



THE MESSENGER

MIAMI-DADE INTERGROUP

AAMIAMIDADE@BELLSOUTH.NET

FEBRUARY 2024

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

305.461.2425 (24 hrs)

305.461.2426 (Fax)

aamiamidade.org

69th Annual Banquet MIAMI-DADE INTERGROUP



The great fact is just this, and nothing less:

**SATURDAY
March 16th, 2024**

Tickets on Sale Now!

\$50.00 per person | \$500.00 per table (10 people)

**Renaissance Ballrooms
5910 SW 8th St. - Miami, FL 33144**

**7:00pm - Fellowship
7:30pm - Dinner
8:30 pm - Speaker
10:00pm - Followed by Dance**

For more information please call the Intergroup Office: 305.461.2425

We can accept contributions through PayPal Giving Fund, Venmo to 305.461.2239 or Zelle to aamiamidade@bellsouth.net

Alcoholism: A Disturbing Malady Understanding the Alcoholic Thought Process

Many of us, in Alcoholics Anonymous, have lost our families, our jobs, our friends, and even our health before we were desperate enough to deal with our problem. WHY? Asks the normal person, would anybody put the bottle before his wife, his children, and his career and just about everything else in his life. Well, the alcoholics who have recovered from this malady, and have been restored to a somewhat normal life, often understand how the practicing alcoholic could do such a thing in the face of everything he has to lose, mainly because they have all been through the same, or similar ordeals to some degree or another. They also know that, until this man has reached his bottom, it is unlikely that anything will get in the way of his drinking. The delusion (Faulty Perception) is still there. To him the thought of living without alcohol (white knuckling it) is terrifying. Try to look at it this way:

On a scale of 1 to 10 the normal person awakens each morning at an emotional level of 8. The alcoholic awakens at a level of 2. Neither knows the emotional level of the other. The normal one does not understand why the alcoholic is so silent/depressed/disgruntled/unhappy, etc. Everything seems fine to him. What is the problem? The alcoholic, on the other hand (being at a 2) cannot understand why the normal guy is so up-beat, after all, the world is a cold and hostile place to him. There are wars, the economy, sickness, responsibilities, financial problems, not much to look forward to. What's the use? He feels he is looking up from the bottom of a deep pit. (2)

When the alcoholic is in that pit and takes a drink, he goes from a 2 to an 8 1/2 and halfway through his second drink he feels normal and everything is right with the world, no problem here! On the other hand, when a normal drinker takes a drink, he goes from an 8 to an 8 1/2, it is nice, but he wouldn't give up his life for it, and the next day, he's back to work. This is normal. The emotional level of an alcoholic will always return to a 2 and he continues to get progressively worse until he loses more than he was willing to lose. That is when he begins to realize that he will probably never be able to drink successfully, and if he is ready to ask for help, he has a chance to salvage his life.

(Cont. on page 3)

SECOND STEP PRAYER

GOD!

I know in my heart that only you can
restore me to sanity.

I humbly ask that you remove all
twisted thought &

Addictive behavior from me
this day.

Heal my spirit & restore in me a
clear mind.

The **TRIANGLE CLUB** is moving
to a new location effective
JANUARY 29th, 2024

All meetings schedule will remain the
same under:



Triangle A.A. Group



10775 SW 190th St. - Unit 1

Miami, FL 33157

Meetings @ 7:15am | 12:00pm | 5:30pm



"Dry Drunk"

A dry drunk is a period of temporary insanity for the sober alcoholic.

Step Two says: "Came to believe that a Power greater than ourselves could restore us to sanity."

A dry drunk is a self-imposed separation from others and from God. We try to run on our own current, like a battery without a generator, which soon runs down and becomes quite dead.

- The Best of the Grapevine [Vol. 1], p. 19

Thought to Ponder . . .

Without change I am just a non-drinking drunk.

Groups we need your help!

We are looking for groups that would like to donate books for a basket with A.A. approved literature for the amount of **\$50.00** for our

INTERGROUP BANQUET

March 16th, 2024
RENAISSANCE BALLROOMS



If your group would like to donate a basket, you can order the books by contacting the Office and we will give the books to the Basket committee.



