



SARA-MANA INTERGROUP NEWSLETTER

November 2019

Central Office 941.351.4818

AA HELPLINE 941.951.6810

aasrq.org

Carry the Message Event Enjoyed by All

-- by Alan T.

On October 26, District 4 General Service hosted a morning of fellowship and education to highlight the many opportunities available to us in Sarasota to help the alcoholic who still suffers. The morning began with pastries and coffee, followed by members sharing their experience with service and their work on our eight local committees.

We heard about efforts to educate the professional community, carrying the message into jails and institutions, securing our archives, reaching those with accessibility needs, highlighting our literature and efforts to bring the message to the Spanish community. Most of all we heard about the joy and strength these efforts have given to each member's sobriety.

Each committee had a display highlighting their efforts. Archives displayed a 1st Edition Big Book personally signed by Bill Wilson, and Literature unveiled a traveling Literature display to be used at future events. Following a delicious lunch, we were blessed to have two of our past delegates, Simonne C. and Kathy G., do the honorary cutting of our anniversary cake, celebrating 80 years since the Big Book was first published. The cake decoration was outstanding.



We are truly blessed to have so many dedicated trusted servants in District 4, and we always welcome new members to ensure the hand of AA will always be there.

Note: Many thanks go to Alan T. for organizing and emceeding the event, along with Mick G., the committee chairs and all the volunteers. It was a fantastic event! The program can be found in the online version of the newsletter- Ed.

SPONSORSHIP -- by Maribeth D.

I chose my first sponsor because she was a snappy dresser. She wore stylish clothes and accessorized well. I envisioned us ensconced in a cozy corner at Starbucks having deep and meaningful conversations, followed immediately by shopping.

After she stopped returning my calls, and a friend informed me that she had relapsed, I determined that my criteria for selecting sponsors was, perhaps, a bit faulty.

AA literature defines a sponsor as "An alcoholic who has made some progress in the recovery program and shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain sobriety through AA."

The model is the same for other recovery programs such as Al-Anon, NA, CA, and countless others.

My own personal definition of a sponsor is "Someone who introduces and assists in the maintenance of a sober lifestyle through the 12 Steps." Along the way, we become bonded in spirit.

The book Alcoholics Anonymous, Alcoholics Anonymous World Services, Inc. states that "We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful...The feeling of having shared in a common peril is one element in the powerful cement which binds us..."

I have seen men with advanced degrees being schooled by construction workers. The latter knew how to live a sober lifestyle, and the former wanted what they had. All pretense of income status and lifestyle dissolves when we are fighting for our lives.

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From My Journal

-- by Nancy B.



In AA I have learned to check myself with the phrase "It is not all about me." I've found that most, if not all, of my resentments and acute reactions of anger and anxiety, have occurred when my thinking and actions focus as though the entire situation is about me.

In learning to look at the other person or group's behavior with compassion, trying to see what the experience is in those others' shoes, it becomes clear how little any of it is about me.

This perspective allows me to formulate a better approach and solution if one even seems appropriate, which it often doesn't. I frequently skip the forgiveness piece, going directly to acceptance because I discover there is nothing to forgive - no offense happened. It's just others doing their own thing as I'm doing mine.

Looking back on past resentments in this way gave me a gentle but profound release, clearing up the ones that lingered despite many sincere efforts to let go. Thinking about what it might be like in the other person's shoes, now on a daily basis, heads off conflict and all the angst that comes along with it. I am so grateful for AA and all it teaches me.

Too Much
Holiday Hoopla?
Find a Meeting!



Online at www.aasrq.org

My First Sober Christmas

I was several months sober in 1975; my phone was ringing off the hook; a host of new AA friends were keeping my spirits alive and happy. I was going to meetings all around Los Angeles as often as possible. My spare time was spent hanging at the clubhouse at 26th and Broadway, in Santa Monica. There I felt safe because the talk was generally focused on one subject: SOBRIETY. Although my family was back in Indiana, I was seldom lonely, and I seemed to be winning the battle against that first drink. The goose seemed to be hanging high! (A Bill Wilson saying.)

