



LAMBDA LINES

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



Lambda South , Inc.

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PRESIDENT'S MESSAGE

May I have your attention! It's official May is More **Members Month!** May we manifest more.... **Membership! Membership! Membership!** Our vision for this year is to double our membership from 100 to 200 members! If you are a current member, thank you and do not forget to renew. Lapsed members, please come back we need you and bring a friend! You can also support our Membership vision by donating a membership to someone and/or help the Membership committee motivate others to become members! There is still hard work to do to rebuild Lambda South on many levels and I am asking you to commit and be a part of our vital organization!

This is a very exciting time in the History of Lambda South! Join Now! Be a part of it all now! Michael S. is our hardworking Membership Board Member! Michael and the Membership Committee need your help in motivating more people to become members! More Membership will build the essential foundation of our New Phoenix of a building and our fellowship! More Memberships will bring us together and growth in Memberships will solidify Lambda South! Lately, when I walk into Lambda South, I hear a message of how much gratitude people have for Lambda South! It's because we have a safe 12 step recovery place where we can meet and be ourselves!

Each day a new beginning! On May 1, 2011, I went to the Sunday 10am meeting and the topic was CHARITY. (There are no coincidences!) The word Charity is defined as "to care enough about other people to really want to help them!" I have really developed a deeper understanding of Charity by seeing 12 steppers in action! Charity is that recovering person that gives you their number; Charity is the person who notices you and gives you a warm greeting; it's the person that listens to your feelings and offers a hug. Charity is the person that says, "you are right where you are supposed to be. Don't pick up no matter what and keep coming back!" Charity is when my sponsor meets with me because I need help. Charity is the dedicated Members of Lambda South that keep giving back what was freely given to them! Members and friends of Lambda South are doing charitable acts! This month of May, I am asking for you to be charitable in some way to build on Lambda South's Membership!

In Loving Service,

Rachel G.



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 MEMBERSHIP CHAIR: MICHAEL SOLNEY

Membership Chair Bio:

My name is Michael Solney and I am your current elected board member.

It is my honor and privilege to be in this position during a year that the clubhouse needs me and its members more than ever. This position is an opportunity for me to give back to the Lambda South Community what was so freely given to me.

When I walked down that alley for the first time in March of 1999, I knew I was home. I was finally ready to turn my will and my life over to the care of my higher power, the universe and to a community that could help me, embrace me, understand me and love me until I loved myself. I had walked down that alley a few years before but I wasn't ready. I didn't get it. I didn't know how much I was hurting myself by not facing who and

what I am and why I drank and drugged. Not only did I have fear and acceptance issues around my addiction, I was also HIV Positive. I knew from years of trying to stop that I couldn't do it alone and I needed a 'we' program- not just a 'me' program. I was welcomed, embraced and instantly a part of. I jumped into the meetings and fellowship from the start. It's all I had. It's what I needed to focus on and it saved me from me.

I chose to be in the center and not on the fringes. And it worked! All the slogans and sayings are so simple and so true. Lately I have come to new and deeper places and successes in my life. I have a prosperous business that I own and operate. I have a deeper and truer sense of self and my place in this world and our community. I feel like I fit in my skin and I know who and what I am and where I belong. So now 12 years later, I continue choosing to be a member, a meeting maker, chair-person, trusted servant, sponsor, sponsee, part of the Florida Round Up and a Lambda South board member and a giver to the community. For it is truly by giving that I receive and I have found service to be such an important part of my recovery foundation.

The current board and I are helping to rebuild after a devastating fire which has put us out of our home. We like the phoenix will rise again, bigger and better than ever before. But only with your help and support can we continue to provide a safe place for lesbians, gays, bisexuals and transgenders.

We are currently having a membership and fundraising drive to help us provide all the items and conditions we need to bring us back home, safely and comfortably. Please do what you can. It is only \$10 a month, \$55 for 6 months or \$105 for a year- a small price to pay for what you receive from Lambda South. If you want to make a donation we welcome them and there is a separate form and ability to pay directly via check or Paypal.

If you have any questions, concerns, inquiries or comments you can direct them to me or any other board members at the www.lambdasouth.com. We need you more than ever so come be a part and help us help you and all the others that have come before us and that will come after us.

