



On the web at aasrq.org

Sara-Mana Intergroup

P.O. Box 3075 1748 Independence Blvd., #B2, Sarasota, FL

God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference.

May 2014

Central Office (941)-351-4818

Sara-Mana District 4, Area 15

Service Notes

PI/CPC Work Includes Teens, Vets, Movies

Following is an excerpt from the report given at the April GSO meeting.

Your PI/CPC Committee continues to grow and to carry our message of recovery throughout Sara-Mana District 4.

Over the last month, our presentation teams have participated in a number of area events. A.A. returned to the Sarasota County TEEN Court program. As part of the program's regular "Peer Circle" period, AA members are asked to share their experiences and what led them to AA recovery. YPG members with a year of recovery are needed to meet with these young people. The program was well received and AA literature was available.

AA members provided AA literature and shared their stories of recovery with veterans at the annual Sarasota County VETS' STAND-DOWN. AA was one of 20 community groups gathered to share information on resources available to veterans in the county. AA provided information and was asked to participate in the Manatee County Youth Commission's "Let's Talk" program, an annual forum for teens and adults to talk about tough topics. We are always looking for new opportunities to "carry the message." If you have a story (and who doesn't?) we urge you to join our presentations group and enjoy some great service work.

IF YOU WANT TO DRINK, THAT'S YOUR BUSINESS.

IF YOU WANT TO STOP, THAT'S OURS.

That's the message that is carried on every screen, before every show, in every theater at the Parkway 8 Cin-



The March 1941 issue of the Saturday Evening Post carried the seminal article by Jack Alexander which brought A.A. to broad public notice for the first time. Alexander, a tough no-nonsense investigative reporter, became a believer after meeting with two old friends whose newspaper careers had been resurrected after they joined A.A.

ema. It's seen by thousands of theatergoers each week. In addition to the message presented on each of the 8 theater screens, we have business cards available in the lobby for patrons to take with them. Those cards are available through PI/CPC.

Our "Rack-Pack" continues to provide AA information in racks throughout Manatee and Sarasota counties. We are always looking for new locations. Become a part of our "adopt-a-rack pack" and have your own rack to pack.

Your PI/CPC Committee meets on the second Wednesday of each month at the GSO from 5:30-6:30 p.m. Enter through the back door.

Central Office Fund Drive a Success Again

We want to thank everyone who participated in this year's Fund Drive. Your generosity is greatly appreciated.

The Central Office Fund Drive topped out at \$27,173, slightly below our goal but we assure you, our doors will remain open, the phones will be answered, and the hand of A.A. will be here for the suffering alcoholic.

There are plenty of the 75th Anniversary Big Book available so if you haven't received one yet there is still time. In addition, we have received the new abridged version of our Large Print Big Book available at the low, low price of \$6.50.

On Monday 4/28/2014 Grapevine released its newest publication "Daily Quotes" this is available in the office for \$12.00

At April's board meeting the quarterly reports showed the Central Office finances are well in line with the approved budget numbers.

Big Book is 75; Helps Set Record Sales Week

On Thursday, April 10 our Big Book turned 75!

In November, the Central Office made an initial purchase of 900 copies of the new 75th anniversary edition Big Book.

We would like to report to you, because of the book and your support; the week of April 14 was the best week of sales in the history of the Central Office. In one week alone, our gross sales were \$7,592.44.

The books are going fast but don't worry we'll get more.

Before you say I can't, say I'll try.

Alcohol No Longer Part of His Life . . . Yeah, Sure

This article by your editor appeared in The Grapevine, February 2006

There was a time early in my AA recovery when I was fond of saying, "Alcohol is no longer a part of my life."

Then, with about six years of sobriety, I found myself ruminating over a dinner party I had attended the night before. In my mind's eye, I went around the table. I could remember what most of my companions drank, but not what they ate.

