



SARA-MANA INTERGROUP NEWSLETTER

September 2018

Central Office 941.351.4818

AA HELPLINE 941.951.6810

aasrq.org

Except When to Do So

-- Marsha W.

We're not saints, and no one does this program perfectly. Perhaps that's why we're meant to follow the suggestions given to us in the literature, in meetings and by our sponsor. When we don't, things can go spectacularly wrong. In Twelve Steps and Twelve Traditions, when the topic turns to making an amends, we're asked to ". . . consider that we cannot buy our own peace of mind at the expense of others (pp 84)." We're also told that it is prudent to ". . . lay the matter before our sponsor or spiritual advisor earnestly asking God's help and guidance . . . (pp 86)." I wish that I had taken such a precautionary step before saying anything to my father!

I was a bit over a year-and-a-half sober and incredibly excited to be a few months pregnant! By that time, I had sponsor, I was committed to doing the steps, and I had already made several difficult ninth-step amends. Then, one day around dinnertime, my mother called to say that my father was in the hospital following an apparent heart attack. I immediately hit the road for the 90-minute drive to the hospital.

I was an emotional wreck, as you can imagine: The awkward emotional roller coaster of fairly early sobriety – on top of the raging hormones of pregnancy – on top of my father's life-threatening condition. In spite of the tears, I arrived safely and found my mother and sister in the waiting room. After catching up on the details and being reassured that he was stable, I got approval from his charge nurse to see him. As I was about to enter the room, the nurse touched my arm and looked squarely in my eyes. Quietly but sternly she said, "Don't say anything to upset him." "I won't," I replied.

Little did that nurse know that somewhere on that highway, driving to the hospital, I'd decided I had to make amends to my father. I realized that I needed to tell my dad I was sorry for all the anxiety and turmoil I had caused in his home. The decision was fueled by the urgency of his dire condition and by the fear that I would not get to make an amends before he died.

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Find a Meeting!
Online at
www.aasrq.org

New Edition Out Now

The newest edition of the Where & When is now available! This edition is printed on **light blue paper** and was updated on September 10, 2018. Thanks to all of the groups that passed along the 17 changes and corrections that were made to the newest Where & When.

Holiday Cancellations

Does your group cancel its meeting on certain holidays? If so, please let us know. This summer, over a holiday, a visitor to the area was disappointed to show up to 2 separate locations/meetings listed in the Where & When only to find that there was no meeting. We'd like to add holiday cancellation notes to the listings to help the community as well as our out-of-town guests. Please send us a list of holidays that your meeting is canceled on.

How to Submit Changes

The **Where & When Meeting Change Form** can be downloaded from www.aasrq.org. With said form in hand you can:

Drop it off: CENTRAL OFFICE during normal office hours
Mail it: CENTRAL OFFICE 1748 Independence Blvd, Ste B2
Sarasota, FL 34234
Fax it: 941-355-8932
Email it: info@aasrq.org

New Central Office Hours

As temperatures begin to cool (hopefully) and our meeting attendances rise with the return of our fellow AAers from the north, Central Office switches back to normal office hours beginning October 1st:

Monday thru Friday 9:00 am to 3:00 pm





SARA-MANA INTERGROUP DISTRICT IV
Presents
2018 GRATITUDE DINNER
Saturday November 10th, 2018
 Sarasota Community Church
 4041 Bahia Vista Street
 Sarasota, FL 34232
NO SMOKING on CHURCH GROUNDS

<p>5:30PM - Door Open 6:30PM - Dinner 8:00PM - Speaker <i>Jim H. - Largo, FL</i></p>	<p style="text-align: center;">Menu</p> <p style="text-align: center;">Salad Roasted Potatoes Seasonal Veggies Pork Loin Chicken Pasta Primavera Desert Beverages</p>
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RAFFLE - SOBRIETY COUNTDOWN-FOOD-FUN-FELLOWSHIP

Tickets - \$18.00 per person
 Available at Central Office
 1748 Independence Blvd. Sarasota, FL 34234 (941) 351-4818
 or by calling Ron K. (941) 914-2537
Room Max 350 People
 To Volunteer Call
 Jimmy K. (941) 539-8425
www.aasrq.org

Except When . . .