Thank you for allowing me to be a part of,
In love and gratitude- Michael Solney

DECADES

THE PROM YOU NEVER WENT TO



"LAMBDA RISING" PRESENTS

A THEME NIGHT OF FELLOWSHIP & FUN
ON THE MAIN DANCE FLOOR OF THE MANOR
MAY 21ST FROM 7:30 - 11PM

REFRESHMENTS, ENTERTAINMENT, MUSIC & SURPRISES

this is the first fundraiser in an effort to raise money in the continuing effort to restore and update the Lambda South Clubhouse, so please come out in droves and prepare to let your hair down (for some of you it will be a wig) the Manor has been kind enough to remove all "contraband" and offer a 15% discount off of food for those who want to come early for dinner

The theme of this fundraiser is to come dressed in the garb of the decade in which your were in High School. We want to see everything from 60's poodle skirts to 70's bell bottoms, 80's teased hair, and whatever happened in 90's ... See You There

\$10 ADVANCE

\$15 AT THE DOOR

MEMBERSHIP NEWS

Welcome the following New Members to Lambda South:
Jeff L., Jan S., Abby M., Dianna G., Maureen S.

Thank the following members for renewing their dues:
Barclay B., Tony F., Mark K., D. Michael M., Rick R.,
Kurt R.

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

M

embership May

Thank you! You are receiving this issue of Lambda Lines because you are already a member of Lambda South! Our goal in 2011 is to increase membership by at least 50%, to 200+ members. One of the many ways we're trying to increase membership is through awareness; awareness of the many ways membership impacts our clubhouse financially and how it strengthens our community. This month you will see Member Profiles posted in the clubhouse, highlighting our current members' strong commitment and love of Lambda South.

We need your help spreading that awareness and encouraging your peers to join Lambda South. Please share with them why you think it is important to be a part of this great community. Explain the many payment options. Help them help the newcomer who can't afford membership and doesn't have a bed of their own.

Help us build and strengthen our amazing community!
Michael S.



FROM THE DESK OF THE

BUILDING MANAGER



I am very excited about the "new" Lambda South building! We've had a few small bumps in the road but we are still forecasting a September 1st reopening. The demolition is complete and the final floor plan has been submitted for city permits. The design is posted in the main meeting room and we'll also post some of the demolition pictures online.

My project team, Harry M. and Hal D., have demonstrated tremendous passion and commitment to creating a beautiful, safe, and efficient new structure. We feel very confident that the new space will be a significant improvement of an already great clubhouse!

As part of the art work to be displayed in our "new" building, we'd like to show our recovery community the visual story of our clubhouse. If you have any photos depicting our building, please email them to secretary@lambdasouth.com or mail them to **Lambda South PO BOX 030339, FTL, FL 33303-0339**. We will gladly scan and return your originals upon request. These images will remain inside the clubhouse so your anonymity is safe!

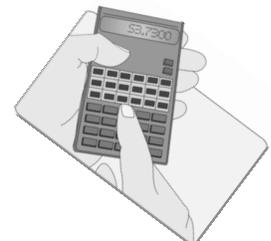
Lambda South has been through a lot of change over the years and we want to recognize a path that so closely resembles our own journey; we've also grown, changed, hit bottom, and have been reborn, new again! -Lori D.



DOUBLE THE VALUE OF YOUR DONATION!

IF YOU ARE CONSIDERING MAKING A DONATION-
PLEASE CHECK WITH YOUR EMPLOYER AS THEY MAY OFFER A MATCHING
PROGRAM THAT DOUBLES THE VALUE OF YOUR GIFT!

LAMBDA SOUTH, INC is a registered 501c3 Non-Profit with the Internal Revenue Service and donations may be tax deductible.



PAST PRESIDENT'S COLUMN

**-THIS MONTH, OUR FEATURED FORMER PRESIDENT TELLS US THAT
"SERVICE IS REALLY A 3 LETTER WORD" BY, LISA DEMPSEY, 1994**

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."
-Rabindranath Tagore, philosopher, author, songwriter, painter, educator, composer, Nobel laureate (1861-1941)

Perhaps you have heard "Service Keeps You Sober" as a way to get you to do service. My opinion is that service enhances my sobriety. It has been through my experience, strength and hope that service of any kind is an honor and privilege. Did I feel that way on September 11, 1982 when I got sober just 3 months after my sixteenth birthday? Absolutely not! I was very blessed in the beginning to get a sponsor right away and that sponsor pushed me into service right from the start. At the time I had no idea I was even doing service. I was just doing as she asked and standing beside her as she was doing service. My greatest examples came from people with little and long term sobriety giving back in small and big ways.

