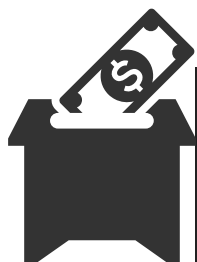




We're Back...

I am Christine R., sobriety date: 3/1/15, and I have just taken over the position of newsletter editor. I was the editor back in 2016, where I had the distinguished privilege of working with newsletter veteran, Edgar C. Mike B. then took over the position and he did a fantastic job for several years before stepping aside to allow someone else to serve. My goal is to continue to achieve the high standard that Mike set and to bring innovation and creativity to your newsletter. This is your tool, so it must always be meaningful and relevant to the newcomer, the old-timer and everyone in between! Mike will continue his service by helping me to produce this monthly publication, in addition to the invaluable support of Eric L, and Ross J. This publication will be a reflection of the contributions of the fellowship - a group effort, "to help other alcoholics achieve sobriety."



Effective Immediately **Group Contribution Procedure** **is Changing!**



In order to comply with IRS Regulations our method of making contributions must change. Starting immediately, Group contributions should be made as follows:

- 1** Groups should determine amount of money they wish to contribute to General Service District 4, InterGroup, Central Office, Area 15 and GSO in NYC.
- 2** Groups should write individual checks to each of these organizations in the amount they wish to contribute
- 3** All checks need to include the name of the Group, the Group Number and return address or email to send acknowledgment of the contribution
- 4** Checks should be mailed to the addresses listed below. Or they can be dropped off at Central Office for distribution.
- 5** Central Office will still accept cash contributions. Cash contributions must include name of group, group number, how cash is to be split between General Service District 4, InterGroup, Central Office, Area 15 and GSO in NYC.
- 6** Digital Contributions can be made to General Service District 4, Central Office and GSO in NYC. See links to right.

Central Office

1748 Independence Blvd. Suite G-2
Sarasota, Florida, 34234

[https://www.paypal.com/donate?](https://www.paypal.com/donate?token=xAAL_2aFQtECsWfgyMSrMDTzVxDAOcFNyS5RfK)

[token=xAAL_2aFQtECsWfgyMSrMDTzVxDAOcFNyS5RfK](https://www.paypal.com/donate?token=xAAL_2aFQtECsWfgyMSrMDTzVxDAOcFNyS5RfK)
[VANosy0EOYsPsz8sBcWOCe0atCft6gaX2C67pYCjIB](https://www.paypal.com/donate?token=xAAL_2aFQtECsWfgyMSrMDTzVxDAOcFNyS5RfK)

InterGroup

1748 Independence Blvd. Suite G-2
Sarasota, Florida, 34234

General Service

1748 Independence Blvd. Suite G-2
Sarasota, Florida, 34234

<https://dist4gsaa.org/contribute>

Area 15

PO Box 311
Safety Harbor, FL 34695

General Service Office NYC

Box 459

Grand Central Station
New York, NY 10163

https://contribution.aa.org/sca-dev-2020-1/checkout.ssp?is=checkout&lang=en_US&#login-register

Recovery: All or Nothing

Anonymous Submission

In all honestly I am terrified to submit an article for possible publication in the newsletter. This is my first submission. Maybe I'll get lucky and they will reject and I'll be saved. Or maybe I can just send it in and let someone else decide if it's suitable for publication. I'm sure I've heard something like this before.

My first meetings in AA and my first drinks of alcohol caused similar feelings. I was home and wanted very much to stay there. However, the longer I drank alcohol the more chaos and misery and loss of control I was having. The feeling of "coming home" associated with drinking had long sense gone away. In AA the feeling of "coming home" seemed to be growing and in meetings, at least, I was having some peace. The people in AA kept telling me "It would get better". Even though I was miserable in AA, I hung onto the idea that my life would improve if I stayed in AA. Someone even showed me the promises. I didn't believe them anymore than I believed that in Florida it sometimes rains on one side of the street and not on the other side. Really!? How gullible did they think I was? I was desperate so I began to follow the AA program of recovery: regular meetings, working the steps with a sponsor, not drinking and trying to establish a relationship...with a Higher Power.

