



Sara-Mana Intergroup

P.O. Box 3075 1748 Independence Blvd., #B2, Sarasota, FL 34234

On the web at aasrq.org



March 2013 Central Office (941-351-4818) Sara-Mana District 4, Area 15

FOOD FOR THOUGHT

Tradition 5: *“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.”*

When someone mentions singleness of purpose, I assume a group’s embers are sharing outside issues. Some share, “I’m an alcoholic and addict,” and for many, this can be a point of contention. I recently observed another way we may not adhere to A.A.’s singleness of purpose.

I attended an A.A. meeting described as a couples meeting. I inquired if it was okay that I was not part of a couple, and I was assured that the group follows the Third Tradition: *“Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover ...”*

I entered the meeting with an open mind and immediately felt the closeness of the group.

When the meeting began, the chairperson directed everyone to introduce themselves. Suddenly my ears perked up when someone introduced themselves as “_____, a member of Al-Anon.” While I’ve known many members of Al-Anon attend A.A. meetings with their spouses, I had never experienced a group of alternating individuals announcing their affiliation with our counterpart. I reminded myself every group is autonomous.

The meeting format allowed everyone to share. I readily saw a problem. An individual identified himself as an alcoholic, and shared. Then an Al-Anon shared, clearly disagreeing, saying, “they don’t do it that way.” I almost laughed aloud, thinking, “Of course, you don’t. You’re not an

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Grapevine

Quote of the Month

“Turn toward that power and ask for help whenever you feel disturbed or afraid, the way a plant turns toward the light.”

Intergroup adopts \$27,050 budget

The Sara-Mana Intergroup approved a \$27,050 budget for the current year during its February 19 meeting. This action followed a report that the organization ended the last fiscal year in the red, primarily due to money lost on the Gratitude Dinner.

In addition, contributions to Intergroup from A.A. groups for the past year amounted to \$15,000, \$3,000 under budget.

Intergroup events chair Tom M. said his committee was looking at a new venue for the 2013 Gratitude Dinner. “We can rent the Manatee Municipal Auditorium for considerably less than the Sarasota site where we have been holding the dinner,” he said.

Attendees also were told that General Service committees were extremely active this year. This referred to the Archives, Public Information, Hospitals and Institutions and Grapevine committees.

Several reps attending the meeting voiced strong support for updating the Sara-Mana web site and for including more information of interest to A.A.ers.

Intergroup next meets March 19.

Celebrate sobriety with service

Mother Teresa once said “We can do no great things, only small things with great love.”

This is your chance to put more love into your sobriety and your life by giving small A.A. gifts of yourself throughout your day.

Be a greeter, set up or stow the chairs, make the coffee, pick up the telephone, offer to lead a meeting, write an article for the newsletter, smile at others as they enter the meeting, attend meetings at Central Office, offer to be a GSR or to be on the 12-Step call list. Most importantly, give the gift that your sponsor willingly gave to you by offering to sponsor someone new in A.A. It’s certainly not enough to be “around A.A.” – we need to be “in A.A.”

Make 2013, your year of A.A. service! We learn the most about ourselves by working with others and it’s free! Service truly helps us to rededicate ourselves to our new life of sobriety. **SERVICE ENSURES STAYING POWER!**

Please contact Central Office at www.aasrq.org if we can help you to get started.

Please consider volunteering to make important 12 Step calls. Call the Central Office at 358-4818 or visit the website at aasrq.org.

Food for thought, from page 1 alcoholic."

I noticed the Al-Anons putting money in the basket. I wondered whether Al-Anons attending an A.A. meeting could contribute, or was this considered a breach of the Seventh Tradition?

I was conflicted, and called my sponsor. She said to always consider the still sick and suffering at their first meeting. Did the meeting convey the A.A. message? Would the newcomer come back?

Bill W. in a 1958 Grapevine: "Our first duty, as a Society, is to insure our own survival. Therefore we have to avoid distractions and multi-purpose activities ... Sobriety—freedom from alcohol—through the teaching and practice of the Twelve Steps, is the sole purpose of an A.A. group ... We have to confine our membership to alcoholics and we have to confine our A.A. groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone."

