



On the web at aasrq.org

Sara-Mana Intergroup

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

God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference.

April 2014 Central Office (941)-351-4818 Sara-Mana District 4, Area 15

The Twelve REWARDS of the 12-Step Program

Ann C. of Niles, Ohio wrote the "12 Rewards" a number of years before the 1985 International Convention in Montreal, Canada where she set it to tape at the Oldtimers Meeting. Some groups in the northeast and Midwest have adopted it with the respect usually accorded the Steps, Traditions, and Concepts.

Ann wrote it to show the contrast that can take place in any of our lives if we try to follow A.A. principles.

1. We can all have **Hope**, instead of desperation;
2. **Faith**, instead of despair;
3. **Courage**, instead of fear;
4. **Peace of Mind**, instead of confusion;
5. **Self-respect**, instead of self-contempt;
6. **Self-confidence**, instead of helplessness;
7. The **respect of others**, instead of their pity and contempt;
8. A **clean conscience**, instead of a sense of guilt;
9. Real **friendships**, instead of loneliness;
10. A **clean pattern of life**, instead of a purposeless existence;
11. The **love and understanding** of our families, instead of their doubts and fears;
12. The **freedom of a happy life**, instead of the bondage of an alcoholic obsession.

Get Newsletter by Email

Get your Sara-Mana Newsletter emailed to you in a PDF format each month. Email secretary@aasrq.org and ask to be on the email list



Founders Day Dinner
June 14.
5:30 p.m.
Bahia Vista Mennonite Church

Fund Drive \$6,000 Short, Needs Your Help

At the end of March, and with less than a month to go, we are \$6,000 short of meeting our Central Office Fund drive goal.

If you have not yet given, and are able, please consider sending in a contribution.

No amount is too small.

Our District 4 Central Office is instrumental in helping carry the message to the suffering alcoholic. Please help us reach the goal. **Central Office 1748 Independence Blvd. Suite B-2 Sarasota, Fl. 34234**
www.aasrq.org 941-351-4818

A Letter to Alcohol

Finally, This Alcoholic Writes the Dear John

Dear Alcohol

Hello, old friend,

I was a shy, confused, lonely boy when we first met. You brought clarity, confidence and meaning to my life. You have been my friend and companion in the best and worst times of my life. I learned to rely on your support and ability to understand my pain when no one else could. I never told anyone how important and instrumental you have been to my happiness, survival, and existence. I do not know how I would have made it without you. Thank you.

Somewhere along the way I began to notice that relying on your support was causing much trouble in my life. I gave up everything for you, my hope and dreams, all my blessings, my very dignity, so I could be with you.

I have made numerous attempts to let you go without success. The purpose of this letter is to finally say goodbye. I don't need you anymore, I don't love you anymore, we will not meet again.

All along, there was a stranger watching and protecting me from a distance. When I was lonely, confused, and hopeless, I made attempts to ask him for help and assumed he was not listening, until I understood that he was only waiting for me to let you go. I met him when I joined AA. He is now my friend and has given me a gift. A gift I can share with everyone; my family, my friends and even people I don't even know. His name is God and the gift is sobriety.—Mark S.

Service Notes

Public Information

Unit: Rack Packs And “Cinercials”

With these occasional “service notes,” excerpted from monthly meeting reports, we will highlight activities of the various GSO committees.

The Sara-Mana District 4 PI/CPC (Public Information) committee continues to carry A.A.’s message of recovery throughout our District and beyond. Committee members are conducting workshops and informational activities in a growing number of venues. Over the last month members of our committee made presentations to the Manatee TEEN COURT participants as well as Licensed Practical Nurse students at the Manatee Technical Institute.

Our RACK PACK continues to provide A.A. approved literature at more than 30 locations throughout our District. We invite you to join our “Adopt A Rack Pack”. It’s a great way to get involved in PI/CPC and have your very own A.A. literature Rack to keep watch over in the community.

We continue to carry our message of hope on every movie screen, before every show, in each of the 8 theaters at the Parkway 8 Cinema. Our 15 second “Cinercial” is seen by thousands of theatergoers each week. Our newly printed Lobby/Business cards are available in the lobby for patrons to take when they leave the theater..

Check it out and let us know what you think... picpc@srq.org

We meet on the 2nd Wednesday of the month 5:30-6:30pm

THE WALL STREET JOURNAL OPINION ONLY \$1 SUBSCR

TOP STORIES IN OPINION 1 of 12 2 of 12 3 of 12



Noonan: Mr. Putin's Revealing Speech



Climate Forecast: Muting the Alarm



Rate That Oligarc

HOUSES OF WORSHIP

Can Faith Rewire an Addict's Brain?

