADE INTERGROUP

aamiamidade@bellsouth.net

Florida - USA

August 2023

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

SABAL PALM GROUP

30th Anniversary

EXTRAVAGANZA

PLEASE JOIN US FOR OUR CELEBRATION ON

SATURDAY, AUGUST 12, 2023



CATERED BY
THE BIG CHEESE!

For more info
305.274.7434

Desserts are welcome!

NEXT TO SABAL PALM ROOM AT THE
RIVERSIDE BAPTIST CHURCH

10775 SW 104th ST. - 33176



FELLOWSHIP @ 5:30pm

DINNER @ 6:00pm

SPEAKER @ 7:00pm



INTERGROUP BENEFIT!

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

The Only Requirement A Desire to Stop Drinking

Years ago, at a meeting in my home group, at the time, about halfway through the meeting, a man called (let's say) Harry was sharing and he started going off on a religious tangent and went on and on with the "Praise God and the Halleluiahs", and before long I was squirming in my seat. I leaned over to my friend Jim and said, I'm about to get up and walk out of here. Eventually I did get up and leave. The next day I saw Jim again at the meeting and began to complain about how Harry ran on and on with the religious rant, and Jim turned to me and explained that several newer members came up to him after the meeting and said, "That was the best meeting that they had ever attended". In time, Harry settled in and became part of the regulars in that group.

I have become a lot more patient in my old age with people who share in a manner that I'm not comfortable with and I attribute that to my continuous attendance at Step Study meetings that give time to the Twelve Traditions as well as the Twelve Steps.

I remember attending the Bill Wilson Memorial meeting at a convention in Southern California 1971 shortly after Bill had passed away, and at that meeting, they had 10 well established members who had known Bill very closely and each one of them told, a five minute, or so, story of a personal experience that they had with Bill. The one that got my attention was a story about Bill, on a trip across the country, by train, was asked if he would stop in a small town in the country and speak at their meeting.

When the train stopped, the crowd of A.A.'s at the station expected a large entourage of staff to arrive with Bill and were surprised when the door to the door opened and Bill stepped off the train alone all bundled up with one suitcase in his hand. He proceeded to the meeting hall and as the meeting got started, everyone rose from their seats and began to sing Religious Hymns, and that disturbed Bill. After he finished speaking to the group, they again, stood up and sang Hymns. Bill returned to the train and continued his way to California, quite disturbed by what had happened. "Their trying to turn A. A. into a Religious movement" he exclaimed.

As he continued along his way, he took an approximate head count of all the people who attended that meeting and compared that number to the population of that small town and concluded that that meeting was probably the largest meeting per capita in this country.

(Cont. on pg 5)

What Is the Purpose of Alcoholics Anonymous Step 8?

Step 8 of Alcoholics Anonymous (AA) is about the relationships in your life and repairing those that have been damaged by alcohol misuse. In Step 8 of AA, you make a list of the people you've wronged and become willing to make amends to them. This does not mean that you will make amends; only that you become willing to.

How Do You Complete Step 8 of Alcoholics Anonymous?

Completing step 8 requires a desire to improve your relationship with others. Step 8 is a process of accepting how you've hurt others and better understanding how they may feel.

Think about how many people you have hurt and how you've hurt them.

Make a list of everyone you've harmed.

Pay attention to what you discover about yourself and your problems along the way, and how your relationship is with yourself.

What Are Some Tips for Completing Step 8?

Avoid minimizing your faults and failures by focusing on the faults of others.

Realize that you hurt others as well as yourself with your drinking.

Look beyond your obvious defects and do a thorough examination of your flaws.

Avoid judgments of others. Be objective when evaluating your defects as well as those of others.

What Are Some Myths About Step 8?

Your drinking hasn't harmed anyone but yourself.

People often think that if the damage isn't extreme and noticeable, then there isn't anything beneath the surface. This is a dangerous misconception and

something AA calls "purposeful forgetting."¹ You can't get the most out of the 12 steps if you aren't willing to be vulnerable and incredibly honest—even if what you discover about yourself and others is painful to accept.

