



# LAMBDA LINES

A NEWSLETTER OF LAMBDA SOUTH, INC., FOR THE RECOVERING  
12-STEP COMMUNITY OF FORT LAUDERDALE

January 2011



## Lambda South , Inc.

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## PRESIDENT'S MESSAGE

"Out of the ashes, rises the Phoenix." A phoenix is a mythical bird that is a fire spirit. It has a 500 to 1000 year life-cycle, near the end of which it builds itself a nest of twigs that then ignites; both nest and bird burn fiercely and are reduced to ashes, from which a new, young phoenix, reborn anew to live again. The new phoenix is destined to live as long as its old self. It is said that the bird's cry is that of a beautiful song.

That phrase has brought so much meaning to my life and it has given me a new song of strength and a certainty to see through the challenges, the destruction, the pain and losses in my life and in the lives of all people. I have faith today in the saying "You are right where you are supposed to be". And I know that there are lessons to learn and to not shrink during the tough times but feel it, rise and rise above. Since the December 26<sup>th</sup> fire at Lambda South, I have witnessed a new fire in the Lambda South Community, a perseverance to reclaim and rebuild Lambda South!

Out of our ashes people who care about Lambda South have risen above and beyond providing their help and support. Lambda South has started a Miraculous Comeback! Many of you have reinvested here by volunteering countless hours and have showed your hearts and commitment from day one. I think this destruction has helped many of us appreciate Lambda South. Within 72hrs our Board and Advisory Board of Past President's rallied together and found a temporary location right across the street. We will probably be at the 1306 E. Las Olas Blvd location for another 6 months as we continue to rebuild Lambda South at 1231-A E. Las Olas Blvd. It's amazing that out of destruction, we will have a beautiful Phoenix of a building! Many of us are excited about what we are creating... a great new building with New A/C's, New Bathrooms, New Patio, New Coffee area, Updated electrical and safety features and a new modern décor.

On January 22, 2011, we had the most incredible entertaining Fundraising event with over 400 people in attendance. We raised approximately \$20,000! Thank you to all donors and New Members! On January 23, 2011, Lambda South had their annual election and we have a passionate Board of Directors dedicated to rebuilding Lambda South. Our vision this year is to rebuild Lambda with a stronger structure and more importantly a stronger spirit. To do that we still need your help! I envision a stronger spirit built on the 12 Principles behind the 12 steps and 12 Traditions. I envision a clubhouse of people who have reconnected in their journey for a common purpose to carry the message and help those who are sick and suffering. Lambda South is a safe place to stay sober and clean. A place to work through your issues, resentments, heal, recover and transform! I envision more meetings here for any healthy interests of the GLBTQ and straight community. Start an SAA meeting, an OA, and ACOA, a Meditation meeting! Come to the next General Membership meeting on Sunday, February 20, 2011 at 5pm with 10 names and create a group that will produce positivity and community!

Will you join me and allow your Phoenix to rise? I am asking you to help Lambda South rise above its recent devastation in whatever way is meaningful to you! I am honored to serve as your Board President and I thank you for your support! See you at the Clubhouse!

In loving Service,

Rachel G.



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## MEMBERSHIP NEWS



Please note the enclosed membership invoice, and please update your dues if necessary. Thank you for your ongoing support!

**Welcome the following New Members to Lambda South:**  
Tracy, Mark, Todd, Santiago, Peggy, Matthew, Tony, Nathan, Dan, Ken, Jonathan, Cindy, Michael, Frank, David, Steve, Sunshine House, Tony, Celia, Justin, Deon, Rob, Joey, Harry, Joe, Michael, Gary, Chris, Joshua, Michael, Francis, Adrian, Recovery House, John, Lauri, Scott, Ryan, Terri, Bob, Don.

**Thank the following members for renewing their dues:**  
Dani, Ken, Tony, Tom, Beth, Lisa, Hal, Barry, Daniel, Joseph, Donald, Rachel, Joe, Todd, Peter, Warren, Frank, Raymond E., Adrienne, Danny, Brad, Ali C., Vito, Sherri, Dennis, Karen, Kerry, Robert

Dear Recovery Community,

I would like to thank you for the opportunity to serve as Membership Chair for the Lambda Clubhouse for the year 2011. I feel with the circumstances surrounding our clubhouse there is an opportunity created for me and the rest of us to step up to the plate and be of service to our recovery community. I am fully committed to helping Lambda increase membership and awareness regarding all aspects of recovery.