About 12 years into my recovery, my girlfriend and I took her aging mother to dinner at a second-floor restaurant in Nokomis, Florida. A wall of glass faced the sunset over the Gulf of Mexico. I watched a Manhattan delivered to a table, held high on the server's tray as it crossed in front of that window. In that sunset, a tiny, colored light bulb seemed to materialize in the bottom of that glass of dark, honey-colored alcohol. "Cute waitress, wasn't she?" my girlfriend said with a nudge. I couldn't tell you whether a male or female carried that drink.

Finally, a few mornings after marking 20 years in the program, I settled into my battered recliner with my first coffee and paper. The features section carried a full-page cover story on how to get over that St. Patrick's Day hangover. "Harrumph," I harrumphed. "That's information I no longer need. What a waste of valuable newspaper space." I then read every word of it.

Like I said, alcohol is no longer part of my life. —*Edgar C.*

Get Newsletter by Email

Get your Sara-Mana Newsletter emailed to you in a PDF format each month. Email secretary@aaqr.org and ask to be on the email list.



Sister Ignatia Gave First Sobriety "Chips"

The founder of the hospital concept used to this day in the treatment of alcoholism was Sister Ignatia Gavin, a frail but no-nonsense Catholic sister in charge of admissions at St. Thomas Hospital in Akron, Ohio. On August 16, 1935 with the help of Dr. Bob Smith, one of the founders of Alcoholics Anonymous, she admitted the first alcoholic patient under the diagnosis of acute gastritis, thus making St. Thomas the first hospital in the world to treat alcoholism as a medical condition. Dr. Bob provided the medical treatment, while a stream of "reformed" alcoholics helped the man with his "spiritual" needs.

St. Thomas Hospital became the first religious institution to recognize the rights of alcoholics to receive hospital treatment. Today, many of AA's practices — including the use of tokens such as poker chips to mark milestones in sobriety — find their origins with Sister Ignatia.

Sister Ignatia was the first person to use medallions in Alcoholics Anonymous. She gave the drunks who were leaving St. Thomas after a five day dry out a Sacred Heart Medallion and instructed them that the acceptance of the medallion signified a commitment to God, to A.A. and to recovery and that if they were going to drink, they had a responsibility to return the medallion to her before drinking. The customs are carried out to this day with tokens and poker chips awarded for sobriety.

End Confusion About Cross-Talk

By Terry T (*Santa Fe, NM*)

What we mean by "crosstalk" can be confusing because there are several definitions that different groups have adopted. Most generally, crosstalk means directly addressing another individual during one's share.

Common courtesy should be the guiding principle. The problem is that most of us alcoholics are immature and self-centered so that we lack those skills and have to be told and shown how to act like a part of a whole.

I don't see anything wrong with a brief bit of praise — something along the lines of, "I like what Patricia said" or "my experience is similar to Mike's" and so on. The problem I see is when people interrupt a share with their own comments. Likewise, after someone shares, it is wrong to be demeaning to that person by saying "that was stupid" or "you don't know what you're talking about."

As for speakers who break traditions, there are different ways to handle the situation and, sometimes, it takes someone other than the chairperson to stop the meeting and get things back on track. I don't see this as crosstalk. It's protecting our traditions. Of course some ways are better than others to handle these types of situations but there is no one-size-fits-all kind of fix.

My group tried adding a definition of crosstalk to the meeting preamble and the result was that we had a lot of crosstalk during the reading of that definition! Many who chaired at my group simply refused to read that part of the preamble. Childish and immature? Yes. But we alkie don't like to be told what to do!

The group has since gone back to the old preamble and crosstalk is no more a problem than before.

The heart of the solution is to remember that each of us is here to share our personal strength, hope, and experience. If some particular part of our story addresses the stated needs of an individual, that is perhaps really what Bill Wilson had in mind when he said that the stories were the most important part of the Big Book.