Perspectives on Step 8

"Step 8 is a wonderful step for beginning to rebuild some bridges that were burned in active addiction. When addiction had its grip on me, some of my relationships with loved ones became strained, and I hurt some of those closest to me. This step gave me the chance to reflect on my past and take full responsibility for my part in the burned bridges.

Thankfully, all of the previous steps brought me to a place where I could honestly sit down and create a list of the people I'd harmed and become willing to make amends."

By Dominica A.

Resentments are the Biggest Killer The Number One Offender

In my early months of sobriety, I was asked, a few days in advance, to lead one of my first meetings. At that time, My EGO was already taking control of this new phase of my life, and of course, I immediately wanted to let everyone know just how enlightened I had become in such a short period of time. In our little meeting room, we didn't have a lot of upper end furniture. Someone donated two rows of old theatre seats and they were arranged one behind the other. I seated myself in the center of the front row. I went through all the preliminaries we go through and when it came time to select a topic, I decided to impress everyone and announced the topic to be SELF PITY, for we all know that it is, as stated in the Big Book, the biggest Killer in A.A. We had a lady named Helen B. who always announced herself as "A tough old broad", and she was. Unfortunately for me, she was seated in the row behind me. When I finished my sentence, she leaned over and shouted in my right ear, loud enough for everyone in the room to hear. "YOU'RE FULL OF S----, RESENTMENTS ARE THE BIGGEST KILLER IN A.A." and she was right. She gave me resentment and I wanted to kill her. LOL. It was humiliating.

I grew to love Helen for what she did to my ego, what I couldn't do to it myself at the time. (B.B. Pg. 64, Resentment is the "number one" offender. It destroys more alcoholics than anything else.) One of the things I took away from that little embarrassing experience was that I better know what I'm talking about before I open my mouth. Another thing that came with those little course corrections, was a drive to understand why I do the things I do. If I am still judging others, Gossiping, Rationalizing, Selfish, etc. My EGO is still in control. A friend in the program once stated that: All forms of criticism and Character Assassination stem from Low Self-esteem and my thoughts were: Who Me??? From that day on I have stopped those EGO driven behaviors and I replaced them with Patience, Empathy and Compassion and Understanding. I now live by the dictates of my Conscience. Most of the progress that I've experienced in the A.A. program wasn't as difficult as it seemed, when I was going through it, but it took a lot longer to have the structure in place, such as, honesty, patience, understanding, unselfishness, and so on, to support each level of growth. Intellectually, resentment was one of the things that I could understand, but with all the complicated mental defenses I had bouncing around in my head, my best efforts only produced slow but steady progress.

Most of the resentment issues I had while I was still drinking were usually more of the façade I created with my sick mind. When I got sober, my relation was real and even then, I, with the help of my ego, had a hard time accepting the day-to-day interfacing with other people. Does all this mean that I must take abuse from others in my circle of friends? I always thought there was a conflict of values, like "turn the other cheek" or something like that. Well, I found out through trial and error that we, in the A.A. program, are closely related to more people than the average person out there, and we come to know the personality traits and I am not threatened by them anymore. The People that know me, Know me Well. And it all started with a loving kick in the Butt from a "tough old broad" named Helen B. God bless her. To this day, I thank Helen for setting me straight.

By Rick R.



66TH FLORIDA STATE CONVENTION 2023

THURSDAY AUGUST 10 - SUNDAY AUGUST 13

WWW.FLORIDASTATECONVENTION.COM

SADDLEBROOK RESORT - WESLEY CHAPEL, FL 33543

WWW.SADDLEBROOK.COM

¿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

REUNIONES VIRTUALES
EN
ESPAÑOL
WWW.AAMIAMIDADE.ORG

GRUPOS:
**VIVIENDO SOBRIO
CORAL GABLES
LA GRAN MANZANA**

Si necesitan postear sus reuniones virtuales en el website de

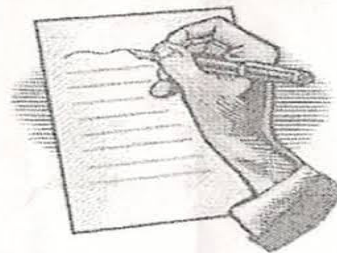
Miami-Dade Intergroup
por favor enviar e-mail a
aamiamidade@bellsouth.net
o llamar al
305.461.2425
con su información.

