



Sara-Mana Intergroup

P.O. BOX 3075

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



MAY 2012

Central Office (941)351-4818

SARA-MANA DISTRICT 4, AREA 15

I Found Sobriety in the Recovery Pod

A Returning Success

Story By Kathy B

At thirty-eight, I was arrested for grand theft against a non-profit organization where I had volunteered for nine years. I lost my children, my house, boat, cars, four wheelers, my dignity and my soul. I was a functioning alcoholic for so long as I didn't even see my downward spiral.

The Recovery Pod opened while I was in the Sarasota County Jail. I requested to be moved into the Pod and entered it a very broken women. I found HOPE in the women who brought the meetings to us. I had never experienced any type of recovery before.

I left the Pod with a determination to one day bring hope to the lost souls of SCJ. I was transported to Charlotte County Jail, where I still had outstanding charges.

I was released on bond, and pan-handled my way to the Salvation Army. It was the one place I knew I would be safe. I checked myself

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FOUNDERS DAY DINNER JUNE 9, 2012

MUNICIPAL ADUITORIUM

The Founders Day Dinner is right around the corner. Tickets are available and flyers are waiting for display at your meetings.

We are asking for everyone's help in getting the word out for this event. This event is held every year in conjunction with Founders Day to honor those who came before us and kept this program alive so that it might be here for us when we were ready.

We hope that you all will join us for the Food, Fun and Fellowship that is always so rewarding at this event.

If you are willing to help with ticket distribution, please contact Central Office. GSR's are encouraged to obtain tickets to sell to their groups. Thanks for all you help in making this a very special event.

Central Office 941-351-4818

How AA Works

An Old Timer Speaks Out

By Lucia T

Every sober day I live is a reminder -- to me and to anyone who might notice -- that the AA way of life keeps on working. The promises don't come with an expiration date.

I take nothing for granted -- except maybe not throwing up anymore -- and, as time passes, spiritual rewards loom ever more important in my daily AA life. They are no doubt the "carrot" that keeps me coming back.

There aren't enough trees to manufacture the paper I'd need to count the ways. So let me cite just one -- the one that, here and now, is especially meaningful to me. For the past two-plus years I have been privileged to lead one of the AA meetings in the Women's Recovery Pod at the Sarasota County Jail. I wrote about it in the Newsletter, when the experience was new to me and I was bubbling over.

Everything I said then remains true today. It is the

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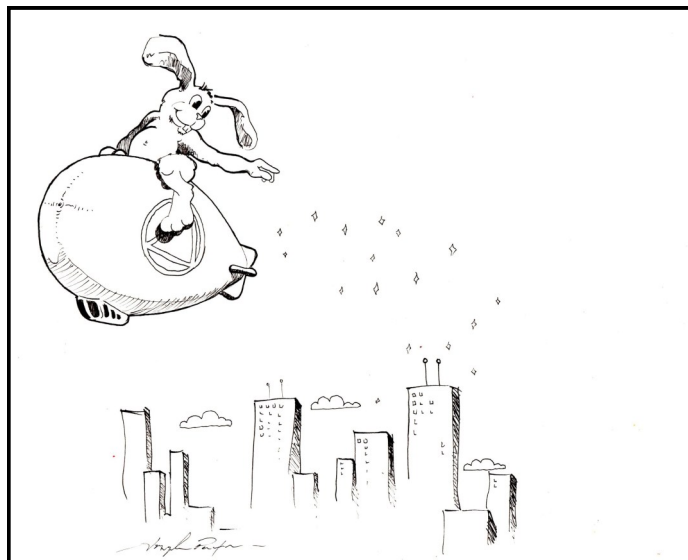
I Found Sobriety in the Recovery Pod in, and began my journey of recovery. The tools I gained in rehab are priceless.

It's been two years since I left the Pod and, thankfully, I have regained all that I lost. It wasn't easy, but with the help of my sponsor and the fellowship of AA, I have exactly what I need. I fought for 2 years to get back to the Pod. This time on the "other side," to bring a meeting inside the walls. Whatever they told me to do- I did.

I was approved to be the very first former inmate of the Recovery Pod to take a meeting back into the Jail. It was so surreal to be able to go into the Pod to be the hope those women so desperately needed. I knew the emptiness behind their eyes and the feelings of hopelessness they lived with every day. I once had it too.

As the door slammed behind me and the automatic lock clicked, I thought I would panic. But it wasn't the confinement that got me- it was the smell. The familiar smell sent

Cont. next column→



"It's a bird, it's a plane, It's the humble hare spreading the word of Sobriety."

chills down my spine. I found several women in the Pod that I knew. It was an amazing experience to be able to carry the message of recovery and hope back to the place where I first got it. This time I felt the freedom in knowing I was able to leave. I also felt overwhelming gratitude to the SCJ for having the recovery Pod.

