



# SARA-MANA INTERGROUP NEWSLETTER

February 2019

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aasrq.org

**Editor's Note:** *This month, the old AA adage, "The person with the most time is the one who got up earliest today," plays out in print. Through good fortune, we're able to include two pieces this month - one written from a perspective gained after a few cups of coffee and one by an author who only recently walked through the doors. Through these pieces, we see that wisdom in AA can be found in years of experience and by viewing life through the eyes of a newcomer.*

## Sharing Recovery

-- Nancy L.

When I came to Alcoholics Anonymous, I came because I identified with the feelings and drinking stories of the people in the rooms. As the years went by, I stayed because of the stories of recovery and the feelings that are part of them.

Through the years, I have experienced both hard and wonderful times, and at times, I felt disconnected from the people in the rooms. But by the grace of God, I never felt the need to go out and experience more to add to my drinking story. I now know that it wasn't a drink that I needed, it was only relief from those feelings.

During my early years, I received many pearls of wisdom, and then one day at five years, I was restless and wasn't hearing any. It was then that I felt that I needed to compare myself to the Big Book and 12 Steps of Alcoholics Anonymous and not to the people in the rooms.

There were two meetings with two different formats at that time. Our Big Book Meeting began with five people, and growth was slow, but today, it is 35 years old and very strong with a variety of years of recovery. It is still moving to see a newcomer take a white chip and then keep returning to the meeting as the years pass. The format of the meeting has changed through the years, as the types of sharing changed. The premise being "that if anything goes, no one goes". All of the years that this meeting has been in existence, it has remained my home group.

Today, in general, I am hearing the balance of drinking and recovery becoming more drinking and less recovery with an emphasis on entertainment.

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## Step Two through the Eyes of a Newcomer

-- Floradell S.

My sponsor recently suggested that I go through the Steps again and, this time, look more deeply into their meaning. I took her up on the suggestion, and I am now working on Step Two. While working on this step, she asked me to think about my own insanity and how it manifests itself in my thinking.

Today, I've come to understand that, for me, insanity plays out in a pattern of thinking directly related to self will. When I have an unconscious separation from God, my higher power, things begin to unravel in my life. Nothing seems to go right. I become irritable and impatient, and my negative addictive thinking takes over. Old ideas begin to manifest themselves: "This time will be different. My old life wasn't so bad. I've got this under control."

Disconnected from a power greater than myself, I am again slave to this irrational, miserable thinking. Having taken back the power, I am no longer right minded. I am temporarily insane. My disease has taken hold, and I fear I will pick up again and be condemned to a life of despair. If I don't seek a spiritual solution, I will seek the solution elsewhere. Lost and alone, my only hope of being restored to sanity must come from a power greater than myself. I surrender in desperation and ask for help. Receiving it, I am humbled again.

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## STEPPING UP TO SERVICE

During the January Intergroup Meeting, we're happy to report, we filled a couple of key service positions.

We'd like to thank Kate, who agreed to stand and serve as Intergroup Co-Chair. In this position, Kate will organize efforts to put on our Annual Gratitude Dinner.

We'd also like to thank Chris C. for becoming the new Helpline Chair. As such, he'll ensure that volunteers are in place to answer calls to the hotline and extend the hand of AA to those in need. Both Kate and Chris were elected by unanimous consent of those present.

## Step Two

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Becoming conscious of this pattern and where it can lead me hasn't happened overnight. It's been a long slow road arriving at these truths. The journey, though, has been worth it: A peace of mind I never knew possible.

I needed a profound spiritual awakening to shock me into this program and a new life. With each new day, I stay connected to my source of power and ask for guidance. Help comes, and I have a better understanding of this remarkable program and the gifts I have been given. My recovery depends on it.

As for today . . . I have come to believe, and that has made all the difference.

## Sharing Recovery

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As the years passed, I have learned that I have a deep need for the tools of recovery, as I have never forgotten how to drink and hold the deep belief that I would never attempt to come back.

