



SARA-MANA INTERGROUP NEWSLETTER

June/July 2020

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aasrq.org

WHAT WAS MY PART IN IT?

-- by Ross J.

When I was just starting out in the program, I approached step four with some trepidation and some difficulty. For the most part, I could expose my resentments and work them out on paper but I had a BIG one that I just didn't know how to tackle.

My siblings had done something terrible to me eight years earlier. It was so bad that I stoked the fire on a burning rage for two whole years. When I finally was able to put that fire out, the resentment still remained. Dutifully, I began to write about my resentment concerning this incident. I was doing pretty well until I came to the question, "What was my part in it?" I was filled with righteous indignation and I truly believed that my part was the carrying around of the quivering knife handle sticking out between my shoulder blades. This was hard!

I spoke with my sponsor about it. I thought about it. I slept on it. I prayed over it. Finally, the answer came to me. I firmly believe to this day that I did not do anything justifying what my siblings had done but I was finally able to admit that I could have handled events leading up to this incident better and that the outcome might have been different had I done so. The catharsis that I experienced from this self-revelation was incredible! I could finally put this thing to bed. I found out later that I had to resurrect it again in step nine when I apologized to my siblings for my behavior, and they magnanimously forgave ME!



At no point did they apologize for what they had done and I was ready to stoke that fire all over again, until I realized that I could only sweep my side of the street and that I was not responsible for the conduct of others. I was able to forgive them, if not forget.

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GROUP OF THE MONTH

Unfortunately, we received no Group of the Month feature submissions this month, for the fourth straight month. Remember, we won't have a newsletter to read if no one shares.

We intend the Group of the Month piece to be a fun way to build an even greater sense of AA community in our area, as important now as it's ever been as we face challenges in attending in-person meetings. We've had some terrific contributions from Gulf Gate Noon, the Bay Group, and Monday Nite Men's Group. And we'd like to feature your group as we all look forward to seeing each other again.



If you've enjoyed reading about the groups that make up Sara-Mana AA, please consider submitting 200-300 words to tell us about your group - its history, special events, meeting size, funny stories, how you got your name, etc. Consider it an invitation to AAs everywhere to check out your meeting.

Send the info our way at newsletter@aasrq.org and we'll make your group the Group of the Month!

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: Give me one good reason I should join Alcoholics Anonymous if I'm an alcoholic?

Alkie: If you continue drinking and manage not to die, you'll suffer horribly until you do!

Q. Dear Alkie: When you were drinking alcoholically, weren't you afraid of dying?

Alkie: I wasn't afraid of dying, I just didn't want to be present for it.

Q. Dear Alkie: How could you possibly have concluded that you were an alcoholic? I thought you were living on Longboat Key when you joined A. A.

Alkie: If you're living in a resort community, a water view doesn't count if it's from under a bridge.

Q. Dear Alkie: How did you know your social drinking was becoming alcoholic drinking?

Alkie: When my social drinking was with whomever was on TV.

Q. Dear Alkie: What lead you to believe you might be alcoholic?

Alkie: My life was unmanageable when I was drinking and when I was not. And I was always engaged in a life or death competition with people who didn't even know there was a contest going on.

Q. Dear Alkie: I can't drink in the glamorous, dignified way those in ads and movies do. Can you help me preserve my dignity while drinking?

Alkie: Alcohol preserves most things; but not dignity!

Q. Dear Alkie: When I'm drunk I'm really able to see how rotten others behave. What's wrong with that?

Alkie: The epitome of self righteousness is a drunk experiencing moral outrage over someone else's bad behavior!

Alcoholics
Anonymous®

General Service Office of Alcoholics Anonymous

in an effort to keep the membership informed during this challenging time, the General Service Office recently posted a letter to the fellowship concerning AA, the Covid-19 pandemic and our Seventh Tradition. They've also shared a brief three-minute video update from Leslie Backus, the Class A (nonalcoholic) Treasurer of our General Service Board. You can read the letter [here](#), and watch the video by clicking on the image below.



PICPC WANTS YOU!

If you have
Public Relations experience,
we need your help
contacting media sources to get
AA Information
disseminated to the public.

PICPC@AASRQ.ORG



WHAT WAS MY PART

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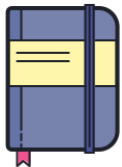
Once I had put that big one behind me the rest of the steps were a cinch and I eventually emerged from that project a happier, calmer more well-adjusted functioning man, friend, father, brother, husband and active member of Alcoholics Anonymous.