The 12 Steps have shown me how to live. The women in this fellowship are amazing. No matter what my issues are there is always someone who has been through it.



Thought for the Day

"The few things that I can control in life all happen inside my hula hoop."

Address Change for New Women's Group
5051 26th St. West,
Church of the Cross
Saturday 11 a.m.

How AA Works

cont. from pg. 1

closest thing we have today to the old-fashioned 12 Step Call on a wet drunk. Hopefully, I am helping someone. In any case, I get a spiritual recharge every time, and a palpable reminder that it takes all 12 Steps to stay "happy, joyous and free."

My message is the simple one that I learned on my first day: "You don't have to drink anymore." Followed fast by "This is what we DO. You can do the same thing. Here's a helping hand." And it's as true today as it was then. As Bill said, "Pass it on."

No Nonsense Meeting

Wednesday 7:00 P.M.

Men's Closed Discussion
 Restoration Fellowship
 Church

5614 Richardson Road,
 Sarasota

We can use your support

A Guide for the Newcomer

Open Meetings:

Take your spouse, other members of your family and interested friends to hear the stories of AA speakers; and to share in the fellowship of other AA families. Open meetings are designated in the Intergroup meeting listings.

The Helpline Needs You

Current shifts available on the Helpline;

Sunday 9am-Noon

Sunday Noon-3pm

Calls to the Helpline

April 2012

Total Calls	177
Meeting/Time/Location	122
In Lieu of 12th Step Call	8
Actual 12 Step Call	8
Al-Anon Call	4
Special Needs	0
Miscellaneous	35
Spanish Line	0

The Promises By: Kimberly T

*Beaten and broken
I feel the presence
Of something greater
than myself
As I pry my eyes open
I see a door
It reads, Past
I walk towards it
Leaving behind regret
I push it open
A peace comes over me
I put my palms together
And breathe
Without fear
I jump down into the
abyss
Only to find my sister
Stuck to her self
I whisper
You are not alone
As she climbs out
Taking the ladder with
her
Staring into the darkness
I can see the light
That shines within me
Guiding me through
The dark tunnel
Of my mind
I see no end in sight
But I have faith
In a power greater than
myself
As the fear evades me
I open my heart
Faced with a decision
I come to a halt
Two signs stand before
me
Life or Death
I make a choice
I choose
Life*



Coming Events
Founder's Day Dinner
June 9th

Delegates Breakfast
June 30th

But for the Grace of God.
Monday 7:00 PM
Closed Speaker
Faith Church
Beneva & 12th St.

***Receive the Intergroup
Newsletter by E-mail
Send your request to:
gsecretary1@gmail.com***

3 for MAY

STEP 5
“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”
TRADITIONS
“Each group has but one primary purpose—to carry its message to the Alcoholic who still suffers.”

CONCEPT 5
“Throughout our structure, a traditional “Right of Appeal” out to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Dear Alkie

“Alkie,” one of our long time members, believes as the Big Book say, “...that we are not a glum lot.”

Dear Alkie: How can I tell if I am really an alcoholic?

Alkie: You can just step over to the nearest bar and have a couple of drinks and see if you can stop. Here are some of the symptoms we have heard in meetings.

-In the final stages of my drinking I never got to where I wanted to be until I didn't know where I was.

-One time I woke up in a house and I didn't know where I was. The people in the house didn't know me either.

-I never had a problem that was as bad as my drinking solution.

-Alcoholism is like being on fire and drinking to put it out.

-Alcohol is a solvent that can remove everything from your life.

-The only time I ever refused a drink was when I didn't hear the question.

**Our Newsletter
Depends Upon
You!**
Share your experience, strength, and hope with the Fellowship.
E-mail your article to:
Newsletter@aasrq.org

HAPPY A.A. BIRTHDAYS!!

(Groups: Put **ANNIVERSARIES** in the email subject line and send birthday announcements for the most recent month to newsletter@aaqrq.org no later than the last day of the month.)