Someone in a meeting asked "Are you a thief in AA? Do you just take, take, take or do you give back to others?" Service in AA can be something so simple as getting someone coffee or even just being at a meeting. If no one went to meetings there wouldn't be any meetings for the sick and suffering alcoholics, both the newcomer and those with time.

There are so many different types of service in Alcoholics Anonymous. Like many others I started with my Home Group. At first I was allowed to wash the ashtrays (we had glass ones that got washed after each meeting). Then I was given a key to the meeting room so I could get there early to make coffee and set up. I was so anxious to chair a meeting and managed to survive the fear of doing it perfectly. With various Home Groups over the years I have been given the responsibility of set up, coffee maker, greeter, chairing meetings, speaking at meetings, secretary of the group, treasurer of the group, literature person, Intergroup Representative, General Service Representative, active participating member of the group and, most importantly, clean up person. Each position had its own learning experiences and its own rewards.

If you are lucky enough to serve your Home Group as an Intergroup Representative you will attend a monthly meeting and learn about our local Intergroup office. We are so fortunate in Fort Lauderdale to have one so close. They have many Committees that always need support. You don't even have to be an Intergroup Rep to be of service. To explore more about them visit www.aabroward.org.

Since I got sober at an early age I was lucky enough to take a meeting into a Living Facility and a Treatment Center that had an adolescent unit. That was a huge time commitment and the rewards were gratitude beyond words. After a period of time it was time to pass it on. Many people enjoy this type of service. To learn more about carrying the message inside hospitals, jails and treatment we are blessed to have the Broward County Institutions Committee (www.bcic-aa.com).

Being a General Service Representative for my Home Group I got to see people really walking the walk and some just talking the talk. I was amazed that the discussions that took place in our local County (www.district9aa.org) as well as in our South Florida Area (www.area15aa.org) and how the decisions we make at the small group level then effect the District and then in turn the Area and ultimately Alcoholics Anonymous (www.aa.org) as a whole. Sometimes the change is slow and tedious and sometimes it is by people with a lot of passion and concern about an issue. For me it was interesting to see the whole process. I have enjoyed learning why things are set up the way they are today. More importantly what we can do to ensure this Fellowship will be here for years to come. I could write volumes about General Service since I was involved in the late 80's then was drawn back again after other areas of service. Again, like Intergroup, our local District has many Committees for people to participate in without being a GSR for their group. One simple example is our yearly Broward County Gratitude Dinner that needs lots of volunteers to make the dinner happen.

Sponsorship saved my life and gave me the foundation I needed to stay sober. My first sponsor spent countless hours reading the Big Book of Alcoholics Anonymous with me. At the time I had no idea how important that was but am very grateful today. She also endured me kicking my way through the steps and reading the Twelve Steps and Twelve Traditions book. I have had several sponsors in my sobriety and they have all helped me in different ways. Also for me I have had straight sponsors and gay sponsors and that really didn't matter to me as much as their program of recovery. One sponsor gave me some very valuable advice once. She said please don't place me on a pedal stool because I am an alcoholic just like you. I have treasured those words and certainly there are some people I have a great deal of respect for in AA but at the end of the day we're all alike. I have had the privilege of sponsoring some people but I am not one of those people who sponsors tons of people. It just was not my calling in service but I am so glad for those that do this type of service.

Outside of Home Groups there are many kinds of service like Clubhouses, Conventions and other organizations that are not affiliated with Alcoholics Anonymous but there are people in recovery involved. There are also things of personal interest that have nothing to do with our recovery but once we are productive members of society we can give

Continued next page .

"back to others outside of the rooms if that is where our service is leading us.

I first got involved on the Board of Lambda South Inc. (www.lambdasouth.com) back in 1991. What an exciting time of transition and change it was for our community! We had many struggles which we seemed to unite together to overcome as one big family. There were many different fellowships of meetings yet we had one common denominator -- the good of the club and the future for those needing the space for years to come. I will never forget that Thursday, June 2, 1994 when I had the honor of spending the day at the lawyer's office waiting for the correct paperwork to arrive for the first mortgage for Lambda South. We were finally going to own our building!!! We had come a long way from 1984 when the doors opened and we've come a long way since. I took many of the lessons I learned during those three years on the Board (plus a few other years when I was on the Board again) and carried them into others areas of service. I was also able to help another local club (101 Club in Pompano) when they needed someone with experience to step up for a few years.