YOU can be a Grapevine rep

New to A.A. and want to get involved with service? A Grapevine Representative (GVR) is a great commitment. Some groups have a monthly drawing for a subscription, some take a collection and have a drawing for the subscription. Others have a Grapevine box where donations are made, then there is a drawing for the subscription.

There is a monthly GVR meeting at Central Office for anyone who would like to attend and get involved. Being fairly new to A.A., the GVR position has allowed me more involvement with my home group, attend other meetings to try to get the word out and meet fellow A.A.s from other groups. If you would like more information, please email grapevine@asrq.org.

Nichole W.

YOU need to know this

Want to feel appreciated? Volunteers are needed for (1) SRQ jail, women's 7:30 a.m. meetings (2) Manatee jail 2 p.m. women's weekend meetings (3) SRQ jail men's pod Sunday nights. Consider getting an application approved to do this rewarding service work! Also, a need for Friday at 7 p.m. at Manatee Glens. These housebound A.A.'s can't get out for meetings. If interested, contact hni@asrq.org



Attention **all new GSR's!** Join us for an orientation Saturday, March 30th, 9:30-11:00 at Central Office (enter back door). Discover all the things you need to know to be an effective GSR. Continental breakfast and beverages will be served.

You and your family are invited to the **Main Street Men's Group anniversary** barbeque Saturday, April 20 at 911 Central Avenue, Sarasota. Barbeque follows a 10 a.m. open speaker meeting. We'll have hot dogs, burgers, sides, sodas, desserts. Bring a side or more desserts if you'd like.

LWR AS BILL SEES IT is a new meeting, held at 11:30 a.m. on Thursday at Harvest Methodist Church, 14306 Covenant Way, Lakewood Ranch.

THE FRESH START Group is a new meeting at 7:30 p.m. on Wednesday at the Gratitude Room in Bradenton.

The **164 PLUS STUDY GROUP** is a new closed Big Book meeting at 5:30 p.m. Thursday, at St. Armands Key Lutheran Church. Bring your Big Book and your 12 & 12.

WOMEN OF BRADENTON AREA. Bradenton Bridge Work Release Center desperately needs volunteers for meetings. Dept. of Corrections approval required. If willing and able, please contact hni@asrq.org as soon as possible.

Central Office Fund Drive Reaches ½ Way Mark

Unlike years past, the Fund Drive got off to very slow start.

As of February 28th, our contribution total was \$10,259, well below this time of the past several years. Even though we are behind, we are confident our goal will be reached.

The generosity of our members has been overwhelming in past years, but we are not there yet. Our goal this year is \$27,000. Please continue to help get the word out in your groups that the Central Office needs continued support. Without your help and individual contributions, we cannot maintain what we have all come to know as the best Central Office in South Florida.

3 for March

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3

The only requirement for A.A. membership is a desire to stop drinking.

Concept 3

To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

Only A.A. material now sold at C.O.

Sara-Mana Central Office directors have voted to sell only A.A. General Service Conference-approved printed or audiovisual material, as well as other A.A.-published materials. They will no longer supply any non-A.A. literature. This assures that all literature is in accord with A.A. principles. Conference-approved material deals with the recovery program of A.A. or information about the A.A. fellowship.

