



Sara-Mana Intergroup

P.O. BOX 3075

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



JULY 2012

Central Office (941)351-4818

SARA-MANA DISTRICT 4, AREA 15

Wanted:

A Few Good Women

By Carol K.

We need a few good women to form their very own Saturday morning team to take AA meetings into the Women's Recovery Pod at the Sarasota County Jail.

Two, three or even four women have the unique opportunity to become the first team to take meetings into the Jail on Saturday mornings at 7:30. Pick your teammates: a sponsor, a sponsee, a good friend, or someone from your Home Group – or get them all from your home group.

Think of the endless perks: being of service to the women in the pod, breakfast together afterwards to rehash with your hash browns all the good stuff from the meeting. By the end of breakfast the mall will be open and the sun will be shining on the beach. What a way to start a Saturday.

To get involved simply download the application from www.aasrq.org. Click on General Service and then on H&I Committee and print out the apps you need and follow the mailing instructions. You can go through orientation together and start your great new service opportunity.

One year of sobriety is required.

Any questions please email scjpod@aasrq.org



The Founder's Day Dinner

On June 9th almost 400 attendees gathered together at the Sarasota Municipal Auditorium to share in fellowship, a great dinner by Troyer's Dutch Heritage, and three speakers who shared their experience, strength, and hope. The chicken seemed to be unusually good and the coffee flowed like water. The cake was wonderful. This was all followed by various introductions and acknowledgements.

This year's attendees shared over 5023 years of sobriety. Newcomer Doug had the least amount of sobriety with 7 days indicated by the traditional Sobriety Countdown ending with Lucia T who entered our halls on October 30, 1956 having the most sobriety of the three standing with over 45 years. She was followed by John and Norm when they were asked to announce their sobriety dates.

Janet F. started the trilogy of speakers relating a story about attending the Dallas AA International at Dallas Stadium. The crowds were pouring out of the stadium when Janet was crossing the street. Someone in a waiting car asked, "What is the event?" Janet replied, "A family reunion," a fitting tribute to any gathering of AAs.

Jane D, the head of our District General Service group began by welcoming everyone to the Dinner and served as one of our chosen speakers. In March she celebrated 44 years. Jane related stories about her early sobriety being like a broken record: steps and recovery, steps and recovery. She finally discovered, through time, this is a program of "unconditional love" and today she has "a life second to none."

"Butch" closed the trio of speakers with a comparison of early sobriety in New York City attending hardcore meetings with "tough love guys" and said in comparison to Sarasota, we have "Gucci AA." Some may be offended by that comparison but many people have shared Butch's experiences about "rough and tumble AA" in New York.

For those who missed this annual event, look forward to the Gratitude Dinner in November.

The Garden

Tending AA is like tending a garden

By Phoebe S.

In the early morning, before the head of the day, I like to garden in my yard. As I pull the weeds from the rich brown dirt, I think about AA. When I work the steps with my sponsor, or share my experience, strength, and hope with my AA group, I am pulling out the weeds from my past life, those dark entanglements that stop new growth and keep me from the sunlight of the spirit. The Big Book tells us we must have a mental re-arrangement if we are to stay sober and I think about how I have re-arranged the plants in my garden.

I move the tall ones that were blocking the sun from the small plants. I bring in new plants from the nursery which give the garden fresh birth and pretty color too. I feed my plants and they burst forth in bloom just as AA feeds me and raises my consciousness so that I can accept a more positive view of the world.

From time to time, blight and bugs come to my garden and much on my juicy leaves.

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Humbly asked Him to remove our shortcomings.

AA Literature is My Lifeline

By Jayne C.

Traveling can be stressful and it is important for me to have the support of the AA fellowship with me wherever I go. Because of this, I always tuck in some AA literature in my bags. I have a small pocket **Big Book** for this purpose.

Recently I have found that having a library of AA literature with me is really quite easy. I now travel with my laptop computer so I have access to my downloaded versions of, the **Big Book** and the **Twelve and Twelve**, and a myriad of other publications; including the **Service Manual and Concepts** and many of the pamphlets like *The AA Group*. There are also E-book versions of AA literature for i-pad and mobile devices. Now I can rest assured that I have access to almost all of AA's literature. I am also delighted that I can use my computer's search engine to find specific topics that might be important to me.

