



LAMBDA LINES

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



Lambda South , Inc.

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P.O. Box 030339
Fort Lauderdale, FL 33303-0339
954-761-9072 Office
www.lambdasouth.com

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PRESIDENT'S MESSAGE

The ideas of Thanksgiving have been gobbling in my mind (Giving Thanks, Togetherness and Tribe are a few I will fly with). Sometimes many of us become numb or desensitized to words as we don't stop to really feel what they mean. So stop for a moment and allow yourself to feel what Thanksgiving fully means to you. I am personally thankful for the gift of sobriety and the gifts that recovery has brought to me. I function in the world in a more peaceful and loving way due to the steps I take on this sober path. One of the greatest gifts of recovery is being in a community of sharing and receiving love! Another great gift is being open to suggestions. Some of the best suggestions for me have been suggestions to write gratitude lists and to do Service. I suggest all of you write your lists and think about what service you are doing is much to learn and give South Community. As the recovery community, I principles and ideas that firm believer in "Service and what is next on your plate. There as we participate in the Lambda Board President and a member of our have been enlightened with many move me and shape me. I am now a keeps us sober" and Service connects us with others in a manner we essentially need to thrive. Lambda South is a very special tribe! The definition of Tribal is one needs the group for survival. Lambda South is Tribal in that we cannot survive and thrive alone; we need each other to grow individually and as a whole. As I begin my departure from the Board, I look with immense gratitude for what I personally have and what we all have in Lambda South. The support whether it was a kind word, showing up for a meeting or an event, deciding to become a member, donating your money, being a Trusted Servant and/or being in a Board Position have all added to the Positive energy and the creation of Lambda South as it exists today. The evolution of our Lambda South in this rebuilding year is quite extraordinary!



Positivity and Love are quite contagious and the more we bring that energy and release the judgment the more we will have a healthy safe place to recover. I have been contemplating the Power of Community. It's amazing what we have accomplished as a community this year! Hope to see many of you on Thanksgiving Day for our all day Recoveryathon! I give thanks for Lambda South!

In Loving Service,
Your Thankful Board President, 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!

- November 13th, and December 11th @ 7PM **WOMEN OF LAMBDA DOUBLE SPEAKER MTG**
- NEW MEETING: Tuesday and Thursday 7:30AM **Lambda Rising Meditation AA Meeting**
- NEW MEETING: Wednesday 7PM **Step AA Meeting**
- NEW MEETING: Friday 6:30PM **Stepping into the Weekend Sex Addicts Anonymous (SAA) Meeting**
- NEW MEETING: Saturday 5:45 **Sex and Love Addicts Anonymous (SLAA).**
- Thanksgiving Recovery-athon (See info on page 5)
- Christmas Holiday Recovery-athon (TBA)
- January 15th, 2012 General Membership Meeting and Board Elections



ELECTIONS: 2012 Lambda South Board

What a wonderful year for Lambda South!

Our recovery community has certainly come together this year in support of Lambda South - both in our temporary space and now in our newly renovated clubhouse.

Many are asking: "How can I be of service? How can I help out?"

A perfect opportunity is fast approaching!

The Lambda South Board elections will take place during the General Membership meeting in January 15th, 2012 at 1:30pm. Elections will be held for the following 6 board positions:

Vice President, Assistant Treasurer, Assistant Building Manager, Fundraising, Operations and Membership.

We encourage everyone to consider a service position with Lambda South. A board position is a truly enriching experience offering a great opportunity for personal growth in recovery. The rewards of service at the clubhouse level are truly extraordinary – please encourage your 'fellows' in the fellowship to consider a position too!

Ensure that your voice as part of Lambda South's annual "group conscience" is heard! Please attend the clubhouse's General Membership Meeting and consider running for an open board position.

Details regarding qualifications and job descriptions for Board Member positions are available on-line at www.lambdasouth.com/pdf/bylaws.lambda.pdf.

Let's remember:

Service Keeps Us Sober

FROM THE DESK OF THE **BUILDING MANAGER**



Lambda is going Green!!

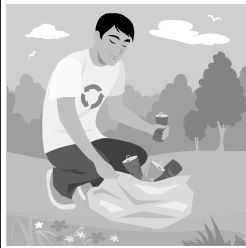
Please use the recycle bins and encourage your friends to do the same.

Also, punch list is nearly complete, there are a few small details that remain with the contractor.