Conventions are always fun to attend and who knew they actually took a lot of work?!? At first I just thought it all just appeared like the coffee, chairs, literature, etc. in meetings. Depending on the convention it takes a lot of planning and many, many hours of dedicated volunteer work from lots of people. My first involvement with holding a volunteer position with a convention was the 1996 Florida State Convention as the Coffee Chair. Wow, alcoholics sure drink a lot of that "free" coffee that is served during the convention. It was so fun to attend the monthly meetings for two years prior to the convention. I even helped as a stage hand that weekend since an old Roundup play (slightly edited version but none the less an excellent show) "Forbidden Recovery" was performed. To this day seeing people from that weekend makes me smile.

From there my next real convention type of service was Florida Roundup (www.floridaroundup.org). I served on various committees over the years with my real love being the Program Committee. It was so much work with filling all of the workshops and selecting speakers but what a great joy to see it make a difference for the attendees. I was even blessed enough to be Co-Chair Florida Roundup for two years.

Starting the idea of Board Liaisons to the Florida Roundup Committees was such a good idea that when Broward County was lucky enough to win the bid to host the 2008 Florida State Convention once again that idea was carried over there and it was a great help. Serving as the Florida State Convention Secretary and Co-Hotel Liaison was 2 years worth of work that came down to the most exhausting yet wonderful week of my life. Who needs sleep when we have each other for support? The memories of service from that week left a lifelong impression on my heart.

My partner and I have also gained interest in travel and animals and decided to volunteer down at Zoo Miami. It has nothing to do with our sobriety except I doubt I would still be here or give a damn about anything beyond myself if I wasn't sober. In return the Zoo gets a responsible volunteer that really cares about the animals and what can be done to help educate the public about the animals and their future. So helping others and giving back isn't always confined to recovery venues.

Someone told me that they understood that many people have initiative, but many seem to lack "finishiative." There is some type of service work for everyone. I guess for me the real deal and big secret is that service work has been really fun and the lifelong friends and unbreakable bonds have been formed from sharing that service experience with someone is beyond words. I will always have that connection with someone that we stood side by side and muddled through service usually with many laughs along the way. I may not always agree with someone or more likely I may be in the minority but that's ok; we can all hear each other out and respect one another knowing at the end of the day we all want what we think is best for the future. We are people who would normally not mix and that's a good thing since we need many types of people to help with many different kinds of service in AA and the world. If you feel this turned into a long infomercial for service well you probably stopped reading long before now anyway but if you are still reading feel free to write your own opinion and I'm sure the Lambda Lines editor would be happy to print it as well. This has just been my opinion and many experiences with service over the years as I have trudged this road with many others side by side. I hope that your life is as blessed and enhanced as mine has been through service. Please find your path and give back in some small way that makes a difference and brings some of that joy for just one person and hopefully they will in turn pass it on as well. So is that three letter word for service fun or joy? For me I found it to be BOTH and I hope it is for you too.

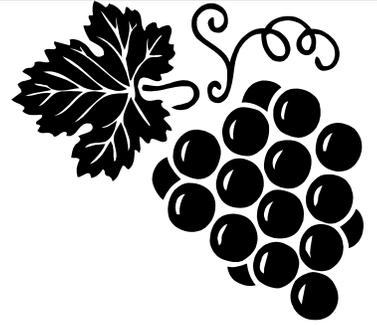
In Love and Service,
Lisa Dempsey, Lambda South Past President 1994



AAGRAPEVINE.ORG

Criss-crossing the 150-degree Mojave can be hellish if you're hungover

From the May 2011 Edition of Grapevine Magazine



For the past twenty years (fifteen drunk, five sober), my workplace has been the Mojave Desert. Unbelievably, I used to walk around under a blazing, 115-degree sun, enduring killer hangovers. I spent many a night in bars, motels, and campsites, always working toward tomorrow's hangover. I've frequented bars in every town from Lancaster to Landers, Barstow to Banning, Palmdale to Palm Springs and from Needles to Neenach.

I usually didn't drink in the morning or during the day, but "O-beer-thirty" came every afternoon and I typically didn't taper off until the wee-wee-hours of the morning. While camping, of course, I drank liquor all afternoon, took sink baths in rest stops, dismissing anxious looks from suspicious rest stop patrons. Dinner often included a six-pack (or two), a bag of corn chips, and a candy bar (or two) for dessert. I stayed in roach motels, rubbing elbows with the scum of the earth, hookers and drug dealers knocking on my door at all hours of the night. My brain cells that weren't baked in the sun like gooseberry pie I pickled in the evening with alcohol.

