



SARA-MANA INTERGROUP NEWSLETTER

June 2019

Central Office 941.351.4818

AA HELPLINE 941.951.6810

aasrq.org



Meeting Guide Is a Go for Sarasota and Manatee

As of last month, you can now access listings for all Sarasota and Manatee-county AA meetings on Meeting Guide, an online and mobile app that allows users to find a meeting quickly and easily. Meeting Guide is now licensed and supported by Alcoholics Anonymous World Services, Inc. In other words, it's legit.

Working together, Central Office, General Service and Intergroup have joined 23 other areas in Florida and more than 300 local AA entities across the US and Canada to make our meetings available on Meeting Guide. Local members of the Fellowship, visitors to the area and those coming into the halls for the first time will find greater access to meeting information.

The Meeting Guide App is quick and easy to use. Using your current location (or another location of your choice) Meeting Guide provides a list of nearby meetings by day and time. Information includes the meeting name, day and time, address, distance from you, whether it is open or closed, and the format. When you choose to view a meeting, you're provided with a fully functional Google map with directions along with options to text or email the meeting information to yourself or others, place the meeting on your calendar or add it as a favorite.

Meeting Guide was developed in 2015 by a group of independent AA members as a service project. The group immediately offered to turn the technology to AA World Services free of charge. The breakthrough came in November last year when World Services took the group up on their offer (sometimes quickly, sometimes slowly).

Thanks go out to Evan, a recent arrival to our area for offering his time and technical skills to make our area's participation possible.

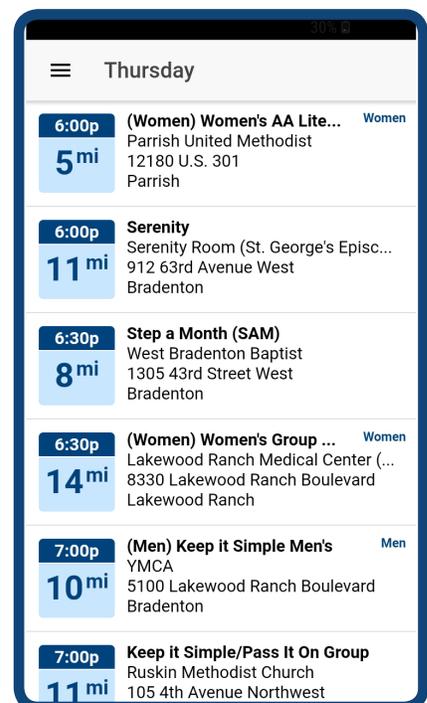
And to answer perhaps the most pressing question on the minds of many: YES, THE "WHERE & WHEN" WILL CONTINUE TO BE PUBLISHED IN ALL OF ITS PRINTED GLORY. We owe a particular debt of gratitude to Susan for her ongoing service to update and print that staple of Sara-Mana AA that we all depend on. The best feature of Meeting Guide is that each local AA organization maintains control of its listings on the app. So, in addition to producing the Where & When, Susan's work to keep our meeting lists up to data and coherent directly enables us to create a presence on Meeting Guide.

"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.

FIND OUT MORE

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



DOWNLOAD THE APP

An Excerpt from The Dead Dog Diaries: Our Dog's Story

Submitted posthumously by Gizmo

What It Was Like:

I was scared of my humans. Their loud voices made me pee on the rug. Then, they would yell at me too. Sometimes one of them would come home drunk and trip over my dog bowl. That would make them cuss a lot or kick me if I didn't get out of the way fast enough.

Once, the female human threw her purse at the male human, but she missed and it clunked me in the head. Let me tell you, that sucker hurt because there was a fifth of vodka inside. Usually, I hid under the bed. The worst part is that sometimes they would forget to feed me.

What Happened:

One day, the female human moved out. First she went to some place called 'rehab'. I think that is where they teach you to take better care of your dog. Then she got her own place. She was gone a really long time. I think it was something like 7 dog years. The male human got a lot quieter and sadder.

One evening, she stopped by the house, and I was so happy to see her. I jumped up and told her that I forgave her. "Please, please, please stay," I panted. But she didn't stay long. She showed the male human a blue chip. It smelled really good. As the male human was driving me to the dog park one day, he patted me on the head and said, "Things are gonna get a lot better around here, boy." I noticed a white key tag hanging from the ignition. I wagged my tail because I didn't smell fear any more.