Thank you for your patience and unwavering support.

Thank You,

Lori Douvris



CHECK OUT LAMBDA SOUTH

ON FACEBOOK!!!

MEMBERSHIP NEWS

THANK YOU TO THE FOLLOWING INDIVIDUALS WHO EITHER RENEWED OR JOINED LAMBDA SOUTH IN THE MONTH OF October!!!

Joanna D. Terry P., Destiny S., Jim A., Jose G., Phil M., Terry W., Tami S., Robert A., Brian Bed., Brian Bog., Bob C., Jose G., Dawn H., Fred L., Andrew L., Joseph M., Robert P., Bob S., Michael S., Tito T.,

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

Women of Lambda

Double-Speaker Meeting

Open Women's Meeting at Lambda
South ----

Sunday, December 11 – 7:00 p.m.

Bring a friend and a dessert!



**Double speaker meeting: Speakers have long-term recovery
and are in long-term relationships.**

All women welcome!!!!



Lambda's Annual Thanksgiving Recovery-a-thon

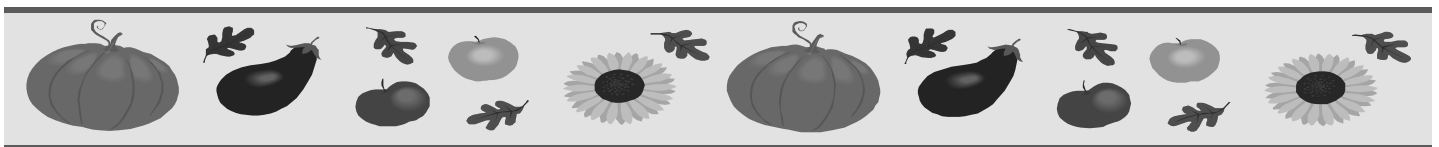
Thanksgiving Day – Thursday, November 24, 2011

The clubhouse will be open on Thanksgiving Day!
All of our regularly scheduled meetings will meet as usual.

Additionally, we have added 2 meetings at 10:30AM – AA & CMA - and all are welcome!



We will serve Thanksgiving Dinner at 2PM and a sign-up sheet will be posted in the clubhouse in early November for people to donate turkeys, hams, tofurkeys, etc. & all the fix-ins!

This is a Lambda South Member supported event!



We hope you can join us!

Our schedule for the day:

- 
- 
- 7:30AM – regularly scheduled meeting (AA)
 - 10:30AM – 2 meetings AA & CMA
 - 12:15PM – regularly scheduled Lunch Bunch Meeting (AA)
 - 1:30PM – dinner set-up
 - 2PM – Thanksgiving dinner
 - 5:45PM - regularly scheduled Happy Hour Meeting (AA)
 - 7:00PM – 3 regularly scheduled meetings – Beginner's (AA), CMA & CoDA

If you would like to hold an additional meeting on Thanksgiving Day - please email the board at secretary@lambdasouth.com

Courage to Change Meditation Meeting of Adult Children of Alcoholics

**Courage to Change ACOA is now meeting on Mondays at 5:45 PM.
If you have any questions, please call Dennis at 954-763-2332**

MY LIFE ON THE LAMBDA D-LIST

BY LAURA F., PAST PRESIDENT 2004

I wouldn't classify my girlfriend as a celebrity gossip-hound. Sweety is much too fanatical to qualify as such a rank amateur. She considers Perez Hilton her soulmate. She was head over Birkenstocks in love with Jeannette Walls until Ms. Walls inexplicably left The Scoop and she is convinced that the Enquirer's Mike Walker is her spiritual godfather. She has even managed to acquire the rarified Kathy Griffin Trashing and Dishing Train-the-Trainer certification. Sweety is a reliable source of celebs who need rehab NOW, whose slim-fest is over, who has a bitchin' kitchen and which Housewife on the Jersey Shore has had 'work' done. She has an encyclopedic knowledge of who is doing or not doing who, and can rattle off Hollywood and Dollywood stats faster than my grandmother could yell Bingo at the parish hall.

We can be having a perfectly 'normal' conversation in front of the TV when her eyes suddenly glaze over – a sure sign that it is 7:00 p.m. and Access Hollywood has come on...a way of keeping time even more reliable than the Nuclear Time Clock.