If you would like to be a member there are envelopes at the clubhouse which you can fill out and drop in the office drop box or you can email us on the website. It is only \$10 a month or \$105 per year- a small price to pay for what Lambda provides.

If you want to raise awareness and membership yourself please announce lambda needs your membership now more than ever at all meetings you attend under non-AA announcements.

In love, gratitude, service and humility- Michael Solney

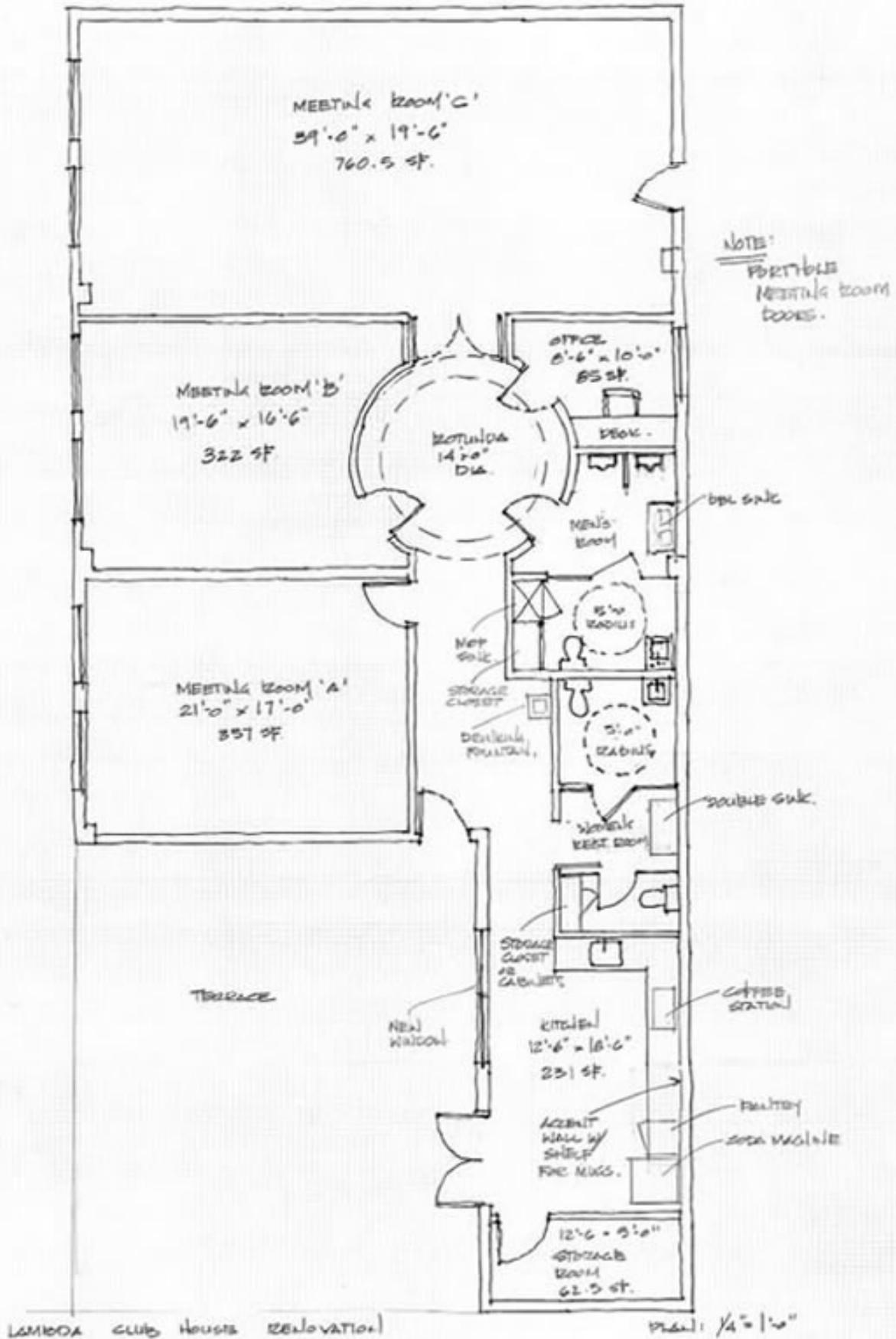
## UPCOMING LAMBDA SOUTH EVENTS & SERVICE OPPORTUNITIES

CHECK OUT THE LAMBDA SOUTH BULLETIN BOARDS FOR INFORMATION ON HOW TO JOIN A COMMITTEE AND GET INVOLVED!

LAMBDA SOUTH IS SPONSORING ANOTHER YEAR AT FT.LAUDERDALE GAY PRIDE WITH A BOOTH AND OUR RECOVERY LITERATURE. COME HELP SPREAD THE MESSAGE BY GIVING YOUR TIME AT THE BOOTH!

MORE COMING TO THIS SPACE SOON!

PROPOSED LAMBDA SOUTH BUILDING PLANS AS OF 02/10/2011



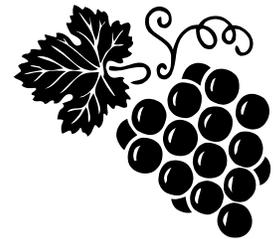
THE 2011 BOARD OF DIRECTORS WOULD LIKE TO PUBLICLY THANK ALL THOSE WHO HELPED AND SUPPORTED THE CLUBHOUSE SINCE THE FIRE ON DEVEEMBER 26th, 2010.

Especially the following:

- ⇒ All the Past Presidents that came to help guide our first delicate steps toward recovery and restoration, specifically Joe D, Pete P., Karen V., Flash, Lisa D, Kevin B, Fermin, Don B, Bryan T, Allan D, Bill W., Bill C, and Joe K.
- ⇒ Thank you again to Joe K. and Kevin B. for helping us get the temporary space in less than 72 hours!
- ⇒ Thank you to the entertainment committee and all who helped for an amazing fundraiser on Jan 22: Kimber, Carrie Jo, Michael S, Rob M, Fermin, Jay, Pauline (Tree), Bill W, Vicky .
