



SARA-MANA INTERGROUP NEWSLETTER

July 2019

Central Office 941.351.4818

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aasrq.org

LEARNING TO BE GRATEFUL

-- Ross J.



A lady in my home group started a group gratitude text. Each morning, someone will send a text to the group describing what they're grateful for that day. Then, someone else will respond with what they're grateful for,

and so on. Usually, it's something like being grateful for getting to sleep in or for having a clean house. Those types of things may sound a little trivial, but I think that's the whole point. God may not have chosen to give us much today, but there is always something to be grateful for, if we look for it.

As alcoholics, some of us may have lost the ability to be grateful. Think back to when you were a kid at Christmas. I grew up poor, but we always had a Christmas tree, and there was always at least one gift under the tree for me. I was up at dawn and champing at the bit, pestering my parents until I could tear into that present and find out what Santa had brought me. I was so happy and so excited! And I was grateful in a way that only a child can be, without analyzing it or wondering why I should be grateful. Most of us fortunate enough to be born in this country can remember similar Christmas excitement and childlike gratitude. Somewhere along the way, many of us lost that.

One day I was looking at the group gratitude text and I was struck by an epiphany! I quickly tapped out this text to the group:

"This may sound funny, but I'm grateful to be grateful. For a time, I was a victim. Whatever happened to me was not my fault. If I didn't get something I wanted, I got ripped off. If I got something I wanted, I deserved it, and it was my right—so I didn't need to be grateful for what was mine.

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DISTRICT COMMITTEE MEMBERS + GENERAL SERVICE REPS

TUESDAY, AUGUST 6TH
6:00 PM
CENTRAL OFFICE

EVERYONE IS WELCOME!!!

Do you have a new idea? A suggestion on how to do things differently? Add an essential tool to your AA toolbox All you need to know about **making motions** at your home group, intergroup, district, area and general service conference.

**When to make motion. How to write a motion.
Who can make a motion.**

Presented by Kathy G., past delegate for Area 15 South Florida.

From My Journal

-- by Nancy B.



I experience a full and thankful heart as a choice of what to focus on and put my energy into. The way I shifted from a complaining MO to one of gratitude was rather sudden when AA and my sponsor introduced me to the concept of living in gratitude and making a gratitude list as an antidote to self-pity. My first gratitude list made it clear to me that how I felt—the emotions I experience at any one time—could be changed from bad to good by simply changing my focus, or rather, having the willingness to change my focus.

In writing this entry, I realize that I had done Steps 1, 2 and 3 before I "got" the concept of gratitude. I was probably introduced to it earlier but didn't get it right away. When I did get it, though, a whole new world opened. I became happier, and people noticed and told me. So, maybe it was after Steps 4 and 5 when I dumped so much baggage. OK, probably after I did Step 12 when I discarded my membership in that glum lot of active alcoholics. Silly me! What matters is that I'm choosing to focus on gratitude and the miracles keep happening.

Grateful

continued from page 1

Through the grace of God and this program, I am more right sized today. I understand that if something goes wrong, I usually have some part in it. If something goes right, I've learned to be grateful for the gifts that I've received. Thank you God for allowing me to learn this."

These thoughts just popped into my head, all at once. I believe that it was my higher power at work. I can't take the credit. God had a plan, and I just wrote it down. I hope that you find some meaning here and that you have learned to be grateful again, too.



FIND OUT MORE

meetingguide.aa.org
meetingguide.org
aasrq.org
Apple App Store
Google play

"Meeting Guide is tool that offers A.A. entities full control of their local meeting information and collects it in one place. Users of this new portal will be linked to the service entity providing the information. Participation is, of course, voluntary, but the more connected the service is to the Fellowship as a whole, the more powerful a tool it will become."

Greg T., General Manager, AA World Services, Inc.

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: How can I find out if I'm an alcoholic who can be a member of Alcoholics Anonymous?

Alkie: A person finds their identity by identifying in not out; without identification, A.A. is just information.

Q. Dear Alkie: Does A.A. publish a guide on how to live?

Alkie: In A.A., no one tells you how to live; they show you how to live.

Q. Dear Alkie: You guys talk about humility. Can you give me an example?

Alkie: Humility is the ability and willingness to ask for help.

Q. Dear Alkie: What's the difference between humility and humiliation?

Alkie: Humility is acknowledging your character defects; humiliation is demonstrating them.

Q. Dear Alkie: Any other differences?

Alkie: Humility is acknowledging your character defects; humiliation is demonstrating them.

Q. Dear Alkie: Any way I can test whether I've got humility?

Alkie: Humility isn't thinking less of yourself; it's thinking of yourself less.

