



# SARA-MANA INTERGROUP NEWSLETTER

February 2020

Central Office 941.351.4818

AA HELPLINE 941.951.6810

aasrq.org

## Central Office Fund Drive Is Underway

The Central Office Fund Drive is ongoing, and this is an update on our progress. Each New Year we begin our fund drive, and it lasts until taxes are due: April 15th.

Our goal this year is to raise \$28,000. We are a little over one month into this fund drive. From January 1, 2020 to February 6, 2020, we received individual donations of \$3,201. This puts us roughly 1/9th of the way to our goal, but we only have two months left in the drive.

A.A. (supported by the Central Office) was there for you and I when we wanted to get sober. It is our solemn responsibility to ensure that it continues to be a vital source of support for that next suffering alcoholic who wants to get sober. One common suggestion is to donate one dollar for every year of sobriety. Another fun way is to donate \$3.65 (365 days a year) for every year of sobriety. You can even make it a part of your charitable donation financial planning. The Central Office is incorporated as a 501(c)(3) charitable organization, and they would be happy to provide you with a receipt for your donation in the event that you are able to use the donation as a tax deduction.

## GROUP OF THE MONTH GULF GATE NOON

Monday-Friday at 12:00PM  
Covenant Presbyterian Church  
7950 South Tamiami Trail

The Gulf Gate Noon Group has five meetings a week at noon and is located at Covenant Presbyterian Church at 7950 South Tamiami Trail. Anywhere from 20 to 60 people attend this *open* meeting, depending on the season.

Mondays, we have a step meeting, with the first Monday of the month reserved for discussion of a tradition. Tuesdays and Thursdays are discussion meetings. On Wednesdays, we read a story from the Big Book and discuss it. Fridays, we have a speaker, usually a member of the group, followed by discussion.

Contributors (1/1 to 2/6)

Anonymous | Arnold C  
Charles W | Chris C  
Cynthia C | Dianna S  
Ed O | Edwin R | Eric G  
Irene H | James D | Janet  
B | Jason F | Jim K | Joe E  
John Y | Leslie W | Lisa C  
Lynn B | Maureen S | Pat C  
Paul U | Rhonda G | Ross  
J | Sharon K | Steve O |  
Thomas R

If you would like to know more about how the Central Office supports A.A. in our area, you can read about it in the January 2020 edition of our Newsletter. For even more information you can browse our website at [www.aasrq.org](http://www.aasrq.org). Most of the meetings and activities that you will see listed there are open to the public so that you can attend a meeting that interests you and learn more about how the Central Office supports A.A. in our area. Thank you for your generous support!

-- Ross J.

Gulf Gate Noon Group is one of the friendliest and honest meetings you will find in the Where and When list of AA meetings in Sarasota. We have a greeter at the door and enjoy welcoming new-comers and connecting with the old-timers. On the last Friday of every month, anyone who belongs to the group gets a medallion for their length of sobriety with much fanfare. Our group has been around for a long time, and each year we celebrate our founding with a special luncheon. Love and tolerance is our code, and we absolutely insist on being happy in sobriety. --Lisa

*The Group of the Month feature is a fun way to build an even greater sense of AA community in our area. If your group would like to be featured as a **Sara-Mana Group of the Month**, submit 200-300 words and tell us about the group's history, special events, what the group is known for, meeting size, funny stories, how you got your name - really, whatever you'd like to tell us. Send it our way at [newsletter@aasrq.org](mailto:newsletter@aasrq.org) and we'll print it!*

**" The Will of God never takes you to where the Grace of God will not protect you. "**

## Best of

### Dear Alkie,

"Alkie" is a long-time member of A.A. His comments are based on his own strength, hope, and experience and are not reflections of any official A.A. position or practice.

**Q. Dear Alkie:** Do I really need a sponsor?

**Alkie:** Sponsorship is part of the "we" of the program. If you don't have one, you're not taking full advantage of the program, and you'll probably have difficulty putting the program into practice. You're merely auditing the course.

**Q. Dear Alkie:** You seem to have real quality sobriety, to be really happy and at peace. How did you do that?

**Alkie:** The quality of my sobriety improved proportionately to the number of meetings I attended and the amount of attention I paid to the program.

**Q. Dear Alkie:** My thoughts and ideas keep getting me into trouble. Any suggestions?

**Alkie:** Your mind is not your friend, so run your ideas by one who is your sponsor!!

**Q. Dear Alkie:** I want what you have. Any advice?

**Alkie:** The "Haves" and "Have Nots" are often the same as the "Dids" and "Did Nots" when it comes to the Steps.

**Q. Dear Alkie:** I'm not drinking now, so why should I do the steps?

**Alkie:** Abstinence produces immediate physical gratification; sobriety produces eventual emotional gratification; and the Steps produce the wondrous spiritual gratification that is recovery.