Today I am extremely grateful that getting AAs message, my lifeline, is easier and even more convenient.

The Garden

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The news, negative people, and financial problems would like to spoil my lovely growth but, it is only a temporary lapse and if I continue- one day at a time- to work the steps, involve myself in service, and call my sponsor, I am then restored to sanity. Working my program is like the spray which kills the bugs that are trying to stunt my growth and keep me stuck.

When I am working in my garden, I feel a sense of peace. I feel that same sense of peace when I use prayer and meditation to quiet my emotions and restore my contact with my Higher Power. I am a better person when I am one with nature and join in with my fellow AAers in a meeting. The sober life is a beautiful one, especially if we tend to our spiritual gardens with the tools of the program.

56th FLORIDA STATE CONVENTION

“Always to Be There”

August 1-5, 2012

Innisbrook Golf & Spa Resort

(15 miles north of Tampa)

For Details Go To

www.56.flstateconvention.com

Travelin' Buddies

By Michele W

Spent a lot of years just outside of nowhere
just shy of sober.

Lot of good intentions wore a dusty trail to
Hell back then.

Making no excuses, mind you, stating facts,
best I know how,

with my memories just blowin' in the wind.
Finally decided geography was my downfall,
must be brighter suns elsewhere.

land of opportunity and all.
Packed it all up in that pickup truck one day,
moved on down the road.

Carried the darkness with me into the sun,
trying to get out of my own shadow
easier said than done.

Love covers a multitude of sins,
or so they say,
kept traveling in circles, never could manage
to get out of my own way.

She followed along that same dusty road,
I'm guessing she carried
way more than her share of the load.

Eventually, one somber midnight
at the wrong end of a bottle, finally,
looked up and saw the light.

It had been there all the time,
long before the whiskey,
way long before the wine,
in the curve of a smile I couldn't see,
bein' half blind.

All those years searching for
some kind of redemption
it was right by my side,
just kept trippin' over my own pride,
gettin' tangled up in those
bags on the floor, the ones I kept draggin'
in and out of every door.
Maybe this time I'll leave the bags behind.

How Do I Feel Today?

AA changed her feelings

by Cindy L

After almost 3 years of recovery, I feel like a different person today. One of the biggest changes that I have noticed is how I react to negative situations.

Before sobriety, I drank whenever I got irritable. This kept me calm and peaceful. I literally bottled up my feelings inside me for months at a time. Eventually I would get so angry, I WOULD SCREAM. Although the screaming was rare, there were certainly those times where I lost my cool.

Ahhh, but then came recovery, followed by the steps which helped me identify and deal with my feelings. Since recovery, I cannot think of a single instance where I have felt the old type of anger I used to experience. I certainly have had issues that have upset me but it is not like before. The 10th Step has taught me to deal with these feelings as they arise. I feel this step is gradually teaching me how to stop stuffing those old feelings.

Today when something upsets me, I remain calm until I can have my quiet time to contemplate the situation. I have noticed that often times I cannot describe my feelings to myself. I just know that I don't like how I feel. I wonder if this is because I have become conditioned to numb my feelings by so many years of drinking. Either way, I am getting to know myself through this process. This is my journey.

Continued next col.

STEP SEVEN



"Humbly asked Him to remove our shortcomings."

How Do I Feel Today?

Continued previous col.

I'm not sure if I will ever be able to "label" those feelings or not. For now, whatever they are, I am learning to react in a calm, mature, and peaceful manner. Is this Spiritual progress? Growth? or Self-awareness? I don't have the answers, but I like it and I know that "more will be revealed."

Thought for the Day

Faith and doubt are needed—not as antagonists, but working side by side—to take us around the unknown curve.

By Lillian Smith

Heard in a Meeting

There is no statute of limitations on stupid.

3 for JULY

STEP 7

Humbly asked Him to remove our shortcomings.

TRADITION 7

Every A.A. group ought to be fully self-supporting, declining outside contributions.

CONCEPT 7

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purpose for final effectiveness.



