



# Sara-Mana Intergroup

P.O. Box 3075 1748 Independence Blvd., #B2, Sarasota, FL 34234

On the web at [aasrq.org](http://aasrq.org)

God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference.

July 2013

Central Office (941-351-4818)

Sara-Mana District 4, Area 15

## Part 2

### An Effective A.A. Group Inventory

Groups may develop additional questions of their own, as well. In so doing, group members take full ownership of the goals that are embodied in those questions.

The "Traditions Checklist" provides a list of questions associated with each of our Twelve Traditions that can be useful in soliciting responses and ideas from group members regarding group behavior.

You will generally want to ask a person outside of your home group to conduct your inventory. The person you choose should have a very good understanding of the Twelve Traditions and be willing to remain impartial when conducting the inventory process. For example, you may want to select a District Committee Member (DCM), an Area officer, a Delegate, or Past Delegate to facilitate the inventory. It is best if the facilitator or another impartial A.A. member takes detailed notes of the inventory discussion. The facilitator may want to record the session and use it for developing a report of the inventory for your group. Regardless of how it is accomplished, you will always want to have a summary of the discussion and feedback from the facilitator. A helpful summary will include:

- ◆ The facilitator's observations of issues or challenges that were revealed during the inventory discussion.
- ◆ Suggestions on which Traditions, Concepts, or A.A. literature could be used to address the issue and provide direction for the group

Schedule a solid two hours for the inventory, sometimes more if  
(concluded on page 3)

### Young Peoples Group Working to Host 2015 FCYPAA in Sarasota

Sarasota Young People's Group, (YPG), holds a weekly speaker/open discussion meeting every Wednesday at 8 p.m. at Concordia Lutheran Church (2185 Wood Street). Although all alcoholics are welcome, its purpose is to

provide a forum where young alcoholics can share their experience, strength and hope with each other.

Sarasota YPG has grown immensely in recent years, thus was inspired to form the Suncoast Bid Committee for FCYPAA. Experiencing the conference in other cities and witnessing the growing number of youth in A.A., it became apparent that the Sara-Mana area could benefit from creating a bid committee of its own and hopefully someday host a FCYPAA (Florida Conference for Young ((Minded)) People in Alcoholics Anonymous. The conference is a three-day event, hosted in various cities throughout the state. Its purpose is to get young people excited about sobriety. In order to host the conference in a particular city, the representing city must bid to hold this event in their area. This is what the Suncoast bid is trying to achieve. The Suncoast bid hopes to bring FCYPAA 34 to the Sara-Mana area in 2015 by holding local events, outreaching with fellowships of other bid cities, and bringing meetings into local treatment centers; all with the intention to carry the message to the alcoholic who still suffers.

The bid needs all the love and support it can get from the entire A.A. community. Get involved or become a member of the Suncoast Bid for FCYPAA. Visit the weekly business meetings held at Central Office Friday's at 8:30 p.m. Meetings resume on July 19th—elections night. Join us for unity and service.

(Thanks to Katie B. and Jessica L.)

### An Exceptional Mother's Day

Mother's Day has passed, the second since the death of my husband of almost 41 years.

This year I asked each of my three sons to write a letter, telling of a memory of me. I've been a good mom. My saving grace has been that I am fun and have been willing to admit I did something wrong and promptly apologize.

Since there are so many stories of family activities, I was looking forward to reading which experiences would come to the forefront for my sons. Would it be a family vacation, some activity, or deep conversation they would write about? And what did they mention? My sobriety! One wrote "Oh, I am so proud of you and Dad would be, too." Another wrote how much it meant to go to meetings with me. They all came to support me at an open meeting and see me receive my two-year chip.

I got sober for me and to improve my relationship with The Divine. I also wanted to be a better wife and caretaker to my sick husband. Little did I realize the huge ripple effect my sobriety would have on my family. Example is always the best way to teach people and as a Mother, that never stops.

Though I was alone this last Mother's Day, it was one of my very favorites!

By Kathy D

## A guy walks into the bar

Sure, you've heard countless jokes starting like that. In your earlier pre-program days, you might have even been the subject of a similar joke.

