The Messenger



aamiamidade@bellsouth.net

Florida - USA

MIAMI-DADE INTERGROUP

October 2023

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

305.461.2426 (Fax)

aamiamidade.org

SUNSET GROUP





Celebrating it's 60th Anniversary

Guest Speaker @ 2:00pm

SATURDAY NOVEMBER 4th, 2023 From 11:00am to 3:00pm

GREAT RAFFLE | FOOD | BBQ | FELLOWSHIP

SCAVENGER HUNT by: The Phoenix Group

A.D. Barnes Park 3401 SW 72nd Ave. - Shelter # 4

Deeper Rooted Emotional Problems The Center Line of Life

We are all born with a Conscience and an Ego. We all have Instincts. We, as human beings, are also born with the Use of Practical Reasoning, and that separates us from the animals, who, for the most part, live by their instincts. The degree to which these assets and liabilities affect our behaviors differs in all of us. "Yet these instincts, so necessary for our existence, often far exceed their proper function. "(12&12 Step 4)" Most normal people make mistakes in their lives and that is normal since no one is perfect. Most Alcoholics, however, take their life to the brink of destruction before they become desperate enough to surrender and enter the program of Alcoholics Anonymous. (A.A.) Most alcoholics struggle with emotional difficulties that far exceed the normal range. Some of these troubles can be rectified simply by acknowledging that they exist and being willing to change our motives and behavioral habits.

Unfortunately, A certain percentage of our fellowship have Deeper Rooted Emotional Problems that are permanent and cannot be cured simply by practicing A.A. principles alone. They are often masked by the use of alcohol and when a person stops drinking and starts dealing with their behavioral problems, these things rise to the surface in the form of: O.C.D; A.D.D; Bipolar Disorder; P.T.S.D; and many others that can only be subdued by the use of medications that, in some cases, dulls the mind of the patient to the extent that they would resist taking the medication and would rather live with the symptoms. Not knowing this, we sometimes misunderstand the people stricken by these deeper-rooted mental conditions and believe, by their sharing, that they are Resistant, Arrogant or Egotistical etc. when displaying behaviors that the average person is not afflicted with. These conditions are not always at the extreme levels and each of us, being Alcoholics, have a degree or behavioral problems that are outside of the normal range

else why would we need to attend A.A. meetings. Let us consider the normal range to be 5 degrees on either side of the center line.

The extremes of the abnormal behavioral problems extend out to 50% on either side of the centerline. Let us take Fear as an example. Some people are so fearful they are afraid to leave their home, while others are so fearless that they may dive off a cliff into a pool of water. These are extremes, and we all fall somewhere in between. Those of us who are fortunate enough not be afflicted by those pre-mentioned mental disorders, are blessed in the sense that, practicing the principles of Alcoholics Anonymous, can bring us back towards the center line and we can lead a somewhat normal life

(Cont. on pg 2)

Deeper Rooted Emotional Problems.... (Cont. from pg. 1)

For those ill-fated ones afflicted by those conditions, they can stay sober, but the behaviors are still apparent to us and, unless we can recognize and replace the habit of Judging Them by Their Outward Behavior, we are still outside the normal range ourselves, and when we replace the habit of being judgmental with the habits of Compassion and Empathy, we are somewhat closer to the center line. We can change all those alcoholic behaviors when we recognize them, simply by looking deeper into our motives for our actions pointed out in the A.A, program. Steps Six and Seven begin this process of recognizing our defects of character, based on our thinking, and changing the shortcomings or actions that result from those thoughts. "There are those too who suffer from grave emotional and mental disorders but many of them do recover if they have the capacity to be honest." (BB pg. 58) My question is, do we have the capacity to be accepting when we recognize that some of us have these, uncontrollable deeper-rooted issues and that we cannot compare them to ourselves and be judgmental about these difficulties. Love, Compassion and Empathy are the center line positions in these cases. They need our understanding.

By Rick R.



