



# SARA-MANA INTERGROUP NEWSLETTER

Oct/Nov 2020

Central Office 941.351.4818

AA HELPLINE 941.951.6810

aasrq.org

## LEARNING TO BE GRATEFUL

A lady in my home group started a group gratitude text. Each morning, someone will send a text to the group describing what they are grateful for that day. Then someone else will respond with what they are grateful for and so on. Usually it is something like being grateful for getting to sleep in or for having a clean house. This may sound a little trivial, but I think that is the whole point. God may not have chosen to give us much today, but there is always something to be grateful for – if we look for it.

As alcoholics, some of us may have lost the ability to be grateful. Think back to when you were a kid at Christmas. I grew up poor, but we always had a Christmas tree, and there was always at least one gift under the tree for me. I was up at dawn and champing at the bit, pestering my parents until I could go tear into that present and find out what Santa had brought me. I was so happy and so excited! And I was grateful in a way that only a child can be, without analyzing it or wondering why I should be grateful. Most of us fortunate enough to be born in this country can remember similar Christmas excitement and childlike gratitude. Somewhere along the way, many of us lost that.



One day I was looking at the group gratitude text and I was struck by an epiphany! I quickly tapped out this text to the group:

“This may sound funny but I’m grateful to be grateful. For a time, I was a victim. Whatever happened to me was not my fault. If I didn’t get something I wanted, I’d been ripped off. If I got something I wanted, I deserved it, and it was my right, so I didn’t need to be grateful for what was mine.

Through the grace of God and this program, I am more right sized today. I understand that, if something goes wrong, I usually have some part in it. If something goes right, I’ve learned to be grateful for the gifts I receive. Thank you, God, for allowing me to learn this.”

These thoughts just popped into my head, all at once. I firmly believe that it was my higher power at work. I can’t take the credit. God had a plan, and I just wrote it down. I hope that you find some meaning in this and that you’ve learned to be grateful again, too.

-- by Ross J.

## CENTRAL OFFICE HAS MOVED

BUT NOT FAR - CHANGE OF SUITE

1748 Independence Blvd. Suite G2

Sarasota, FL 34234

CURRENT HOURS!

Monday, Tuesday, Wednesday, Thursday 9:00 - 4:00



## 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 did you quit drinking?**

**Alkie: I quit when drinking became a full time job, a horrible full time job. It was boring. I had to do it every day; the pay was terrible it was killing me and I couldn't quit!**

**Q. Dear Alkie: I drink when I have problems. What's wrong with that?**

**Alkie: I never had a problem that was as bad as my alcoholic solution.**

**Q. Dear Alkie: I'm afraid that not drinking will be really dull. Is it?**

**Alkie: I often confused agitation for excitement, which is why I feared sobriety would be dull.**

**Q. Dear Alkie: Didn't alcohol relax you?**

**Alkie: When alcohol worked, it got me out of my head and made me less self-conscious. When it turned on me, it got into my head and made me totally self-obsessed.**

**Q. Dear Alkie: I have good times when I drink. Didn't you?**

**Alkie: Drinking was a hell of a good time until the good times disappeared; then it was just hell.**

**Q. Dear Alkie: How can I hang with my friends if I'm not drinking? What did you do?**

**Alkie: When I was drinking, I wanted to fit in and stand out at the same time. I didn't really want friends; I wanted a fan club!**

**Q. Dear Alkie: I've heard that there are a lot of famous alcoholics. What were they famous for?**

**Alkie: Alcoholics are famous for two things--self employment and one car accidents!**

**Q. Dear Alkie: What are active alcoholics like?**

**Alkie: An active alcoholic is someone who refuses to give up a life of failure without a fight.**

**Q. Dear Alkie: What kind of a person were you when you were drinking? Did you change over time?**

**Alkie: I went from a person who needed adult supervision to one who needed divine intervention.**

Alcoholics Anonymous®

General Service Office of Alcoholics Anonymous

If you haven't been to the General Service Office website in a while (aa.org), it may be time to check it out again. One resource we found particularly interesting is a series of videos produced for (and in some cases by) young people. It's always amazing to see a younger person walk through the doors of AA, but as we know from looking around at our meetings -- and perhaps our own experiences when we fit the bill -- it's not as common an occurrence as we might hope. These videos can be another tool in our toolbox should we look to carry the message to another (younger) suffering alcoholic. Click on the image below to check them out.