I have been very curious about my girlfriend's fixation with all things Hollywood. She seems so rational in all other aspects...like we alcoholics and addicts until it comes to our drug or drink of choice. I suspect that she still has a tiny resentment that the Lambda South re-opening ceremony did not yield any celebrity sightings; like it was my personal celeb-baiting experiment that failed to produce a successful result. It comes out in little ways, almost imperceptible: “Sweety, would you mind picking up some soy milk and free-range Cheerios on your way home?” The annoyance is as striking as the smell of stale beer at a Sunday morning meeting. “Why should I? I didn't get any autographs at the Lambda opening two weeks ago.” There's a program for that type of thing, but I'll bring that topic up at some point in the future; perhaps when AA gets a seat on the New York Stock Exchange.

After traipsing to the Uber-Publix myself for my soy milk and organic cereal, it finally occurred to me: my girlfriend is not 'in the program'. She doesn't have the built-in drama and gossip machine that we enjoy. Sweety can't just drop into a meeting and catch up on the latest dirt, she's forced to get her drama quotient from commercial sources. Poor thing. She can't get it for a buck at a meeting like we can. Lucky us.

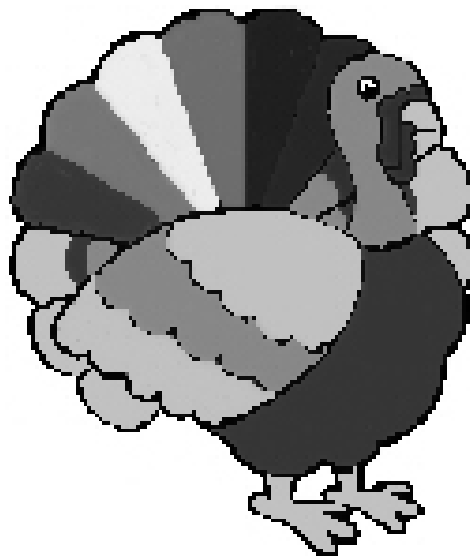
(The views expressed are solely those of the author. Any opinions or statements are not to be construed to be shared by the Board of Lambda South nor any other organization.)



NEW "STEPPING IN THE WEEKEND" SAA MEETING

- SAA is a 12-step program for individuals whose drug of choice is sexually acting out.
- Our sobriety is defined by stopping obsessive and compulsive sexual behaviors that negatively impact our mental, physical, and spiritual well-being.
- If you think you may have an issue with sex, join us on **Friday night at 6:30PM** for Stepping into the Weekend.
- Questions? Call Eric F at 818-231-9302 or Ally W at 954-348-9181.

HAPPY

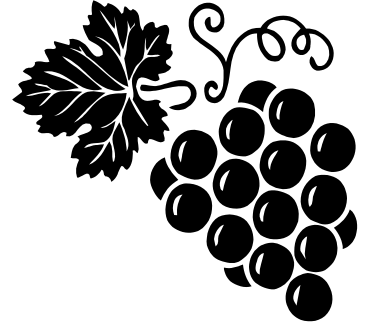


THANKSGIVING

LAMBDA SOUTH

AAGRAPEVINE.ORG

A SPECIAL NOTE FROM BILL W. TO REMEMBER OUR TWELVE TRADITIONS ON THE HOLIDAYS



The idea is in the air that AA might adopt Thanksgiving Week as a time for meetings and meditation on the Tradition of Alcoholics Anonymous. The friend who hatched this notion tells you—on another page—why he thinks the idea good. I heartily agree with what he says and hope you will too.

Pre-AA, we alkiees could sometimes achieve that dubious state called “sobriety, period.” How bleak and empty this alleged virtue is, only God or a dried-up drunk can fully testify. The reason? Of course every AA knows it: nothing has taken the place of the victim’s grog; he’s still a man of conflict and disunity. Comes then the 12 Steps of Recovery, bringing to him a “personality change.” The shattered prospect feels reassembled; he now says he seems all one piece. We understand exactly what he means, for he describes the state of being “at oneness”; he is talking about personal unity. We know he must work to maintain it and that he can’t stay alive without it.

Will not the same principle hold true for AA as a whole? Isn’t it also a fact that the alcoholic is in no greater peril than when he takes sobriety for granted? If vigilant practice of sound principle is a matter of life and death for him, why isn’t that equally so for the AA group, and for our far-flung society itself? Yet many of us still take the basic unity of Alcoholics Anonymous for granted. We seem to forget that the whole of modern society is on a dangerous and contagious “dry bender.” We evidently assume we are so different from other men and women, that disintegration can’t hit us. Our unity appears as a gift of Heaven; something to be perpetually enjoyed by us AAs quite without effort.