Dear Alkie

"Alkie" is one of our long time members who believes as the Big Book says, that we are not a glum lot. Email your questions regarding our fellowship and/or recovery to Newsletter@asrq.org

Dear Alkie: When should I start sharing in meetings?

Alkie: When you have something to say.

Dear Alkie: How would you describe life in AA?

Alkie: It is like a roller coaster except you don't throw up as much.

Dear Alkie: How many meetings should I go to?

Alkie: Go to a meeting everyday and then cut back. When you are unhappy add more meetings.

Dear Alkie: I don't know if I can relate to people in meetings because I am different'

Alkie: It should be easy to relate because everyone in AA started out thinking they were different, therefore, you are all alike.

Our Newsletter Depends Upon You!

Share your experience, strength, and hope with the Fellowship.

E-mail your article to:

Newsletter@asrq.org

ANNIVERSARIES

(Groups: Email your birthdays to Newsletter@asrq.org and put **ANNIVERSARIES** in the subject line. The cutoff for the Newsletter is the end of the month. Do not send announcements for future months. i.e. May birthdays appear in June.)

Attitude Adjustment

May

Tom S 21 years
J Michael C 14 years

June

Joe G 29 years
Laura W 29 years
Louise C 17 years
Karin S 10 years
Matthew S 6 years

Bee Ridge East Group

June

Delores J 1 year
Lou S 14 years
Tom H 40 years

Donut Hour

June

Mary M. 32 years
Pete N. 6 years
Elizabeth J. 6 years
Betsy K. 1 year
Steve S. 1 year
Kelly G. 1 year
Michael S. 1 year

Early Birds

June

Bobby K. 22 years
Eileen P. 3 years

Friends of the Pelican

June

Bill B. 5 years
Kim M. 2 years
Mike S. 7 years

Happy Cookie Hour

June

Kim P. 1 year
Tom M. 4 years
Kathy 14 years
Rick M. 17 years
J D 22 years
Pattie M. 30 years

Keep It Simple (Mens)

June

Kenny B. 2 years

New Woman

May

Peg G 27 years
Barbara M 14 years
Chris Jean 3 years

Karen K 1 year

Kathy D 1 year

June

Janice A 30 years
Joanie H 29 years
Betty B 24 years
Sheila L 3 years

North River Monday Nite

June

Mary Ann F. 20 years

Oak Street

June

Cathie D. 3 years
David S. 9 years
Don B. 16 years
Frank O. 14 years
Galina S. 5 years

Oak Street (continued)

Hazel 22 years
Larri G. 10 years
Lynn L. 14 years
Mimi McD. 30 years
Mitchell G. 14 years
Patrick W. 11 years
Ricardo R. 12 years
Robyn D. 9 years
Shwandra B. 13 years
Tom L. 31 years
Victoria G. 14 years
Jim D. 23 years

Primary Porpoise

June

Carol K. 42 years

St Armands Noon

June

Barry B. 19 years
Carol K. 42 years
Dana H. 3 years
Gayla S. 28 years
Linda M. 1 year
Linda R. 31 years
Melvin 31 years
Patti M. 30 years

Sunrise Group.

June

Laura W. 29 years
Madonna 23 years
Al Mc . 24 years
Bob T. 21 years
Chuck E. 6 years
Cindy D. 1 year

Sunrise Group. (Cont.)

Dave A. 3 years
Dave D. 3 years
Ernie D. 24 years
Jeff M. 23 years
Scott C. 2 years
Tom DC. 4 years
Rod O. 1 year
Rick M. 17 years
Joe G. 29 years
Jim F. 47 years

Calls to the Helpline

JULY

Total Calls	171
Meeting Time/Location	106
In Lieu of 12th Step Call	8
Actual 12th Step Call	6
Al-Anon Call	11
Special Needs	0
Miscellaneous	39

The Helpline currently needs members willing to be on the 12-step call list. Please contact the Helpline through our website or Robert Q at 351-4818.

"Each day, somewhere in the world, recovery begins when one alcoholic talks to another alcoholic, sharing experience, strength, and hope."
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HOW TO SUBMIT ITEMS TO THE NEWSLETTER: Anniversaries, articles, and meeting notices may be sent to newsletter@asrq.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 Phone 941-351-4818.