Spiritual and Moral Standards A Search for Moral Character

When I first started my A.A. journey I attended different meetings at various locations in the area where I lived at the time. I was so new to the program that everything I heard was like gold. That was exactly what I needed at the time, and I settled into a group that made me feel welcome. As I heard some of the same stories over and over, I started to find fault with some of the other members, and I started to cut back on my meetings. I soon became discontented, so I started to scout around for other meetings that would satisfy my needs. I soon found a meeting where it seemed that they shared at a deeper level, addressing moral issues (Right from wrong) and that sustained me for a long time, but as I continued to grow, I again started to want more. I was soon drawn to literature-based meetings where the content of the message was of spiritual development and that turned out to be the ultimate goal for me. Today realize that all those different meetings were exactly what I needed at that time in my journey through the recovery process. In the beginning I had to go through the kindergarten phase. That is where I learned to play with all the other kids, and when I got all that, I could from that, I had to go on to the first grade. This required more effort on my part. I was going to have to face my fears, guilt, shame, and remorse, etc. I often had the urge to go back to kindergarten where I could play with the less threatening aspects of my life. Fortunately, I came to realize that I had to deal with these unpleasant memories of the past if I were to have any peace of mind at all. It all had to do with my misdirected instincts.

As a child, as soon as I could understand right from wrong, I started making my own decisions about how I should conduct myself. I had not evolved emotionally enough to understand the consequences of my actions at that time, but I can look back on it now recognize the emotional damage caused by lack of moral responsibility. I knew what was right but was always too needy and insecure to do what I was taught. When I heard people talk about moral or spiritual standards, my rationalizing mind, dictated by my ego, would tell me that "THEY WERE JUST LIKE SHEEP BEING LINED UP AND LEAD OFF TO CHURCH".

Spiritual and Moral Standards (Cont. from pg. 2)

Later, my conscience came into play, and it began to plague me. The only relief I could get was from the bottle and we all know how that works out.

In the program of Alcoholics
Anonymous I have been taught to return
to the moral and spiritual values that I
learned as a child. Deep down inside,
I have always wanted to do the right
thing but, as I said, I never had the
strength of character to do what was
right. Today I have dedicated myself to
strictly adhering to those standards and
if that makes me a SHEEP, then so be it.
If someone wants to call me a sheep, I
only have one thing to say about that.
"BAAAAAAH"

By Rick R.





"Pass it On"

59" Annual Gratitude Dinner

General Service District 10

Saturday - November 4th, 2023

5:30 p.m. Fellowship | 6:30 p.m. Dinner | 8:30 p.m. Speaker | 9:30 p.m. Dancing

Scan for Parking & Directions



Florida International University - Grand Ballroom 11200 SW 8th Street, Miami Fl 33199

Admission: \$25 per ticket or \$250 per table

RAFFLE: Groups are encouraged to contribute baskets with books (Conference approved and/or Grapevine Litertature)

Suggested \$50

gratitudedinner@district10miami.org (Conference appro

Step 10 Directions

Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them.

AA p84

¿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
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.

GRUPO VIVIENDO SOBRIO

DE ALCOHÓLICOS ANÓNIMOS

Te invita a celebrar su

IX ANIVERSARIO

Fundado el 13 de Octubre 2014



SEMANA DE UNIDAD Y COMPARTIMENTO

Lunes 09 al Sábado 14 de Octubre 2023

Horario: de 8:00 a 10:00 PM

Lugar: Iglesia Wesley Metodista Unida ubicada en 133 Ponce de León Blvd. Segundo Piso Coral Gables Miami FL 33135

Clausura REUNIÓN PÚBLICA

Domingo 15 de Octubre 2023

Horario: de 11:00 a 06:00 PM

Lugar: West Miami Center ubicado en el 901 SW 62 AVE Miami FL 33144

"El mostrarle a otros que sufren cómo se nos ayudó es precisamente lo que hace ahora que la vida nos parezca de tanto valor ... el tenebroso pasado..[es la] clave de la vida y de la felicidad de otros"