Please contact:
the Intergroup Office at 305.461.2425

Raffle Tickets for 1st Edition 14th Printing "BIG BOOK"



ON SALE NOW!

\$5.00 PER TICKET

**No Need to be present at the
Intergroup Banquet to win!**

MARCH 16th, 2024

**For more information please call the
Intergroup office at 305.461.2425**

Alcoholism A disturbing malady

(Cont. from 2)

The answers for me were in the AA program where I had a profound change of perception, or a (Spiritual awakening) if you like. The delusion that I could drink like a normal person was smashed. I know that if I neglect the evidence that I've experienced before and after I came to AA, I risk doing irreparable damage to myself and others, and worse than that, I risk wasting the only life I get to live, to a chemical that is closer to gasoline or lighter fluid than to the romantic way I used to perceive it. What a tragic thing that would be when the solution was laid at my feet. All I had to do was surrender.

As the result of following this path, I am at an 8 almost every day of my life. A bad day for me is a 7. If I stop growing spiritually, I will start to go back down the scale again and as I approach a 5 or a 4, a drink might start looking good to me and it would be only a matter of time before I'd be back at the old game again. Knowing this, I am vigilante about my priorities, and I stay in the safe (spiritual) zone. That is so much better than the alternative.

By Rick R.



JOIN US

AT OUR NEW LOCATION

PALMETTO BAY GROUP

OF ALCOHOLICS ANONYMOUS

CORNERSTONE CHURCH
20740 OLD CUTLER ROAD
CUTLER BAY, FL
(CORNER OF MARLIN & OLD CUTLER)

DAILY MEETING SCHEDULE:

MON - FRI - 7:00PM
SAT & SUN - 5:30PM

OTHER MEETINGS
DAYS/TIMES TBD

¿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 informacion.



GRUPO **ÁRBOL DE VIDA**

17 ANIVERSARIO

SEMANA DE COMPARTIMIENTO
DEL 11 AL 16 DE MARZO DEL 2024
DE 8PM A 10:00PM

7660 MARGATE BLVD.
MARGATE, FL 33063

FIESTA PUBLICA 17 DE MARZO
THE POLISH AMERICAN CLUB
935 ROCK ISLAND RD.
N. LAUDERDALE, FL 33068

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.



Being Honest with Myself The Denial Within Me Was Gone

Years before I came to AA, I was aware that there was something dreadfully wrong with me but not one person ever suggested that I might be an alcoholic or that I should try AA. Perhaps that was due to the denial of the people around me that drank like I did. Suggesting that I had a problem with alcohol would mean outing themselves and others. Looking back on it now, I feel fortunate that I survived those last few years of failed attempts at life and when I ran out of options, I came to AA looking for answers. The denial within me was gone. My mind was open and for the first time in my life I was desperate, and I was listening.

At my first AA meeting I was moved by what I heard. It was different than anything I had experienced before. The people were being honest and candid about things that only brought shame and guilt to me in the past. I felt safe for the first time in my life and could discuss those things openly, that had been taboo up until then. Prior to that, everything in my life was a façade. At that moment On October 15, 1969, my perception of the world had changed, and I have not wanted a drink since. Call it a Spiritual Awakening if you like, and it was for me, but it came in the form of a Profound Change in Perception. In appendices 2, in the Big Book, (Alcoholics Anonymous) it describes a man who had "undergone a profound alteration in his reaction to life". I began to question all the decisions I had made in the past, and how the residue of those decisions had tarnished and eroded any chance of a successful, happy life. I became aware that the values system that I had learned as a child, at church and at the Boy Scout meetings etc. was lost in the dust and was replaced with guilt and shame. I was in trouble when I violated my own value system.

I now realize that I was not a bad kid, but I was a child that was not strong enough to do the things I knew to be right. The more I broke the rules, the easier it became, and moral standards were meaningless. Soon drinking was the only thing that eased my conscience. When that quit working for me, I found myself at the door of AA. Once I had that change of perception, I knew what to do. It may be as simple as "trying to stop doing the things that I regret" but the key to it all is "Being honest with myself," and never going back to my old way of thinking. I said that I was fortunate to have survived those last few years of drinking and that I came to AA looking for answers.

