



Sara-Mana InterGroup

The November 2016 Issue
District 4, Area 15

AASRQ.org

STEPS 1, 2 and 3 An Introduction to Freedom

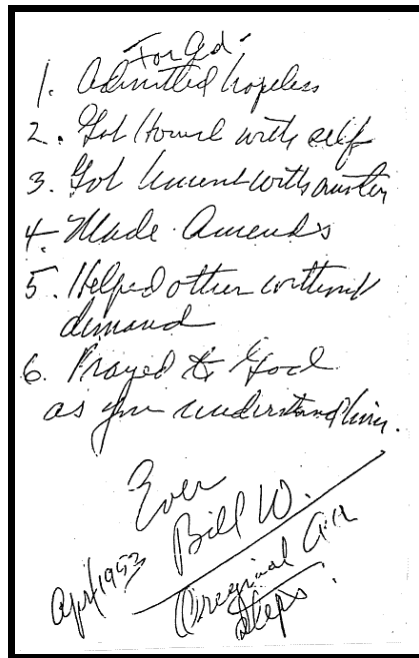
Step One - It took a bit of time before we could concede our utter defeat in the battle with alcohol, although admitting our lives were unmanageable was frighteningly obvious! We found ourselves being full of rage and denial over the idea of admitting we needed help badly. The WONDER of Step One was that once we "conceded to our inner-most selves" that we were powerless over King Alcohol and our lives were unmanageable, a huge monkey fell off our backs!

Step Two- Here is the first time we are asked to admit our insanity and begin to explore our spiritual lives. The program says that whatever Higher Power we prefer, could and would restore our sanity! We could see that others around us have reclaimed their sanity and manageability. Though very uncomfortable and restless, we liked the idea that our insane thoughts and behaviors could be made right. Then our sponsors told us that self sufficiency would not do. Our whole lives had been based on independent thinking, rather than dependence on those that could help.

Step Three- We begin to perceive that no amount of will power will change our self-destruction. Our sponsors teach us that our entire success in the remaining 9 steps would rest on our ability to keep an open mind and our willingness to follow clear directions.

It was suggested we start praying to "whatever form of God" we could believe in. The literature told us how to pray, how to begin to trust God and to begin depending upon Him. Our tool-box for recovery was quickly filling up! And when we were ready, in faith, we moved on to Step 4. *Respectfully submitted,
Pam K. and Kim R.*

The Original Steps ...



This is a short version of those Six Steps which Bill W. wrote out in his own hand many years later, in April 1953, probably for Father Ed Dowling. The original is in the New York A.A. Archives. It reads:

- For Ed -
1. Admitted hopeless
 2. Got honest with self
 3. Got honest with another
 4. Made Amends

5. Helped other without demand
 6. Prayed to God as you understand Him
- Ever Bill W. Original AA steps
Apr/1953*

Although those steps had helped in the recovery of New York and Akron alcoholics, Bill felt the program was still not definitive. "Maybe our six chunks of truth should be broken up into smaller pieces," he said. "Thus we could better get the distant reader over the barrel, and at the same time we might be able to broaden and deepen the spiritual implications of our whole presentation."

Source: Pass It On©, p.197

Are You Ready for the Gratitude Dinner?

Intergroup's Gratitude Dinner for Sara-Mana District 4, will be held on Saturday, Nov. 12 at the Mennonite Church on Bahia Vista. Fellowship begins at 5:30 p.m., a buffet dinner will be served at 6:30 p.m., and a featured speaker will cap off the evening at 8p.m.



We kindly ask our fellowship to observe the NON-SMOKING rule on the entire campus of the church

Tickets available at Central Office or your Intergroup Rep

God Runs My Business...And Business Is GOOD !

BY RAY D.

"I do what I need to do" has taken on a whole new meaning and direction since I got sober. I used to work for myself...I, I, I, me, me, me (and I was a very demanding boss). I did what I needed to do, to get the things in life that I wanted to have. I forced these demands for self by using any means necessary. Lying, stealing, cheating and manipulating were just a few of the tools I used to get the job done. Little did I know then, acting on selfish motives comes at a price.