Criticism is not intended, because our present attitude is natural enough. It stems from the fact that no society in its infancy has ever enjoyed more providential protection against temptation and untoward happenings than has ours. Minor troubles we have had, but none serious enough to test our adult strength. It’s not strange that we are a bit complacent and self-satisfied. Surely there need be no counsel of fear, nor lack of faith in the prediction that a far greater time of trial may yet be ours. When we think our situation through, simple prudence and foresight will tell us that.

The 12 Traditions of Alcoholics Anonymous are a distillate of our experience of living and working together. They apply the spirit of the 12 Recovery Steps to our group life and security. They deal with our relations with the world outside and with each other, they state our attitudes toward power and prestige, toward property and money. They would save us from tempting alliances and major controversies, they would elevate principles far above personal ambitions. And, as a token of this last, they request that we maintain personal anonymity before the open public as a protection to AA and as proof of the fact that our society intends to practice true humility.

For the information of the general public and for the instruction of new AA members, the 12 Traditions have just been released in a much condensed “short form” which we hope will be as widely read and understood as the 12 Steps of Recovery. Should this happen, our current growing pains will be lessened and we shall commence to lay up a great store of insurance for the years ahead.

What then could be more appropriate than to set aside Thanksgiving week for discussion of the practical and spiritual values to be discovered in our Tradition? We could thus reinforce our faith in the future by these prudent works; we could show that we deserve to go on receiving that priceless gift of “Oneness” which God in His wisdom has so freely given to us of Alcoholics Anonymous in the precious years of our infancy.

—Bill W.

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Characteristics of Sex and Love Addiction

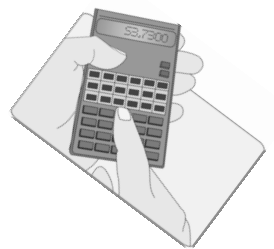
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1. Having few healthy boundaries, we become sexually involved with and/or emotionally attached to people without knowing them.
2. Fearing abandonment and loneliness, we stay in and return to painful, destructive relationships, concealing our dependency needs from ourselves and others, growing more isolated and alienated from friends and loved ones, ourselves, and God.
3. Fearing emotional and/or sexual deprivation, we compulsively pursue and involve ourselves in one relationship after another, sometimes having more than one sexual or emotional liaison at a time.
4. We confuse love with neediness, physical and sexual attraction, pity and/or the need to rescue or be rescued.
5. We feel empty and incomplete when we are alone. Even though we fear intimacy and commitment, we continually search for relationships and sexual contacts.
6. We sexualize stress, guilt, loneliness, anger, shame, fear and envy. We use sex or emotional dependence as substitutes for nurturing care, and support.
7. We use sex and emotional involvement to manipulate and control others.
8. We become immobilized or seriously distracted by romantic or sexual obsessions or fantasies.
9. We avoid responsibility for ourselves by attaching ourselves to people who are emotionally unavailable.
10. We stay enslaved to emotional dependency, romantic intrigue, or compulsive sexual activities.
11. To avoid feeling vulnerable, we may retreat from all intimate involvement, mistaking sexual and emotional anorexia for recovery.
12. We assign magical qualities to others. We idealize and pursue them, then blame them for not fulfilling our fantasies and expectations.

NEW SLAA MEETING (room 2) SATURDAYS AT 5:45PM AT LAMBDA SOUTH



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.



MEETING SCHEDULE 2011
(as of November 1, 2011)

SUNDAY

- 10:00 a.m. AA, HALT (O), Rm 1
- 12:15 p.m. AA, Let's Do Lunch Bunch (O), Rm 2
- 5:00 p.m. CMA, In the Solution (12&12), Rm 3
- 5:45 p.m. AA, Happy Hour (O), Rm 1
- 7:00 p.m. AA, Positively Sober (O, HIV+), Rm 3

THURSDAY

- 7:30 a.m. AA, Lambda Rising (O), Room 3
- 12:15 p.m. AA, Let's Do Lunch Bunch (O), Rm 2
- 5:45 p.m. AA, Happy Hour (O, Sp), Rm 1
- 7:00 p.m. AA, Come as You Are (O, B), Rm 1
- 7:00 p.m. CMA, In the Solution, Rm 2
- 7:00 p.m. CoDA, Discovery by Enfoldment, Rm 3

