



SARA-MANA INTERGROUP NEWSLETTER

June 2018

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aasrq.org

AA Milestones

Founders Day Edition

In recent newsletters, we've included a brief list of historical events that occurred each month and have helped shaped Alcoholics Anonymous as we know it today. In honor of June and Founders Day, we thought we'd expand the feature a bit.

Taking a look at the history, it's interesting to note the number of significant events and developments during AA's first decade that took place in June.

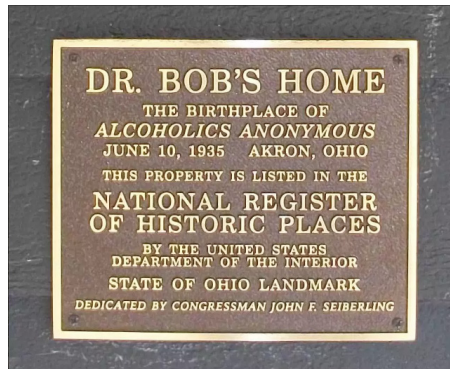


Image courtesy of Dr. Bob's Home. www.drbobshome.com

1935

Within AA circles, June 10, 1935 has long been held to be the date of Dr. Bob's last drink. Bill W. and Dr. Bob had been working together for a few weeks when Dr. Bob felt confident enough in his sobriety to attend the American Medical Association Convention in Atlantic City, NJ. Drinking and a blackout soon ensued, but it was just a couple of days until Dr. Bob was home in bed under the care of Bill and Bob's wife, Anne.

Heading into surgery three days later, Bill gave Dr. Bob a bottle of beer to steady his nerves and hands, and that beer on June 10, 1935 turned out to be Dr. Bob's last drink.

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To Sponser or Not To Sponser

I had been sober for about a year, and I was just getting comfortable with my own sobriety when a young man asked me to be his sponsor. I was panicked! What to do? I'd never considered being a sponsor. Was I qualified? Could I do this? Should I do this? Was I ready?

I checked with my sponsor, and he thought I should do it. I checked with the man who had been this young man's sponsor up to that point. He thought it was a great idea. When I mentioned that I didn't have much sober time, and I wasn't sure that I was ready, he asked me, "How much clean time did Bill have before he recruited Dr. Bob?" The answer was just days.

With some trepidation, I agreed to become this young man's sponsor, and it was the best decision that I could have made! What a revelation and a challenge! This man asked me questions about things that I had not considered. I had to find the answers, and I had to learn how to relate what I'd learned of this program to another man. Finding these answers and explaining this program deepened and broadened my own knowledge and experience. I am still nothing like an AA expert...I have a lot to learn. But, I began to experience and appreciate the program in a much richer way. I had never dreamed of this bonus that AA offers.

My experience was predicted on page 89 of the Big Book, Chapter 7, "Working with Others." That chapter starts with the words: "Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics!"

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Sara-Mana Intergroup
ANNUAL GRATITUDE DINNER
Saturday November 10, 2018

Save the Date!
Questions or to volunteer
Contact Sarasota Jim
sarasotajim.flg@gmail.com

To Sponsor

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I have sponsored other young men since then. The overall experience has been very positive. One sponsee quit before the miracle and took his own life. That was no fun, but I was warned that I would be “stepping over bodies” as I progressed through this program. We lost that man, and it was difficult, but there is so much gratification because of other sponsees who remain sober. I have learned so much as a sponsor, and it feels good to be a part of someone else’s success story.

Occasionally, when I see that he needs a little “pep talk,” I switch roles with my sponsor and sit down with him to see what’s going on with his life. In talking with other people about their long-term sponsor/sponsee relationships, I have found that this role reversal is not unusual. What fantastic elasticity to this process to allow it to go forward and backward, moving in both directions as need dictates!

Should you choose to be a sponsor? I suggest that you pray about it and speak with your own sponsor, but remember: “Nothing ventured. Nothing gained.” Being a sponsor has been tremendously beneficial for me. Can it be for you? You’ll have to try it to find out!

Milestones

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1936

10,000 people attend a Stockbridge, MA meeting of the **Oxford Group**, an organization that is seen in some ways as a precursor to AA. The event would mark the peak of the group's popularity.

1939

The *New York Times* provides a positive review of the **Big Book**, two months after it originally publishes.