I had finished working the steps and I thought that I was now "done". As time went on, I eventually realized that I was wrong. Many people go back and work their way through the steps again, just to sweep up anything they may have previously missed. That is certainly a valid way of doing things but I learned that I am never truly done with the steps because I pick out the tools that they have given me to correct my own behaviors or to deal with someone else's behavior.

Virtually every step has the potential for being used in this fashion. In this case, when I find myself getting angry at someone, I arrest that behavior by working to identify what my part in the problem had been and then addressing that problem. I can't fix everybody but I can fix me, if I use the tools that were provided to me by the twelve steps and allow God (my higher power) to guide my thoughts and actions. This does not make me perfect and pure. It makes me capable of recognizing my own shortcomings and working to fix them. Alcoholics Anonymous has given this to me and it's a beautiful thing!

From My Journal

-- by Nancy B.



I grew up in an alcoholic family, so alcoholic thinking trained me. As I look back from the earliest times of my making my own life decisions, they were based in fearful, unrealistic, emotional and short deliberations. Then when I started drinking daily, in my mid-twenties, it got worse. So just learning to question MY wisdom once I got into AA was a big deal and a good beginning toward changing what I can, which is me.

I found that I was reactive. I found that my reactions were based in self-centered expectations and that I caused most of my upset myself. I realized that my anger, frustration, judgement and blaming are all just signals that I am in fear, triggered by something outside of me. I've learned to pause and NOT ACT, and wait for guidance from my HP. For me, not acting has never failed me in sobriety.

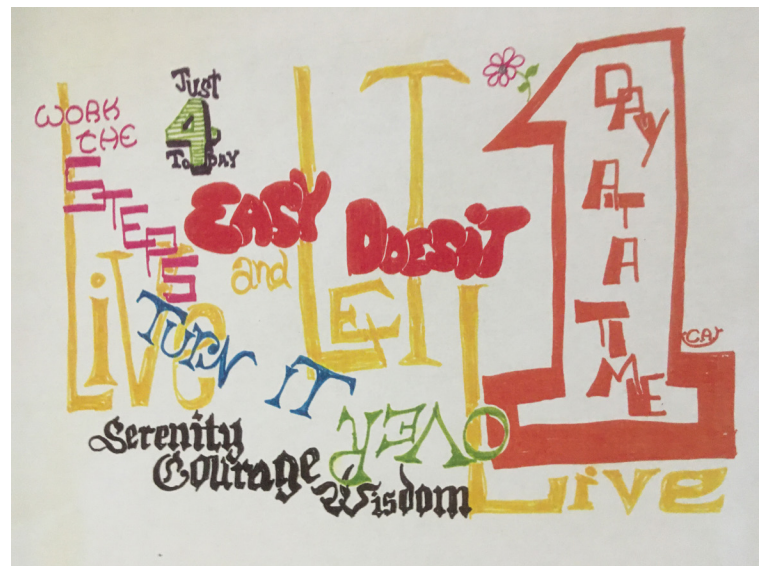
AAGRAPEVINE
The International Journal of Alcoholics Anonymous

Grapevine and La Vina are now available electronically in ePub format for \$1.99 per issue, and even less with a 12-month subscription. Go to store.aagrapevine.org/grapevine-epub-subscriptions.

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., July anniversaries will appear in the August edition). Deadline for submission of anniversaries is the 7th of each month.

Bee Ridge East			<i>June</i>		
<i>April</i>			Bonnie A.	6 years	
Tom M.	33 years		Jim F.	3 years	
<i>May</i>			John V.	4 years	
Maureen S.	18 years		Sober Living		
<i>June</i>			April		
Lou S.	22 years		Maureen C.	30 years	
Tom H.	48 years		May		
Serenity Room			Fred N.	10 years	
<i>May</i>			Jane S.	31 years	
Jaelin H.	7 years		Katie B.	12 years	
Martha C.	17 years		St. Armand's Noon		
Mel W.	41 years		<i>May</i>		
Vern S.	2 years		Doreen B.	36 years	
			Lisa G.	36 years	
			Tom S.	29 years	



Submitted by Kathleen H. - WITS!





Kaffeeklatsch

General Service District 4

Presents



Kaffeeklatsch

Coffee Talk for the Real Alcoholic

August 22nd, 2020 - Time: 9:30 – 11:30 am

Guest Speaker: Billy N.

How Technology is Shaping Our AA



GOOD AND BAD

Zoom Service Event

Meeting ID: 857 7122 4408

Password: 098138

First in a continuing series

TO SUBMIT ITEMS TO THE NEWSLETTER: Anniversaries, articles and meeting notices should 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. 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 Intergration or the Central Office.