MONDAY

- 12:15 p.m. AA, Let's Do Lunch Bunch (O), Rm 2
- 5:30 p.m. ACOA, Courage to Change, (O), Rm 2
- 5:45 p.m. AA, Happy Hour (O), Rm 1
- 7:00 p.m. AA, Come as You Are (O, B), Rm 1
- 7:00 p.m. CMA, Tools of Recovery Icebreakers, Rm 2
- 7:00 p.m. CoDA, Discovery by Enfoldment, Rm 3
- 9:00 p.m. NA, Name TBA (O, St/T), Room 3

FRIDAY

- 12:15 p.m. AA, Let's Do Lunch Bunch (O), Rm 2
- 5:45 p.m. AA, Happy Hour (O), Rm 1
- 6:30 p.m. SAA Name TBA (O), Room 3
- 7:00 p.m. CMA, Crystal Clear, Rm 1
- 8:30 p.m. AA, In the Solution (O), Rm 1
- 10:00 p.m. NA, Friday Night Candlelight (O, D), Rm 2

TUESDAY

- 7:30 a.m. AA, Lambda Rising (O), Room 3
- 12:15 p.m. AA, Let's Do Lunch Bunch (O), Rm 2
- 5:45 p.m. AA, Happy Hour (O, B), Rm 1
- 7:00 p.m. CMA, Crystal Clear, Rm 2
- 7:00 p.m. DRA, Dual Recovery Anonymous, Rm 3
- 7:30 p.m. AA, Speaker/Dessert Meeting, Rm 1 (O, Sp/D)
- 8:30 p.m. AA, Candle Meditation (Med), Rm 3

SATURDAY

- 12:15 p.m. AA, Let's Do Lunch Bunch (O), Rm 2
- 5:45 p.m. AA, Sober in the City (O, BB), Rm 2
- 5:45 p.m. AA, Happy Hour (O, Gr), Rm 1
- 5:45 p.m. SLAA Name TBA (O,T), Room 3
- 7:00 p.m. CMA, Tools of Recovery Icebreakers, Rm 1
- 7:00 p.m. AA, Saturday Beginners (O, B), Rm 3
- 8:30 p.m. AA, Sat. Night Anniversary, Rm 1 (last Sat only)
- 11:00 p.m. Late Night by Candlelight (Med), Rm 3

WEDNESDAY

- 12:15 p.m. AA, Let's Do Lunch Bunch (O), Rm 2
- 5:45 p.m. AA, Happy Hour (O, St), Rm 1
- 7:00 p.m. AA, Sharing Your Experience, (O, St), Rm 1
- 7:00 p.m. AA, Sober Sisters (C), Rm 2
- 7:00 p.m. CMA, We Admitted (O), Rm 3

Abbreviations: AA = Alcoholics Anonymous, ACOA = Adult Children of Alcoholics, AI-Anon = AI-Anon Family Groups, CMA = Crystal Meth Anonymous, SCA = Sexual Compulsives Anonymous, CoDA = Co-Dependents Anonymous, NA = Narcotics Anonymous, OA = Overeaters Anonymous, GA = Gamblers Anonymous, O = Open meeting; C = Closed meeting; B = Beginners; BB = Big Book, CC = Chair's Choice, D = Discussion, Gr = Grapevine, Med = Meditation, Sp = Speaker, St = Step, DRA = Dual Recovery Anonymous, SAA = Sex Addicts Anonymous, SLAA = Sex and Love Addicts Anonymous, T = Topic



NOVEMBER 2011 ANNIVERSARIES

NOVEMBER

William N. — 37 years
 Michael C. — 36 years
 Doug D. — 27 years
 Lori D. — 12 years
 Rachel G. — 9 years
 Mike S. — 6 years

Crae P. — 5 years
 Michael M. — 4 years
 Harry M. — 3 years
 Terri S. — 2 years
 Shawn P — 1 year



Total years of sobriety = 135!

- ◆ 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.



Join here!

LAMBDA
BECOME A MEMBER

NAME _____

ADDRESS _____

CITY, ST, ZIP _____

HOME PHONE _____

E-MAIL ADDRESS _____

RECOVERY DATE _____

PRIMARY FELLOWSHIP: 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

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: _____