1941

AA's first secretary, and a non-alcoholic, Ruth Crock, discovers the **Serenity Prayer** in the *New York Tribune*. Ruth and the HQ staff have the prayer printed on cards to send out to members, introducing it AA members for the first time.

1944

The 1st edition of **The Grapevine** is printed as the newsletter for New York City area groups. Cost? One year for \$1.50. June is also the month in which the Spanish-language version, **La Vina**, was first published in 1996.

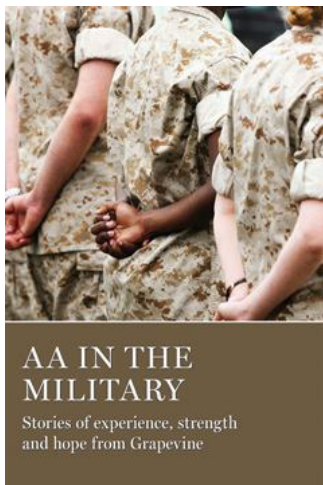
Heard Around the Rooms

A share after reading Chapter 8 “To Wives” (18 pages) at a BB meeting, “That chapter was longer than my first marriage.”

Central Office Book of the Month

AA in the Military \$13.99

AA in the Military is a collection of stories, previously published in Grapevine, by AA members who served in the military. The book begins with letters from World War II, when Grapevine first became a vital tool in keeping soldiers sober and connected to AA. The chapters that follow are filled with stories of experience, strength and hope by men and women who served their country. These personal accounts illustrate the challenges alcoholics in uniform encounter, often under difficult circumstances, far from loved ones. The book concludes with a powerful selection of stories by our sober veteran members.



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: When should I start sharing in meetings?

Alkie: When you have something to say.

Q. Dear Alkie: I don’t know if I can relate to people in meetings because I am different. Can you help?

Alkie: It should be easy to relate because everyone in AA started out thinking they were different and unique; therefore, we're all alike.

Q. Dear Alkie: I'm new, and have heard it said that AA is alike everywhere. True?

Alkie: AA meetings everywhere contain the same nuts; they're just in different cans.

Q. 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.

Q. Dear Alkie: How would you describe life in AA?

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

Q. Dear Alkie: I'm brand new. What can I expect from other alcoholics?

Alkie: Other alcoholics in the rooms are my spiritual and emotional barometer. When you look good, I know I'm good; when you are jerks and jackasses, I know I am.



From My Journal

by Nancy B.



Responsibility Statement

I am responsible,
when anyone, anywhere,
reaches out for help,
I want the hand of AA
always to be there,
and for that
I am responsible.



Still

Volunteers Needed!

"The unity of the Fellowship of the spirit can be ours so long as we are willing to pass it on."

Looking for an opportunity to provide service? The Men's Recovery Pod at the Manatee County Jail is in need of volunteers to bring the message. Volunteers are needed immediately as "snowbirds" migrate north and other volunteers step down.

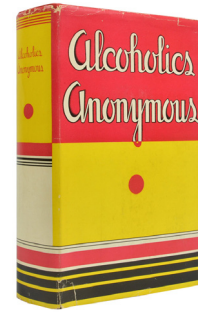
Applicants should have worked the steps with a sponsor, have a minimum of one year sobriety and have no "paper" for 5 years (if you don't know what "paper" is, don't worry about it!).

For more information please call
Jim J. @630.638.3844

I remember what was said when computers were first popular – "garbage in, garbage out." That phrase describes the distorted expectations that I, and I suppose many alcoholics, grew up with and elaborated upon as an adult and then trashed even further with alcohol. I can recall incidents where I was very happy and ruined everything with my obsession for more. I was impossible to satisfy, and I was totally baffled by it all until I came into AA.

It was through AA that I began to unravel all the stinking thinking. The first revelation to interrupt the cycle of self-defeating thoughts and behaviors, after putting the cork in the bottle, was the Step 10 axiom about my having a part in every disturbance. That idea opened a wide doorway into a catacomb of false and prideful expectations I had maintained.

Applying AA's teaching about gratitude produced another huge shift in the early years. It took a while, and it was quiet process, but the happiness I now have is profound. And it's with me every day – not like those occasional fleeting glimpses of happiness I used to experience.



Back of the Book

Responsibility

--Edgar C.

Bill Wilson often said that the testimonial stories in the back of the Big Book might prove to be more valuable in achieving sobriety than the main text of that book.