## Meeting Guide



**WHERE HEN**



**WHERE HEN**



# General Service District 4 News

General Service held elections at the last business meeting, We have PANEL 71 filled - almost - BUT we are looking for a Recording Secretary. The incoming panel is

Chair Alan T.                      Treasurer Brian S.  
 Alt Chair Angie S.                Registrar Marianne C.  
 Recording Secretary OPEN

District 4 is Hosting the Area 15 Assembly on January 15,16 and 17, 2021. It's not yet clear whether it will be virtual or a hybrid event, so please keep abreast of details on the Assembly at [dist4gsaa.org](http://dist4gsaa.org).

There will be a Virtual Southeast Regional Forum on December 5. Registration is open at [aa.org](http://aa.org) using [this link](#).

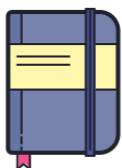
The General Service Office has just released a new video concerning finances during the pandemic. It can be viewed by going to [dist4gsaa.org](http://dist4gsaa.org).

District 4 has passed its final 2021 approved budget. You can have a look at it by scrolling to the end of this newsletter.

## From My Journal

-- by Nancy B.

Even after all these years in AA and coming to a wonderful and comfortable concept of an HP of my understanding, it still jolts me when I read some of the passages from the Big Book which reflect the language of the bible. It brings back the feelings of resistance I felt when I first came in.



Still, I stayed, putting my faith in the entire AA program, the AA's who had time and my sponsor who thought of herself as a recovering Catholic as well as a recovering alcoholic.

I learned to substitute my own words for those in the AA literature that I found too religious, and it worked. I was able to get the concepts and not get stuck in my resistance. The main concept for me is that it is not my will. I don't have to know if it is his, hers, theirs or an energy, just not mine. And when I let go and I don't pursue my will, something wonderful prevails, and I experience the freedom the Big Book talks about. I am so grateful.



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](http://store.aagrapevine.org/grapevine-epub-subscriptions).

# ANNIVERSARIES

Please email birthdays to [newsletter@AAsrq.org](mailto: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.

<b>Bee Ridge East</b>	<b>Quay</b>	<b>35 years</b>
<i>August</i>	<b>Ronnie S.</b>	<b>37 years</b>
<b>Mark S.</b>	<b>Shauna H.</b>	<b>6 years</b>
<i>September</i>	<b>Stacy H.</b>	<b>11 years</b>
<b>Joanne M.</b>	<b>Sue</b>	<b>41 years</b>
<b>Mallory B.</b>	<b>Tracey D.</b>	<b>26 years</b>
<b>Neil A.</b>		
<b>Tom D.</b>	<b>Serenity Group</b>	
<b>Tom L.</b>	<i>July</i>	
	Doug H.	9 years
<b>Monday Nite Men's</b>	Ed B.	1 year
<i>October</i>	Jon N.	13 years
<b>James P.</b>	<i>August</i>	
	Amelia B.	1 year
<b>Oasis</b>	Ed B,	1 year
<i>August</i>	Ted S.	14 years
<b>Christina C-W.</b>	Veronica	34 years
<b>Jay H.</b>	<i>September</i>	
<b>Joe A.</b>	Bill P.	1 year
<b>Louise W.</b>	Janet T.	30 years
<b>Steve G.1 year</b>	Larry P.	10 years
<i>October</i>	Wendy M.	13 years
<b>Carlisle M.</b>		
<b>Pete M.</b>	<b>Singleness of Purpose</b>	
	<i>August</i>	
<b>St. Armand's Noon</b>	Deanna C.	1 year
<i>June</i>	<i>September</i>	
<b>Ann C.</b>	Cindy K.	14 years
<b>Carol K.</b>	Jessi K.	2 years
<b>Gayla</b>	Leroy S.	36 years
<b>Julie M.</b>	Peder J.	29 years
<b>Linda Mck.</b>	Ross J.	6 years
<b>Linda R.</b>	<i>October</i>	
<b>Melvin</b>	Dan S.	26 years
<b>Phil K.</b>	Darren D.	4 years
<b>Gila M.</b>	<b>Sober Living</b>	
<i>July</i>	<i>June</i>	
<b>Dave S.</b>	Jim Mac	31 years
<b>Luann L.</b>	Matt S.	14 years
<b>Mitchell G.</b>	Neil	37 years
<b>Victoria S.</b>	<i>July</i>	
<i>August</i>	M EE	4 years
<b>Brian L.</b>	Randy S.	6 years
<b>Gail S.</b>	Robert H.	43 years
<b>Loretta</b>	<i>August</i>	
<i>September</i>	Judy M.	13 years
<b>Anne F.</b>	<i>September</i>	
<b>Jason P.</b>	Jim G.	5 years
<b>Jean G.</b>	Kathy B.	5 years