New evidence shows that 'God consciousness' can keep young people off drugs and alcohol

Participation in service work and reliance on a Higher Power are two key elements of recovery, according to this objective view of alcoholism treatment, published in the *Wall Street Journal Online* of March 28, 2014.

4 for April

STEP FOUR. “Made a searching and fearless moral inventory of ourselves.”

Why not “Took stock of ourselves and resolved to change for the better” or “...tried to become a better person.” The wording conveys something very different from my previous half-hearted, insincere resolutions to change. The adjectives are attention getting. “Searching” is defined as “acutely penetrating and thorough.” “Fearless” is defined as “bold and brave.” The nine words in this step say to me this is going to be a housecleaning like I’ve never done before. Real change is mandatory because the person I was will always drink again. *(Comment by Anonymous)*

TRADITION 4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

CONCEPT 4. At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Service Notes

Men Needed to Staff Sarasota Jail Meetings

The Hospitals & Institutions Committee needs male volunteers to carry A.A.’s message of recovery into the Sarasota County Jail. The committee staffs 15 A.A. meetings a week in both the Recovery Pod and General Population.

To fill out an application, please go to [aasrq.org/Committees/General Service/HL&I](http://aasrq.org/Committees/GeneralService/HL&I). Halfway down the page you will find a link to the application in PDF format. Print and fill out the application and mail to the address listed on the H & I page. Don’t forget to include a copy of your driver license and social security card. —Chris L

GRAPEVINE

Quote of the Day

"Many ask 'What is anonymity?' and 'What is humility?' To me, they are almost the same thing. They are devoid of prestige; they demand nothing; they don't ask to be 'right'; they simply suggest that the icy egocentric elements in all of us retire into the background and that we wear the warm cloak of anonymity and humility and therefore, spirituality."

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“Conference Approved” Does NOT Bar Reference or Use of Non-AA Publications

BY DR. BETSY B.

Former Intergroup Chairperson

There always seems to be some confusion about the term “conference approved” literature and what that means to our recovery. The General Service Office has an article that clarifies this concept for us. Simply put, conference approval means written or audio-visual material that has gone through a (lengthy) process to ensure that the literature represents “solid A.A. experience” and “is in accord with A.A. principles” (*Conference-Approved Literature*, Service Material from the General Service Office).

Sometimes people think this means that we should not use non-approved literature; this is not true. The G.S.O. article also says, “The term has no relation to material not published by G.S.O. It does not imply Conference disapproval of other material about A.A. 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.” In fact, the First Edition of the Big Book is not conference approved as there was no conference at the time it was published and *Grapevines* are not approved either as they are printed monthly and don’t have time to go through the approval process!

Early A.A.’s read from many books including *the Bible*. And while that would probably raise some issues today, “the first A.A. group in Akron, Ohio (still going today) continues to display the Bible A.A.’s founders read from in the earliest meetings,” said a reliable source. It is a significant

part of our A.A. history.

Besides the Big Book and the Bible, in 1939 the Akron Group also recommended these books for newcomers:

- The Greatest Thing in the World*, Henry Drummond.
- The Unchanging Friend*, a series (Bruce Publishing Co., Milwaukee).
- As a Man Thinketh*, James Allen.
- The Sermon on the Mount*, Emmet Fox (Harper Bros.).
- The Self You Have to Live With*, Winfred Rhoades.
- Psychology of Christian Personality*, Ernest M. Ligon (Macmillan Co.).
- Abundant Living*, E. Stanley Jones.
- The Man Nobody Knows*, Bruce Barton.

While I DO NOT think these titles should be “required reading,” I do think it is clear from our A.A. history that A.A.’s, both as individuals and groups, have *always* found using other books and readings, in conjunction with conference approved material, to be the foundation for developing a sober, spiritual life. It is certainly true in my experience.

HELPLINE TOTALS

March 2014 Calls 307

BREAKDOWN:

Meeting time/location	228
In lieu of 12 step call	9
Actual 12 step calls	7
Al-Anon Call	4
Special Needs	0
Miscellaneous	59

Spanish Helpline

Two Helpline shifts are available: Wed. 3-6 p.m. and Sat. 6-9, Please call Central Office at (941) 351-4818.

Dear Alkie

I’ve been sober four years and feel really good. How many meetings do you think I should go to every week?

Alkie: Well, I look at it this way. I only need one meeting a week. But I don’t know which one it is so I go every day.

I have a really bad cold and need to take some cold medicine. Is it safe for me?