What It's Like Now:

I'm not scared of my humans anymore. They spend more time playing with me. The female human moved back home. Even though I had to give up my spot in the big bed, and I don't get to lick up the nice chunky vomit anymore, it is so worth it! Honestly, I can't remember the last time someone kicked me. And the best part is that they never forget to feed me!

Maribeth D.

Women of Hope Meeting Change

We will not be meeting at our normal meeting site on July 18 at 1 pm in Ellenton (the church needs the space). We will still get together at another site. Come to our meeting to find out where or email Karen at Karenpenn86@gmail.com. The change is only for the July 18

DON'T FORGET . . .

63RD FLORIDA ST CONVENTION
July 31-August 4

SAT NIGHT SPEAKERS POTLUCK
August 17



STYROFOAM CUPS

I am, with Third Legacy Men's Group, suggesting to GSO, as

well as all groups in Sara-Mana, that we make an effort to discontinue the use of Styrofoam cups for our coffee.

The world is drowning in single use plastics. Our Waste Management Company will not recycle Styrofoam. Our group has switched to biodegradable and/or recycled cups for coffee and, after due diligence, have decided that the increased cost are our part of the group's obligation in reducing pollution in our communities.

In Service.....Louis S.

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: I've been trying for years and years to quit drinking, but I can't figure out why. Do you have any idea why?

Alkie: Yep. Because you can't fix the mind you have with the mind you have!

Q. Dear Alkie: I know I should go to your stupid meetings, but you don't understand how inconvenient they are for me. And I keep hearing you people say to "do the Steps", but I just don't have time now. Got some other way to help me?

Alkie: I had to remove "yea, but," "I know" and "you don't understand" from my vocabulary before I could be helped.

Q. Dear Alkie: I'm thinking about doing your Steps, but I can tell you right now I don't have time to help others, which I see your 12 Step talks about. Can I skip that one?

Alkie: Those who work with others evidence their generosity of spirit; those who don't are cheating themselves of the most rewarding aspect of the program.

Q. Dear Alkie: I heard somewhere that I could just "fake it till I make it." Does that apply to this sponsor thing too?

Alkie: The big difference between saying you have a sponsor and having a sponsor is using a sponsor.

Q. Dear Alkie: I'm afraid to get a sponsor. I'm afraid that when I tell him about myself he'll not like me, and that he won't want to help me.

Alkie: A.A. is full of wonderful people who have themselves gone through hell and are now willing to help others. My experience is that those who judge don't matter, and those who matter don't judge.

Central Office Space

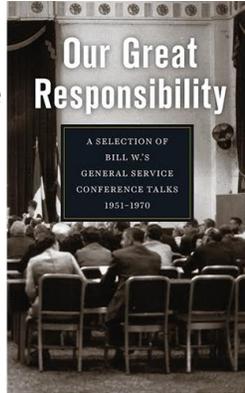
Central Office Thanks

The Following Groups & Individuals for Their Contributions

Bay Group | Early Big Book
Grupo Hispano Companeros
Gulf Gate Noon | If Group
Language of the Heart | LBK Thursday
Lighthouse
Men and Women of Serenity
Mid Morning | Monday Night Men's
Oak Street Step | Oasis | Rose
Saturday Night Speakers
Serenity Seekers | Steps in the Sand
West Bradenton
Arnold C | Craig W | Jean G
John R | Joseph C

Book of the Month *Our Great Responsibility* A New Publication

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.



\$10.00 at Central Office

Volunteers Needed

Looking for an opportunity to provide service?

The **Men's Recovery Pod at the Manatee County Jail** is in need of volunteers to "bring the message."

Volunteers are needed immediately as "snowbirds" migrate north and other volunteers step down. Applicants should have worked the steps with a sponsor, have a minimum of one year sobriety and have no "paper" for 5 years (for those who don't know what "paper" is, don't worry about it!).

For more information please call Jim J. @630.638.3844

"The unity of the Fellowship of the spirit can be ours so long as we are willing to pass it on."

From My Journal

-- by Nancy B.



Reflecting on another gift that sobriety and AA gave me, I am thinking of how I held everyone to a very high standard of behavior; I expected a lot from everyone, and I held myself to that high standard too.

But I kept failing and lived with a combination of denial of those failures and relentless shame and guilt. The shame and guilt toward the end of my drinking was focused on my failure to drink without shame and guilt. No joke!