# THE ANNUAL CENTRAL OFFICE FUND DRIVE

JANUARY 1<sup>st</sup> - APRIL 30<sup>th</sup>

CENTRAL OFFICE IS THE HEARTBEAT OF OUR A.A. COMMUNITY

*It is the Central Office of our local AA Service Structure  
And the face of AA in Sarasota and Manatee County*

*Established in 1986 to carry the AA message to the suffering Alcoholic  
And provide information about AA to the community*

## Functions of Central Office Include

- Answering Inquiries regarding AA
- Supply AA related literature & materials to Individuals, groups & institutions
- Assist our committees in their efforts
- Provide & maintain a place for the service organizations & committees to meet
- Maintains the Help Line and answers daily calls
- Maintain an informational website

## Please Help Support Central Office

INDIVIDUAL CONTRIBUTIONS ARE GRATEFULLY APPRECIATED.

ENVELOPES ARE AVAILABLE AT MEETINGS

&

CENTRAL OFFICE

1748 Independence Blvd. G2

Sarasota, FL 34234

**Thank You For Your Contribution.**

**TO SUBMIT ITEMS TO THE NEWSLETTER:** Anniversaries, articles and meeting notices should be sent to [newsletter@asrq.org](mailto: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 Intergroup or the Central Office.

**DISTRICT 4 GENERAL SERVICE - 2021 FINAL APPROVED ANNUAL BUDGET**

	<b>2020 RECAST ANNUAL BUDGET</b>	<b>2021 FINAL APPROVED ANNUAL BUDGET</b>
<b>Income</b>		
District Mtng Basket & Donuts	660.00	660.00
Founders Day Dinner - INCOME	0.00	0.00
Group Cont & Individual	17,157.00	20,459.00
I.G. Contribution	0.00	0.00
New Years Eve Event-Ticket	855.00	0.00
Quarterly HOSTING Income	750.00	0.00
<b>Total Income</b>	<b>19,422.00</b>	<b>21,119.00</b>
<b>Expense</b>		
Accessibilities	100.00	90.00
Archives	960.00	1,100.00
Area Contributions	1,600.00	1,600.00
Banking & Financial Fees	0.00	370.00
Carry The Message Event	380.00	500.00
C.O. (Rent/Supplies)	8,908.00	9,000.00
Delegate's Report	0.00	50.00
Founders Day - EXPENSE	87.00	0.00
Grapevine	0.00	0.00
H&I	600.00	600.00
Literature	0.00	0.00
New Year Event	588.00	0.00
Officers	463.00	450.00
PI/CPC	2,247.00	1,200.00
Quarterly Exp	1,479.00	4,359.00
Quarterly HOSTING Expense	1,250.00	0.00
Regional Forum	0.00	0.00
Translator Cost	1,110.00	1,500.00
Website Exp	205.00	300.00
<b>Total Expense</b>	<b>19,977.00</b>	<b>21,119.00</b>
<b>NET INCOME</b>	<b>(555.00)</b>	<b>0.00</b>
<p>The 2021 Budget was approved by the District 4 body at the 9/19/20 District Business Meeting. This budget reflects anticipated limitations of income and expenses due to Covid 19. Should the pandemic situation change in our district in 2021, this budget will be revisited.</p>		