



On the web at [aasrq.org](http://aasrq.org)

# Sara-Mana Intergroup

POBox 3075 1748 Independence Blvd. #B2 Sarasota, FL 34234

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.

SEPTEMBER 2016

Central Office (941) 351-4818

Sara-Mana District 4, Area 15

## How “Responsibility Declaration” Came to Be

*“I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible.”*

The Washingtonians were a temperance society that preceded AA by almost 100 years. Their mission statement read as follows.

“We consider the drunkard as a man-our brother-capable of being touched by kindness, of appreciating our love, and benefiting by our labors. We therefore stoop down to him in his fallen condition and kindly raise him up, and whisper Hope and encouragement in his ear, and aid him to aid himself back to health, peace, usefulness, respectability and prosperity.” (From the *Washingtonian Pocket Companion- 1840.*)

Now will any of this ancient history keep me sober today? I, of course, do not have any answers for you, the reader. I have the answer only for myself, as I understand it. To me, their mission statement had a “feel good, attractive “ message and echoes a cross section of our Primary purpose and our Responsibility Declaration.

Every once and awhile, now and again, I hear our Declaration in a

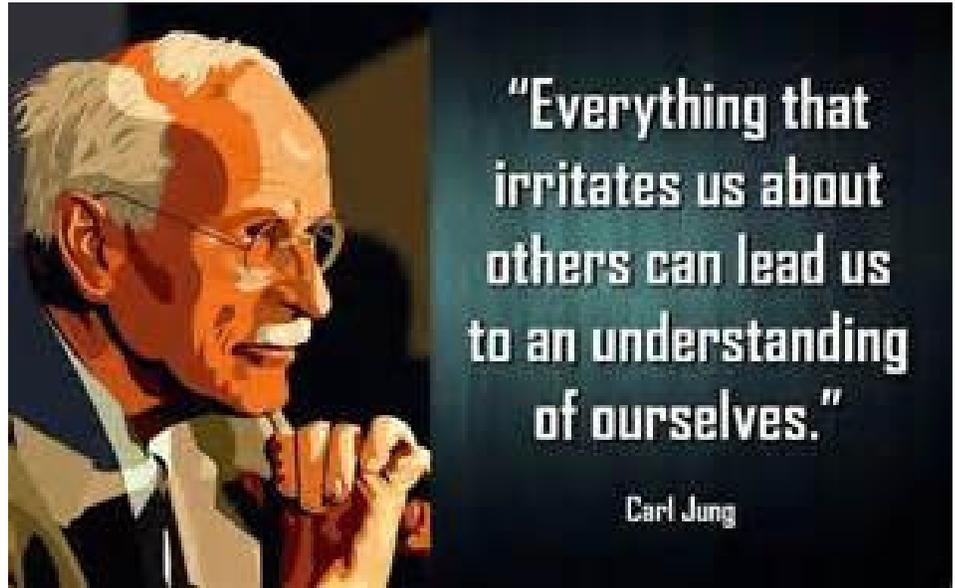
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## Get This Newsletter

### Delivered to You by Email

Get your Sara-Mana Newsletter emailed to you as a PDF. Email [edgarc@aol.com](mailto:edgarc@aol.com) and ask to be added to the email distribution list.

The benefits include not being shut out if your meeting’s supply is exhausted early, getting the issues as much as a week before they are available in print form, and saving the organization printing costs.



Carl Jung

## Gratitude Dinner Set for Nov. 12

Intergroup announced that its annual Gratitude Dinner, the second major gathering of the year for Sara-Mana District 4, will be held on Saturday, Nov. 12.

Location is the now familiar Mennonite Church on Bahia Vista where other recent A.A. dinners including the June Founders Day dinner have been held.

Fellowship begins at 5:30, a buffet dinner will be served at 6:30, and a featured speaker will cap off the evening at 8:30. Price still to be determined.

The church hall holds almost 400 diners and has been sold out at our previous events, so get your tickets early, either from your Intergroup rep or at Central Office.



## Central Office Hours Back to Normal Oct. 1

Central Office will return to normal hours (5 days a week, 9 a.m. to 3 p.m.) Oct. 1, ending its shortened schedule for the summer. Central Office is also open various evenings and Saturdays for committee and group meetings.

**Making the most of A.A. is like learning a foreign language; you have to be completely immersed in it.**

**--Ross**

**Don't believe everything you think.**

**--Joe G.**



Another of the illustrations for the William White Papers and that site's promotion of a history of Alcoholics Anonymous.

## Young Members: Write Your Story

The General Service Office in New York is asking young members to write their personal stories for possible inclusion in the revised pamphlet "Young People and A.A." Stories should reflect "In a general way what we used to be like, what happened, and what we are like now."