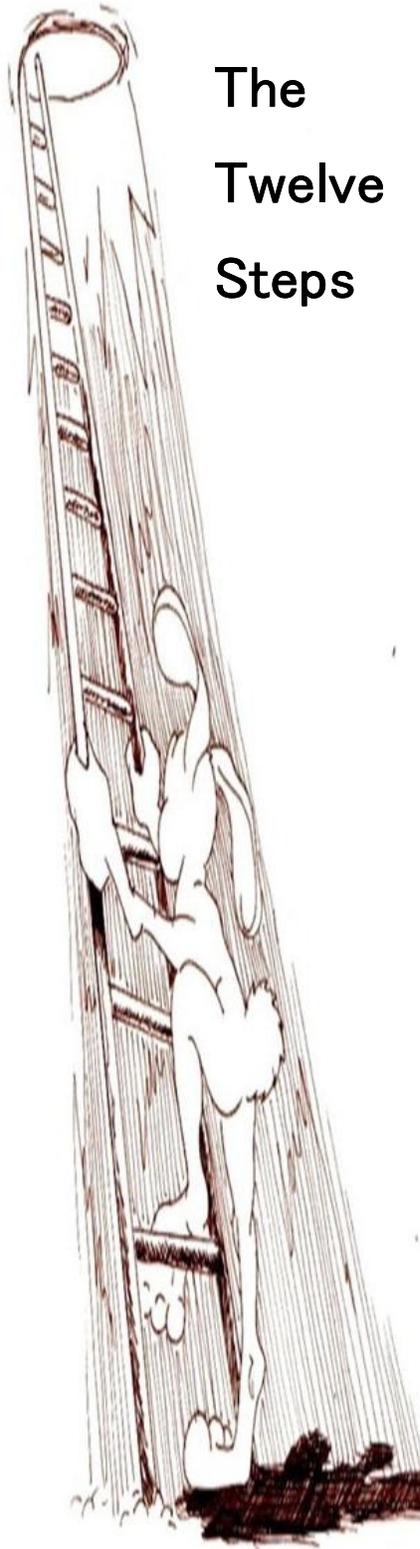
The term has no relation to material not published by G.S.O. A great deal of literature helpful to alcoholics is published by others, and A.A. does not try to tell any individual member what he or she may or may not read.

Conference approval assures a process, in which A.A.s from the United States and Canada read and express opinions at every stage of production. Such materials always say "This is A.A. General Service Conference-approved literature."

Not all A.A. literature is Conference-approved. Central offices and intergroups produce materials that are not Conference-approved; however, they may be classified as A.A. literature if they meet the needs of the local membership. The office will be selling only A.A. literature. The Conference does not disapprove of such material. Most A.A. groups purchase and display Conference-approved pamphlets, and usually carry a supply of hardcover books.

Approved literature is copyrighted, and permission to reprint must be obtained from A.A.W.S. in writing.

A.A. newsletters, bulletins, meeting lists can use the material, providing credit is given to ensure that the copyrights of A.A. literature are protected. The A.A. Preamble is copyrighted by The A.A. Grapevine, Inc. (not by A.A. World Services). Beneath it, these words should appear: Reprinted with permission of the A.A. Grapevine, Inc. The Steps and Traditions should be followed by these words: Reprinted with Permission of A.A. World Services, Inc.



The Twelve Steps

An A.A.er comments on Central Office decision

Congratulations to our board for making only A.A. literature available in the Central Office, showing members that we are serving our primary purpose of carrying A.A.'s message to the alcoholic still suffering.

Bill K

Dear Alkie

Dear Alkie: Why did you drink?
Alkie: I had the delusion that alcohol could do something for me that God couldn't.

Dear Alkie: What can you tell me about Step 2?
Alkie: Step 2 is when we intuitively know that everything is going to be all right

Dear Alkie: I've heard you talk about the "grace of God". What do you mean?
Alkie: The grace of God is showered on everyone. Those of us who choose to accept it have stopped hiding under our umbrellas!

Dear Alkie: When I drink, I've been told that I act insane. Can you help me with my insanity?
Alkie: My insanity and ego were curiously linked. To give up the former I had to give up the latter.

Dear Alkie: I can't stop drinking! Why do I have to ask for help? Why doesn't God just stop me?
Alkie: God is a gentleman who never goes where He's not invited!

Dear Alkie: Can you tell if you're really working a solid program and have faith?
Alkie: Sure. On good days things go my way and I stay sober; on great days things don't go my way and I stay sober.

Dear Alkie: Things are just not going the way I want. Why should I trust God?
Alkie: If things always went my way, I wouldn't have to trust God!

Dear Alkie: I only seek God's help when I'm in trouble. I get in a lot of trouble.
Alkie: It's better to use God as your steering wheel rather than your spare tire.

Dear Alkie: I'm not sure what to do. Any advice?
Alkie: In the dance of life, I try to remember to let God lead.

