



LAMBDA LINES

A NEWSLETTER OF LAMBDA SOUTH, INC., FOR THE RECOVERING
12-STEP COMMUNITY OF FORT LAUDERDALE
April 2011



Lambda South , Inc.

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PRESIDENT'S MESSAGE

As we hop into April the sun shines brighter and Lambda South, Inc. continues to grow in membership, volunteers and donations! We are managing very well at our temporary location as we work together as a community. I must shine a big light on this year's Board. The Board is quite extraordinary and we are blessed to have such dedicated, hardworking individuals. There are many creations and solutions that go on behind the scenes and I honor each one of our Board members for their contributions!

Here are the latest updates The new security system with cameras has been installed at our temporary location. We are protected! I would like to announce the appointment of Dani as the newly created Trusted Servants Liaison. Dani has been an incredible gift to us with facilitating communication between the Board and Trusted Servants. On that note, I would also like to thank the dedicated Trusted Servants for acclimating to our temporary space and keeping Lambda South safe, strong and shining by ensuring proper closing procedures! Lastly, I want to shower a special thank you on Mark K for creating a professional video of Lambda South's Journey since the December 26, 2010 fire. The video can be viewed on www.lambdasouth.com.

We are moving quickly on the reconstruction of Lambda South, Inc. We have received the insurance check and Lori D with the H team (Hal and Harry) are diligently creating a Phoenix of a building! The Rebuild is going to cost more than the reimbursement however, Rob and the Board have a few great plans for Fundraising during this 2011 year. Again, I want to ask all of you for your continued support in whatever way is meaningful to you! Please continue to help spread more sunshine around Lambda South with starting a new meeting, attending Lambda's upcoming fundraisers, attending meetings and/or donating money.

In loving Service,

Rachel G.



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:

Michael D., Tim K., Andrew L., Eric L.

Thank the following members for renewing their dues:

Jim A., Bill C., George C., Allan D., Tony F., Tyrone G., John G., Jack H., Celia H., Brian K., John L., Peter L., Joe M., Tom M., Allan N., Pete P., John S., Tim W.

UPCOMING LAMBDA SOUTH EVENTS & SERVICE OPPORTUNITIES

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

**"DecAAdes—The Prom You Never Went To" SATURDAY MAY 21st from 8-11pm
@ The Manor—2345 Wilton Drive, Wilton Manors**

In the main room of The Manor. \$10 in advance \$15 at the door. Come early and get 15% off your meal!



MEET OUR NEW BUILDING MANAGER: LORI DOUVRIS

I am very humbled and honored to be of service as the Lambda South Building Manager and to be able to give back to a place that has given me so much. I came to Lambda a messed up young woman and now years later have grown into the woman I have always dreamed about—living with intention, freedom and grace. When I came to Lambda South, my first service commitment was to clean ash trays. Now years later I am cleaning a little more than ash trays and for that I am truly honored and grateful.