From observing others in treatment, I knew AA really worked and so trying to stop drinking on my own was never an option. Early on there was an older gentleman who told me he had been outside of AA many times and I wouldn't like it. Besides he assured me that he'd been out for me so I didn't need to leave AA. Somehow I believed him and that became my safety net. Sometimes being gullible really does pay off. Besides My Higher Power has children. AA told me repeatedly that if I worked the program I'd be ok. They also said something about maintaining a "spiritual condition" which I didn't understand. Fortunately, I smartened up as I worked the program and talked to sponsors.

Today, those same choices are available to me, but I've made it simpler for myself. I have to as I am "over educated". When I do my inventory I only ask one question, "Am I moving toward a drink or am I moving further into Recovery"? For me "maintance in recovery" can't be in my recovery vocabulary. I'm not good at running in place. The Big Book talks about a higher plane of recovery and I very much want to live on that plane as often as possible. I'll never get there running in place. I now know that some of the promises have come true for me and; and like a greedy child, I want them all. I remain a work in progress and nowhere near perfection.

We Need You!



You don't have to be Ernest Hemmingway to contribute here! We just need you to be an alcoholic who wants to share your experience, strength and hope with the fellowship.

*Newcomers to AA welcome
Email submissions or inquiries to:
newsletter@aasrq.org*

Who was Sister Ignatia?



- Just another drunk
- Bill W's spiritual advisor
- Dr. Bob's childhood music teacher
- First person ever to treat alcoholism as a medical condition
- Henrietta Seiberling's cousin

GREAT MOMENTS IN AA HISTORY



Dear Alkie,



Q. I know I have a problem & I want to quit for real this time. What's next?

A. Quitting is easy- the trick is to stay quit. You must surrender to your powerlessness! Accept you have an allergy of the body and a compulsion of the mind. You'll learn you can't fight your way to sobriety - you surrender to gain serenity. It might not make sense to you now, but you need to give up the struggle to receive a better life. And find a temporary sponsor.

Q. I'm truly a grateful person, but I do get envious of some friend's material success. Any advice?

A. Here's an idea - compare what you have to what you deserve. Your Higher Power gives you what you need -not necessarily what you want.

Q. Eighth month-eighth step. Made the list -- is that all?

A. How are you about the "willing" part? Many think sincere apologies are a sign of weakness. Get in the right attitude. Growing up means taking responsibility for our mistakes, so we don't repeat them. Put the feelings of someone else before yours. Hint: prioritize the list with your sponsor's help.



Service Work Connection

Do you want to help another alcoholic, and, add more meaning to your AA Recovery program?

Contact the Hospitals & Institutions Chairperson at the e-mail address hichair@dist4gsaa.org if you are interested in any of the following positions.

Volunteer Opportunities - Treatment Facility Locations

- Sarasota Memorial Bayside Coordinator
- First Step Residential Coordinator
- Bridging the Gap Coordinator

First Step Coastal Volunteers

- First Step Detox Substitute Volunteers
- Bridging the Gap Volunteers

Volunteer Opportunities Corrections/Jail Locations

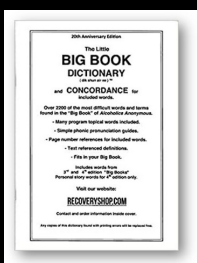
- Manatee County Women's Recovery Pod Coordinator
- Manatee County Women's General Population Coordinator
- Manatee County Men's General Population Coordinator
- Sarasota County Women's General Population Coordinator
- Manatee County Men's Recovery Pod Volunteers
- Sarasota County Women's Recovery Pod Volunteers
- Sarasota County Women's General Population Volunteers

H&I Committee Co-chair

Qualifications: **Coordinator Qualifications:** Requires minimum of 2 years sobriety and preferable to have 6 months as a committee member **Volunteer Qualifications:** Requires minimum of 1 year sobriety **NEW: Volunteer Mentorship Program:** Requires 6 months sobriety.

