



# SARA-MANA INTERGROUP NEWSLETTER

September 2019

Central Office 941.351.4818

AA HELPLINE 941.951.6810

aasrq.org

## THOUGHTS ON ANONYMITY

-- by Carol K.

I had zero self-esteem when I got to the program. I couldn't believe that a person as smart as I was – a strong minded, capable woman – couldn't beat alcohol. I was ashamed of that as well as my behavior. When I learned that the AMA had classified alcoholism as a disease, I really didn't believe it. Then I read the following:

“The American Medical Association (AMA) declared that alcoholism was an illness in 1956. In 1991, the AMA further endorsed the dual classification of alcoholism by the International Classification of Diseases under both psychiatric and medical sections.” Wikipedia.

Therefore, if I truly believe that alcoholism is a disease, I should be no more ashamed of having it than of having diabetes. And a family history of alcoholism is certainly part of my story. Before I was born, very early in their life, both my grandfathers died of this disease.

I remember hearing at AA meetings early in my sobriety that we should tell all the significant people in our lives that we are in the program as a deterrent to suddenly being taken drunk. The thinking went that we'd remember that they knew, and we wouldn't want to “let them down,” conjure up trouble for ourselves, or be embarrassed.

I do not disclose my alcoholism or membership in the program unless there's a good reason to do so. For example, I was encouraged to tell my doctor that I was a recovering alcoholic when I joined AA, and I followed that advice. I also make exceptions when it could help, and I decide on a “need to know” basis. For 16 years, we have lived in a small complex of 12 town homes. Three people in the complex know I'm in AA, and because of their station in life, I've offered to be of service if they need me.

One is an attorney who is involved with teen court, and I can see being of use by providing a Public Information/ Cooperation with the Professional Community (PI/CPC) presentation for the court.

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FELLOWSHIP

FOOD

FUN

SOBRIETY COUNTDOWN

RAFFLE

PORK T-LOIN  
CHICKEN PARM  
OR  
VEGGIE  
LASAGNA



SARA-MANA INTERGROUP DISTRICT IV

*Presents*

**2019 Gratitude Dinner**

TICKETS  
\$18  
AT  
CENTRAL  
OFFICE

Come Join us for A Cornucopia of

***“Experience, Strength & Hope!”***

**Saturday November 16th, 2019**

Sarasota Community Church  
4041 Bahia Vista Street  
Sarasota, FL 34232

DOORS OPEN 5:30 PM  
DINNER 6:30 PM  
SPEAKER: 8:00

**NO SMOKING on CHURCH GROUNDS**

More info at [aasrq.org](http://aasrq.org)

INFO/VOLUNTEER?  
JIM C.  
904-322-1869

## Anonymity

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Another neighbor is a psychologist in private practice who is welcome to reach out for assistance for patients. The third person is a clergyman from the church where my home group meets. Avenues of service there include providing our calling card information (“If you want to drink that's your business; if you want to stop, that's ours.”) for the church bulletin and for his counseling services.

These are positions I can take since my disclosure of AA membership is not at the level of press, radio or films as stated in the 11th tradition. And we are not meant to be anonymous within the fellowship. We've all heard the stories of members going to a hospital to cheer up a home group member only to ask the information desk attendant, “What room is Peter in?” But above all, I cannot break the anonymity of anyone else – ever.

## New Feature: Group of the Month

Last month, Intergroup discussed starting a new, regular newsletter feature - **Group(s) of the Month**. The background is that we can all check out the Where & When to find out the basic details about the meetings and groups that make up AA in Sarasota and Manatee Counties. But this feature is a way to build an even greater sense of AA community within the area.

To share your home group's story, submit 200-300 words and tell us all about the group's history, special events you host, anything the group is known for, meeting size, funny stories, how you got your name, and so on - really, whatever you'd like to tell us. Send it our way, and we'll print it!

[newsletter@asrq.org](mailto:newsletter@asrq.org)

## 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'm not sure if I'm powerless. How can I tell?

**Alkie:** **If you're sitting in an A.A. meeting or a treatment center, being powerless is a fact, not a choice.**

**Q. Dear Alkie:** I've been thinking about this stuff you talk about – the business of powerlessness and whether my life is unmanageable. I can't seem to make up my mind, but I am still drinking.

**Alkie:** **Until you take the first step, you aren't going anywhere.**

**Q. Dear Alkie:** My life is horrible, and the world is horrible. I keep traveling from place to place but I keep drinking. Are there any good places?

