



# THE MESSENGER

## MIAMI-DADE INTERGROUP

AAMIAMIDADE@BELLSOUTH.NET

APRIL 2025

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

305.461.2425 (24 hrs)

305.461.2426 (Fax)

aamiamidade.org

### These Steps Work

What a game changer. Once she took action and finished her Fourth Step, there was no turning back.

When I quit drinking in April of 1988, I was only 20 years old. I went from varsity cheerleading on the collegiate level to living so drunkenly I got kicked off the team for not showing up to any of my classes.

I've never had a legal drink of alcohol in my life. And I was a habitual drunk driver. Somehow when the police pulled me over, I could pass for sober and not get a DUI. This was back in the 80s when such things were still possible. I hit my bottom and entered AA after a Twelfth Step call from my cousin.

AA was meaner back then. Oldtimers told us to shut up and take the cotton out of our ears and put it in our mouths. We were young, wild and free.

Young people in AA saved my social life, which was very important to me when I was that age. But it was the older people who guided me into who and what I am today. We all grew up together, and over the years I witnessed the oldtimers soften. I still love those old nuts, many of whom have passed. Their understanding of how deadly a disease we have has always stuck with me.

I did my first Fourth Step when I was three years sober. I kept putting it off and "focusing" on Steps One, Two and Three. I just couldn't face looking at myself. I still wanted my problems to be about "them," all those people who hurt me and caused me to drink. Looking at myself was hard. So I went to meetings, talked a big game and took all the praise I could get, because I was so young in AA. Finally I did the Fourth Step, and it was a game changer. Now I felt like I really belonged. I wasn't a fraud anymore. I had finally done it. I did the rest of the Steps in quick succession because, quite frankly, after my Fifth Step I figured that if I could tell another human being all of the sick crap I had done and not explode or get kicked out of AA, then the rest of the Steps were going to be doable.

I now sponsor people who drag their feet on doing their Steps. Not all of them do, but enough do, and I have a lot of experience dealing with foot-dragging. Sponsoring is an honor. I get to learn the Steps from fresh eyes. Sponsoring helps me remember all those little details daily life makes me forget.

(Cont. on pg 2)

**THE SUNSET GROUP**  
**Semi-Annual**  
**BBQ Picnic**  
**Great Guest**  
**Speaker**

**Saturday, May 17, 2025**

**A.D. Barnes Park**  
**3401 SW 72 Avenue Pavillion 4**

**Raffle Supports**  
**Intergroup**  
**Starts at 11:00AM**  
**Speaker 2:00PM**

**FELLOWSHIP, FAMILY, MESSAGE OF HOPE,**  
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**For more Information: [sunset.group.miami@gmail.com](mailto:sunset.group.miami@gmail.com)**

**FOOD AND DESSERT CONTRIBUTIONS WELCOMED**

## STEP FUR

If her inventory had been fur-less, she wouldn't have had a chilly run-in with the truth.

"What was your part?" That was my sponsor's response to me whenever I asked, "Why am I always under attack?" As I saw it, coworkers, friends and family members mistreated me and had done so for years. My relationships were plagued by bullying, psychological torture and hostility. Without alcohol, the pain of these assaults was unbearable. I struggled to understand why people did these things to me. It was exhausting.

Protecting a sponsee was a sponsor's job, right? Yet when I whined, my sponsor repeated, "What's your part?" I reminded her repeatedly that I was the victim and they were the perpetrators. Sphinx-like, she dangled that unanswerable question.

In time, she suggested I start a Fourth Step, saying it would help me cope with my constant suffering.

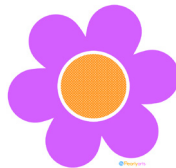
"Nope," I said. "Not doing it. Dredging up the past will hurt me all over again. Besides, writing a book of all the ways people have harmed me would take too long." She got pushy and earned a spot on my Fourth Step list.

I saw fellow newcomers get results as they worked the Steps. They seemed happy, joyous and free. The keys to progress must be in the later Steps, I figured. I dreamt of skipping to Step Six. My sponsor wouldn't let me move on until my Fourth Step was finished. She suggested I pray about it. Wallowing in self-pity, I prayed sincerely for help. Sure enough, my Higher Power answered.