Now you have an opportunity to finish that story. Just complete the joke in no more than 100 words and email your entry to [newsletter@aasrq.org](mailto:newsletter@aasrq.org). You could be the recipient of a yet-to-be determined prize (no, it won't be a bottle of expensive vodka).

## Great service, and free pizza for you

Great deals like this don't come every day.

At 1 p.m. on Sunday, August 4, the District Four archives committee is hosting a FREE pizza, drinks and dessert party at the Central Office. And all the committee asks is that you help remove staples from old issues of Grapevines.

The Grapevine re-cording process is used to preserve older Grapevines. Because staples rust, they will eventually begin destroying the magazine. So the archives committee removes these staples, then binds them by re-cording with a strong waxed linen thread. This is an effective process in the preservation of documents.

The archives committee needs your help to preserve Grapevines for future generations, and invites all those willing to help to attend the pizza party on the 4<sup>th</sup>. Entry at the Central Office will be through the back door. If you have questions, send an email to [archives@aasrq.org](mailto:archives@aasrq.org).

## Grapevine Quotes

"I need to remember how humiliated, confused, insecure and frightened I felt at my first meeting, and compare that to how I feel today."

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## YOU need to know this

**THE CENTRAL OFFICE BROWN BAG** is a new Wednesday closed discussion meeting, starting July 3, at noon, at the Central Office, 1748 Independence Blvd., Ste. B-2.

The **SATURDAY NIGHT SPEAKERS GROUP** was inadvertently left out of the new Where and When. The group continues to meet at 7:30 p.m. at Faith Church, 1201 North Beneva @ 12th Street.

**FRIDAY NIGHT LITERATURE GROUP** meets at 6:30 p.m. at Northminster Presbyterian Church, 3131 61st St, Sarasota. We welcome all. We read all A.A approved literature.

**WOMEN'S GROUPS.** Please consider a service commitment at a facility H & I serves. Many need to hear the AA message from women. Having a home group service commitment strengthens not only one's sobriety, but the Home Group as well. Contact Cynthia at [hni@aasrq.org](mailto:hni@aasrq.org) or 444-9698.

**EIGHT WOMEN** needed to take 7:30 a.m. meetings to women's recovery pod at Sarasota County Jail. See the H&I committee portion of the General Service section at [aasrq.org](http://aasrq.org) to download an application and how to submit it. An orientation is scheduled for August.

For up-to-date changes please check the website **Where & When at [aasrq.org](http://aasrq.org)**. Click on the meeting tab at the top of the page.



### *My Daily Double*

I have a daily double I use each and every day.  
I seek my Higher Power, on my knees to Him I pray.  
I ask for his direction as I go through the day  
To guide and protect me from my sometimes errant ways.  
When the day is over and I'm ready for my bed,  
I'm once again upon my knees in thanks for this day's bread.  
And all the other blessings that He has sent my way,  
Including my sobriety that allows me now to say,  
No matter what comes down the pike this has been a real good day  
With this daily double, the odds are all my way.  
What is this daily double that I keep within my sight?  
It's humility in the morning and gratitude at night.  
And if you are going to question if this comes from Him or not,  
May I say with all respect that's due, He's the only one I sought.

*Thanks to Mike W.*

## 3 for July

### Step 7

Humbly asked Him to remove our shortcomings.

### Tradition 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

### Concept 7

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.

# H&I Volunteers Honored June 12 At Central Office

About 35 people attended a Hospitals & Institutions Committee Volunteer Appreciation Night at Central Office on June 12. The purpose of the evening was to say "thank you" to the 200 plus volunteers who take over 300 meetings a month into the 12 facility venues served by the Committee.

It was a light, fun, party atmosphere. Volunteers and representatives of facilities served got to meet committee members and each other. Everyone was in a festive mood, many wearing costumes depicting the



facility they represent. We had mothers, judges, prisoners, detox in-patients, a psych unit psy-

chiatrist, and some outfits that defy description!