**Alkie:** **In order to change your world, you need to change your mind. Try doing the Steps.**

**Q. Dear Alkie:** I keep picking up a drink. Any suggestions?

**Alkie:** **As long as I hold A.A. in one hand and God in the other, I won't have one free to pick up a drink.**

**Q. Dear Alkie:** I keep fighting this alcohol problem, but nothing works.

**Alkie:** **The struggle stops when we stop struggling! A white chip is the token that gets you on the train of recovery for the ride of your life.**

**Q. Dear Alkie:** Does alcohol really kill those who have alcoholism?

**Alkie:** **It's not alcohol that kills alcoholics; it's amnesia.**

**Q. Dear Alkie:** I keep thinking that I'm not really an alcoholic, but I keep getting in trouble, now almost every time I drink.

**Alkie:** **I'd rather go through life sober thinking I'm an alcoholic, than go through life drunk, trying to rationalize that I'm not.**

## From My Journal

-- by Nancy B.



One of the new frames of reference I learned to adopt from Steps 4 and 8 was my part in every disturbance, resentment, anger,

hurt and fear. My sponsor and the AA program urged me to stay away from blaming others and instead to look at how I contributed to, if not caused, the situation. Therein always lay the solution!

I learned that the only thing I had the power to change was me! In changing me and using my new frame of reference, I no longer waded into swamps of messy relationships and situations that breed conflict. I now know to let go of self-centered thoughts when they first get started in my head, and that helps a lot in keeping my side of the street clean.

I'm also learning not to judge the other person, a topic I could write pages on as well. Accepting others, with compassion, prevents me from focusing on perceived wrongs that others might have done and keeps the focus on my choice to do the next right thing.

*Central Office  
Thanks*

**The Following Groups  
for Their Contributions**

Bee Ridge East  
Beneva Discussion  
Friday Night In The Wind  
Grupo Hispano Companeros  
Keep It Simple | Kensington Park  
Oasis | Siesta Sunrise Woman  
Surfside Serenity  
Third Legacy Men's  
Traditions  
Wednesday Mid-Morning



Feeling Squirrely?  
Find a Meeting!

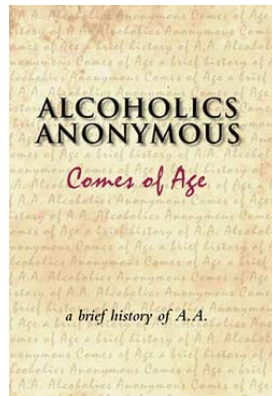
**WHERE & WHEN**

Online at [aasrq.org](http://aasrq.org)

## Central Office Book of the Month

Bill W. tells how A.A. started, how the Steps and Traditions evolved, and how the A.A. Fellowship grew and spread overseas.

\$9.50



**2<sup>nd</sup> Annual**  
**Carry the Message**

Learn the **FUN** of Giving Back  
**Saturday October 26th**  
**9:30 AM Coffee & Pastry**

**Panel Discussion w/ Moderator**


**Beautiful Savior Lutheran Church**  
**7461 Prospect Rd. Sarasota 34243**

**Literature**  
**Accessibilities**  
**Events**  
**Grapevine/La Vina**

**Web H&I**  
**PI/CPC**  
**Archives**

**Lunch provided**

To volunteer contact Alan T. [gsaltchair@aasrq.org](mailto:gsaltchair@aasrq.org)



## 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](mailto:sarasotajim.flg@gmail.com)

Group Name	August	Aug \$	YTD \$	Group Name	July \$	YTD \$	Group Name	July \$	YTD \$	Group Name	July \$	YTD \$
11th Step			50	Friends of Pelican		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	12	139	Oak Street Step		165	Sure Bet		100
AMI Womens				Gulf Gate Noon	X 204	1505	Open Door		105	Surfside Serenity		342
As Bill Sees It			330	Happy Cookie Hour	X	300	Palmetto	X	180	The Islander		138
As The First 100	X			Holmes B Men's BB		59	PMS		50	The Oasis	10	72
Attitude Adjust			84	Humble Beginnings		135	Primary Porpoise	X	100	Third Legacy	X	
Bay		150	480	Keep It Simple		161	Primary Purpose		160	Traditions		45
Bee Ridge East	X	30	30	Kensington Park	X 80	310	Promises		180	Turning Point	51	151
Beneva Discussion		125	250	Lighthouse		150	Rose		30	Twilight Hour		200
Bradenton DT			30	Lost & Found		33	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		550	Wed Beginner Men's		150
Donut Hour			225	Main Street Men's		60	Serenity Room	X		Wed Morn Women's		163
Early Big Book	X	176		Make Today Count		175	Serenity Seekers		92	West Bradenton	76	426
11th Step Meeting			95	M & W of Serenity		30	Siesta Key Men's		1200	Women in Solution		650
Enjoying Journey			90	Mid Morning	30	150	Siesta Key Women	86	86	Women's AA Lit		13
Fresh Start			207	Mon Night Men's	X	363	Singleness Purpose	X		Women's Grp LWR		62
Fri Night in Wind			85	MWTh Harvest UM		185	Sober Living		200	Holmes Beach BB		264
Friends			300	New Day		450	St Armands Noon		630	Sobriety Group		
				LBK Tuesday		39	Suncoast Bid	X		Steps in the Sand		30