Q. Dear Alkie: Has life changed since you got into A.A.?

Alkie: Today I participate in life rather than perform at it, seeking approval.

Q. Dear Alkie: Did you have a goal in your life before you got to A.A.?

Alkie: All I ever wanted was to get my ducks in a row. Then I got to A.A. and found out they weren't even my ducks!

Q. Dear Alkie: You seem so content all the time. How do you do that?

Alkie: Things turn out best for those who make the best out of the way things turn out.

Save the Date

2nd Annual

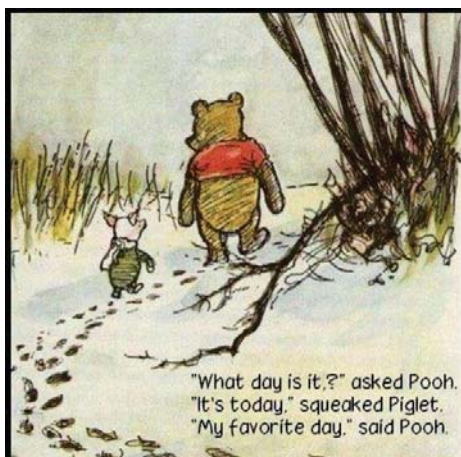
Carry the Message Event
Beautiful Savior Lutheran Church
Sarasota, FL 34243

October 26

Coffee and Pastry 9:30 am
Rocking Panel Discussions
Lunch

ALL ARE WELCOME.
BRING A NEW MEMBER.
BRING YOUR SPONSOR.
WHY NOT BRING YOUR WHOLE GROUP??

You find the AA message in the strangest places -- like the 100-Acre Wood



"What day is it.?" asked Pooh.
"It's today," squeaked Piglet.
"My favorite day," said Pooh.

COMING UP ...

**63RD ANNUAL
FLORIDA**

**STATE CONVENTION
July 31-August 4**

**DISTRICT 4 BOOT CAMP
August 6**

**SATURDAY NIGHT SPEAKERS
POTLUCK
August 17**

**CARRY THE MESSAGE
October 26**

It doesn't matter how much you drank, how often you drank, what you drank, or where you drank. What matters is what happens to you when you drink.

**LÍNEA DE AYUDA EN
ESPAÑOL**

941.355.3399
Spanish-language Helpline



SERVICE IN ACTION

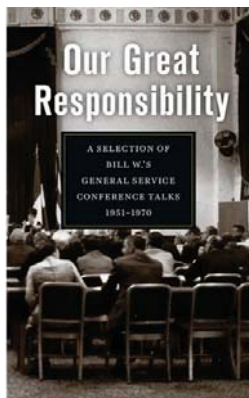
63RD FLORIDA STATE CONVENTION

www.FloridaStateConvention.com
Trump National Doral Miami
Doral, Florida

Central Office BOTM

It's been Central Office's pick for book of the month for 3 straight months. **WHY? As readers of the newsletter know, it's the 1st new conference-approved book in more than 30 years!**

A selection of Bill W.'s General Service Conference talks, 1951 - 1970. Timeless and timely, these 16 selected talks give fresh perspectives on the A.A. Fellowship in our co-founder's own words.



Our Great Responsibility

\$10.00 at Central Office

Central Office
Thanks

The Following Groups & Individuals for Their Contributions

- Gulf Gate Noon
- Lakewood Ranch Mid-Day
- Primary Porpoise
- Promises | Serenity Seekers
- Siesta Key Men's
- Singleness of Purpose
- SIS Conference | Sunrise
- In Memory of John Q.

Central Office HOURS

Central Office is open
9am to 4pm M to Thur
Closed Friday, Saturday and Sunday

No New Edition of the Big Book Slated this Year

One of the topics receiving the most attention leading up to the 2019 General Service Conference was the request to develop a 5th Edition of *Alcoholics Anonymous*. The idea behind the request was to introduce a section of stories comprised of individuals who got sober under the age of 25.

At the **Delegates Report** on June 15, Shirley reported that the Literature Committee decided to take no action on a 5th Edition. The Committee noted that AA is inclusive, never exclusive. If a 5th Edition of *Alcoholics Anonymous* is to be developed, the committee suggested that stories be gathered from as broad a cross-section of the Fellowship as possible, including from those who got sober under 25.

It was also pointed out that previous changes to the Big Book required two or three years of work before the new editions were approved.

To read about all of issues discussed at this year's Conference, including an AA LinkedIn page and maintaining anonymity in the digital age, check out www.area15aa.org.

Thinking about
Driking?

Find a Meeting!