Character-Building and Being in the Solution Are the Real Goals of A.A., Says Old-Timer

By Anonymous

A lot of what I have seen, read and learned in the program of Alcoholics Anonymous has to do with the rebuilding of our character in a positive direction. The ultimate goal, as I understand it, is not only to attain daily sobriety, but to change our character in a way that the old defects cannot pull us back into the attitude that a drink can solve everything.

Back in the day, the Old Timers would opine that newcomers should only share for a few minutes as they had a tendency to get into whining. The Old Timers would teach the newcomers how to share by speaking of the solution and how to get into the solution.

And definitely, not to whine.

Why? Because by whining one is staying in the role of victim. Everyone is picking on me, I am the victim, so I have a good reason to drink etc. Feel sorry for me!! Boo hoo!!

Through working the Steps,

3 FOR MAY

STEP FIVE. "Admitted to God, ourselves, and another human being the exact nature of our wrongs." Why not just "God and ourselves"?

The 12 & 12 elucidates this point this way, "Somehow, being alone with God doesn't seem as embarrassing as facing up to another human being. Until we actually sit down and talk aloud about what we have so long hidden, our willingness to clean house is largely theoretical. The alcoholic translation of 'theoretical' is 'baloney.'"

TRADITION FIVE. "Each group has but one primary purpose, to carry its message to the alcoholic who still suffers."

CONCEPT FIVE. "Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration."



working with a Sponsor and attending Meetings where others share their experience, strength and hope the "victim" behavior is erased. We begin to see our part in the given situation. We begin to understand that we are responsible for what happened to us because of our drinking. We learn that we frequently volunteered to be in a particular situation so we could continue to be the victim.

Our character changes as we mature and study and learn. We no longer dwell in the past as the victim. We dwell in the here and now with wisdom and understanding that allows us to go into our families and communities to be of service in sobriety

"When I was actively drinking, most of my friends were alcoholics; now that I've been sober for a while, ALL my friends are alcoholics.--Anon

HELPLINE TOTALS



April 2014 Calls	300
BREAKDOWN	
Meeting time/location	220
In lieu of 12 step call	13
Actual 12 step calls	13
Al-Anon Call	7
Special Needs	0
Miscellaneous	47
Spanish Helpline	6
Two Helpline shifts are available: Wed. 3-6 p.m, and Sat. 6-9, Call Central Office at (941) 351-4818.	

Dear Alkie

Q. What's the difference between 2-Stepping and 13-Stepping?

A. They're vastly different. 13-Stepping means that people with some time in the program are trying to date newcomers. Those new to the program (those with less than a year) have no idea yet who they are and need time, lots of meetings, and diligent work with a sponsor before they decide who to date. I've heard it said that "starting a new relationship in early sobriety is like pouring Miracle Gro on your character defects."

2-Stepping describes people who work the first step and then move right to the twelfth step. They think they're ready to help newcomers.

But that's not true. We know that each of us must work all the steps thoroughly with a sponsor. Remember, too, that the steps are in order (1 to 12) for a reason, which you will soon discover as you work them.

We also find that when you work ALL the steps (continuously) and learn to live them, you'll have a productive, happy, and serene life!

I heard in a meeting that each of the steps has a principle behind it. What are those principles?

I had to do some research on those because I hadn't heard this either and I've been in the program a long time. One version gives this lineup: Step 1-Honesty. 2-Hope 3-Faith 4-Courage 5-Integrity 6-Willingness 7-Humility 8-Brotherly love 9-Justice 10-Perserverance 11-Spirituality 12-Service

Special thanks to some members of the Gulfgate Noon Group for this info. I think it's really important and plan to pass it on to everyone I know. I'm still trying to figure out why I never heard this before!

Rocking Chair A.A.

Members who come late, leave early, hide in the back row, never share nor work the steps of the program are practicing "Rocking Chair A.A."--Despite all the motion, they never get anywhere.

ANNIVERSARIES

Groups: email birthdays to newsletter@asrq.org and put ANNIVERSARIES in the subject line. Cutoff for the newsletter is the last day of the month. Do not send anniversaries for future months: i.e. February anniversaries appear in March.