For every selfish act, I was paying by taking away a piece of my future. By the time I ran my life into the ground, I had nothing left. I've heard it said that "the things that stick around the longest are the most meaningful" and perhaps that's true. The first thing I lost was money, then friends, family, but most important, I lost my self-respect, my dignity...myself. Without these things I was worthless. No good to anyone, let alone myself.

I surrendered and reached out for help. The fellowship of Alcoholics Anonymous took me in with open arms and smiles. With the help of my sponsor and the 12 steps I was introduced to my new "boss," A loving God now cares for me. Every morning I ask for help to be a better person. Throughout the day opportunities arise that let me practice to become the person I always dreamed of being. I'm comfortable in my own skin.

Today, my job is to help others and to be of any service I can. When I work for others with Gods direction, I become richer. I love and care for the things in my life today...my friends, family and beautiful wife. No matter how much I give, God replaces it with more. Today, God runs my business...and business is GOOD ! Thank You Alcoholics Anonymous!

OPEN HOUSE

The Central Office will host its annual Holiday Open House in the facility at 1748 Independence Blvd. on Dec. 3rd from 10 a.m. to 2 p.m.

The day's program includes food, refreshments, fellowship, a holiday sale, and a special surprise (you must be there to find out what it is!) Join us in unity, service, and recovery.

3rd Step Prayer

"God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!" (p. 63 BB) AMEN

Newcomer's Nook

This section is dedicated to the newcomer – contributions are encouraged!



"Welcome, I remember my first meeting. I came as Batman."—David L., Rio Rancho, N.M.



The Sobriety Group of AA meets for coffee, food, and fellowship after their meeting at 7pm, Congregational United Church of Christ, 3700 26th Street West, Bradenton, Florida 34205.

TRADITION WEEK

*A Suggestion For
Thanksgiving
By
Bill*

Gobble...Gobble...

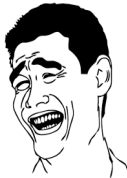
In the November 1949 Grapevine a suggestion was made by Bill W. and the editorial staff of the Grapevine to adopt Thanksgiving Week as Tradition Week.

“The idea is in the air that A.A. might adopt Thanksgiving Week as a time for meetings and meditations on the tradition of Alcoholics Anonymous. Read the article here: <http://silkworth.net/pdf/BillW/Tradition-Week-A-Suggestion-For-Thanksgiving.pdf>

On the Lighter Side

Attention: Readers ...

**Laughter is key to sobriety!
If you have something that will stir a 'chuckle' – send it to us to add to this new section!**



It was time to join A.A. when ...

By Christine R

“The only person I didn't have to do a 9th step on was the Pizza Hut delivery man.”



Am I Spiritually Fit?

“Being spiritually fit is a never-ending journey.”

- Anonymous

“Being spiritually fit can be indicated very well by seeing where we are with the Step 9 promises on p.83 in the Big Book.”

- Anonymous

“It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.”

~Alcoholics Anonymous,
4th Edition, Into Action, pg. 85

Attention

Women of the Fellowship



As Bill Sees It - From a Woman's Point of View!

Women of Hope meets every Thursday at 1pm at the Ellenton Baptist Church, 1701 36th Ave E.

Literature Group for Women

Each week the Women's A.A. Literature group meets Thursdays at 6pm at the Parrish United Methodist Church, 12180, US 301. The 4th Thursday is “Open Speaker.”

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 have enough white chips to tile my bathroom – but this time I have a sponsor and am working the steps. The one thing my sponsor keeps telling me is I'm very impulsive. Ideas for coping skills?

A. Try this formula: 'I/E=S' or in words 'Intellect over Emotion equals Sobriety'. This should prompt you to 'think through the drink'; if that doesn't work then 'move a muscle, change a thought'. Impulsivity is related to poor emotional control. Whatever you can do to break old behaviors long enough to consider the consequences should help in the short term. Working on the underlying issues causing your impulsivity may require professional help.