I am coming to believe that people leave the program because they believe that they have no more to learn and have all of the knowledge that they need to continue through life. It is the tools of recovery and the experiences of those that have gone before me that I have in my toolbox to use when illness, death, loneliness and fear enter my life. I have never known when to expect them, only that the challenging times will come, as it is part of living.

### Overheard in the Halls

" . . . my Higher Power, who I called Your Honor . . . "

"Success breeds complacency, which breeds failure."

"The 9th step is about change, not apology."

## Central Office 2019 Fund Drive

District 4's Central Office serving Sarasota and Manatee Counties is trying to raise **\$30K by April 15.**

### And we're nowhere close!

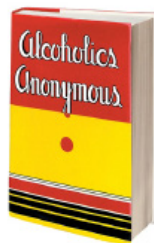
What Does Central Office Do for Us?

- Answers questions about AA.
- Provides a place for a dozen of our AA Service Organizations and Committees to meet.
- Supplies literature and materials to individuals, groups and institutions.
- Assists service committees in their efforts.
- Provides the services necessary for us to accomplish 12th step work.

**Envelopes are available at meetings from your GSR and Intergroup Rep.**

*Dear Alkie . . .*

**Is Back Next Month**



*Back  
of the  
Book*

## Principles at Work

--Edgar C.

In no story are more principles of the AA program highlighted than in "Grounded" (pp 522, Fourth Edition). It's basically a redemption story, but it touches on humility, grace, service, mindfulness, and especially honesty along the way. The writer sums up,

"I take little credit for all that has happened. I suited up and showed up, but the process of A.A., the grace of a loving God, and the help of so many around me have been far more responsible for all the events in my life . . . "

## Central Office

*Thanks*

### Groups & Individuals Contributing to the Fund Drive

11th Step Holmes Beach  
As Bill Sees It (SK) | Beneva Discussion  
Bradenton Downtown | Chapel Group  
Donut Hour | Free Thinkers  
Fresh Start Group  
Friday Night in The Wind  
Friends Group | From The Heart  
Growing Together  
Grupo Hispano Companeros  
Gulf Gate Noon | Happy Cookie Hour  
Humble Beginnings | Islander Group  
Language of the Heart  
LWR Happy Hour | Make Today Count  
Mid-Morning Group  
Monday Night Men's | New Day Group  
No Rainy Days  
North River Monday Night  
Oasis Group | Open Door  
Palmetto Group | Primary Porpoise  
Primary Purpose | Siesta Key Men's  
Sober Living | St Armand's Noon  
Sunrise Group | Sure Bet Group  
Surfside Serenity | Turning Point  
Under The Rainbow  
Women In The Solution  
Individual Contributors

Althea H | Arnold C | Bill P | Bob B  
Carol K | Charles W | Chris C  
Christine M | Cynthia C | Daniel D  
Deborah D | Emmett Y | Gerard O  
JD V | Jennifer T | Jessica H | Jim J  
John F | John R | Kathleen H | Louis S  
Marya F | Maureen H | Nancy H  
Patrice C | Penny F | Robert H | Sunny  
Thayer | Toby M | Wood M  
Anonymous (14)

### It Works if You Work It

Intergroup thanks the following groups that sent representatives to the January meeting.

As the First 100 | Bee Ridge East  
Bradenton YPG | Donut Hour  
Early Big Book | Friends  
Friends of the Pelican | Gulf Gate Noon  
Kensington Park  
Mon Night Mens | N River Mon Night  
Palmetto | Rose | Sarasota Mens  
Sat Night Speakers | Serenity Room  
Singleness of Purpose | 63rd Avenue  
Third Legacy | Traditions | Twilight  
Under the Rainbow