However, I hadn't experienced a sober Christmas season for over twenty five years, and there existed that hidden terror of the next drink. I seemed to be successful at pushing it away, like the boy in the Big Book who was whistling in the dark to keep up his spirits. I pushed harder to keep away those terrifying thoughts. But, like a muscle, the harder I shoved it, the stronger it got. Christmas and New Year's Eve were around the corner, and fear grew to near terror. Maybe I could get past this, but what about the next time? Don't think about it! Don't think about it! If I think it-I'll drink it! The fear grew paramount. Was I headed for deep chicken fat trouble?

Near disaster: I marched into a Hollywood bar, after a Christmas parade, and almost ordered a gin and tonic. Thank God I didn't! The next week, a new sponsor led me through the Twelve Step process, and I, for the first time, started living the actual program of action of Alcoholics Anonymous! By the summer of 1976 the obsession to drink was lifted and has never returned.

REMINDER
No Intergroup Meeting in
December

If I were asked to offer personal experience for someone new, it would be to find a sponsor who can help them through the Twelve Step process, pronto. The fellowship is good, but a vital spiritual experience is the ultimate solution. I believe that lots of meetings were very vitally important for me those early months, but as is often heard: "*Survival on the fellowship is untreated alcoholism.*" But also: "*Rarely have we seen a person fail who has thoroughly followed these steps.*"

-- Bob S., Richmond, IN



SPONSORSHIP

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It warms my heart when I see big, burly, 'Al' in his grimy work boots embrace 'Joe' in his Brooks Brothers suit.

As our sponsor guides us through the recovery process, we get a new set of spiritual eyes. Sharing our deepest fears, letting go of our resentments, and learning to forgive enables us to see each other through the eyes of recovery. We become each other's good Samaritan.

Being a sponsor is equally important. As we share our spiritual toolkit with a newcomer, our own tools are sharpened, and we continue to learn more about ourselves. We finally feel that peace that we had been chasing all along.

I like to think that the spirit of love and tolerance which pervades a successful recovery relationship is similar to how we will all relate to each other when we get to that great meeting in the sky. That is one reason I am a grateful, recovering alcoholic.

Meeting on the Move: Women in the Solution

Women in the Solution currently meets at 10am on Saturdays at First Congregation Church. But we're happy to announce that our meeting has grown so big that we've run out of space at this location.

As of January 1, 2020, we will meet at our **new location - St. Wilfred's Church on Wilkensen Road, Sarasota.** The meeting will continue to be on Saturday mornings at 10am. We are very excited to be moving! Our first meeting in January will be on Saturday the 4th. Please join us.

-- Kim R.



AA in the Community

Centerstone's Run/Walk in September at Benderson Park

Cynthia McM

INTERGROUP REPORT

Each month, the Intergroup Board publishes a monthly attendance and contribution report, as well as year-to-date contribution totals for each group. All forms of support are greatly appreciated! Any groups interested in being represented, please send a home group member to our meeting on the third Tuesday of every month at 7p.m. at Central Office. If you have questions or correction requests, please email them to IG Chair Jim C. at sarasotajim.flg@gmail.com