- ⇒ Thanks to all the Trusted servants of each group especially Dani, Louie, Guy, Greg, Steve, Kelly and the Sober Sisters for their help in our transition after the fire!
- ⇒ And an extraordinary thank you Greg G, Valerie Bob W, Doug, Kevin, Will for building walls, doors and painting here during the first 3 weeks at our new space and their helpers.
- ⇒ The first day we moved, Lambda would like to recognize the many people that showed up with their cleaning supplies Dodi, Mike and Gordon, Mark King.
- ⇒ Special thanks to Michael S, his Sponsee Chris, Joe and Kenny for making our temporary space pretty.
- ⇒ The 2010 Board: Kurt, Rachel, Craig, Tyrone, Jim, Robert, Don, Kimber, Brad and Shpatry our webmaster.



THANK YOU



## CONFUSED AND SPONSORLESS, A MEMBER EMBARKS ON A YEAR-LONG INVESTIGATION

A few years ago my sponsor stopped sponsoring guys for personal reasons. He gave me a month's notice that he was going to do this, and told me how sorry he was. We had become friends over the years and it was his intention that we remain friends even after I had found a new sponsor. As far as I could see at the time, not much needed to change in my life. We spoke all the time, and we planned to continue that. He knew me inside and out and that wasn't going to change. It was just that there were going to be certain things that, in a sponsorship capacity, he wasn't going to be able to do for me anymore. Not a big deal, I thought. I'll just grab a new sponsor. I know a ton of people with good sobriety. So I started to look around. Sure I knew a lot of people with many years of sobriety, but I was starting to realize I didn't know who their sponsors were. I started to ask some questions.