Entertainment was provided by Ishmael K., who played guitar and sang, including an original recovery song. Committee members put on a short skit that was very poignant. The skit depicted the drunk at his bottom, being hounded by jails, institutions and death. When he surrendered in prayer, the hand of A.A. appeared. Poignant to all, as this is our common experience with alcoholism. Poignant to all, as this is how we in AA do service work.

Cynthia L., committee chair, gave a heartfelt message of gratitude to the volunteers who make themselves available to carry the message of recovery to so many people on a regular basis.

*Bob R.*

Get your Sara-Mana Newsletter emailed to you in a PDF format each month. Email [secretary@aastrg.org](mailto:secretary@aastrg.org) and ask to be on the list.

*(An Effective, from page 1)*

there are additional questions you want to cover. It is best to hold the inventory at a time other than a regular meeting time. Announce the inventory to the group members well in advance, at least two weeks - sooner if possible. Provide the format of the inventory to the members in advance so that they can think about some of the topics they want to discuss during the inventory.

Frequently, inventory discussions begin with sharing on how everything is quite wonderful in the group. After a while members begin to share small things that are on their minds. Later in the process the core issues are likely to emerge. You want to make sure that you have a facilitator that will keep the discussion moving and help everyone feel that it is a safe place to share. Everyone must have a chance to speak their mind without recrimination or cross talk. Make sure that you have allotted enough time so that you won't have to cut off discussion during this critical last phase of sharing.

When you receive the inventory summary and suggestions from your inventory facilitator, share the information with all group members and make a plan to review the information as a group. Then set out on a course of action so that your group can become closer to fulfilling its primary purpose - to help the still suffering alcoholic to recover from a seemingly hopeless state of mind and body.

May God bless us as we trudge the road of happy destiny together.

***This presentation was by Kathy G. at a Southeast Regional Forum.***

## Grapevine Quotes

"Simplicity, devotion, steadfastness, and loyalty; these, we remembered, were the hallmarks of character which Dr. Bob had well implanted in so many of us."

A.A. Co-Founder, Bill W., September 1950

## Dear Alkie

**Dear Alkie:** Why did you come to A.A.?

**Alkie:** I came to A.A. not because I saw the light, but because I felt the heat.

**Dear Alkie:** What led you to seek recovery?

**Alkie:** I sought recovery when the unknown became more attractive than the known.

**Dear Alkie:** I'm not sure I'm an alcoholic. What's the difference between a problem drinker and an alcoholic?

**Alkie:** The difference between a problem drinker and an alcoholic is that when alcohol is taken away from a problem drinker, the problem goes away. When alcohol is taken from an alcoholic, the problems just begin!

**Dear Alkie:** I don't believe in God. Can I still recover in Alcoholics Anonymous?

**Alkie:** I've heard it said that it doesn't matter if you believe in God or don't believe in God--as long as you know that you are not God!

**Dear Alkie:** You seem to have a wonderful life. Is that what you prayed for when you joined A.A.?

**Alkie:** I never knew peace, nor where to find it; I never knew happiness regardless of where I looked; I never knew love because I was incapable of receiving it. Before I took the Steps and embraced this Fellowship, I never knew that life could be this good--- I could not possibly have asked for what I have today.

**Dear Alkie:** Is there a difference between isolation and solitude?

**Alkie:** Solitude is a peaceful state of being during which I often contact God. Isolation is a negative state of mind during which I think only of myself.

# ANNIVERSARIES

Groups: email birthdays to newsletter@asrq.org and put ANNIVERSARIES in the subject line. Cutoff for the newsletter is the last day of the month. Do not send anniversaries for future months: i.e. July anniversaries appear in August.

## ATTITUDE ADJUSTMENT

**June**  
Louise C. 18 years

## BEE RIDGE EAST

**June**  
Tom H. 41 years  
Bob T. 22 years  
Lou S. 15 years  
Delores 2 years

## DONUT HOUR

**June**  
Pete N. 7 years  
Elizabeth 7 years  
Norman 3 years  
Betsy K. 2 years  
Steve S. 2 years  
Michael S. 2 years