GRUPO NUEVA VIDA**REUNION DE MUJERES**

MUJERES DE ACERO
SABADOS DE 12:30PM A 1:30PM

5545 SW 8TH ST. | MIAMI | 33134

8.- Hago una lista de daños causados



Le pido que me libere de ellos

Hicimos una lista de todas aquellas personas que habíamos ofendido y estuvimos dispuestos a reparar el daño que les causamos



El anonimato es la base espiritual de todas nuestras tradiciones, recordándonos siempre anteponer los principios a las personalidades.

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.

The Only Requirement....

(Cont. from page 2)

This story reminds me that my personal discomfort is not a good reason to prevent anyone from attending A.A. meetings if they have a desire to stop drinking. If I could make rules about what can and can't be said at a meeting, I might just think that I can enforce rules about profanity and other things that bother me. Tolerance and Trust that the program, as it is, is strong enough to weather the day-to-day individual missteps that we see happening all the time and if the group is strong on principles, it will be strong enough to survive. It seems that if a person is introduced to a strong and healthy environment, he/she usually adjusts to the protocol of that meeting, in time, gets stronger, and if they are introduced to a weaker environment, they seem to get weaker.

It is up to me to be patient with everyone that comes with the desire to stop drinking and understand that most of the behaviors that we think are out of line, are but more symptoms of alcoholism, and they probably need us the most.

By Rick R.

"BIG SERVICE BREAKFAST"

A General Service District 10 & Miami-Dade Intergroup Benefit

Saturday September 9th

7:30am – Fellowship

8:00am – Breakfast

9:15am – Speakers



TICKETS ON SALE NOW!

\$12.00

We need lots of volunteers!



For more information please call Intergroup @ (305) 461-2425



Riverside Baptist Church

10775 SW 104th St. - Miami, FL 33176

**INTERGROUP
CONTACT LIST**

aamiamidade.org

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Jonathan M.

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Intergroup Office

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The Messenger

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*Outreach***OPEN POSITION***Public Information***OPEN POSITION****Twelve Step Relay**

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Big Service Breakfast

David A.

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

Anna G.

"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

TRADITION EIGHT

"Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers."

JULY

HOMESTEAD

Michael S. 4
Pablo G. 18
Amaris 18

SOUTH DIXIE

Lizette 1
Melissa 1
Bruce G. 12
Roxanne R. 15
Tom D. 19

SABAL PALM

Mario F. 1
David C.1
Angel H. 2
Marietta O. 2
Elio 2
John 6
Arturo LP. 9
Bruce G. 12
Leslie O. 14
Roxanne R.16
Ricardo T. 21
Yvette F. 27
Randy W. 28
Anke 44

PALMETTO BAY

Cherie 1
Carole 12
Kathy M. 13
Kirstin 13

SOBER WAY OUT

Sandra N. 2
Eddie L. 5
Naomi 5
Brian O.T. 7
Frederick B. 7
Fernando V. 7
Eric D. 13
Sandra P. 15
Linda H. 26
Kenneth 26
James N. 27
Mervin D. 27
Bartimous 30
Keith D. 37

AUGUST

KEY BISCAIYNE

Ruthie 10
Norma 21
Debbie C. 24
Jennifer R. 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.



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 @ 7:30pm
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

*A Re-Eighth
Step Prayer*

GOD, PLEASE REMOVE MY
FEARS AND SHOW ME YOUR
TRUTH. SHOW ME ALL THE
HARMS I HAVE CAUSED WITH
MY BEHAVIOR AND HELP ME BE
WILLING TO MAKE AMENDS TO
ONE AND ALL. HELP ME TO BE
WILLING TO GO TO ANY
LENGTHS FOR VICTORY OVER
ALCOHOL.



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



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 - September 14th, 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