Being desperate enough to ask for help was the most important part of that experience. I do not believe that anyone could have convinced me to stop drinking against my will. I may have stayed dry long enough to get the heat off, but I doubt that I would have surrendered to the degree necessary to have that change of perception and therefore no spiritual awakening. Getting off in the right direction from the start was especially important to any success I have had in AA. I know that I only live once, and I do not want to waste one moment of the precious life God gave me. Today, as I continue to practice all the things I have learned in the Program, it has resulted in a peace of mind that was unimaginable when I first walked through the doors of Alcoholics Anonymous and, for that, I am extremely grateful.

By Rick R.

**INTERGROUP
CONTACT LIST**

aamiamidade.org

Chairman

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Vice-Chair

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Sal G.

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Carroll K.

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Sandra N.

Ma. Isabel S.

Eva S.

Paul R.

Trustees

Ian S.

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Ma. Isabel S.

Intergroup Office

Jennifer R.

The Messenger

Office

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

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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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Alternate Chairperson

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PI/CPC

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Paul H.

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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WEBSITE:

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

CONCEPT II

The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

DECEMBER

SOBER WAY OUT

Alcena 1
Isabel 2
Jackie 3
Shana 5
Fernando C. 6
Tony V. 7
Guy 9
Jordan G. 9
Sadena 10

SOBER WAY OUT

Esma 1
Bonnie L. 4
Glen M. 5
Donald G. 8
Johnny S. 11
Stephanie H. 13
Connie M. 13
Robert B. 18
Kenneth T. 19
Patrick 20
Mechelle 20
Herbert W. 24
Eudely R. 25
David M. 27
David H. 27
Yasaar M. 31
Mamie K. 35
Michael L. 39

PALMETTO BAY

David S. 1
Ed J. 2
Ann C. 5
Kelly M. 6
Richard A. 10
Amos T. 12
Joanna J. 14
Luisa 14
Marlene K. 24



JANUARY

SABAL PALM

Jorge T. 1
Julio T. 1
Roxanne A. 1
Miguel E. 2
Jeff 3
Josh G. 6
Luz M. 9
Susan F.11
Taj K.12
Amos L. 12
Kathi T. 15
Haydee J 17
Nancy B. 21
Nayib P. 22
Rita E. 28
Luis M. 29
Connie G. 36

CORAL GABLES

Gloria 1
Richard J. 1
Mark M. 1
Ryan B. 2
Luis H. 2
Lily M. 2
Maggie P. 3
Linda O. 5
Ed P. 5
Paul A. 6
Willie 7
Camille D. 8
Owen J. 10
Ken T. 16
Dan W. 16
Mark B. 16
Gabriela C. 17
Beatrice M. 18
Jeanne F. 23
Nitza 27
Peter C. 29
Don. 30
Shawn S. 31
Peter R. 37
Vickie M. 40
Victoria T. 41

SUNSET

Michael P. 1
Sandor O. 1
Ben G. 1
Jorge H. 2
Haylinee M. 2
David G. 2
Chad 2
Jace 2
Cheryl 2
Helen U. 3
Lourdes S. 3
Jack M. 6
Roy M. 6
Omar R. 7
Florie G. 10
Rosy G. 24
Shawn S. 31

FEBRUARY

CORAL GABLES

Patrick C. 15
Steward M. 18



Group Conscience/Business/Service Meetings

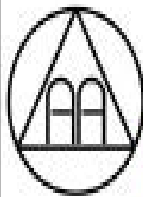
Brickell Group/3rd Thursday @ 1:05pm
Coral Gables Group/3rd Thursday @ 7:00pm
Good Morning Group/3rd Friday @11:00am
Happy 1060 Group/3rd Sunday @ 11:45am
Happy Hour Group/ 3rd Thursday @ 6:35pm
Homestead Group/3rd Tuesday @ 7:00pm
Lincoln Road YP/3rd Sunday @ 7:00pm
Little River Group/2nd Sunday @ 7:00pm
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

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.russiananaa.com
russiananaa.florida@gmail.com

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 - March 14th, 2024 @ 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 **Messen-**

Miami-Dade Intergroup
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Fax: 305.461.2426