Group Name	Attend	Oct \$	YTD \$	Group Name	Attend	Oct \$	YTD \$	Group Name	Attend	Oct \$	YTD \$	Group Name	Attend	Oct \$	YTD \$
11th Step			50	Friends of Pelican			75	No Rainy Days			51	Sun Beginner's			65
63rd Ave				Growing Together			81	N River Mon Night				Sunrise			1273
A Lit Meeting				G Hisp Companeros		12	151	Oak Street Step		110	275	Sure Bet			100
AMI Womens				Gulf Gate Noon	X	132	1637	Open Door			105	Surfside Serenity		73	415
As Bill Sees It			330	Happy Cookie Hour	X		300	Palmetto	X		180	The Islander			138
As The First 100	X	50	50	Holmes B Men's BB			59	PMS		50	100	The Oasis			82
Attitude Adjust	X		84	Humble Beginnings		90	225	Primary Porpoise	X		100	Third Legacy	X		
Bay	X		480	Keep It Simple		190	351	Primary Purpose		20	180	Traditions			45
Bee Ridge East	X	30	60	Kensington Park		115	425	Promises			180	Turning Point			216
Beneva Discussion			250	Lighthouse			150	Rose	X		30	Twilight Hour			200
Bradenton DT			30	Lost & Found			83	Sarasota Men's				Under the Rainbow		150	435
Bradenton YPG				LWR 12 & 12 East			150	Sarasota YPG				WAGS			60
Brown Bag				LWR Happy Hour		163	329	Sat Night Speakers	X		550	Wed Beginner Men's	X		150
Donut Hour			225	Main Street Men's			110	Serenity Room	X			Wed Morn Women's	X		163
Early Big Book	X		253	Make Today Count		240	415	Serenity Seekers			122	West Bradenton			426
11th Step Meeting			95	M & W of Serenity			30	Siesta Key Men's		600	2100	Women in Solution			650
Enjoying Journey		90	180	Mid Morning			150	Singleness Purpose	X	100	100	Women's AA Lit		10	23
Fresh Start			207	Mon Night Men's	X	219	627	Sober Living			200	Women's Grp LWR			62
Fri Night in Wind		35	130	MWTh Harvest UM			185	St Armands Noon		150	780	Holmes Beach BB			264
Friends			300	New Day			450	Suncoast Bid				Sobriety Group			
LWR Mid-Day		105	255	LBK Tuesday			39	Together We Can			100	Steps in the Sand			30
								Women of Hope		50	50	Siesta Key Womens			86

**A NEW YEAR
A NEW YOU
A NEW BEGINING**

2020

Where: 12th & Beneva
When: December 31st 2019

**What: 5:00 Fellowship, Live Music by
The Gratonnes**
6:00 Pot Luck - Bring your favorite dish
7:30 Speaker - TBD

**BRING A POT LUCK DISH
TO SHARE BY 5:30**
Suggested donation \$5.00

General Service Committee Display Tables
 Help Carry the Message in District 4

ANNIVERSARIES

Please email birthdays to newsletter@AAsrq.org, put **ANNIVERSARIES** in the subject line, and submit them typed in the body of an email or a Word file. Anniversaries appear the month after they occur (ie., NOV and DEC anniversaries will appear in the JANUARY edition). Deadline for submission of anniversaries is the 7th of each month. The following anniversaries are for September unless otherwise noted.

Bay Group

August

Betty C. 18 years
Karla N. 7 years
Lee I. 46 years
Maggie G. 5 years

September

Andrew B. 16 years
John L. 4 years
Mary A. 3 years
Rhonda G. 14 years

October

Chris L. 18 years
Joe D. 26 years
Lynne R. 30 years
Tony T. 38 years

Bee Ridge East

Bill M. 7 years

Down Home

Dottie S. 36 years
Jim K. 8 years
Mary Ann G. 18 years

Gulf Gate Noon

Dee T. 25 years

Monday Nite Men's

Dean G. 1 year
James P. 29 years

Palmetto

Billy Bob W. 28 years
Dennis H. 39 years
Glenn P. 23 years
Jeremy W. 6 years
John S. 1 years
Leah M. 3 years
Peter H. 43 years
Thad H. 3 years
Tom S. 41 years

Serenity Room

David G. 1 year
Henry D. 34 years
Jim H. 3 years
Kathy S. 8 years
Marci J. 35 years

St. Armand's Noon

September

Jason P. 38 years
Jean G. 28 years
Quay 34 years
Ronnie S. 36 years
Stacy H. 10 years
Sue 40 years
Tracey D. 25 years

Women in the Solution

Lorna 19 years
Sandy 26 years



**No Newsletter in December
Enjoy the Holidays!**

GROUP OF THE MONTH

★ MONDAY NITE ★ MEN'S GROUP

Four Meetings a Week
Harvest Tabernacle
150 North Shade Avenue, Sarasota

In April of 1992, the Monday Nite Men's Group (MNMG) was born. Initially, it was just a meeting that started when the old Mid Town Group was dissolving. Some of those involved in starting that first meeting were Ford E., Billy "The Hook" C., and Bill K. Of those first members, only Bill K. remains. He is the undisputed "elder statesman" of MNMG and is held in fond esteem by all the members.