ANNIVERSARIES

Groups: email birthdays to newsletter@asrq.org and put ANNIVERSARIES in the subject line. Cutoff for the newsletter is the last day of the month. Do not send anniversaries for future months: i.e. February anniversaries appear in March.

63rd AVENUE

February

Peggy F. 37 years
Mike C. 31 years
Larry S. 30 years
N. Jim 23 years
David B. 9 years

BAY

February

James T. 2 years

BEE RIDGE EAST

February

Bill H. 34 years
Tom T. 26 years
Dick G. 6 years

EARLY BIG BOOK

February

John T. 50 years
Carol G. 13 years
Robin 1 year

FRIENDS OF THE PELICAN

February

Norman D. 31 years
Jeff A. 30 years
Jay C. 16 years
Jerome M. 15 years
Matt P. 2 years
Barbara S. 1 year

GULF GATE NOON

December

Jim D. 29 years
Jim S. 19 years
Jack V. 16 years
John S. 16 years
Beth F. 2 years

January

Chuck W. 38 years
Phil C. 31 years
Ann D. 27 years
Mark P. 6 years
Erin 4 years
Joan W. 3 years
Chad S. 1 year
Chrissy P. 1 year

Harry H. 1 year

February

Bob K. 37 years
Ross B. 33 years
John E. 32 years
Pat S. 31 years
Pat G. 23 years
Anthony J. 3 years
Jason M. 3 years
Rebecca G. 2 years

HAPPY COOKIE HOUR

February

Shawn S. 24 years
Shawn 24 years
Peg S. 20 years
Erick A. 19 years
Jerry D. 5 years
Patrick O. 2 years
Scotty T. 2 years
Bart M. 1 year
Kathleen T. 1 year

LAKWOOD RANCH 12 & 12

January

Valerie 26 years
Pam 20 years
Pat 8 years
Michelle D. 21 years

NEW WOMEN

February

Scheila C. 48 years
Lil K. 37 years
Jayne C. 22 years

NORTH RIVER

January

Tony F. 27 years
Diane S. 7 years
Hedy N. 35 years
Rick M. 11 years

OAK STREET STEP

February

Bill H. 34 years
Diana E. 27 years

Michelle DeS. 21 years

Cynthia M. 21 years
Howard W. 20 years
Charlotte B. 17 years
Grafti O. 7 years
Helen Y. 5 years
Ann C. 3 years
Natalie T. 3 years

PALMETTO

November

Jim M. 32 years
Chuck N. 25 years
Marty 4 years

December

Ken M. 34 years
Denny B. 29 years
Paul U. 28 years
Barb T. 14 years
Greg M. 1 year

January

Bob S. 30 years
Patty 42 years
Gay 42 years
Bobby M. 28 years

PRIMARY PORPOISE

December

Dani 3 years

January

Sarah M. 10 years
Judy J. 31 years
John G. 16 years

SATURDAY NIGHT SPEAKERS

February

Myers P. 4 years

SERENITY ROOM

February

Bari R. 34 years
Freddie H. 22 years
Dan F. 17 years
Rick H. 16 years
Maggie S. 14 years
Tom T. 12 years

Barbara S. 5 years

Mark T. 1 year

SOBER LIVING

February

Dana D. 23 years
Noelle C. 11 years

WOMEN OF HOPE

January

Trish F. 23 years
Freda L. 22 years
Nancy O. 4 years
Jenny T. 1 year

February

Patti W. 42 years
Sandy B. 41 years
Ally B. 11 years

UNDER THE RAINBOW

February

Katy M. 11 years
Mary H. 7 years
Michael H. 2 years

HELPLINE TOTALS FEBRUARY 2013

Call count.....282

BREAKDOWN:

Meeting time/location.195
In lieu of 12 step call.... 15
Actual 12 step calls..... 15
Al-Anon Call.....6
Special Needs.....5
Miscellaneous.....46

Please HELP the Helpline by getting on the 12 Step Call List. Year round resident members can contact their Intergroup Rep or Robert Q. through Central Office at 351 -4818.

"Helping others is the foundation stone of your recovery." BB page 97

The main 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@asrq.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.