

# The Messenger



MIAMI-DADE INTERGROUP

[aamiamidade@bellsouth.net](mailto:aamiamidade@bellsouth.net)

Florida - USA

November 2023

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

## The Gate to Freedom An Unexpected Result

The Twelve Steps are placed in order, for a reason. Anyone that comes into the Alcoholics Anonymous (AA) program for the first time can understand that step one is about admitting that we have a problem with alcohol that we were unable to correct using our own resources alone. That is not too hard to understand but as we address the rest of the step, they start to get onto territories that we have little understanding of. I bought right into the first step with no reservations at all, but I had my doubts about all the rest of the steps and just how thoroughly I planned to embrace them. Steps two and three were not threatening to me but steps four and five is where I hit the wall. The thought of writing an inventory then talking to someone else about it was the first major fear for me but I did it.

Being in the Navy at the time, I flew out to the Tonkin Gulf where I spent the next four months without a meeting. When I returned home, I opened my original inventory folder and read what I had written and realized that it was a very shallow and worthless rambling of nothingness. I burned it and started over. This time I did a thorough job of it and the minute I finished it; I knew exactly who I would do my 5th step with. That very thorough 5th step was the cornerstone of the rest of my program.

Up until that time, I did not understand the objective of the inventory and admitting it to another person. Today as I look back on it, I realize that, from that day on it had an unexpected effect on me that I did not recognize at the time. It occurred to me that my mind had been relieved of the rethinking of many of the things that I was not proud of in the past. Things that used to keep me awake at night. It did not relieve me of all that mental turmoil but, at the time I thought that it had great promise.

Practicing the following step started me learning how to change my habits and to not make most of the mistakes of the past, but my mind still was not at peace. It really came to me as I put the 9th step into action and finally started putting those dark memories to rest. Until I understood that everyone has their share of regrettable memories and that nobody is perfect, I thought that I was the worst. In time I came to realize that I had addressed all my problems as an alcoholic and have, for the most part, corrected them. I had changed my old habits and considered myself a good citizen and no longer did the things that I would regret or be ashamed of. (Cont. on page 3)

## November is Gratitude Month



### STEP 11 SPIRITUALITY

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

### 11th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.

Amen.

Page 99 - 12 Steps & 12 Traditions.

**Spiritual Simplicity Gets It Done. Practice the Program with Enthusiasm**

Tackling the alcoholism problem, the wreckage of the past, and trying to be Spiritual at the same time is a large order in the beginning. Most of us are consumed with the trauma left in the wake of a life run by our Egos and flooded with alcohol. We hear a variety of ways to approach the Spiritual way of life and we try to fit it into our A.A. agenda but, still reeling from the wreckage, our effort seemed scattered at best.

If we manage to get a handle on those troubling issues that consume our thinking, it often frees us up to explore the Spiritual aspects of the program at a deeper level. At first, it is not easy to define, or to articulate, the word spiritual but most of us will try to put a face on it based on something we learned in church or something we have heard at an A.A. meeting etc. This is an O.K. Start but it is wise to continue to look for that deeper meaning that is consistent with the spirit of the A.A. program and to practice it in our daily lives. As I research the word spiritual, I find many phrases that could define it such as: In the spirit of, Of the inside, Intangible, not of a physical or material nature, Religious, Psychic, and many more.

I have read most of the publications that have come from the list of A.A. approved literature, and in "Doctor Bob and the Good Old Timers", it suggests that when the Co-founders had to address the issue of spirituality, they got their inspiration from the book: The Sermon on the Mount, by Emmet Fox. (1938) I have found that book to be exactly what I needed to segue into a way of thinking that covers all the principles that A.A. suggests. It explains that we can live by the Letter of the Law, and still not receive the desired results until we learn to live in the Spirit of the Law. This is my Go-to Guide and I frequently reread it to reinforce my Spiritual understanding. I do not go-it alone. There I come to understand that there's no such thing as a Selfish Spiritual Principle.

*(Cont. on page 3)*

# KEY BISCAVNE GROUP

## 64TH YEAR ANNIVERSARY!

**FRIDAY  
DECEMBER 15TH**

**6:30PM - POTLUCK DINNER**

**8:00PM - SPEAKER**

**9:00PM - RAFFLE**

**FOOD, DESERTS OR DONATIONS ARE WELCOME!**

# INTERGROUP BENEFIT!

**ST. CHRISTOPHER BY THE SEA | 95 HARBOR DR. | KEY BISCAVNE**

# Dr. Bob's Prescription

# Rx

1. Trust God
2. Clean House
3. Help Others

*Always Remember It*



## **The Gate to Freedom.....** (Cont. from page 1)

The next thing that I did, that brought everything full circle, was to deal with the wreckage of the past. Making amends seemed like a punishment to me, at first, as did the 5th step, but it brought each of those issues to a natural conclusion, and I no longer had to anticipate how those things were going to turn out. You might say that it neutralized every one of my fears concerning the past and I am free of all that mental turmoil that plagued me for all those years. I did not understand all of this until after I had done step five and followed it later with step nine and it came to me that those two steps were the gates to the peace of mind that I enjoy today and the freedom from the pain of yesterday. If you identify with this, I encourage you to revisit those two steps and take the risk. You only live once, and it would be a shame to miss the opportunity to find that serenity and peace of mind.