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In a dimly lit room, I walked up to the bed where my dad lay. He looked pale. "Dad?" I said. He opened his eyes and smiled weakly. "Sarsha!" he whispered. I mumbled something about how was he feeling, and what a shock it was, and how happy I was that he was okay. I held his hand, and braced myself, and then I said, "Dad, I'm so sorry about all the crap I put you through."

I might have said more, elaborating on my rebellion and unreliability, but the look on his face and the sound of the heart monitor changing from intermittent beeps to a long, loud, steady tone froze me in my tracks. As nurses in crisis-management mode rushed into the room, one grabbed me from behind and commandeered me out of the room. Outside of his room, I stood stunned.

Thankfully, my father was brought back that night, and he lived fifteen more years.

As with many events in sobriety, with time and personal growth, the past takes on new meaning, and I see truths about myself that I could not bear to see back then. In my self-centeredness, my fearfulness, my anxiety, and my tremendous need for forgiveness, I had literally killed my father. By the grace of God, I was able to spend the next fifteen years making a living amends to my father, and I was able to share my journey of sobriety with him. We had many deep and touching conversations – the most precious one occurred, once again, late at night in another hospital room.

Heard Around the Rooms

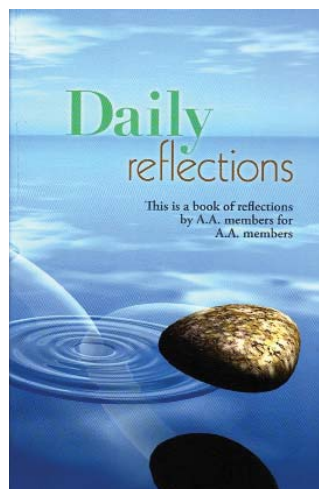
Three suggestions for making an A.A. speech:

1. Be Interesting
2. Be Brief
3. Be Seated

Central Office Book of the Month

Daily Reflections \$9.50

Reflections by A.A. members for A.A. members. First published in 1990, this collection of reflections moves through the calendar year—one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.



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 feel like I'm a lot different than others. Will the Steps work for me?

Alkie: The Twelve Steps are like adjustable wrenches that fit any nut that walks through the doors of A.A.

Q. Dear Alkie: Do I have to do the Steps?

Alkie: The good news is that the Steps are *only* a suggestion. The bad news is that the 12 Steps are the *only* suggestion we have.

Q. Dear Alkie: These Steps you guys suggest are an interesting theory, but what happens if I do them the wrong way?

Alkie: The Steps are only a theory until we put them into practice. The only way to do them wrong is not to do them at all.

Q. Dear Alkie: I just want to go to meetings, I don't want to do your stupid Steps. Will the program still work?

Alkie: The Steps are the Program! The shortest and most important sentence in the Big Book is "It [the Program] works."

Q. Dear Alkie: Did the Steps help you?

Alkie: The Steps brought me from a place of cocksure ignorance to wise uncertainty.

Q. Dear Alkie: I always feel horrible. I try to feel better with booze, but it makes me feel worse. Can you offer any hope? Help?

Sharing Our Experience, Strength & Hope

Did you ever wonder where the articles in the newsletter come from? They come from you, our AA Community. We each have our own unique experiences and have gained some measure of experience, strength and hope in the process of securing our own recovery.

There are so many "tricks of the trade" developed by our individual members, but they don't always get shared. There is a vast reservoir of experience in our membership and sharing our experiences in our own newsletter is a way for us all to tap into that knowledge base. If you think that you might have a useful topic to share, we would love to see you submit that as an article for our newsletter.

If you would like to share your experience, strength and hope with us all, you may write an article of about 500 words and submit that to: newsletter@aa.org.

Together, we can continue to turn out quality literature that benefits our community and makes us stronger. Remember, we must give away what was so freely given to us.

Alkie: In order to change the way we feel, we need to change the way we think, which changes the way we act, which changes the way we feel! That's what happens when we work the Steps.

Q. Dear Alkie: Do the Steps really work for you?

Alkie: I am like a bumper car powered by God and kept on track by the Steps so, although I occasionally collide with others, I'm not involved in any fatal crashes.

From My Journal

by Nancy B.



I love how it works for us in AA: The longer and more that I live each of the Steps, the more I want to. For me, living the Steps shifted from *being advised to*, to *having to* and *needing to*, to *wanting to*. It all seems like a natural, organic process that just took time and honesty.