*I found a funny pattern. A lot of people I knew with over five years of sobriety had changed their sponsor status at some point for one reason or another. Some felt they'd "outgrown" their sponsor. Some had lost their sponsor due to a move or death. Or some had moved to the area from somewhere else and just hadn't gotten around to getting a new one locally. Either way, there had been a change. But here is the other pattern I found. Something like half of those people never officially got a new sponsor. When I asked them who their sponsor was, they said things like, "I have a bunch of people I talk to and stay current with, I'm doing OK the way things are."*

*One guy I was thinking of asking to sponsor me pointed me to the pamphlet "Questions and Answers on Sponsorship" instead of saying yes. He pointed out that most of the questions/answers in the pamphlet had to do with newcomers (I hadn't noticed that before). His point was that sponsorship was primarily something we suggest to newcomers and people who need guidance in the beginning. His view was that hopefully after some time we shouldn't need that kind of hand-holding as we grow to help others.*

*I was blown away! I went from having a sponsor—and a great relationship with him—to suddenly not having one, and questioning if I needed one, or even if I was supposed to have one. Was I weak? If I felt that I still needed a sponsor, did that mean I was sicker than most? Would I be OK by just staying current with friends, as I saw others doing? Did I really still need a sponsor, and if so, why? Rather than just accepting things at face value, I needed to know why—for me, no one else. What was right for Dave?*

*For a while I was so upset that this great relationship with my sponsor fell apart that I got angry with him, and unconsciously blamed him for this sudden need to examine this huge area of my life and my sobriety. Thank God for the footwork I had done over the years, because deep down inside below my anger, small messages bubbled up, letting me know that I couldn't afford to stay angry. Experience had shown me that many members don't stay angry and sober at the same time for very long.*

*So I went back to the basics. I read a lot. The pamphlet "Questions and Answers on Sponsorship" was a good place to start, given the topic. I moved on to other books that talked about our collective history and about the history of sponsorship. What did Bill say about sponsorship? Here's a guy who had no one "in front" of him; how did he handle it? Who did he use, if anyone? Dr. Bob lived halfway across the country and died years before Bill. Did Bill believe in sponsorship? The recovery section of the Big Book is silent on it. What about our other texts?*

*I read a lot about Father Ed Dowling, a nonalcoholic Jesuit who Bill came to call his sponsor and spiritual guide. I read about how Bill used other AA members who had "something he wanted" in areas he needed to grow in. Bill used to grab these people and asked them to help him out, and when he was done he'd move on to someone and something else. I saw that sponsorship was a concept that Bill believed in and used, as did Dr. Bob and our other founding members.*

*Now I could have interpreted these stories in a number of ways, including, It's OK as long as I stay honest with a bunch of friends, like some of the people I had seen. But again, thank God for the footwork. I knew myself well enough to know that while I might stay honest with everyone, it's possible I might only tell each person a little bit about me, but no individual the whole story.*

*Can you just see how we alcoholics could make that one work for ourselves? "I'll just tell Ed about my new girlfriend, how great she is and all the things we do together. Of course Ed doesn't know that I'm married; John does." Both of those things could*

# AAGRAPEVINE.ORG, CONT'D

*easily be true (they're not, by the way), but it's my belief that if the full truth remains separated, it's just a lie. Do I really feel that is what we mean by rigorous honesty? Sure, that is an extreme example, but isn't it all just a matter of degrees when we start to sculpt the truth?*

*No, the message I heard when I read those stories about Bill was of a guy who kept reaching toward the light. I believe that when I surrendered, the deal I cut with myself was that I also needed to reach for the light. I had finally become willing to pay any price to no longer be the person I had been, and to the best of my knowledge there was no expiration date on that deal. I still wanted to grow. And I still needed and valued a sponsor.*

*I am not saying that everyone has to go this deep when they come to this question. But I saw something when I was out there looking around. I saw many good AAs who through no conscious fault of their own had suddenly found themselves without a sponsor. And because of things like service, fellowship and good meeting attendance, they decided to look around a bit before they jumped in with a new sponsor.*

*Time passes when things are going OK. Many people told me that they looked up and found out a lot of time had passed and they had not found the right person yet. There were people in their lives whom they would quickly recommend to someone else looking for a sponsor, but those same people suddenly had flaws that grew the more they were exposed to the light of their own sponsor search. And so they waited.*