Libro A.A p. 115



FAITHFUL FIVER MEMBERS

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

Contribution information:	Date:				
Amount:	Monthly:	Quarterly:	Annually: _		5
	(Note: No A.A. membe	r can contribute more than	\$3,000 per year)		
I am a new Member:	•				
Check Enclosed: N	Name:	Address:			
City:	State:	Zip Code:	Tel: _(_)	
Yes, I would li	ke my name to be added in contribution information				nain anonymous
"Each day that your Group p Contributions, or Sobriety Co indeed a miracle. Your contri	entributions, something wo	nderful happens in A.A. W	Vhen a newcomer call	s us and finds y	our meeting, it is

newcomer that reaches out for help. Words cannot fully express the deep gratitude about the energy that your A.A. Group devotes into

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.

"Homestead" **NEW MEETING!**

carrying the message of hope to the still suffering alcoholic.'







Starting FRIDAY - SEPTEMBER 29th @ 12:00pm

Living Sober



HOMESTEAD GROUP First United Methodist Church

622 N. Krome Ave. | Homestead | 33033 (Entrance on 6th St. – take stairs to 2nd Floor)





INTERGROUP CONTACT LIST

aamiamidade.org

Chairman

Richard A.

Vice-Chair

Gloria P.

Treasurer

Sal G.

Secretary

Carroll K.

Steering Committee

Jennifer R.

Manuel M.

Ma. Isabel S.

Jonathan M.

Paul R.

Trustees

Ian S.

Founder's Day

OPEN POSITION

Intergroup Banquet

Ma. Isabel S.

Intergroup Office

Jennifer R.

The Messenger

Office

Outreach

OPEN POSITION

Public Information

OPEN POSITION

Twelve Step Relay

Gloria P.

Maria S.

Big Service Breakfast

Mary Beth L.

General Service Liaison

Andrea L.

Spanish Intergroup Liaison

Jennifer R.

Webmaster

Office

GENERAL SERVICE CONTACT LIST

www.district10miami.org

Chairman

Regina F.

Alternate Chairperson

Sara G.

Treasurer

Jorge L.

Registrar

Analisa D.

Recording Secretary

Pablo B.

Archives

Carl P.

Corrections

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Ric B.

Grapevine

Jose M.

Gratitud Dinner

Johanna M.

Intergroup Liaison

Andrea L.

Literature

Kenneth T.

PI/CPC

David A.

Accessibilities

Adi M.

Treatment

Paul H.

Big Service Breakfast

David A.

District 17 Liaison

OPEN POSITION

Remote Communities

OPEN POSITION

Communications

Anna G.

"THE MESSENGER"

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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

Step 10
"Continued to take personal inventory and when we were wrong
promptly admitted it."

SEPTEMBER

SABAL PALM

Carlos M. 7 Claudine B. 8 Carlos A. 14 Richard C.16 Cip 17 Jeanette B. 18 Bobby O. 22 Paul B. 23 Robert R. 26 Jim L. 37 Marc B. 39 Gerry T. 40

PALMETTO BAY

Marilyn S. 1 Peter M. 1 Nester 1 Janet 2 Beth M. 3 Suray 4 Cathy K. 5 Arianne 15 Tom Mc 41

SOBER WAY OUT

Gwen C. 1 Charlotte R. 1 Julian M. 3 Popa Guthrie 3 Mario C. 5 David M. 7 Luiz S. 12 Adi M. 20 Dennis S. 21 Catherine F. 25 Yusuf S. 27





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

IT'S NOT THAT SOME PEOPLE HAVE WILLPOWER AND SOME DON'T.

IT'S THAT SOME PEOPLE ARE READY TO CHANGE AND OTHERS ARE NOT.

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 @ 7:30pm 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: www.meetingguide.org



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

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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

N.T.			
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!!!