**Q. Dear Alkie:** I'm still working, so I can't be an alcoholic right??

**Alkie:** If drinking is interfering with your work, you're probably a heavy drinker; if work is interfering with your drinking, you are definitely an alcoholic.

## PI/CPC: The Alphabet Soup Committee

The mission of the PI/CPC (Public Information/Cooperation with the Professional Community) committee is to carry information about alcoholism and AA to NON-alcoholic types. These "types" consist of the general public who cross paths with alcoholics in the course of an active alcoholic's day – the police, doctors, lawyers, nurses, school staffers, parents, children, and the list could go on ad nauseum.

The information is presented via short speaking engagements, distributable literature, PSAs, signage – anything to

get the word out. The PI/CPC committee combines dedication to AA with our individual talents and creativity. We need YOUR flair and ideas to continue our mission.

*Come check out a committee meeting*

2nd Wednesday of every month  
5:30pm at Central Office  
(1 hour meeting)

*Feel free to email [PICPC@AASRQ.org](mailto:PICPC@AASRQ.org) for additional information.*

"Sometimes I wonder if this illness isn't a gift."

[64.floridastateconvention.com](http://64.floridastateconvention.com)



## Meeting Guide



**WHERE & WHEN**



**WHERE & WHEN**



## New & Enhanced Features

- Search — Find A.A meetings by name or location, in addition to day and time
- Daily Reflections — a selection of reflections by and for A.A. members
- Enhanced location functionality
- Expanded user interface, with a new menu bar and "Contact" feature.
- "News" — Learn about events at the General Service Office (G.S.O.) and Grapevine, as well as information about updates within the app.





**SAVE THE DATE!**

**FOUNDER'S  
DAY  
DINNER**

**EARLY AA: BUILDING A  
STRONG FOUNDATION**

**SATURDAY  
JUNE 6, 2020  
Sarasota Community Church**

Any person or group wishing to do service for this event, please contact the event chair, Holly S., at [events@asrq](mailto:events@asrq).

*From My Journal*



-- by Nancy B.

I am so grateful for the AA Traditions which keep AA as a fellowship as healthy as the Steps keep us as recovering alcoholics healthy. The Third Tradition keeps me right sized and right focused. I can find myself slipping into judgment in meetings of those who are in and out and those who seem to be two-stepping.

I have to catch myself. And if I don't catch and stop myself, I know I will be one of them again, in time. I have to remind myself that I did relapse so many years ago. I have to remind myself of all the AA's I know well who were in and out. Some close to death, but the miracle still happened, and now they are thriving, recovering alcoholics.

I remind myself of the people I've known, some I've loved, who have died in one way or the other from this disease. There but for the grace of God go I.

I'm so grateful that the only requirement for membership in AA is a desire to stop drinking.

**INTERGROUP REPORT**

Each month, the Intergroup Board publishes this attendance and contribution report, as well as year-to-date contribution totals for each group. All forms of support are greatly appreciated! Any groups interested in being represented, please send a home group member to our meeting on the third Tuesday of every month at 7p.m. at Central Office. If you have questions or correction requests, please email them to IG Chair Jim C. at [sarasotajim.flg@gmail.com](mailto:sarasotajim.flg@gmail.com). January 2020 and YTD totals are one in the same.

Group Name	Jan Attend	YTD \$	Group Name	Jan Attend	YTD \$	Group Name	Jan Attend	YTD \$	Group Name	Jan Attend	YTD \$
11th Step			Growing Together			No Rainy Days		60	Sun Beginner's		
63rd Ave	X		G Hisp Companeros			N River Mon Night			Sunrise		
A Lit Meeting	X		G Hisp Fortalaza			Oak Street Step			Sure Bet		
AMI Womens	X		Gulf Gate Noon	X	164	Open Door			Surfside Serenity		116
As Bill Sees It			Happy Cookie Hour	X		Palmetto	X	40	The Islander		
As The First 100	X		Holmes B Men's BB			PMS			The Oasis		12
Attitude Adjust		60	Humble Beginnings			Primary Porpoise	X		Third Legacy	X	
Bay			Keep It Simple			Primary Purpose			Traditions	X	
Bee Ridge East			Kensington Park		54	Promises			Turning Point		80
Beneva Discussion			Lighthouse		200	Rose			Twilight Hour		
Bradenton DT			Lost & Found			Sarasota Men's			Under the Rainbow		
Bradenton YPG	X		LWR Mid-day			Sarasota YPG			WAGS		
Brown Bag			LWR Happy Hour			Sat Night Speakers			Wed Beginner Men's		
Donut Hour			Main Street Men's			Serenity Room	X		Wed Morn Women's		
Early Big Book	X		Make Today Count			Serenity Seekers			West Bradenton		
11th Step Meeting			M & W of Serenity			Siesta Key Men's		300	Women in Solution		
Enjoying Journey			Mid Morning			Singleness Purpose	X	75	Women Lit Parrish		10
Fresh Start			Mon Night Men's	X	60	Sober Living			Women's Grp LWR		
Fri Night in Wind		15	MWTh Harvest UM			St Armands Noon			Holmes Beach BB		
Friends			New Day		450	Suncoast Bid			Sobriety Group		
Friends of Pelican	X		LBK Tuesday			Together We Can			Steps in the Sand		60
			G Hisp de Mayo			Siesta Key Women			Women of Hope		