One example of what he meant is found in "The Man Who Mastered Fear" (page 253, 4th Edition), wherein Archie Trowbridge, who founded A.A. in Detroit, reflects on his life in sobriety and wrote, "I could not keep what I gained unless I gave it away."



August 15 - 19, 2018

Harbor Beach
Marriott
Resort & Spa

Fort Lauderdale Beach

Sara-Mana Meeting Breakdown

Spring 2018

Day	Total Meetings	Big Book	Step, T, 12&12	ABSI, DRef, GV, LS, Lit	Speaker	Meditation	Discussion, Beginners
Mon	49	10	2	5	0	1	31
Tue	46	7	7	4	2	1	25
Wed	43	4	4	2	3	2	28
Thu	47	4	13	5	2	2	21
Fri	44	6	5	6	3	2	22
Sat	37	1	0	4	4	1	27
Sun	29	1	2	3	4	3	16



Find a Meeting!

ANNIVERSARIES

Groups: Please email birthdays to newsletter@AAsrq.org and put **ANNIVERSARIES** in the subject line. Anniversaries will appear in the month after they occur (ie., June anniversaries will appear in the July edition of the newsletter). Deadline for submission of anniversaries is the 7th of each month. So, please have June anniversaries for publication in the July edition submitted by July 7th. Please also submit anniversaries typed within the body of an email or a Word file. Unless otherwise noted (and we have a bunch of notes this month!), anniversaries listed below are for May.

Donut Hour

January

Arthur R.	35 years
Barbara	2 years
Davis S.	7 years
Paul L.	6 years
Peg F.	18 years
Rosa L.	1 year

February

Buffalo Bob	15 years
Donna F.	15 years
Don P.	7 years
John B.	10 years
Karen B.	10 years
Sharon T.	9 years

March

Jennie N.	1 year
Sheryl S.	1 year
Tracy K.	2 years
Tracy R.	1 year
Trish F.	1 year

April

Frank T.	32 years
Gary B.	29 years
Jack R.	26 years
Marco S.	29 years
Mike G.	29 years
Rebecca H.	38 years
Richard K.	29 years

May

Amy J.	6 years
Annie D.	14 years
Asa D.	5 years
Joanne L.	6 years
Lisa G.	2 years
Rick S.	33 years
Vanessa L.	2 years

Bee Ridge East Group

April

Tom M.	31 years
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May

Maureen S.	16 years
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Early Big Book

April

Marla H.	31 years
Sheila D.	32 years

May

Jamie F.	3 years
Katherine R.	2 years
Wendy H.	31 years

Gulf Gate Noon

Ali K.	5 years
Chris S.	14 years
Jeff	1 year
Jerry	41 years
Judy J	14 years
Paula P	2 years
Suzanne R	21 years

Happy Cookie Hour

April

Mike O.	36 years
Jayne H	8 years
Michelle F.	2 years
Adrian M.	11 years
Simon M.	8 years
Dave B.	21 years

Monday Night Men's Group

John B.	15 years
Tom S.	27 years

Pass It On

Doris K.	5 years
Marc	22 years

Primary Porpoise

James S.	28 years
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St. Armand's Noon Group

March

Bert C.	51 years
B.J.	29 years
David D.	16 years
Janet B.	19 years
Jeff S.	9 years
Salena W.	11 years
Theresa C.	10 years

April

Gary B.	29 years
Jan S.	14 years
Kathie B.	33 years
Marcia P.	39 years
Molly M.	7 years
Stephen W.	10 years

May

Doreen B.	34 years
Lisa G.	34 years
Tom S.	27 years

Singleness of Purpose

Bob W.	27 years
David P.	7 years
Maureen A.	14 years

Sunrise Group

Christopher B.	35 years
Cindy M.	29 years
Frank	3 years
Jim F.	54 years
John B.	13 years
Mike P.	3 years
Norm F.	33 years
Rusty J.	35 years
Tom C.	3 years

Women in the Solution

Cynthia M.	31 years
Kim	14 years
Tatiana	4 years

Carry the Message

Saturday August 25th
10:00 AM - 2:00 PM

Beautiful Savior Lutheran Church
7461 Prospect Rd. Sarasota 34243

Literature H&I General Service Archives

Service Oriented - Guest Speaker

Volunteers needed. To join in on the fun contact Mick G.
(941) 587-0881
paisley06@gmail.com

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.