Manuscripts should be 500-800 words, double spaced, in 12-point typeface. The words "Young People and A.A." should appear on the top of the first page of the manuscript. The author's complete name, address and email/telephone information should be included with the submission.

Submissions can be emailed to: Literature@aa.org with "Young People and A.A." inserted in the subject line of the message. Alternatively, submissions can be mailed to: Literature Coordinator, General Service Office, Box 459, Grand Central Station, New York, NY 10163. The deadline for all submissions is December 30, 2016.

## Depressed? Advice from Bill W.

"When I am feeling depressed, I repeat to myself statements such as these: 'Pain is the touchstone of progress.' . . . 'Fear no evil.' . . . 'This, too, will pass.' . . . 'This experience can be turned to benefit.' These fragments of prayer keep me on the track of right acceptance " Bill W., March 1962

## Nancy's Notes

# This Concept is Amazing!

*Nancy B. keeps a daily journal, and enters thoughts about the A.A. program triggered by her morning readings. She shares those musings with us.*

The concept of giving it away is amazing and it seems to work in every area of my life. Whenever I give, I end up receiving more back—as long as getting back is not my motivation, that is. Before I got sober I kept a tally, being as uncomfortable receiving more as I was when I gave more. A.A. has taught me to think in terms of it not being all about me and, when it comes to A.A. business, never to say "no," to do the right thing and to make the choice over and over, to help another alcoholic. Giving it away is not trying to convince anyone of my point of view or pushing them toward a goal I have for them. It is sharing myself as an example of how sobriety can work, by sharing my story and the specifics of how A.A. works for me; by accepting, loving and supporting while other alcoholics travel their own journeys. I have to remember that when I feel anger, frustration or judgment, I am shoving it down their throat, not giving it away. So I gain in serenity every time I truly give it away.

## 3 Little-Known Facts About Our Literature

### You Don't Know What You Don't Know

By Sue K., Literature Chairperson

When I began my tenure as the D-4 Literature Committee Chair back in January, 2015, I set the theme of "You Don't Know What You Don't Know About A.A. Literature". So, here are a few "gems" for you:

First, in the July/August Newsletter, important information was given regarding "Conference Approved Literature" (what it is/isn't)...but here's the more important news: its *higher* purpose is to carry on our tradition of self-support! When you see the Conference-Approved "seal" it means that it was published by A.A.W.S. and all of the proceeds from the sale of that piece of literature go directly to A.A.W.S.!

Here's another: The writing and publication of the first edition of the *Big Book*, published in 1939, was not undertaken solely to set our program down in print! The much more important intent was to provide much needed income for the growing program. As we know, both Bill W. and Dr. Bob were carrying the message without payment. Although it took a while for sales to take off, they did and ultimately that income from the first edition allowed each of our co-founders to receive a stipend of \$30 a week, as well as providing funds for the first "GSO office.00.

And one more: In 1954, the publishing rights of the book *Twenty-Four Hours a Day* were offered to Alcoholics Anonymous World Service....they politely declined. Why? Because the book did not fit in with AAWS' mission at the time to publish only "textbook-like" resource materials. Does this mean that *24 Hours* is not Conference-Approved? Yes. Does this mean that it is Conference-Unapproved? No. It does mean that it is not published by A.A.W.S. and the proceeds from the sale of the book do not financially benefit A.A.W.S.



The winning entry in a Grapevine cartoon caption contest.

## 5 A.A. Entities Seek Support

Many A.A. members do not realize that we have five separate entities that depend on member donations to support the work they do.

We have **Sara-Mana Central Office, Sara-Mana Intergroup, and District 4 General Service** all of which share the same address when contributing 7th tradition funds:  
**1748 Independence Blvd.  
 Suite B-2  
 Sarasota, FL 34234**

The other two entities are **Area 15-South Florida General Service and the national General Service Office.** --Chris C.

## Prayer for Step 9

Various web sites offer prayers to accompany the working of each step in our program. These are not part of the official canon of A.A. but are grounded in Big Book comments and are well-regarded by many long-time A.A. members. Here is one for Step 9:

“God, give me the strength, courage and direction to do the right thing, no matter what the personal consequences may be. Help me not to shrink from anything. Help me not to delay if it can be avoided. Help me to be sensible, tactful, considerate and humble without being servile or scraping.”

## Responsibility

(Continued from Page 1)

meeting of A.A., usually because it’s been adopted by group conscience as a manner of closing the group’s meeting. A member named Al S. wrote our Declaration for A.A.’s 30<sup>th</sup> Anniversary International Convention in 1965 held in Toronto. When asked why the Responsibility Declaration begins with “I” rather than “We”? He replied; “We wanted a statement that would be emotionally binding on the Fellowship, without imposing any musts.”