In the Mojave, ground temperatures can climb up to 150 degrees, and if you're not wearing sunglasses, the sun bouncing up off the reflective white sand can sunburn your corneas. My sandpapered eyelids were habitually scratching up and down over bloodshot, alcohol-soaked eyeballs. On a typical August day in the Coachella Valley, you can drink two gallons of water and (maybe) urinate once, losing most of your water through evaporation. I was so dehydrated, often times I could not drink enough water to either evaporate or eliminate. I'd need to stop a dozen times, huffing and puffing my way up the steep, boulder-strewn mountainsides of southern California deserts, hangovers getting heavier with each step.

During the day, I harassed employees in the office for failing to achieve my overachieving work (so-called) ethics. I was short-tempered and directed temper tantrums at employees, surreptitiously criticizing them for failing to meet unrealistic standards which fluctuated from high to low because of my cyclical superiority and inferiority complexes.

In the field, I surrounded myself with drinking buddies who walked with me all day and drank with me all night. I had home-bars-away-from-home in every town, where I'd drink with strangers whom I confused for friends, sharing my misery with old drunks getting older by the drink, habitually occupying the same designated barstools. They'd wave me over and we'd sing along to country music lyrics celebrating adultery.

My outdoor workplaces typically required that I drive 100 miles east to Joshua Tree or 100 miles north to Ridgecrest. My favorite destination was east to Twentynine Palms where, after a day of walking the desert, I'd get a fat blue quart of beer, followed by another in Yucca Valley 30 miles to the west, then a quick stop at the Mule Lip Saloon in Lucerne Valley 30 miles further west for several icy cold schooners of beer, and finish with a cold fatty for the final 30-mile drive to my mountain home. The fact that I was drinking and driving never occurred to me, except when I saw police cars. I spent half my time looking in the rearview mirror.

My favorite form of consumption, though, was the "beer-and-a-bump" method. Shooting bumps (shots of liquor) got me where I wanted to be while sipping beer allowed me to hang out all night. But that, as they say, was then, and this is now.

I still walk 15 miles each day in oppressive heat. At 52, I still keep up with a 22-year-old employee (who also happens to be a sponsee), even in August. I've come to realize, in the absence of pain these last

AAGRAPEVINE.ORG, CONTINUED...

five sober years, that most of the suffering I endured during fifteen long, hot years getting drunk in the sun, was self-induced. I've learned that there is no virtue, whatsoever, in enduring self-inflicted pain that can be completely avoided by not drinking. I haven't taken a sink-bath in years, nor have any hookers or drug dealers recently knocked on the doors of the motels I frequent these days. I've exchanged a thousand barroom happy hours for thousands of truly happy hours.

In working several Fourth Steps with two different sponsors, I've come to believe that, then and now, I tend to surround myself with people who provide me with what I need. That used to be drinking buddies, who provided familiar company and substances. Now, it's you guys in Alcoholics Anonymous meetings who provide solutions to problems and demonstrate how to live life on life's terms.

In working my Ninth Step, I apologized to several former employees and made living amends to three by continuing to employ them under very different, much improved conditions. I (mostly) keep my temper and (mostly) allow them to work out their issues amongst themselves, rather than butting in. Where I used to take advantage of friends, I now try to engender an advantageous workplace that is beneficial to us all.

Today, I have a home-away-from-home group in Ridgecrest and a mobile-home group at the 6:30 p.m. men's stag, "It's a Better Deal," in Yucca Valley. Twentynine Palms is still a favorite eastern destination. In fact, I just had a business meeting there the other day at 10 a.m. I left at 4:45 a.m. and fellowshipped with alcoholics at the Joshua Tree Fellowship Hall at their daily 7 a.m. Attitude Adjustment meeting. On my way home at 5:30 p.m., I made happy hour at the HUG (Hesperia Umbrella Group). On any given day, there are dozens of meetings in the 30 miles between Lucerne Valley and Wrightwood, including Apple Valley, Hesperia, and Victorville. This is where I've spent some of the happiest hours of my life.