Isabelle, my parents' wealthy neighbor, generously gave me a faux fur coat. She wanted to help me feel better about myself, I imagined, but her stated reason was that she no longer enjoyed wearing it. The plush, expensive and beautifully made coat mimicked leopard fur convincingly. Faux fur was a rarity back then. I hoped people would think it was real.

Heading out on a sub-zero February morning, I took one last look in the mirror. I looked fabulous. Who could resist me? It was perfect for a night at the opera. The restaurant wanted me in early, so I braved the arctic air to warm up my reliable old car. It had chugged along faithfully for years without an oil change, a brake check or any care at all. Inside, a pine tree deodorizer masked the stench of fast-food wafting up from the floor...crunchy, stale fries, fast-food bags stuffed with trash, ketchup packets, salt and pepper shakers, plastic utensils and various cups, cans and bottles. The car was filthy inside and out. A current "wash me" scrawled in the thick coat of road crud would soon disappear under more dirt like a footprint in blowing snow.

(Cont. on pg 3)



### **These Steps Work** (Cont. from pg 1)

We are living in quarantine times now. The COVID-19 pandemic hit San Diego, California like a freight train. We've been doing virtual meetings and we send texts. Technology is our new friend. It's a strange time in AA for all of us. Sponsoring others has kept me sharp while in isolation. If the quarantine continues, I'll have a couple of Fifth Steps to do with sponsees virtually.

This is what I tell sponsees who are avoiding the Steps: Have a little faith in yourself and remember alcoholism wants you to postpone the pain. That's why we drank.

The Fourth Step can seem scary. Releasing our true selves into the universe and giving all the details to God (as we understand him) and to another person is, in fact, the Fifth Step. Breathe. You're not on that Step Five yet. Step Four is simply writing your life down. It is an organized inventory of what we hide inside.

I tell people to follow the diagram in the Big Book. Put the person's name in the first column. In the second column describe what happened. In the third column, tell how all this affected you. Resentments will kill us. Write what you can, but be disciplined about it. When you do the Fourth Step, write something every day. A sentence here and a paragraph there will produce the results needed. Believe me when I say we can do this. Some days we may have 20 pages and other days just a sentence, but we're taking action.

I tell sponsees to remember that we're not going to reveal anything to ourselves that we don't already know. Hiding under a blanket is the injured inner child working to ensure her safety. You can be safe and she can be safe, and you can still write the Fourth Step. Once it's over, I promise the relief is worth it.

Step Four is painful, but it is a healing pain, like when you parent a child and the child has a splinter. You must get it out. The tweezers and pressure put on the wound will cause the child to cry, squirm and reject your touch. The parent knows the splinter must be removed or the wound won't heal. That's what the Fourth Step does for us. It applies pressure and it hurts, sometimes a lot. But it's necessary for the wound to heal.

I share my experience, strength and hope. My sponsees and I come up with ideas together to overcome the resistance the Fourth Step seems to bring out. I tell on myself, not just about the past, but my present insecurities and resentments. I've done many Fourth Steps over the years. I've done focused Fourth Steps on sex, relationships, anger and many other topics. I can always tell how much I've healed by what's not on my next Fourth Step. The Tenth Step helps keep the content down, but the value I receive from doing a Fourth Step is so great that I hope I never stop doing them.

If you're stuck on Step Four and you need a push, I just want you to know you're not alone. Believe in yourself and in AA. These Steps work.

Grapevine, Inc. - By: Valerie T. | San Diego, CA

## FOUNDER'S DAY

## PICNIC

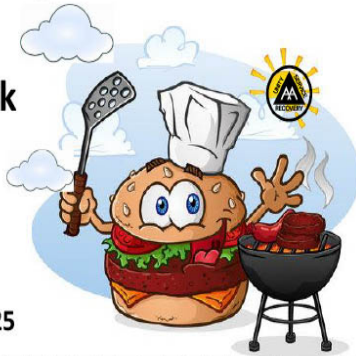
**SAVE THE DATE!!!**

**SUNDAY**

**JUNE 8<sup>th</sup>, 2025**

**Bill Baggs State Park  
in Key Biscayne  
Pavilion A1**

Please Contact the  
Intergroup Office: 305.461.2425



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12<sup>TH</sup>  
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**TICKET  
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DESSERTS  
ARE  
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\$1 SODA &  
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SPEAKER 2-3 PM