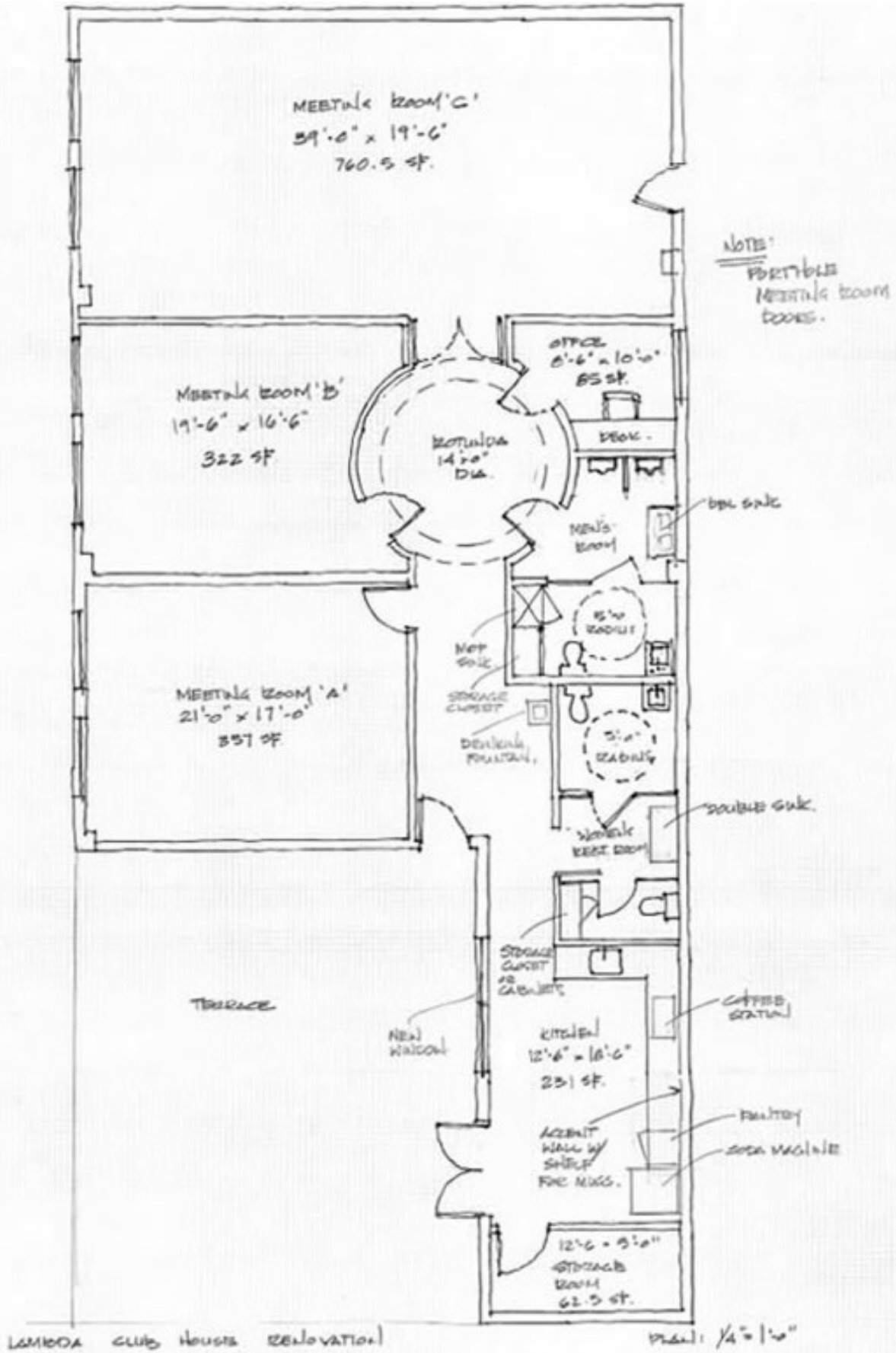
I have been a member of Lambda South for many years and have been involved with the purchase of our building and making it non-smoking. I helped create the Sober in the City Meeting with June D. I also met my wife, the love of my life, at Lambda South. So our clubhouse holds a very special place in my heart.

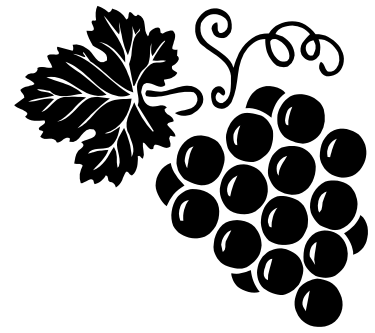
As a sober woman, I have discovered some of my greatest passions are architecture and building construction. Supported by my sponsor and my Lambda South family, I went back to school for advanced education in Architecture, Building and Construction. Today, I am a Project Manager for an amazing construction company that has the same core beliefs that I have learned in Alcoholics Anonymous. I am so extremely grateful that I go to work every day and have passion for what I do. I have also worked for an incredible, South Florida architect. As a result, I know how to build stuff in South Florida!

So in my tool box for Lambda South Rising, I bring God, my sobriety, education, experience, passion, Hal D. (glue that keeps our team together), Harry M. (Interior Designer Extraordinaire), and Luis L. (Landscaping Extraordinaire).

Lambda South Rising is in good hands...