The results of greater peace and happiness beget more results of peace and happiness in that the disturbing and angst-ridden events that my old alcoholic thoughts and behaviors caused me and others lasted less time and became further and further apart. Where disturbance, drama and resentment were my norm, peace, contentment and happiness are now my norm today.

Giving freely to keep what I've been given has been one of the transforming principles from AA's blueprint for living, which is a huge part of the peace I experience. I no longer have to force myself to talk to someone new at a meeting or to sign up for a commitment. It pretty much comes naturally when I pay attention to the need and respond. I don't know what my Higher Power's total plan is, but when I maintain conscious contact and stay honest, I get good orderly direction.

September Milestones

1938: Bill W. and Hank P. create Works Publishing Co. to raise money to publish the Big Book.

1939: 1st Chicago AA group is formed.

1949: 1st AA group is formed in Mexico City.

1971: 1st European Convention of AA is held in Bristol, England.

ANNIVERSARIES

Please email birthdays to newsletter@AAsrq.org and put **ANNIVERSARIES** in the subject line. Anniversaries will appear in the month after they occur (ie., September anniversaries will appear in the October edition of the newsletter). Deadline for submission of anniversaries is the 7th of each month. So, please have September anniversaries for publication in the October edition submitted by October 7th. Unless otherwise noted, anniversaries listed below are for August.

Bay Group	<i>August</i>	ROSE Group	Jim W.	2 years
Lee I. 45 years	Kathy G. 30 years	Debra D. 5 years	Martina C.	8 years
Maggie G. 4 years	Nancy M. 41 years	Eileen H. 10 years	Phil F.	35 years
Bee Ridge East Group	Monday Night Men's Group	Maggie R. 4 years	Rey C.	9 years
Mark S. 28 years	Jerry G. 39 years	St. Armand's Noon Group	Women in the Solution	
Donut Hour	Palmetto Group	Brian L. 23 years	<i>July</i>	
Cindy D. 7 years	Buddy Y. 26 years	Gale S. 32 years	Dawn D.	28 years
DJ H. 2 years	Harley J. 1 year	Loretta B. 10 years	Linda B.	32 years
Harry D. 26 years	Mandi A. 4 years	Singleness of Purpose	Lori	19 years
Kathy A. 8 years	Pat M 46 years	Nancy B. 15 years	Sher	19 years
Fresh Start Group	Richard A. 11 years	Tracy H. 2 years	Shirley P.	24 years
<i>July</i>	Ricky P. 1 year	Sunrise Group	<i>August</i>	
Dean P. 43 years	Stew R. 9 years	Cynthia K. 2 years	Deb R.	5 years
Rick C. 34 years	Wanda R. 3 years	David B. 12 years	Kathleen H.	48 years
		Jens A. 9 years	Sam S.	11 years
		Jim H. 1 year		

To AA -- Debbie H.

I was miserable in alcohol addiction
Then I found a group and a new direction.
The alcohol, thank God, I no longer crave,
And the obsession is gone, just for today.

I go to meetings and read the Big Book,
And don't let my fears get me all shook.
My friends understand me, they love me, they care.
The only thing I must do is to share.

I look forward to service and spending my time
Giving back to AA, which makes me feel fine.
I get out of my head and on the right track;
It's not looking forward; it's not looking back.

My friend we all know what you're going through.
The times we had stopped - a million plus two.
We're here for you twenty-four hours a day;
Come out of your misery. Come to AA.

It's Cool! -- Carol K.

It's cool
to be sober
to have a home group
to have a sponsor
to be of service
to be a GSR
to serve on a committee
to be responsible
to share
to listen
to learn
to be teachable
to smile
to laugh
to have the courage of your convictions
to be encouraging
to be enthusiastic
to be a cheerleader
to be on time

The Sobriety Group Fridays 7 pm

IS MOVING

From 3700 26th St West to
4635 26th St West
Bradenton FL, 34207

Hope Lutheran Church

First meeting in new location:
Friday September 7, 2018



(just south of Cortez on 26th St)

TO SUBMIT ITEMS TO THE NEWSLETTER: Anniversaries, articles and meeting notices should be sent to newsletter@ aasrq.org. Submit material as attachments or placed directly into an email. Include your first name, group and type of item being sent. Deadline is the 7th day of the month. Submissions may be edited for length or content. The opinions expressed herein are those of the writers and not necessarily those of A.A., Sara-Mana Intergroup or the Central Office.