Service Work Connection (cont'd)

DISTRICT IV Intergroup Finance Committee, Member: This committee meets quarterly (usually virtually) for about half an hour. We look at our budget, our income streams and our expenses in order to manage the finances of Intergroup as efficiently as possible. We would like a candidate to have at least two years of continuous sobriety and a present or past association with Intergroup. No financial or accounting experience is necessary. Interested parties should contact the Finance Committee chairperson at info@aasrq.org



Are you sometimes Sidetracked by Challenging Vocabulary in the Big Book? Wondering what "Boiled as an Owl" means? Check out:

The Little Big Book Dictionary and Concordance of Included Words

Over 2,200 of the most difficult words and terms found in the "Big Book." Text referenced dictionary, pronunciation guide, and concordance for included words, for use with the 'Big Book' of Alcoholics Anonymous. Stop by the Central Office! Price: \$3

A Glimpse of the 71st General Service Conference

Did You Know? ...

- The theme of the 2022 General Service Conference: "A.A. Comes of Age 2.0: Unified in Love and Service" was approved.
- There will be a pamphlet developed directed specifically to mental health professionals.
- The Grapevine and La Viña have Implemented an Instagram account.
- The preamble will be modified - Replace "Alcoholics Anonymous is a fellowship of men and women" to "people".
- There will be an update on A.A. for the Black and African-American Alcoholic to include fresh stories and a new title that is respectful and inclusive.
- There will be a revision to the flyer: A Message to Teenagers, to better reflect message to young people

Digital Newcomer Packet

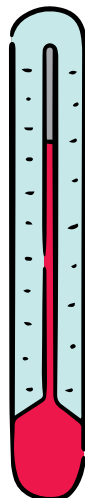


Where Do I Start?

Below are links to A.A. literature that will help you learn more about Alcoholics Anonymous. To access these online, please visit www.aasrq.org/newsletter. These are in printable format.

- [Is A.A. for Me?](#)
- [Frequently Asked Questions About A.A.](#)
- [Making a Start in Alcoholics Anonymous](#)
- [A Newcomer Asks](#)
- [This is AA - An Introduction to the AA Recovery Program](#)
- [Information on Alcoholics Anonymous](#)
- [Twelve Steps Illustrated](#)
- [Questions and Answers on Sponsorship](#)
- [Read the Big Book - Alcoholics Anonymous, 4th Edition](#)
- [Twelve Steps and Twelve Traditions](#)

The Central Office Fund



The Central Office Fund Drive began January 1, 2021 and ended April 30, 2021. The goal for the 2021 Fund Drive was \$28,000. We came very close. \$24,916. Thank you to all AA members who contributed. It is your individual contributions that keep the doors of the Central Office open to serve our Groups, Members, Committees and the individual walking in off the street wanting information about AA or help to stop drinking. We thank those of you who have already contributed so generously this year and in past years.



The next area assembly is LIVE in TAMPA - October 8 - 10.

Great speakers, fellowship, workshops, updates on everything going on in South Florida AA and beyond! Check it out! <https://dist4gsaa.org/2021/07/whos-ready-for-a-road-trip>

Anniversaries

May

St. Armands Noon

Lisa G. 37 years

Tom S. 30 years

July

Early Big Book

Harry R. 30 years

Sam S. 6 years

June

Early Big Book

Tom H. 49 years

Nate M. 39 years

Karen C. 22 years

Tara F. 6 years

Caroline C. 5 years

Jon K. 5 years

Marlene H. 3 years

August

Monday Nite Men's Group

David H. 38 years

Larri G. 29 years

TRIVIA Answer

Born Bridget Della Mary Gavin (January 1, 1889 – April 1, 1966) in Ireland. She moved to the United States in 1914 and joined the St. Augustine Sisters of Charity in Ohio and was given the religious name Sister Mary Ignatia. Along with Dr. Bob, between 1935 and 1965 Gavin was the first to successfully treat thousands of alcoholics as a medical condition at St. Thomas Hospital in Akron as well as St. Vincent Charity Hospital Rosary Hill Solarium in Cleveland. She was remembered for her kindness, honesty and non-judgmental love. Many of the ideas of Alcoholics Anonymous, including the use of tokens to mark milestones in sobriety, were introduced by Sister Ignatia.