PROPOSED LAMBDA SOUTH BUILDING PLANS AS OF 03/2011





A Life Exploded

Cancer, a gambling addiction, a heart attack, a husband's affair ... and she still didn't drink

Today is Remembrance Day and, thanks to AA, I have a lot to be grateful for. On November 30, 2010, I celebrated 41 years of sobriety and on Dec. 5, 2010, I turned 68. You would think with all those years I'd have the world by its tail. No, far from it. Since I hit the 39-year mark, it's pretty much been total devastation. Here's a quick background: I am one who comes from a broken home, due to alcoholism. I picked up alcohol in my early teens and, lo and behold, became an alcoholic. I married an abusive alcoholic and, needless to say, when I joined AA my partner wanted nothing to do with it and we eventually got divorced. The man I was to marry in AA had a good program. We actually lived together for five-and-a-half years before marrying and it seemed like we had it all. We worked hard in our lives and on our programs and the days went on. Then, a few years ago, after many problems and family deaths, we picked up another very sneaky disease, gambling.

It started so innocently, but wow, what a problem. We never drank but my gambling grew worse than my husband's. We got into financial difficulties, which caused tension in our marriage. But I felt as long as we had our AA and each other that money wasn't everything. Wrong! My husband, who never could deal with anger, built great resentment toward me. All of a sudden, he announced he had feelings for someone else. Well, here is where my life became totally undone, except for being sober. He left me for another woman who lived in the building where he worked. She needed AA (and he got her there) and they began an emotional affair. He left me for a newcomer!

At 39-and-a-half years sober, I wanted to drink so badly to cover the pain and guilt for whatever responsibility I had in ruining our 35-year relationship.

I thought we were a good AA couple and didn't have any reason to believe otherwise. I had no idea he was so unhappy. Nevertheless, I found myself alone for the first time in many, many years. I was not used to asking anyone for anything, but I had to reach out quickly or I knew I'd sink right back into the bottle. This would have meant death or getting locked up. My pain and anger were out of control. Well, thanks to this beautiful program I reached out to the only family I have: My friends in AA. Like a newcomer, I got to seven meetings a week. I lost 30 pounds due to the emotional upset. It seemed like all I could do was cry.

When the separation came, I felt another knock to my self-esteem. By the end of December, I wound up in the hospital with a minor heart attack. While I was there, they found a mass on my lung. So, here I am, first Christmas alone, first AA birthday alone, first regular birthday alone, asking forgiveness for my wrongdoings...

To make a long story short, I took my 40-year cake in June of 2010, a week before major surgery for lung cancer. Once again, the beautiful AA people carried me through the hoops and humps of life. I am now facing another crisis: divorce. My ex-husband and the newcomer he brought into the program have been together since he left. He has 37 years of sobriety, she has a little over a year. I have had to accept this, and I have, through the grace of God and AA. I've been able to stay sober. Even with a heart broken beyond repair, I'm full of gratitude for the AA years we did have together, the love we shared and, most of all, that we are both still sober. Through the pain of living one day at a time, we're doing our programs the best we can, trying to pass the message on to the next suffering alcoholic, and continuing to use the Third Step, along with all the others.

It's now a few weeks before my 41st anniversary, God willing, and I have two more minor surgeries pending. I have been attending a 17-week workshop and feel I am a survivor, thanks to my Higher Power and this beautiful program.

Members made sure I had plenty of reading material including, of course, the Grapevine, our meeting in print. I am proud today to be the Grapevine rep in my group. I have loved this beautiful book ever since it's become available. Thank God I am sober and still doing what I am supposed to do—be a power of example and show that you can stay sober through anything and people will be there for you no matter what. Where else in the world would we get that kind of support, this instant friendship, the bond between one drunk and another that helps us let go and let God, so we can really turn our will and our life over and truly understand that the rest will be looked after?

Bea S.

Dollard-des-Ormeaux, Quebec

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Join here!

LAMBDA
BECOME A MEMBER



APRIL 2011 ANNIVERSARIES

APRIL

George C. — 12 years
Michael S. — 12 years
Keven W. — 8 years
Craig L. — 5 years

Tom B.—4 years
Eric L. — 3 years
Rodney D. — 3years
Beth A — 1 year

Total years of sobriety = 48!

◆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 an-

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

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LAMBDA SOUTH, INC.