Alkie: Here’s what I do. Read the labels and check to make sure they don’t have alcohol. Also, I ask my pharmacist, just to be safe. To protect my anonymity, I tell her I’m not allowed to have alcohol.

My parents are visiting me for a week and I’m afraid I might drink. THEY DRIVE ME CRAZY!

Alkie: Of course I understand. In my old home group, they used to call families “the f word.” And I also heard that the reason they push your buttons is because they install them. Try this: Do something called “book-ending” with your sponsor. That means you call her or him every morning. Talk about what’s going on and your fears. At the end of the day, call your sponsor again and go over what your day was like, and what is bothering you, if anything. Also, try to run out to meetings while they are visiting.

I had been working my program perfectly, going to daily meetings, calling my sponsor every day, working the steps, reading A.A. literature, using the phone etc. All of a sudden I stopped. I’m not drinking but I don’t feel like doing any of it. HELP!

Alkie: You know what to do. Just “act as if” until you get back in the groove. Try going to TWO meetings a day and calling your sponsor twice a day. Share how you are feeling in your home group, Here’s something I’ve heard” Alcoholics are people who find exactly what works, then stop doing it!

ANNIVERSARIES

Groups: email birthdays to newsletter@aasrq.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 GROUP

MARCH
MARCO O 5 YEARS
STEVE R 5

BAY GROUP

JANUARY
DENISE W 29 YEARS
SUSAN W 13
MIKE P 3
FEBRUARY
KEN R 2 YEARS

MARCH
JEAN W 33 YEARS
PAUL N 6
JON K 1
WES E 1

BEE RIDGE EAST

MARCH
JOHN L 29 YEARS
JEARETTE K 28
CHUCK L 3

EARLY BIRD

MARCH
TIM L 21 YEARS

FRIENDS OF THE PELICAN

MARCH
BOB C 34 YEARS
NORRIS E 25
TERRY H 17
KATHLEEN W 9
VIOLA W 8
CHRIS C 1

GULF GATE NOON

MARCH
SYKLIVIA P 42 YEARS
JACK 40
BOB 38
JOHN 36
EDGAR 29
CHRIS P 2

LAKWOOD RNCH 12&12

MARCH
MARTY K 14 YEARS

KENSINGTON PARK

MARCH
JIOHN O 57 YEARS
SKIP S 40
KAY R 23
LOU C 21
MARCO O 5

OAK STREET

MARCH
JANE D 46 YEARS
CYNTHIA C 34
MICHAEL F 34
JUDY Y 31
KATHY A 22
KATHY J 19
JODY F 15
JOAN B 10
ANNETTE W 10
JOHN K 10
JANICE C 8
JEFF S 5
LINDA R 5
DANNI R 4

PRIMARY PORPOISE

MARCH
TINA L 25 YEARS

SATURDAY NIGHT

SPEAKERS
FEBRUARY
MYERS P 27 YEARS
MARCH
BILL P 27

SOBER LIVING

MARCH
JEFF M 24 YEARS
JOAN B 2

ST. ARMAND'S

MARCH
BERT C 47 YEARS
JANE D 46
S.J. W 25
JANET B 15
DAVID D 12
SALENA W 7
THERESA C 6

SUNRISE

MARCH
FRED H 4 YEARS
BILL S 1

UNDER THE RAINBOW

MARCH
GEORGE L 32 YEARS
JOY G 13
JOHN W 7
BRENDA P 5
PAULINE T 4

MEETING CHANGES

The Monday 5 p.m. **Stepping Stone** step meeting will meet at First Baptist Church 1707 35th Ave East, Palmetto

The Thursday 1 p.m. **Women of Hope** closed discussion group will meet at 1707 35th Ave. East, Palmetto.

The **Saturday New Women** meeting which had been held in the Church of the Cross, Bradenton, is cancelled.



YOU need to know this Annual Calendar

District-wide social gatherings of Sara-Mana District 4 for the year are:

GRAPEVINE WORKSHOP:
April 23.

DELEGATE'S REPORT:
May 31. St. Andrew's Church on Beneva, Sarasota

FOUNDERS DAY DINNER:
June 14. Mennonite Church on Bahia Vista, Sarasota

GRATITUDE DINNER:
Nov. 15. Mennonite Church, Bahia Vista, Sarasota

OPEN HOUSE AT CENTRAL OFFICE: Dec. 6
NEW YEAR'S EVE DANCE. Location to be announced.

Grapevine Quote

"Belonging to a group makes life an opportunity for me ... something to encourage the best in me while it helps to keep me humble about the worst in me."

Strathroy, Ontario, December 1958

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@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, located at #B-2, 1748 Independence Blvd., Sarasota, FL