The initial meeting place was the Harvest Tabernacle on Lime Avenue. Not long after that meeting started, it was decided to become a group with a GSR, Intergroup Rep, and to register with the New York World Headquarters. We revere AA's 12 Traditions and routinely contribute to Intergroup, Central Office, and NYO.

It wasn't long before the fledgling group outgrew the available space at Harvest Tabernacle and moved to First Brethren Church where it has operated for the past 25 years. The history of the group is memorialized on the lectern used for the speaker meetings where there are small plates in remembrance of members who have passed on. No birth date, hyphen and date of death though. Nay, MNMG memorializes them by their name, sobriety date, and how many years of recovery they had when they died.

The Monday Nite Men's Group now sponsors four meetings a week at that location. Monday at 7:30pm is a discussion meeting with the 1st Monday being a Speaker Meeting. Tuesday at 5:30pm is a Step (12 & 12) Meeting. Thursday at 5:30pm is a Big Book Meeting. Friday at 6:00pm is a Grapevine Meeting. The meeting hall is around back. We love to see new faces, and we have great cookies! Come check us out. We look forward to meeting you.

*The Group of the Month feature is a fun way to build an even greater sense of AA community in our area. If your group would like to be featured as a **Sara-Mana Group of the Month**, submit 200-300 words and tell us about the group's history, special events, what the group is known for, meeting size, funny stories, how you got your name - really, whatever you'd like to tell us. Send it our way at newsletter@aasrq.org and we'll print it!*

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.

Welcome
2nd Annual Carry the Message Event
October 26, 2019
District 4
Sarasota Manatee

9:30 – 10:00 am

Fellowship, Pastry & Coffee

10:00 am

Greetings – Alan T. , Traditions – Kathy C.

Concepts – Jeanne P.

10:00 – 10:15 am

Carry the message to Younger Members

Marie D.

10:15 – 10:30 am

Carry the Message to the Spanish Community

Raphael P.

10:30 – 11:45 am

Moderated Panel Discussion

Jeanne T.

12:00 – 1:00 pm

Lunch

Cake to Celebrate 80th Birthday of the Big Book



Today's Panel / Committee Chairs / Meeting Day & Time

Accessibilities	Jeanne T.	2 nd Thursday 5:30 pm
Archives	Sue W.	4 th Monday 6:00 pm
Events	Holly S.	3 rd Wednesday 7:00 pm
Grapevine	Chris C.	4 th Tuesday (qtr.) 6:30 pm
H&I *	Reid K.	2 nd Wednesday 7:00 pm
Literature	Michael D.	2 nd Tuesday 6:00 pm
Linguistics	Gerardo R.	Every Thursday 7:30 pm
PI / CPC *	Maggie Z.	2 nd Wednesday 5:30 pm
Web Site	OPEN	4 th Saturday 10:30 AM

H&I = Hospitals & Institutions

PI / CPC = Public Information / Cooperation Professional Community

All meet at Central Office Enter through the back door

1748 Independence Blvd., Suite B-2 Sarasota, FL 34234

Additional District 4 Service Entities

Intergroup – Jim C. - Chair – 3RD Tuesday of the month at
Central Office 7:00 pm

Central Office Board – Michael D.- Chair – 3rd Thursday
7:00

Notes

**Welcome to the
2ND Annual
Carry the Message
Event**

**Hosted by
District 4
General Service
Of
Sarasota / Manatee
Area 15**

Learn the FUN of service