In sobriety I'm learning that there is no perfection. There isn't even one standard of how things should be or how we should act—there is only perspective, doing the best we can and doing it with honorable motives and an open mind to recognize when we are out of balance. And when I'm out of balance or I've erred, I to have the willingness to change and make amends. That's human.

Looking back, my high standards were not only wrong in their inflexibility, but they were all about *me* and totally out of balance. As I get better at considering what it might be like in the other person's shoes, I am able to see those standards are more harmful than not. I'll now rely on my HP's standards; that's safer.

From the First

164 Pages

"Selfishness, self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt. So our troubles, we think, are basically of our own making."

p. 62
**Alcoholics Anonymous,
4th Edition**



SERVICE IN ACTION
63RD FLORIDA STATE CONVENTION

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

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

Bay Group

Anne D. 6 years
Bill K. 4 years
Katie B. 11 years

Bee Ridge East

Frankie D. 12 years
Maureen S. 17 years

Down Home

Chuck 11 years
Gaston 43 years
Judy 15 years
Vickie 9 years

Early Big Book

April
Judy M. 32 years
Marla H. 32 years
Sheila D. 33 years

May

James F. 4 years
Wendy H. 32 years

Friends

Fred W. 37 years

Gulf Gate Noon

Ali K. 6 years
Chris S. 15 years
Jerry G. 42 years
Monica 38 years
Paula P. 4 years
Suzanne R. 22 years

Monday Night Men's

Tom S. 28 years

Oasis

Felix N. 2 years

Palmetto

Chad S. 1 year
Daniel K. 2 years
Jay V. 5 years
Lance W. 2 years
Phil M. 2 years
Robert W. 28 years

St. Armand's Noon

March
Annette W. 15 years
Annie H. 32 years
Bert C. 52 years
B.J. 30 years
Janet B. 20 years
Jeff S. 10 years
Salena W. 12 years
Theresa C. 11 years

April

Mike B. 4 years
Molly M. 8 years

Serenity Room

Jaelin H. 6 years
Martha C. 16 years
Marybeth M. 20 years
Mel W. 40 years
Richard D. 4 years
Tom R. 27 years

Sober Living

Fred N. 9 years
Jane S. 30 years
Katie B. 11 years

Women in the Solution

Cynthia 32 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	May	May \$	YTD \$	Group Name	Apr	Apr \$	YTD \$	Group Name	Apr	Apr \$	YTD \$	Group Name	Apr	Apr \$	YTD \$
11th Step			25	Friends of Pelican		75	75	No Rainy Days			51	Sun Beginner's			65
63rd Ave	x			Growing Together			81	N River Mon Night				Sunrise			1273
A Lit Meeting				G Hisp Companeros		57	95	Oak Street Step		65	165	Sure Bet			100
AMI Womens				Gulf Gate Noon	x	397	1142	Open Door			105	Surfside Serenity		61	286
As Bill Sees It			330	Happy Cookie Hour			300	Palmetto	x		120	The Islander			38
As The First 100	x			Holmes B Men's BB			59	PMS			50	The Oasis			38
Attitude Adjust	x	54	84	Humble Beginnings			135	Primary Porpoise	x		100	Third Legacy	x		
Bay		150	330	Keep It Simple			161	Primary Purpose			120	Traditions	x	15	30
Bee Ridge East	x			Kensington Park	x		230	Promises			180	Turning Point			100
Beneva Discussion			125	Lighthouse				Rose	x			Twilight Hour	x		200
Bradenton DT			30	Lost & Found				Sarasota Men's	x			Under the Rainbow	x		285
Bradenton YPG				LWR 12 & 12 East			150	Sarasota YPG				WAGS			60
Brown Bag				LWR Happy Hour			166	Sat Night Speakers	x		250	Wed Beginner Men's	x		150
Donut Hour			225	Main Street Men's			60	Serenity Room	x			Wed Morn Women's			163
Early Big Book	x			Make Today Count			175	Serenity Seekers		30	92	West Bradenton			175
11th Step Meeting			40	M & W of Serenity			30	Siesta Key Men's			900	Women in Solution	x		650
Enjoying Journey			90	Mid Morning		60	120	Singleness Purpose	x			Women's AA Lit			13
Fresh Start			207	Mon Night Men's	x		363	Sober Living	x	100	200	Women's Grp LWR			62
Fri Night in Wind			70	MWTh Harvest UM			185	St Armands Noon		300	450	Holmes Beach BB		264	264
Friends			300	New Day			450	Suncoast Bid	x			Sobriety Group	x		
												Steps in the Sand		30	30

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