By Rick R.

I spend a great deal of time passing on what I learned to others who want and need it badly. I do it for 4 reasons:

1. Sense of duty
2. It is a pleasure.
3. Because in doing so I am paying my debt to the man who took time to pass it onto me.
4. Because every time I do it I take a little more insurance for myself against a possible sip.



Dr. Bob  
8.8.1878-11.16.1950

Big Book of Alcoholics  
Anonymous, p. 180-181

### **Honesty**

"Is it true or is it false?"

### **Unselfishness**

"How will this affect the other fellow?"

### **Purity**

"Is it right or is it wrong?"

### **Love**

"Is it ugly or is it beautiful?"



## **Spiritual Simplicity Gets It Done.....** (Cont. from page 2)

We hear talk of prayer and most of us who have been around awhile have found an approach that works for us. If I pray to God, how does God communicate his message to me? I have never heard a voice that I could confirm to be the voice of God. I do, however, receive inspiration in the form that is more than enough for me, and I have a tremendous amount of faith. They speak of a kind and loving God is he may express himself in our group conscience. That works for me.

The way I have come to explain this concept is as follows: I have sat in on thousands of A.A. meetings and whether I know it or not, my mind is collecting information that I am not even aware of, and storing it away, as in a file cabinet, in those 86 billion brain cells that we are supposed to have in our heads. When I pray for guidance, the search begins in the file system and comes up with the answer intuitively. This file cabinet metaphor is my way of trying to express a sound and solid approach to being open to outside influences without really having to define who or what God is. He speaks in many ways.

Another thing that I believe it does without my personal effort is to Neutralize much of my negative way of thinking. Spirituality is an inside quality. It resides in my mind, my heart, and my conscience. To acquire it I had only to stop fighting and practice the rest of the A.A. program as enthusiastically as I could (12&12 page 27) and I might add, Keep it Simple.

By Rick R.



**¿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**

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.

# 30

## ANIVERSARIO

# GRUPO ACEPTACION

**SEMANA DE UNIDAD:**  
 Del 26 de Noviembre al 1ro de Diciembre  
 En el local del grupo:  
 5426 Palm Ave. - Hialeah

**REUNION DE INFORMACION AL PUBLICO**  
 Sabado 2 de Diciembre del 2023  
 a partir de las 6:00pm  
 En el local de la Logia Masonica  
 Ubicada en: 600 West 29th St. - Hialeah

QUEDAN TODOS CORDIALMENTE INVITADOS!

**LA OFICINA DE INTERGRUPO**  
 Les invitamos a celebrar

## GRAN FIESTA NAVIDEÑA

9 de Diciembre 2023  
 7.00pm a 12.00 am

## CENA Y BAILE

1700 S.W. 62nd Avenue  
 West Miami, FL 33155

Adultos \$ 25.00 Niños 7 a 13 \$10.00

786 499 1646 • 305 776 2839  
 786 862 0346



## 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.**

WE WILL BE  
**CLOSED**  
FOR  
**THANKSGIVING**



**MIAMI-DADE INTERGROUP**

**NOVEMBER 23RD  
&  
NOVEMBER 24TH**

**PHONES WILL BE ANSWERED BY THE 12 STEP RELAY**

## Respecting the Eleventh Tradition

Understanding  
Anonymity



"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."

A.A. Members may disclose their identity and speak as **recovered alcoholics**, giving radio, TV and Internet interviews, without violating the Traditions - **so long as their A.A. membership is not revealed.**

A.A. Members may speak as **A.A. members** only if their **names or faces are not revealed**. They speak not for A.A. but as individual members.

**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**  
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**Alternate Chairperson**

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**Registrar**

Analisa D.

**Recording Secretary**

Pablo B.

**Archives**

Carl P.

**Corrections**

Jim L.

**Current Practice**

Ric B.

**Grapevine**

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**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 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**

**Concept XI:**

*The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.*

## OCTOBER

### SOBER WAY OUT

Chris W. 4  
Dan D. 4  
Itara 5  
James D. 6  
Sade 9  
Mark 9  
Fernando 10  
James L. 10  
Voncel 11  
Johnny S. 17  
Paul 17  
Elizabeth R. 32

### SABAL PALM

Carmin N. 1  
Kathy G. 1  
Jeffery L. 2  
Lorena R. 3  
Jason M. 3  
Magda 3  
Lourdes 4  
Joan U. 5  
Christina R. 5  
Liz G. 10  
Stacia 15  
Pierre S. 20  
Valeria L. 22  
Maria M. 25  
Cynthia G. 27  
Jorge F. 31  
George B. 33  
Fred R. 38  
Rafael M. 39

### PALMETTO BAY

Jocelyn F 2  
Chris R 7  
Stan 8  
Izzy 11  
Becka 12  
Marji 12

## NOVEMBER

### MIXED NUTS

Matt M. 2  
Jess H.



## 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

Our most sincere condolences to the family and friends of:

**Doni B.**

From the Breakfast Club Group

Doni sadly passed away recently. He will always be remembered for his dedication and love for A.A.

His continued support to the Intergroup Office and his invaluable help to make our Founder's Day a success year after year has left a big shoe to fit.

Doni impacted many lives and help many get sober, he will be greatly missed.

## 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

## 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 - December 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



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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

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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

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Fax: 305.461.2426