AIRPORT BIG BK
April
 Shelley W. 16 years

BAY GROUP
March
 Bill W. 38 years
 Jean W. 31 years
 Paul N. 5 years
 Linda R. 3 years

April
 Dick L. 37 years
 RoseMary D. 29 years
 Charlie 18 years
 Steven F. 10 years
 Don N. 8 years

BEE RIDGE EAST
March
 John L. 27 years
 Jeanette K. 26 years
 Chuck L. 2 years
April
 Tom M. 25 years
 Tom S. 2 years

DONUT HOUR
April
 Gary B. 23 years
 Mike G. 23 years
 Richard K. 23 years
 Marco S. 23 years
 Rafael 16 years
 Carolyn Y. 11 years
 Bill R. 7 years

EARLY BIRD GROUP
April
 Jack C. 18 years
 Jim W. 4 years

FRIENDS OF THE PELICAN
April
 Simonne C. 45 years
 Frank M. 24 years
 Doug N. 14 years
 Bob D. 2 years

HAPPY COOKIE HOUR
April
 Mike O. 30 years

Linda P. 29 years
 Bill V. 23 years
 Gorden G. 16 years
 Rafael G. 16 years
 Charlie M. 13 years
 Adrian M. 5 years
 Tom 3 years
 Simon M. 2 years
 Larry B. 1 year
 Cheryl M. 1 year

KEEP IT SIMPLE
March
 Ray C. 1 year
April
 John W. 12 years
 Al C. 8 years
 Lee B. 2 years
 Bill S. 2 years

LWR 12&12
April
 Bob C. 26 years
 Anne M. 12 years
 Ron G. 2 years

LIVING SOBER
April
 Greg C. 17 years
 Kelly K. 5 years

LUNCH BUNCH
April
 Bruce D. 39 years
 Ramon C. 36 years
 Ken C. 35 years
 Bill H. 30 years
 Michael R. 29 years
 Lisa G. 25 years
 Carolyn F. 18 years
 Gayle D. 9 years
 Jane W. 4 years
 Melissa B. 2 years
 Rebecca E. 1 year

NEW WOMEN
April
 Deborah C. 37 years
 Mara C. 23 years
 Judith R. 23 years

OAK STREET STEP

April
 Simonne C. 45 years
 Bruce D. 39 years
 Jim G. 37 years
 Rosemary D. 29 years
 Tom M. 25 years
 Lynn B. 16 years
 Rafael G. 16 years
 Pat N. 14 years
 Paula M. 12 years

PALMETTO GROUP
March
 Andy 15 years
 Lee 2 years
April
 Joe B. 23 years
 David 4 years
 LaMonna 4 years

PRIMARY PORPOISE
April
 Joan F. 6 years

ST. ARMANDS
April
 Cheryl S. 32 years
 Gary B. 23 years
 Jan S. 8 years
 Steven W. 4 years
 Molly M. 1 year

SERENITY GROUP
April
 Trudie 35 years
 Bob C. 21 years
 Robin E. 5 years
 Gaylene 4 years
 Tim. G. 4 years
 Norman L. 4 years
 Drew P. 3 years
 Dale S. 1 year

SINGLENESS OF PURPOSE
February
 Joyce F. 31 years
 Ken S. 6 years
March
 Ray C. 37 years
 Darryl P. 23 years
 Cathy V. 7 years

Barry D. 3 years
April
 Joe B. 50 years
 Lucy D. 26 years
 Marvin C. 4 years

63RD AVENUE GRP
March
 Michael G. 1 year
 Steve R. 1 year

April
 Jo B. 26 years
 Frankie 18 years

SOBER LIVING
April
 Greg C. 17 years
 Kelly K. 5 years

SUNRISE
April
 Ken H. 50 years
 Jack C. 18 years
 Gary G. 7 years
 Mike G. 7 years
 Mitch P. 6 years
 Ricky R. 3 years
 Brook J. 1 year
 Jim P. 1 year
 Robin O'N. 1 year

TWILIGHT HOUR
April
 Jack H. 32 years
 Rebecca H. 32 years
 John S-L. 30 years
 Mark B. 26 years
 Kat D. 26 years
 Sara W. 24 years
 Greg C. 17 years
 Maryann E. 15 years
 Tim H. 9 years
 Greg S. 5 years
 Cheryl M. 1 year

UNDER THE RAINBOW
March
 Karen O. 37 years
 Joy G. 11 years
 Thom B. 5 years
 John W. 5 years

HOW TO SUBMIT ITEMS TO THE NEWSLETTER: Anniversaries, articles, and meeting notices may be sent to newsletter@aaqrq.org. Submit material as attachments or placed directly into an email. Include your first name, group, and type of item being sent. **Deadlines: The last day of the month is the absolute deadline for all materials submitted for consideration.** Submissions may be edited for length or content. The opinions expressed herein are those of the writers and not necessarily those of AA, Sara-Mana Intergroup, or the Central Office, which is located at 1748 Independence Blvd., #B2, Sarasota, FL 34234. Email: newsletter@aaqrq.org phone: (941) 351-4818 website: aaqrq.org

NEW MEETING...
But for the Grace of God
Monday Nights at 7:00 PM
Closed Speaker
Faith Church Beneva & 12th.