## EARLY BIG BOOK

**June**  
Tom H. 41 years  
Denise 5 years

## EARLY BIRD

**June**  
Bobby K. 23 years  
Eileen P. 4 years

## FRESH START

**June**  
Bill H. 8 years  
Del S. 3 years  
Freddie 3 years

## GULF GATE NOON

**June**  
Matthew 7 years  
Trinka 5 years  
Tove 4 years  
Jayme W. 2 years  
Sian 2 years

## HAPPY COOKIE HOUR

**June**  
Jim 24 years  
J.D. 23 years  
Cathy H. 15 years  
Tom M. 5 years  
Kim P. 2 years  
Lynne M. 1 year  
Susan 1 year  
Tiffany M. 1 year  
Vanessa V. 1 year

## LAKWOOD RANCH 12 & 12

**June**  
Barry S. 33 years  
Kate M. 23 years  
Jim Mc. 6 years  
Ron H. 5 years  
Sharon G. 3 years  
Jill P. 2 years

## LOST & FOUND

**June**  
Reggie B. 29 years  
Mike M. 24 years

## OAK STREET

**May**  
Gerry O. 38 years  
Joyce M. 37 years  
Ray B. 27 years  
Cynthia Mc. 26 years  
Arthur V. 25 years  
June S. 9 years  
Chris McK. 8 years  
Cassandra S. 7 years  
Pat S. 6 years  
Richard E. 7 years  
Rowena J. 2 years

**June**  
George D. 45 years  
Carol K. 43 years  
Elizabeth J. 33 years  
Linda Ann R. 32 years  
Gayla F. 29 years  
Ann Liona 6 years  
Susan G. 3 years

## SATURDAY NIGHT SPEAKERS

**April**  
Tom M. 26 years  
**May**  
Dan B. 10 years  
CJP. 1 year

**June**  
Frank M. 43 years

## SOBER LIVING

**June**  
Neil A. 30 years  
Matt S. 7 years  
Bob O. 6 years

## ST. ARMAND'S

**April**  
Gary B. 24 years  
Jan S. 9 years  
Steven W. 5 years  
Molly M. 2 years

**May**  
Lisa G. 29 years  
Arthur 25 years  
Cookie P. 23 years  
Anna 18 years

**June**  
Linda R. 32 years  
Melvin 32 years  
Pattie M. 31 years  
Gayla F. 29 years  
Barry B. 20 years  
Linda McK. 2 years

## UNDER THE RAINBOW

**June**  
Cary 7 years

## HELPLINE TOTALS JUNE 2013

Call count .....325

### BREAKDOWN:

Meeting time/location .190

In lieu of 12 step call ....17

Actual 12 step calls.....4

Al-Anon Call .....14

Special Needs .....0

Miscellaneous .....100

**Spanish Helpline.....3**

Only two Helpline shifts are currently available. Please contact Robert Q. through Central Office (941) 351-4818 or at asrq.org.

## Founders' Day Banquet "Great"

From the Events Committee's choice of using the Bradenton Municipal Auditorium to speaker Tom M. from St. Pete, the 2013 Founders' Day Dinner achieved many successes.

Soft lighting, table cloths, *real* flowers, and superb acoustics set the tone for the 440-seat sold-out event. Chef Paul's creation and execution of the menu provided excellent food and plenty of it. Members of the Young People in Alcoholics Anonymous participated as greeters, servers, presented door prizes, and cleaned up. "They were awesome," was a comment heard from many at the dinner.

The member having the longest sobriety in the room presented a Big Book to the newest of newcomers in the room—56 years to 10 days. The total amount of sobriety in the room on June 14, 2013 was 5,227 years, 5 months, and 234 days. It was a beautiful event to honor Founders' Day.

Terry H.

The main purpose of this newsletter is to inform, connect and entertain. TO SUBMIT ITEMS TO THE NEWSLETTER: Anniversaries, articles and meeting notices should be sent to newsletter@asrq.org. Submit material as attachments or directly in an email. Include your first name, group and type of item being sent. Deadline is the last day of the month. Submissions will be edited for length or content. Opinions expressed herein are those of the writers and not necessarily those of A.A., Sara-Mana Intergroup or the Central Office, located at #B-2, 1748 Independence Blvd., Sarasota, FL 34234. Phone 941.351.4818.