As the “gratitude season” rapidly approaches and all members in their own way determine how their gratitude is measured and put into action, let’s begin with what we already have and give thanks to Al S. We have a Declaration that’s a pertinent daily reminder, on message and far more attractive than closing our meetings in “the usual” manner.

I didn’t get to A.A. because I was winning at life, I got here because life gave me its best shot and I failed. I’m sure grateful that A.A. was here for me and I hope to leave it intact for those that come behind me. For that, I am responsible.

—By Don P

## Dear Alkie

“Alkie” is a long-time member of A.A. His comments are based on his own strength, hope, and experience and do not represent any official A.A. position or practice.

**Q. I’m fairly new and have learned much about living with my disease. Something I don’t understand is the phrase “identify but don’t compare.” What does that mean?**

A. Alcoholics are from every segment of society – from Park Avenue to park bench. So comparing experiences can be confusing (“I’m not that bad, yet”). Instead identify with the feelings shared by all alcoholics – self-centered fear, anger, resentments, feeling like you don’t belong, discomfort in your own skin. High bottom, low bottom or somewhere in between; we all share the truth we are powerless over alcohol and in some way our lives have been unhappy and unmanageable.

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**Q. I readily admit I can’t stop drinking once I start so I guess I’m an alcoholic. My question: WHY do I have this problem since I’m well bred, educated, and successful.**

A. No need for deep thinking – you drink because you ARE an alcoholic. We suffer from a 3-pronged disease – physical, mental, and spiritual. Accept that your body no longer metabolizes ethyl alcohol like normal people -you have an allergy and it’s poison (physical). As your brain clears, you’ll see some of your behavior has been very abnormal (mental). If you “hit the wall” thinking A.A. isn’t working, ask for help (spiritual). Find a temporary sponsor to be your guide.

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**Q. I want to start my 9th step amends with my teenage girls, even though they’re really a pain. Any thoughts?**

A. They’re a pain because they’re in pain, having been raised by a practicing drunk. Share your experiences, don’t lecture. Alcoholism tends to be family disease, so they are vulnerable. Most teens will experiment with alcohol and some will become addicts (statistically, more girls than boys). Encourage their involvement with Alateen/Al-anon. Be a living amend – an example of sobriety through life’s challenges.

## Anniversaries

*\*GROUPS: Groups: email birthdays to newsletter@AAsrq.org and put ANNIVERSARIES in the subject line. Cutoff for the newsletter is the last day of the month. September anniversaries appear in November issue.*

**Bay** Bill W. 24

**August** Jed A. 5

Lee I. 43 Jason P. 3

Betty C. 15

Karla 4

Maggie 2

**Bee Ridge East**

**August**

Mark S. 26

**Fresh Start**

**August**

Chris H. 30

Wendy M. 25

**Friends of the**

**Pelican**

**August**

Frank G. 33

Joe R. 16

Peggy P. 8

Mike R. 6

Gayle H. 3

Mack G. 1

**Gulf Gate Noon**

**August**

Kathleen 46

Judy M. 9

Gail F. 7

**Monday Nite**

**Men's**

**August**

Gerry G. 37

Dave H. 33

Bill W. 24

Jed A. 5

Jason P. 3

**Pass-It-On**

**August**

Cemmie 1

Joanne 1

**Serenity Room**

**August**

Deb R. 18

Ted S. 10

Phil H. 4

**Sober Living**

**August**

Carol M. 27

Susan M. 27

Ron A. 13

Joan G. 12

Arnie J. 3

**St. Armand's**

**August**

Erwin B. 33

Brian L. 22

Loretta B. 8

**Sunrise**

**August**

Phil F. 33

David B. 10

Jens A. 7

Rey C. 7

Trudi V. 3

**Women in the  
Solution**

**July**

Dawn D. 26

Shirley P. 22

Lorri C. 17

Fran 14

Christina 2

Dawn 1

**August**

Vivienne 27

Cyndy C. 23

Kelly M. 4

Patti H. 3

Stacey G. 1

Trish T. 1

**Women's Wed AM**

**Mtg (Holmes**

**Beach)**

**July**

Wendy L. 30

Debra H. 24

Andy S. 15

Maureen G. 8

**August**

Phoebe S. 34

Kathy B. 21

Cemmie 1

“The play-it-safe pessimists of the world never accomplish much of anything, because they don't look clearly and objectively at situations, they don't recognize or believe in their own abilities to overcome even the smallest amount of risk.”

—Benjamin Hoff,  
The Tao of Pooh



**W O R D**  
**Unscrambler**

osponrs: \_\_\_\_\_

sctpneco: \_\_\_\_\_

iuspratli: \_\_\_\_\_

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srvcie: \_\_\_\_\_

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fwsoellphi: \_\_\_\_\_

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*\*email [newsletter@aasrq.org](mailto:newsletter@aasrq.org)  
for answers!*

The 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@AAsrq.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.