63rd Ave Group

April
Deborah C 39 years
Jo B 28
Frankie 20
Basha P 2

Attitude Adjustment

April
John L 28 years
Carol M 9
Tom P 7

Bee Ridge East

April
Tom M 27 years
Tom S 4

Happy Cookie Hour

April
Mike O 32 years
Linda P 31
Jim C 31
Gordon. 18
Dave B 17
Charlie M 15
Doug L 10
Adrian M 7
Tom S 5
Simon M 4
Domnick 3
Larry B 3
Cheryl M 3
Jessup 1

Early Bird

April
Jack C 20

Friends of the Pelican

April
Simonne C 47 years
Frank M 26
Devon 3
Angela H 1

Gulf Gate Noon

April
Jack G 51 years
Pamela 36
Kathy 32
Sheila 28
Judy K 20
Marie 4
Cheryl 3

Kensington Park

April
Ray W 31 years
Tom M 27
Charlie W 20
Tom P 6
Jaynee H 4

Lakewood Ranch 12&12

April
Bob C 28 years
Anne M 14
Steffi 1

Monday Men's

Gary B 25

Oak Street

April
Simonne C 47 years
Bruce D 41
Jim G 39
Tom M 27
Lynn B 18
Pat N 18
Rafael G 18
Paula M 14
Anne M 14
Carol M 9
Janice H 4

Primary Porpoise Group

April
Jonathan M 27 Years
James S 24
Joan F 8

Saturday Night Speakers

March
Bill P 27 years
Myers P 5

Serenity Room April

Trudie S 37 years
Bob C 23
Dave G 16
Robin E 7
Tim G 6
Michle B 2
Sandy W 2
Lisa D 1

Sober Living

April
Kathy H 26 years
Maureen C 24
Greg C 19
Miriam S 1
Stephanie F 1
February
Coretta F 15
Juli W 14
Noelle C 12

Sunrise April

Mitch P 8 years
Brook J 2

Third Legacy Men's

April
Julian M 6 years
Curt R 1

Events Calendar

District-wide social gatherings of Sara-Mana District 4 for the year are:

DELEGATE'S REPORT: May
31. St. Andrew's Church on Beneva, Sarasota

FOUNDERS DAY DINNER:
June 14. Mennonite Church on Bahia Vista, Sarasota

GRATITUDE DINNER: Nov.
15. Mennonite Church, Bahia Vista, Sarasota

OPEN HOUSE AT CENTRAL OFFICE: Dec. 6

NEW YEAR'S EVE DANCE.
Location to be announced.

Church Wants

to Host A.A. Group

Cynthia L sent along an email indicating that a Bradenton church would be willing to host an A.A. group. For more information, contact Cynthia hni@asrq.org or the parishioner who brought it to her attention at ehsenior@gmail.com

Where and When Changes

FRIDAY TURNING POINT big book meeting moved to Immanuel Baptist Church, 8305 US Hwy 301N, Parrish
SUNDAY GRUPO HISPANOS COMPANEROS ESP-OD now meets at 7:30 p.m. and not 5 p.m.

SERENITY ROOM - Bradenton. The 6:00 p.m. meetings Monday, Wednesday, Friday & Saturday are no longer listed as BEGINNER 6:00 p.m. meeting on Thursday is now Closed 12 & 12

SOBRIETY IN THE WIND Wednesday 7 p.m. is no longer held

The main purpose of this newsletter is to inform, connect and entertain. TO SUBMIT ITEMS TO THE NEWSLETTER: Anniversaries, articles and meeting notices should be sent to newsletter@asrq.org. Submit material as attachments or directly in an email. Include your first name, group and type of item being sent. Deadline is the last day of the month. Submissions may be edited for length or content. Opinions expressed herein are those of the writers and not necessarily those of A.A., Sara-Mana Intergroup or the Central Office, located at #B-2, 1748 Independence Blvd., Sarasota, FL 34234. Phone 941.351.4818.