# ANNIVERSARIES

Please email birthdays to [newsletter@asrq.org](mailto:newsletter@asrq.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., SEPTEMBER anniversaries will appear in the OCTOBER edition). Deadline for submission of anniversaries is the 7th of each month. The following anniversaries are for August unless otherwise noted.

## Bay Group

Lee I. 36 years  
Maggie R. 5 years

## Bee Ridge East

Mark S. 29 years

## Gulf Gate Noon

Dianne 24 years  
Debbie 5 years  
Gail 10 years  
Jay M. 6 years  
Jody K. 35 years  
Judy M. 12 years  
Leon D. 13 years  
Susan M. 30 years

## Happy Cookie Hour

Dolores G. 30 years  
James H. 1 year  
Lisa 8 years  
Molly 19 years  
Parris 32 years

## Monday Night Men's

Bill W. 27 years  
Tim G. 34 years

## Oasis

Christina C.W. 1 year  
Jay H. 4 years  
Jerry B. 10 years  
Joe A. 30 years  
Louise W. 1 year

## Palmetto Group

Buddy 27 years  
Harley J. 2 years  
Pat M. 47 years  
Mandi A. 5 years  
Richard A. 12 years  
Ricky P. 2 years  
Stew R. 10 years  
Wanda R. 4 years

## Singleness of Purpose

Nancy B. 16 years  
Tracy H. 3 years

## Sober Living

Judy M. 12 years

## Sure Bet

Janice R. 10 years  
Kathy G. 26 years

## Women in the Solution

Dawn D. 29 years  
Kathleen H. 49 years  
Shirley P. 25 years  
Stephanie 3 years

## Awesome New Initiative! AA Awareness in the Community

-- by Dave S.

How did you first learn about Alcoholics Anonymous? For me it was at a treatment center, but over the years, I've heard of many, many different introductions to the program.

Our **Public Information Committee** has come up with a terrific idea. It has printed up small 4-x-6 placards and is asking groups to ask their members to place these cards anywhere in the community that allows public service announcements like bulletin boards at coffee shops, libraries, break rooms, church halls, and so on.

My home group, the Monday Night Men's group, decided to take this on as a group project. We've asked our members to take one or two of these placards and put them up in appropriate places, and report back on where they've been placed. You can check out pictures of the first four that were placed by our members by accessing the online version of this newsletter at [asrq.org](http://asrq.org).

The idea is that the general public be exposed to the fact that Alcoholics Anonymous is alive and well in our community. It also gives individual members, particularly newer members, an opportunity to be involved in carrying out the 12th Step.

**So, I know you're now wondering: "How can my home group and I get in on this fun?" Simple. Have your GSR or Intergroup Rep get some at Central Office, or better yet, you can go to Central Office and get some for your group.**

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

**Is Alcohol a Problem?**  
**ALCOHOLICS ANONYMOUS**  
**(941)951-6810 AASRQ.org**

Si tu quieres beber es problema tuyo. Pero si quieres dejar de beber, el problema es nuestro.

**ALCOHOLICOS ANONIMOS**  
**(941)355-3399 AASRQ.org**

Ask your members to take just one or two and put them up, take a picture or two, and let the Public Information Committee know where you put them.

Email us at [picpc@asrq.org](mailto:picpc@asrq.org). Feel free to pass along a photo. And if you send photos the newsletter at [newsletter@asrq.org](mailto:newsletter@asrq.org), we'll post them on the website.

In no time at all, the entire Sarasota/Bradenton area will be blanketed. God only knows how many sick and suffering people will be helped, but it's going to be a lot!