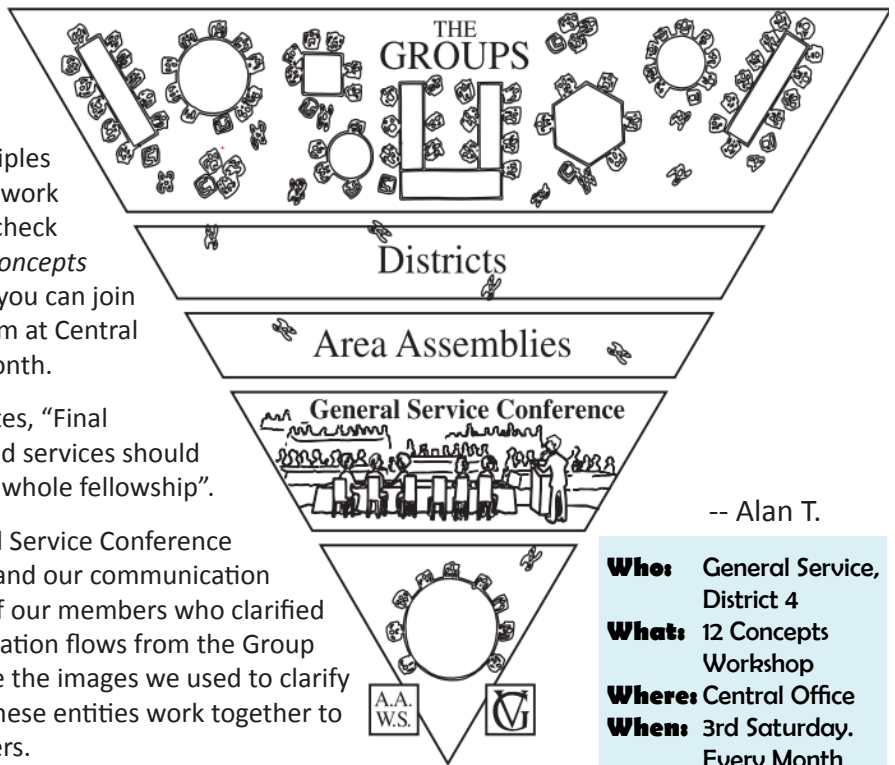
# Are the 12 Concepts Part of Your Program?

## Check out the Monthly Workshop Hosted by General Service for District 4

Throughout 2019, General Service for District 4 is hosting a monthly workshop covering the 12 Concepts for World Service and how they apply and affect all members of AA. What are the 12 Concepts? Simply put, they're the spiritual principles that undergird AA's structure and how the parts work together. If you'd like to find out more, you can check out the book, *The A.A. Service Manual/Twelve Concepts for World Service* (available at Central Office) or you can join us on the third Saturday of each month at 9:00am at Central Office where we'll discuss the Concept of the month.

January's Workshop was on Concept I which states, "Final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole fellowship".

So how do the District, the Area and the General Service Conference hear the voice of the groups? To better understand our communication structure, we had a lively presentation by four of our members who clarified the meaning of the Concept and how communication flows from the Group up to the District and beyond. Here, you can see the images we used to clarify our three service entities in District 4 and how these entities work together to carry the message to the alcoholic who still suffers.



### RESPONSIBILITIES AND FUNDING SOURCES

#### General Service

Carries 12th Step message through committees, PICPC, H&I, Archives, Literature, Grapevine, Special Needs, Quarterly Hosting

#### Central Office Responsibilities

Maintains meeting space, maintains inventory of AA literature and sells it to groups and individuals, anniversary coins, maintains website and uploads info supplied by GS and IG, supports GS and IG 12th Step work, stores archives and supplies

#### Intergroup

Maintains and publishes Where & When, publishes and distributes Newsletter, maintains AA hot line and secures volunteers