# ANNIVERSARIES

Please email birthdays to newsletter@AAsrq.org, put **ANNIVERSARIES** in the subject line, and submit them typed in the body of an email or a Word file. Anniversaries appear the month after they occur (ie., February anniversaries will appear in the March edition). Deadline for submission of anniversaries is the 7th of each month. Unless otherwise noted, the anniversaries appearing here are for January.

## Bay Group

Don D. 44 years  
Karen D. 3 years  
Rick S. 35 years  
Susan W. 19 years

Mike P. 2 years  
Peter D. 4 years  
Robin C. 30 years  
Tina P. 1 year

## Happy Cookie Hour

Betsy B. 34 years  
Joanna K. 5 years  
Scott B. 2 years

## Monday Nite Men's

*December*  
Ken S. 5 years  
*January*  
Dave A. 9 years  
Don D. 2 years  
Ted L. 1 year

## Oasis

*September*  
Pete M. 30 years  
*January*  
Carol H. 29 years  
Dick B. 30 years

## Palmetto

Claude B. 3 years  
Garry B. 8 years  
Jeffrey H. 2 years

## St. Armand's Noon

Ann F. 24 years  
Beth B. 14 years  
David R. 30 years  
Francoise D. 31 years  
Jeanne P. 15 years  
Kelly E. 10 years

Larry L. 12 years  
Laurel 32 years  
Mike C. 8 years  
Steve B. 3 years  
Sue S. 14 years  
Susan A. 32 years

## Serenity Room

Ray B. 18 years  
Richard D. 26 years

## Sure Bet

*December*  
Ann R. 4 years  
*January*  
Dick F. 38 years

## Women in the Solution

Dawn 10 years  
Jamie 2 years  
Renee 2 years  
Sam 14 years

## FRIENDS OF THE PELICAN 40 YEARS YOUNG

Friends of the Pelican group invite all to dive into a Pot Luck Dinner celebrating our 40th Anniversary. The event will be held on **Thurs., February 27th** at Roser Memorial Community Church on Anna Maria Island. The address is 512 Pine Ave.

Please bring an appetizer, covered dish, salad or dessert to share. This is an Open Meeting, and everyone is invited.

Fellowship at 5:30pm  
Dinner at 6:00pm  
Speaker at 7:30pm

## Bee Ridge East

*December*  
Ursula K. 32 years  
*January*  
Kathy W. 38 years

## Fresh Start

*December*  
Andrew B. 30 years  
Bob B. 15 years  
Debra 16 years  
James F. 24 years  
*January*  
John W. 44 years

## Gulf Gate Noon

Anne F. 6 years  
Brian P. 32 years  
Chad S. 8 years  
Charles K. 4 years  
Cindy M. 2 years  
Eric F. 33 years  
Jack M. 38 years  
Jim P. 1 year  
Laurie C. 10 years  
Lisa Mc. 37 years  
Lois U. 1 year  
Lynn K. 1 year  
Mary Lynn W. 1 year

## 2020 INTERNATIONAL CONVENTION ALCOHOLICS ANONYMOUS

July 2-5, 2020 | Detroit, Michigan

Love and Tolerance Is Our Code



Advanced Registration Deadline: April 15, 2020

## 7th Annual Sponsorship Workshop

Presented by the Sure Bet Group of AA

Saturday March 14, 2020 10AM-3PM

\$4 on Arrival  
Lunch Included

Picnic Bench Seating or Bring a Chair

Email  
SureBetGroup@  
gmail.com

Gamble Mansion State Park Pavillion, Hwy 301 Ellenton

For Info Call Kathy (941-228-9576) or Janice (813-299-0101)

9 Speakers!

**TO SUBMIT ITEMS TO THE NEWSLETTER:** Anniversaries, articles and meeting notices should be sent to newsletter@aasrq.org. Submit material as attachments or placed directly into an email. Include your first name, group and type of item being sent. Deadline is the 7th day of the month. Submissions may be edited for length or content. The opinions expressed herein are those of the writers and not necessarily those of A.A., Sara-Mana Intergroup or the Central Office.