*There is that awkward feeling you get when you're about to approach a new sponsor, like you are asking someone to dance for the first time. That turns out to be a deterrent no matter how long you are sober.*

*My odyssey took me close to a year, during which time I grabbed hold of my dear friend John, who knew me inside and out. (I have a couple of friends like that now; thank God for the footwork.) I asked him if it would be OK if I used him as a sponsor as I went through this process. After a full year of searching, reading and praying, I realized what I had been doing. I decided to make the relationship official and asked John to sponsor me.*

*I got a sponsor because I had learned something about myself. I learned that I was vulnerable to pride. I can easily convince myself that I am "OK" because my family is happy, I have a job, I am not drinking, I go to AA and I sponsor a bunch of guys. But it's very easy for me to stop looking inward if I do that.*

*I learned I am a person who values sponsorship. I need help. I needed it when I came in and wanted to stop drinking. I needed it when I had to work the Steps in order to change. And I need it be protected from the "return of the full-fledged ego" that Dr. Tiebout talked about on page 249 of AA Comes of Age. He also goes on to talk about an early member who was also afraid he was "suffering from 'halotosis' a reference to the smugness and self-complacency which so easily can creep into the individual with years of sobriety behind him."*

*I don't want to go there again. It was hard enough surrendering the first time. Early on I was handed a spiritual toolkit, and one of those tools was sponsorship. It was offered to me for free if I cared to have it. My life is better for it.*

Dave R.  
Manchester, N.H.

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# 2011 FIRST QUARTER ANNIVERSARIES

# Join here!

**LAMBDA**  
BECOME A MEMBER

## January

John G. — 26 years  
Michael G. — 23 years  
Jack K. — 22 years  
Normand L. — 22 years  
Tony F. — 12 years  
D. Michael M.. — 10 years  
Lauri S. — 5 years

Ryan B. — 4 years  
Tracy B. — 2 years  
James Q.—2 years  
Dan E.—2 years  
Dani A.—2 years

## February

Jay L.—30 years  
Beth D.—28 years  
Joseph F.—28 years  
Kerry W.—26 years  
John S.—24 years  
Jay A.—22 years  
Mel L—19 years  
Joe K.—13 years

Bill C.—11 years  
Tony H.—11 years  
Todd B.—8 years  
Donald G—7 years  
Robert P.—6 years  
Ali S.—5 years  
Frank M.—5 years  
Daniel F.—4 years

## March

Pete S.—33 years  
David S.—31 years  
Steve G.—29 years  
Allan F.—19 years  
Jack H.—19 years

Dana M—14 years  
David P.—7 years  
Brian K.— 5 years  
Scott S.—4 years

Total years of sobriety = 540!

One clean, sober and serene day at a time.

Don't forget to sign up on the bulletin board to celebrate your anniversary on the last Saturday of each month. You do not need to be a member of Lambda South to celebrate. Anniversary meetings are the last Saturday of the month at 8:30 p.m. and are open to all celebrants of anniversaries in any fellowship meeting at the clubhouse.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, ST, ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

RECOVERY DATE \_\_\_\_\_

FELLOWSHIP(S): AA, NA, ETC. \_\_\_\_\_

CURRENT MEMBER \_\_\_\_\_

NEW MEMBER \_\_\_\_\_

AMOUNT ENCLOSED

MONTHLY = \$10/MONTH  
6 MONTHS = \$55.00  
YEARLY = \$105.00  
CLIP OUT AND MAIL TO:  
LAMBDA SOUTH, INC.  
PO BOX 030339  
FORT LAUDERDALE, FL  
33303-0339

Lambda South, Inc.  
P.O. Box 030339  
Fort Lauderdale, FL 33303-0339



*Are you moving? Did your phone number or e-mail address change?  
Please take a moment to give us your updated information.*

*You can call the office or e-mail us, or simply fill out, clip and mail to:  
Lambda South, Inc., PO Box 030339, Fort Lauderdale, FL 33303-0339*



Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_