RAFFLE  
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FOR SALE

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7900 SW 40 STREET  
MIAMI, FL 33155

FOR TICKETS PLEASE TEXT 267-847-8153  
GRAPEVINE@DISTRICT10MIAMI.ORG

### STEP FUR (Cont. from pg 2)

Sitting in the driver's seat shivering, I thought someone had plastered brown paper all over the windshield. How mean! Before I got furious, I realized it was only dirt. I tried the wipers. The dirt was fused to the glass by a thick layer of ice. Drat. The grunge would not go away by itself. I stepped outside, and a brilliant idea came to me. A warm fluid would work. So simple. I spit a big wad of saliva onto the windshield and began to spread it out with my hand. The mass smeared maybe three inches before it froze solid, trapping my glove. Let me note here that frozen spit is nothing like ice; it's more like Super Glue. I managed to pull my hand out of the glove. With a plastic knife, I hacked away, trying to free the glove. Pieces of plastic flew everywhere but the glove remained stuck. Frostbite became a possibility. Embarrassed, late for work and desperate, I couldn't imagine how much worse this situation could get. Tears welled up in my eyes. Right then, out of the blue, a handsome young man in a sports car came around the corner. It seemed like he was going to pass, but then he saw me and hit the brakes. Oh, blessed joy, I said to myself, help had arrived. The good Samaritan rolled down his window, yelled, "You're part of the problem!" and sped off.

Stunned and dumbfounded, this alcoholic, three months sober, watched the luxury sports car disappear around the corner. Crying, I saw my horrible little car for what it was. No scraper, no wiper fluid, filthy inside and out. The car had devolved to this through my actions and mine alone. The "Samaritan" was right. I was part of the problem. I replayed the scene. It always ended with, "You're part of the problem." I recalled my sponsor's question, "What was your part?" The two statements felt linked somehow. The notion took hold that my disaster of a car was a snapshot of my disastrous life. Fearfully, I started looking closely at my part in other aspects of my life. I reviewed times where I had been so sure I was a victim, but on closer inspection, I saw that I had played the starring role.

Things got worse. My roommate told me to move out. The day of the move, I found that someone had punctured all four of my tires. I knew she had her boyfriend do this. She was a horrible person. But then I thought it through. What would make her so vicious? Was she reacting to my behavior? Thinking back, my behavior toward her had been atrocious, what little I remembered of it. Again, I saw that I was part of the problem.

(Cont. on pg 5)

**¿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.

**47th. Aniversario****Grupo Central**

9600 SW 8th St. 2nd. floor suite # 49  
 Miami, Florida 33174  
 Tel. (786)231 9741

Sesion Publica  
 Domingo 13 de Abril  
 a partir de la 1:00 PM a 6:00 PM  
 1700 SW 62 Ave.  
 West Miami, Fl 33155

Temas: El Problema del DUI      Oficial de policia  
 Enfermedad y Alcoholismo      Dr. Martinez  
 El Nuevo en AA      Cro.



**Reunión de Mujeres**  
**Grupo Nuevo Porvenir**  
**MES DE ABRIL 2025**

**Dia: SÁBADO 5 y 19**  
**Hora: 5.00 a 7.00 PM**

**1601 N Palm Ave, Pembroke**  
**Pines, Fl 33024 Suite 2090**



## 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.**

### STEP FUR (Cont. from pg 3)

This discovery of mine applied also to my dating pattern toward the end of my drinking. There were first dates with no follow-up call. Different faces, same pattern. Who would want to date someone who throws up on her shoes, falls asleep at the dinner table and talks garbled pseudo-philosophical nonsense? Nobody. I was part of the problem.