PO BOX 030339

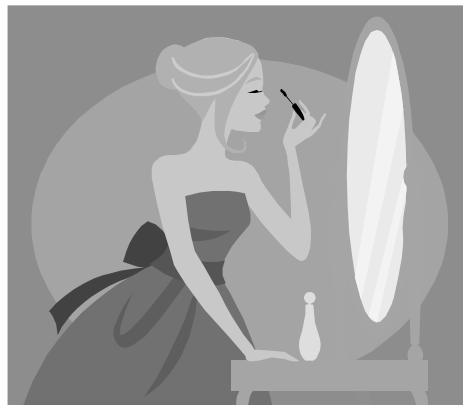
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DECADES

“The Prom You Never Went Too”

May 21st from 8-11
\$10 in advance \$15 at the door
In the main room of The Manor
2345 Wilton Drive, Wilton Manors
Come early and get 15% off your meal



Proceeds benefit the Lambda South Rising Building Fund

Trading fortune cookie wisdom for Al-Anon

Everything is perfect in the universe—even your desire to improve it. I acquired this bit of wisdom from a fortune cookie, tucked it in my wallet, and carried it around for a long time. I enjoyed wearing my God suit. It fit perfectly and supported my misguided attempts to take control because of my husband's alcoholism. I was sure I could fix him, manage damage, and prevent crises.

Nothing in life is more precious than family. I was raised in a loving, extended family. Perhaps that is why control and enabling are huge issues in my family when dealing with alcoholism and drug addiction.

Although it feels like a roller coaster, life will calm down. Well, it didn't—not for a long time. Because my husband was a binge drinker, we climbed up and down the roller coaster for many years—binge, argue, and make-up. Copious tears, couples therapy, and finally treatment and Al-Anon meetings. The slogans, Steps, and all that talk about a Higher Power didn't appeal to me. Back then, my "drama queen" behavior thrived on the thrill of the ride. Back then, I was too arrogant to let go, and get the help I needed. My husband relapsed. The coaster crashed and he died. Time passed and life calmed down.

A few years later, I discovered that my adult son was addicted to drugs. Why me? How could this happen again? I wallowed in self-pity and shared my woes with anyone who would listen. Since I wasn't able to save my husband, I redoubled my efforts to save my son. I climbed back on the roller coaster and reached new heights.

Once again, my life became unmanageable. My son was addicted to drugs and I was addicted to my son. I ranted and I raved. Nothing worked—not for many years. Then a miracle: my son entered a treatment program where he embraced the Steps, found a Sponsor, and began to rebuild his life. I was encouraged to do the same and decided to give Al-Anon another try.

At my first meeting, I was introduced to the three Cs: You didn't cause it, you can't control it, and you can't cure it. The "you didn't cause it" part spoke to me. I was told that the program was about me and not my son. I heard that all I had to do was to be willing. I was given a newcomer's packet, the names and phone numbers of a few members, and invited to call if I needed help. I was introduced to the literature and given a copy of *The Forum*. I was hugged and encouraged to return.

During meetings, members talked about working the Steps with their Sponsors. I was curious, but didn't jump in. I prayed and I listened. Then a wise, witty, and compassionate woman appeared. A longtime member, she also was the mother of an adult son in recovery. She didn't hesitate when I asked her to become my Sponsor. In fact, she said, "It would be an honor and a privilege." My timing was on target because my son relapsed shortly after. My Sponsor helped me navigate my way through several major crises.

I learned that the more I did for my son, the less he would do for himself. In managing his life, I deprived him of the opportunity to build his self-confidence by taking care of his own business. I learned to mind my own business. I learned that expectations could lead to resentments. And when I floundered, as I often did, my Sponsor gently reminded me to focus on "Progress Not Perfection."

When my son landed in jail my Sponsor said, "Try not to make rash decisions. Think things through. Decide what you're willing to do and not do. Stay open. Be flexible. Stay close to the program. Pray. And call me any time, day or night." During those nerve-racking moments, I was encouraged to "just breathe in and breathe out." Sometimes that's all you can do.

My Sponsor divided the Twelve Steps into four segments. Steps One to Three were about giving up; Steps Four to Six about owning up; Steps Seven to Nine about making up; and Steps Ten to Twelve about keeping up. This framework helped simplify what I feared would be a monumental task of working the Steps. Over several years, she patiently guided me through each segment. Then one day she told me she was moving away. I cried, but didn't panic. I thanked her for her love and guidance and thanked God for the unearned grace that brought this wise member into my life.

By Frances S., West Virginia
The Forum, March 2011

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*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:
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