#### Funding Sources

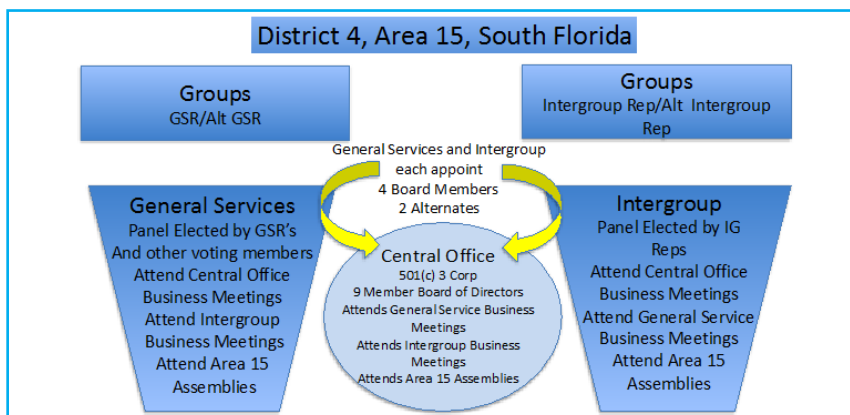
Group Contributions  
Founders Day Event

Group Contributions  
Annual Fund Drive  
Literature Sales

Group Contributions  
Gratitude Dinner Event

Supports Central Office with 1/3 Cost of Rent + Copy Expenses

Supports Central Office with 1/3 Cost of Rent + Copy Expenses



**General Service Save the Date**  
Founders Day June 8th  
Delegates Report June 15th

#### Assistance Needed

Central Office needs someone familiar with Word Press to help with the new Meeting Guide App  
Please contact [chris@aausrq.org](mailto:chris@aausrq.org)



# ANNIVERSARIES

Please email birthdays to [newsletter@AAsrq.org](mailto: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.

## Bay Group

Mike P. 8 years  
Rick S. 34 years  
Susan W. 18 years

## Down Home Group

Arthur G. 1 year  
Brian M. 5 years  
Jay P. 1 year  
Kate H. 2 years  
Nik B. 1 year  
Travis S. 1 year

## Fresh Start Group

Jeff W. 35 years

## Gulf Gate

Anne K. 5 years  
Brian P. 31 years  
Chad S. 7 years  
Charles K. 3 years  
Cindy M. 1 year  
Eric F. 32 years  
Jack L. 45 years  
Lisa M. 36 years  
Mark S. 5 years  
Robin C. 29 years

## Kensington Park

Beth B. 13 years  
Chuck F. 34 years  
David K. 37 years  
Susan W. 18 years  
Valarie W. 32 years  
Will C. 2 years

## Monday Night Men's Group

John G. 10 years

## Oasis Group

Betty W. 33 years  
Carol B. 28 years  
Dick B. 29 years

## Palmetto Group

Jeff H. 1 year

## Primary Porpoise

George H. 38 years  
Gordon G. 12 years  
Jane R. 33 years  
Pam C. 26 years

## Saint Armand's Noon

Ann F. 23 years  
Beth B. 13 years  
Brad C. 11 years  
Craig 28 years  
David R. 29 years  
Francoise D. 30 years  
Jeanne P. 14 years  
Kelly E. 9 years  
Mike C. 7 years  
Paul L. 7 years  
Steve B. 2 years  
Sue S. 13 years  
Susan A. 31 years

## Saturday Night Speakers

Misoon W. 24 years

## The Serenity Room

Amelia B. 1 year  
David M. 20 years  
John R. 47 years  
Tim B. 32 years  
David T. 8 years  
Ray B. 17 years

## Singleness of Purpose

Cynthia T. 4 years  
Brenda H. 36 years  
Jlm D. 36 years

## Third Legacy Group

Lou S. 6 years

## Women of Hope

Lindsley H. 25 years



**Saturday Night Speaker Group  
Biannual  
Pot Luck Dinner**

**WHEN : MARCH 9th, 2019 Saturday**

**WHERE : 1201 N. Beneva Road, Sarasota, FL**

**5:30 PM Door Opens**  
**6:30 PM Pot Luck Dinner**  
**7:30 PM Guest Speaker**  
**Johnny T. , Lawtey, FL**

Please Bring Covered Dish / Dessert  
More Info Contact Misoon W. at [miswhang@aol.com](mailto:miswhang@aol.com)