After destroying a lucrative career, I had returned to college in my mid-30s. I recalled a big hayride, sponsored by the college back then. A lovely and romantic setting it was. I chased down men in their 20s, pinned them and stuffed hay under their shirts so they looked like the scarecrow in The Wizard of Oz. Three bonfires waited back at the stables where the ride ended. At bonfire three, I sat alone. I was drunk. Later I wondered why I was alone. Yep, I could see I was the problem.

My Higher Power had arranged a confluence of events that opened my eyes to reality. Smack dab in the middle of it all, I, the victim in the beautiful coat, had orchestrated all the chaos and pain myself. True recovery started for me that day. I wasn't a victim—I was the problem. That realization saved my life. The truth really did set me free.

It was a soft landing. No one took my inventory or shamed me. I was given the courtesy to discover what "victim" means on my own. When I told my wise sponsor the sad story, she suppressed a laugh but otherwise said nothing. She did not ask the usual question, "What was your part?" That question had been answered by a "drive-by-shouting." My sponsor knew it was the fur coat that had infuriated that guy, but I didn't. Back then, it was a thing to yell at people wearing animal skins. Sometimes fur wearers even had fake blood thrown at them. I was oblivious. I didn't follow the news or fashion trends. I was busy being drunk.

The man could have yelled, "Your coat is part of the problem." But then he wouldn't have pushed me into self-awareness. It's funny now; not so much at the time. I thank God my Higher Power has a sense of humor.

Grapevine, Inc.- By: Sarah S. | Brentwood,



"This is my Resentment machine"

### Great advice

Two things not to hold on to: Resentments and rattlesnakes.

Paul C.  
Oceanside, CA

### You never know

Working with another alcoholic is a lot like sex. I don't know if they get anything out of it, but I always have a good time.

Sean W.  
Bartlesville, OK

**INTERGROUP  
CONTACT LIST**  
aamiamidade.org

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**Vice-Chair**  
Paul R.  
*Treasurer*

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Carroll K.

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Ma. Isabel S.

Eva S.  
George B.

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**Intergroup Office**  
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**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 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  
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back cover.

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**MIAMI-DADE INTERGROUP**

**TRADITION 4**

**"Each group should be autonomous except in matters affecting  
other groups or A.A. as a whole."**

**MARCH**

**TRIANGLE AA**

- Art B. 9
- John M. 9
- Arlene L. 26
- Dan U. 35

**SABAL PALM**

- Albert C. 4
- Manny 4
- Francisco S. 7
- Jason 7
- Michelle F. 7
- Chris G. 10
- Chris L. 10
- Trish S. 15
- James Z. 20
- Raina L. 22
- Leslie 23
- Marco F. 23
- Frances P. 28
- Ellen L. 35
- Albert S. 39
- Roberto C. 42

**CORAL GABLES**

- Felix J. 1
- Chelsea R. 1
- Robert R. 1
- Qumi 2
- Marisol H. 2
- Phil W. 4
- Zoran 8
- Liz T. 15
- Olga M. 18
- Gerald K. 23
- Perry 22
- Greg R 27
- Francisco H. 33
- Dorian M. 36
- Iza E. 42
- Ed M. 44



Miami-Dade Intergroup  
@MiamiDadeIntergroup



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Intergroup Office

Via ZELLE through your bank at:  
[aamiamidade@bellsouth.net](mailto:aamiamidade@bellsouth.net)

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so the Intergroup Office does not  
incurr any extra charges.

**CONGRATS**

**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](http://www.russianaa.com)  
[russianaa.florida@gmail.com](mailto: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
- The Triangle AA Group/
- 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 Sunday @ 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 @ 7:30pm
- South Dixie Group/Last Saturday @ 7:30pm
- Sunset Group/Last Saturday @ 7:30pm
- The Triangle AA Group/

West Miami

**LOOKING FOR A.A.  
MEETINGS?**

Learn more at:  
[www.meetingguide.org](http://www.meetingguide.org)

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



**ADDICTION**  
is giving up  
everything for one  
thing.

**RECOVERY**  
is giving up one  
thing for  
everything.

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 8th, 2025 @ 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](mailto:jamc13@bellsouth.net) or [aamiamidade@bellsouth.net](mailto:aamiamidade@bellsouth.net)

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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  
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Fax: 305.461.2426