**WHERE
& WHEN**

Online at www.aasrq.org



EMAIL TO THE EDITOR

The use of styrofoam cups and the "world drowning in single use plastics" is clearly an outside issue. What is that piece doing in the Sara-Mana Intergroup Newsletter? Don't we observe the traditions? Seems more appropriate for a Starbucks conversation. The traditions were hammered out to keep us off "slippery slopes". This "crack" in tradition observance can have us sliding down the slope to all kinds of diversions, worthy though they may be. "Our Primary Purpose is....." --Tom S.

It's your newsletter. Let us know what you think. See something you like -- or don't like? Better yet, would you like to contribute an article or story to share your experience, strength and hope with your fellow AAs? Send your comments and contributions to newsletter@aasrq.org.



Don't Take the Elevator Use the Steps!



Photo and caption by Betsy T. Photo taken from elevator bank at Sarasota Memorial Hospital.

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., July anniversaries will appear in the Aug. edition). Deadline for submission of anniversaries is the 7th of each month. The following anniversaries are for June, unless otherwise noted.

Bay Group

Carole P. 36 years
Debbie M. 8 years
Jason P. 6 years
Louise C. 24 years
Mike W. 54 years

Gulf Gate Noon

Gina 15 years
Joe G. 36 years
Kelli J. 13 years
Linda 1 year
Kathy F. 2 years

Oasis

Bill D. 19 years
Tom B. 5 years

Palmetto

Brian S. 3 years
Chris P. 3 years
Guy F. 8 years
Roxie P. 3 years
Tim F. 10 years

Bee Ridge East

Lou S. 21 years
Tom H. 47 years

Happy Cookie Hour

Gwen 2 years
JD 29 years
Jennifer M. 7 years
Stephanie A. 3 years

Serenity Room

Bobby K. 29 years
Bonnie A. 5 years
Jim F. 2 years
John V. 3 years

Early Big Book

Johnny G. 1 year
Jon K. 3 years
Karen C. 20 years
Karen H. 5 years
Marlene 1 year
Tara F. 4 years
Tom H. 47 years

Monday Night Men's

Bill J. 21 years
Jason P. 6 years
John L. 24 years
Lee N. 26 years
Lou S. 21 years
Tony B. 10 years

Sober Living

MEE 3 years
Randy S. 5 years

INTERGROUP REPORT

Each month, the Intergroup Board publishes a monthly 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

Group Name	June	June \$	YTD \$	Group Name	Apr	Apr \$	YTD \$	Group Name	Apr	Apr \$	YTD \$	Group Name	Apr	Apr \$	YTD \$
11th Step			25	Friends of Pelican	x		75	No Rainy Days			51	Sun Beginner's			65
63rd Ave	x			Growing Together			81	N River Mon Night	x			Sunrise			1273
A Lit Meeting				G Hisp Companeros		12	107	Oak Street Step			165	Sure Bet			100
AMI Womens				Gulf Gate Noon	x		1142	Open Door			105	Surfside Serenity		56	342
As Bill Sees It			330	Happy Cookie Hour	x		300	Palmetto		60	180	The Islander		100	138
As The First 100	x			Holmes B Men's BB			59	PMS			50	The Oasis			38
Attitude Adjust	x		84	Humble Beginnings			135	Primary Porpoise	x		100	Third Legacy			
Bay			330	Keep It Simple			161	Primary Purpose			120	Traditions	x		30
Bee Ridge East				Kensington Park	x		230	Promises			180	Turning Point			100
Beneva Discussion			125	Lighthouse		150	150	Rose	x	30	30	Twilight Hour			200
Bradenton DT			30	Lost & Found				Sarasota Men's				Under the Rainbow			285
Bradenton YPG	x			LWR 12 & 12 East			150	Sarasota YPG				WAGS			60
Brown Bag				LWR Happy Hour			166	Sat Night Speakers		300	550	Wed Beginner Men's			150
Donut Hour			225	Main Street Men's			60	Serenity Room				Wed Morn Women's			163
Early Big Book	x	176	176	Make Today Count			175	Serenity Seekers			92	West Bradenton		175	350
11th Step Meeting			40	M & W of Serenity			30	Siesta Key Men's		300	1200	Women in Solution	x		650
Enjoying Journey			90	Mid Morning			120	Singleness Purpose	x			Women's AA Lit			13
Fresh Start			207	Mon Night Men's	x		363	Sober Living			200	Women's Grp LWR			62
Fri Night in Wind		15	85	MWTh Harvest UM			185	St Armands Noon			450	Holmes Beach BB			264
Friends			300	New Day			450	Suncoast Bid				Sobriety Group			
				LBK Tuesday		39	39					Steps in the Sand			30

The opinions expressed herein are those of the writers and not necessarily those of A.A., Sara-Mana Intergroup or the Central Office.