## GROUP ANNIVERSARY CELEBRATIONS

### The Friends of the Pelican Group

will be celebrating their 39th  
year on Anna Maria Island

**Roser Memorial  
Community Church**  
512 Pine Avenue  
Anna Maria Island

**March 28th**

**7:00 PM**  
**Desserts and Fellowship**  
**7:30 PM**  
**Guest Speaker,**  
**Dave R. from St. Pete**  
**Fellowship and more**  
**desserts after the speaker**

### The Meat & Potatoes Group of AA

invites you to join them for  
their 1st group anniversary

**St. Francis X Cabrini Church**  
**Cabrini Center**  
12001 69th Street East  
Parrish, FL

**February 28th**

**7:30 PM**  
**Open Speaker Meeting**  
**POT LUCK DINNER**  
**after the Speaker**  
**Beverages, coffee and cake**  
**provided by the group**

## THERE'S MORE ONLINE!

Check out the online edition of the  
newsletter at [www.aasrq.org](http://www.aasrq.org) to review

**2019 General Service Budget**  
**2018 Gratitude Dinner Budget vs. Actual**

**TO SUBMIT ITEMS TO THE NEWSLETTER:** Anniversaries, articles and meeting notices should be sent to [newsletter@aasrq.org](mailto: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.

2018 Gratitude Dinner (Intergroup)

Gratitude Dinner 2018 Budget			Gratitude Dinner Actual			
			Income			
ticket sales	360 x \$18	\$6,480.00		Ticket Sales	331 X \$18	\$5,958.00
7th Tradition		\$350.00		7th Tradition		\$411.95
Raffle		\$350.00		Raffle		\$557.00
Total Income		\$7,180.00				\$6,926.95
			Expenditures			
Hall		\$1,200.00		Hall		\$1,100.00
Catering		\$3,600.00		Catering		\$3,850.00
Decorations/Plates etc		\$650.00		Decorations/Plates etc		\$625.00
Printing Tickets		\$75.00		Printing Tickets		\$274.60
Printing Programs		\$0.00		Printing Programs		\$124.48
Translator		\$150.00		Translator		\$0.00
Books/Raffle Prizes		\$300.00		Books/Raffle Prizes		\$16.42
Speaker		\$100.00		Speaker		\$100.00
Prior Year Expenses		\$0.00		Prior Year Expenses		\$0.00
				Coffee/Cups/etc		\$334.49
Total		\$6,075.00		Total		\$6,424.99
Profit / Loss		\$1,105.00		Profit / Loss		\$501.96

2018 Actual + 2019 Budget – District 4 General Service

			2018	NEW Jan - Dec 19
<b>Ordinary Income/Expense</b>				
	<b>Income</b>			
		District Mtng Basket & Donuts	550.00	550.00
		Founders Day Dinner (Ticket)	6,300.00	6,400.00
		Group Cont & Individual	23,160.00	25,300.00
		I.G. Contribution	400.00	400.00
		New Years Eve Event-Ticket	500.00	500.00
		Quarterly Hosting	0.00	0.00
		<b>Total Income</b>	<b>30,910.00</b>	<b>33,150.00</b>
	<b>Gross Profit</b>			<b>33,150.00</b>
	<b>Expense</b>			
		Quarterly Hosting Exp	0.00	0.00
		Archives	200.00	200.00
		Area Contributions	1,600.00	1,600.00
		Banking Fees	50.00	50.00
		C.O. (Rent/Supplies)	8,800.00	9,200.00
		Delegate's Report	250.00	250.00
		Founders Day	6,100.00	6,400.00
		Grapevine	50.00	50.00
		Website	0.00	250.00
		H&I	2,800.00	2,800.00
		Literature	50.00	50.00
		New Year Event	500.00	500.00
		Officers	60.00	450.00
		PI/CPC	2,400.00	2,400.00
		Quarterly Exp	6,500.00	6,900.00
		Regional Forum	0.00	500.00
		Translator Cost	1,550.00	1,550.00
		<b>Total Expense</b>	<b>30,910.00</b>	<b>33,150.00</b>
			-	<b>0.00</b>
		<b>Note:</b>	<b>7 % Increase in Income and Expense</b>	