Q. I've been sober for a few years after decades of being a daily drinker. While I no longer have cravings, I sometimes 'romance the drink' remembering the pleasurable times. Is this normal?

A. Give yourself a break but talk to your sponsor about this. Give yourself the Gift Of Time – GOT it? The attitudes developed over a lifetime take years to change. An 'old timer' I met in early sobriety would talk about how he “loved being sober” and I thought he was daft. After several years, I began to understand him.

Q. I'm at the 11th step and just don't get it. I'm not real spiritual, so 'conscious contact' and 'knowledge of His will' seem like so much hocus-pocus. Help!

A. Start by quietly contemplating the purpose of your life. Whom do you want to help in the future? These are the beginnings of meditation. Before you take any action, ask 'would I do this if God (or your mother or children or sponsor or home group) was watching?' Would I proudly post my behavior on Facebook? If the answer is yes, you've begun step 11.

Anniversaries

<u>63rd Avenue</u>	Ryan D. 2	Dwight G. 1
<u>September</u>	Luke A. 1	
Leslie W. 32	<u>Gulf Gate Noon</u>	<i>*Editor's Note:</i>
Marta B. 19	<u>September</u>	<i>This issue went to</i>
Steve H. 13	Ruth G. 35	<i>print earlier than</i>
Tom W. 8	Jody K. 32	<i>usual. Still need</i>
<u>October</u>	Henry H. 9	<i>to submit</i>
Sandi D. 13	Timothy B. 5	<i>anniversaries?</i>
<u>Bay Group</u>	Stacie H. 7	<i>Send them along</i>
<u>September</u>	<u>Happy Cookie</u>	<i>and they will be in</i>
Rhonda G. 11	<u>Hour</u>	<i>our December</i>
<u>October</u>	<u>September</u>	<i>issue.</i>
Tony T. 35	Larry D. 9	
Lynne R. 27	Milan B. 7	
Joe D. 23	Bobbie G. 3	
Jeff S. 18	John G. 3	*GROUPS:
Chris L. 15		Email
Britton L. 8	<u>Pass-it-On</u>	<i>anniversaries to</i>
Claude H. 8	<u>October</u>	<i>newsletter@AAsrq.org</i>
Jon K. 2	Dick C. 24	<i>and put</i>
<u>Bee Ridge East</u>	Austin B. 22	<u>ANNIVERSARIES</u>
<u>October</u>	Judy V. 21	<i>in the subject line.</i>
Bill M. 4	Yvonne K. 3	<u>Cutoff for the</u>
<u>Beneva</u>		<u>newsletter</u>
<u>Discussion</u>	<u>Serenity Room</u>	<i>is the last day of</i>
<u>October</u>	<u>October</u>	<i>the month.</i>
Karen K. 33	Dennis S. 24	<u>October</u>
David P. 4	Kathy S. 5	<i>anniversaries</i>
<u>Friends of the</u>		<i>appear in</i>
<u>Pelican</u>	<u>Third Legacy</u>	<u>November issue.</u>
<u>October</u>	<u>Men's</u>	
Dick C. 34	<u>August</u>	
Erika V. 27	Bob C 17	
Justine P. 22	<u>October</u>	
Nancy W. 19	Doug K. 41	

As much as you want
to plan your life, it has
a way of surprising you
with unexpected
things that will make you
happier than you
originally planned.

That's what you call
GOD'S WILL.



It's the
**Sara Mana InterGroup
Newsletter!**

Sign up for an electronic copy
today at newsletter@AASRQ.org



Calling All Readers!

Share your Experience, Strength and
Hope with our Fellowship

We are looking for readers to submit
their short personal stories.

Whether you're a newcomer or you've
been in AA forever, we want to hear
from you!

Email: newsletter@aasrq.org

OR speak with your
InterGroup Representative!

The purpose of this newsletter is to inform, connect and entertain.

TO SUBMIT ITEMS TO THE NEWSLETTER:

All content 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, is located at #B-2, 1748 Independence Blvd., Sarasota, FL 34234. Phone 941- 351-4818.