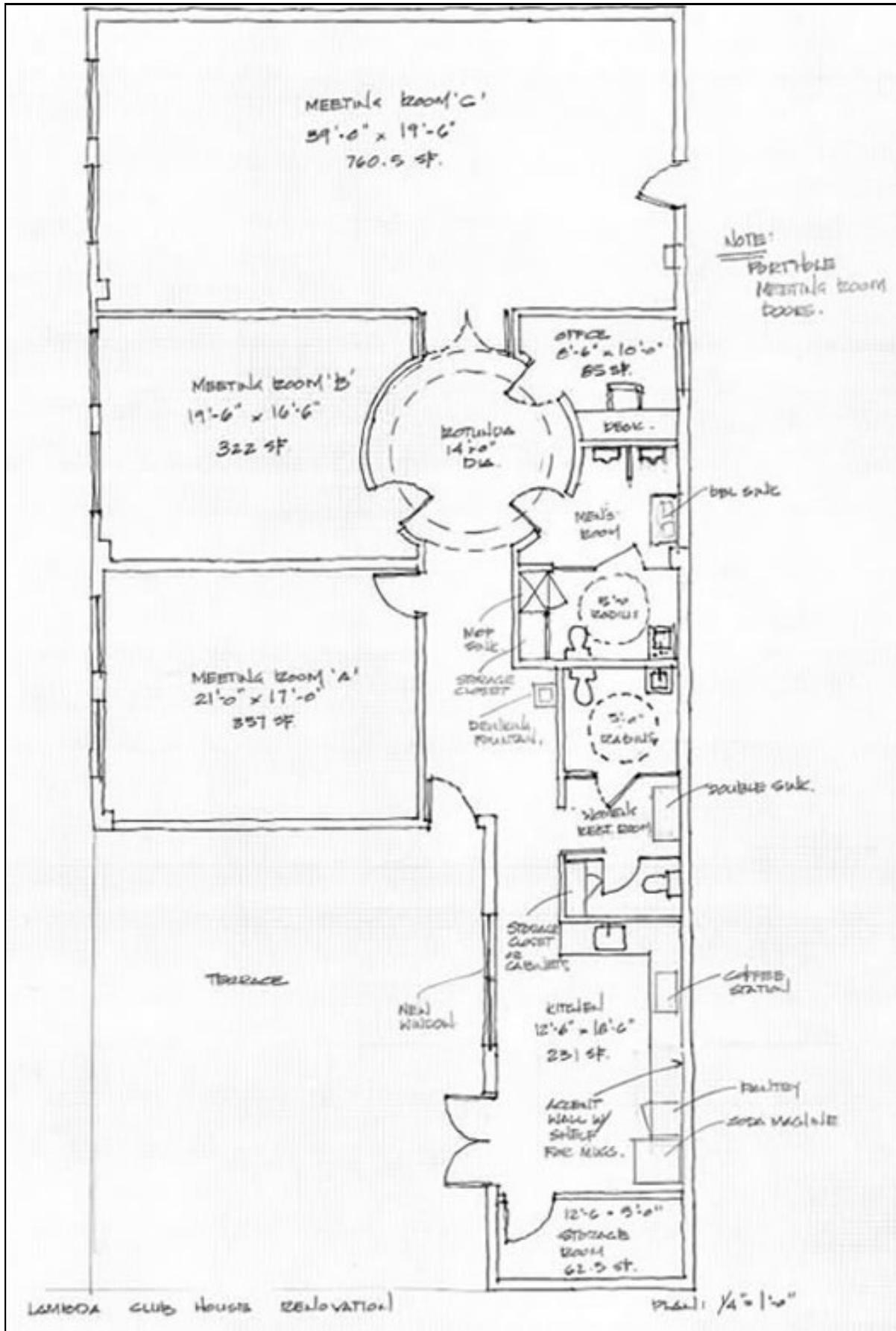
An antiquated, traditional spiritual says, "I'm using my Bible for a road map. The Ten Commandments tell me what to do." In truth, for me these days, "I'm using my meeting schedule for a road map. The Big Book tells me what to do."

—Ed L., Wrightwood, Calif.

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PROPOSED LAMBDA SOUTH BUILDING PLANS AS OF 03/2011





MAY 2011 ANNIVERSARIES

MAY

Raymond M. — 38 years
 Robert S. — 32 years
 Jan S. — 26 years
 John F. — 26 years
 Glenn P. — 23 years
 DC A. — 22 years
 Dawn H. — 19 years
 Bill W. — 19 years
 Ted N. — 19 years

Kenny B. — 18 years
 Chuck C. — 18 years
 Kevin B. — 14 years
 Gordon E. — 14 years
 Brad R. — 7 years
 Barclay B. — 5 years
 Peter L. — 4 years
 Jim. — 3 years
 Rocci M. — 1 year

Total years of sobriety = 308!

- ◆ 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-

Join here!

LAMBDA
BECOME A MEMBER

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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 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: _____