



Sara-Mana InterGroup

The September 2021 Issue
District 4, Area 15
www.aasrq.org

WHAT IS INTERGROUP?

A central or intergroup office is an A.A. service office that involves partnership among groups in a community — just as A.A. groups themselves are partnerships of individuals. It exists to aid the groups in their common purpose of carrying the A.A. message to the alcoholic who still suffers.

Your Sara-Mana Intergroup Association has recently been incorporated as a 501(c)(4) non-profit, public benefit organization. This organization serves all of Manatee County and all but the most southern part of Sarasota County. We have published Bylaws and Chair, Co-Chair, Treasurer and Secretary officer positions. Information about all of this may be found here: aasrq.org

Intergroup meets each third Tuesday evening at 7:00 PM at the Central Office in Sarasota (except that we have no meeting in the month of December). Visitors are welcomed. If you'd like, come and see how this organization serves our community.

Our current Chair is Matt D who started out as an Intergroup Representative and eventually became the Treasurer and then Finance Committee Chair, and finally Co-Chair. During the current pandemic he took it upon himself to start virtual Intergroup meetings via Zoom. We are currently holding hybrid monthly meetings: In-person and via Zoom.

We interviewed Matt about our Intergroup. Matt said that our Intergroup puts out a Newsletter, runs a Help Line, publishes our local Where & When's and coordinates with Central Office on the new Meeting Guide app. Besides the functions already mentioned, we have Archives, Current Practices and District Intergroup Liaison.

Intergroup typically puts on a Gratitude Dinner in November, although we were not able to do so last November and we are not likely to this November. We hope to have Covid-19 behind us so that we can put on a memorable dinner in November 2022. In order to pay for our administrative costs, Newsletters, Where & When's, etc. we depend upon contributions from AA members and groups throughout our service area. We collect a 7th tradition during our monthly meetings, but most of our funding comes from voluntary group contributions. Unfortunately, contributions to Intergroup are not tax deductible.

Intergroup participates cooperatively with the rest of our local service structure, Central Office and General Service. We usually have representatives from these groups in our meetings and we attend theirs, in order to fully coordinate our activities. The Central Office Board has representatives from Intergroup and General Service.

Intergroup is your voice. Each organized AA group in our area is entitled to be represented. In this way these individual representatives can bring their group's concerns to the Intergroup body and go back to their groups with the information that is provided during these meetings. Although each organized group is entitled to have a representative, many groups have no representative. If your group has no Intergroup representative, you can bring this up at your group's business meeting or, better yet, volunteer to serve yourself.

Intergroup meetings start each meeting by reading the Twelve Traditions. We have been doing this for years. No one knows for sure but we think that maybe it's because Intergroup quite literally is what keeps the wheels greased and the train running. Our mantra for the Twelve Traditions is, after all: WHY IT WORKS!



What did H A L T stand for at St Thomas Hospital in 1941? (answer on back!)

I CAN'T WIN BUT I WON'T LOSE

by Ross J.

In a recent meeting I heard a fairly new gentleman say that he was tired of trying to beat the disease of alcoholism on his own. He had finally realized that he needed help. He'd stopped trying to fight it himself and he now believed that he was in A.A. to stay.

I absolutely love to hear what the newer folks bring to the meetings because it's fresh and new and often allows me the opportunity to see through a different lens.

In this case, it caused me to reflect on my own struggles towards sobriety. I am not one of the people who says how glad they are that they're an alcoholic. I hate it! I do not want to be an alcoholic. Like this gentleman, I finally realized that I was not going to be able to beat the disease of alcoholism on my own. This caused me a bit of an identity crisis because I couldn't stand having to admit that I was an alcoholic. Once I did, it was cathartic. A whole new world opened up for me as I began to embrace my alcoholism.

Gradually, I began to learn to define myself as a sober alcoholic. The gentleman was correct in that I will never be able to beat the disease of alcoholism. But I'll be damned if I'll let it define me! I used to be a scared little (grown up) boy, whistling in the dark. Now the darkness does not frighten me. I will never be able to beat the disease of alcoholism but, with the love, support and mentorship that I find in the rooms and my higher power, I know that I will never be beaten.

Everything that I need to fight the beast to a standstill can be found in the Serenity Prayer: God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.



Committee Meetings

There are a variety of committee meetings coming up, such as PI/CPC, H&I, Events, Current Practices, Central Office Board, DCM/ACM Meeting, etc. That information is easily accessible by finding your way to the Calendar on the General Service website: <https://dist4gsaa.org>. There is a similar calendar on the Central Office website: aasrq.org.

Area 15 General Assembly

Area 15 General Service Assembly, will be held on October 8 – 10, 2021. This meeting had been scheduled as a normal physical meeting but, due to Covid-19, it has been changed to fully digital. Watch for a meeting invitation to be sent to representatives by our Recording Secretary, Molly.

Southern State AA Service Virtual Assembly

The 6th Southern States Alcoholics Anonymous Service Assembly was originally scheduled to be in Tampa, November 19 - 21, 2021. This Service Assembly will still happen on the scheduled dates but it will all be virtual, via Zoom, due to Covid-19.

Presentations - Sarasota PD

There is also an exciting opportunity to be a presenter to the Sarasota Police Department. They have reached out to us to ask for some of our members to make presentations to their sworn officers in order to increase their knowledge and understanding of alcoholics and our work in the AA community. It's exciting because this demonstrates the willingness on the part of the SPD to actively go beyond the "cuff 'em and stuff 'em" attitude towards intoxicated persons, looking instead to resources available in our community. They are looking for presenters to speak on September 22 – October 13, 2021 and October 18 – 21, 2021. Jeff S., the D4 PI/CPC chair is leading this effort. You may contact him at: picpcchair@dist4gsaa.org.

Dear Alkie,



Q. I've been sober for a while and life is good – my drinking is behind me. Time to relax and live life!

A. So, you're cured? From hard experience, I assure you the Beast NEVER dies & the rules NEVER change! Eternal vigilance is the price we pay for sobriety and serenity. Remember humility & stay involved with AA – if not, we'll be waiting IF you make it back from your next dance with the Beast.

Q. I've been asked to be a sponsor for the first time and I'm afraid I won't know what to do. My sponsor says I'm ready, but I don't know.

A. Rely on your sponsor for guidance -- most of us learn by modeling our sponsors. But remember you can't want for another person what they don't want for themselves. Good suggestion for a shaky sponsee is "how do you want to feel afterward?" If that doesn't work, you can try "imagine I relieved myself in your drink – still want it". You'll do fine and don't be afraid to ask for help.

Random thought that works if you're in a good place or not: "If you keep doing what you've been doing – you'll keep getting what you got."



"Pardon me, is this where I get the message?"

©AA Grapevine

Heard Around the Rooms

Compiled by Tom S.

- If you are thinking about controlling your drinking, then your drinking is out of control.
- Alcohol gave me wings to fly, and then it took away the sky.
- When I was drinking I would continually lower my standards to meet my behavior.
- It doesn't matter how much you drank, how often you drank, what you drank, or where you drank. What matters is what happens to you when you drink.
- It's a program of change. The person I was will always drink.
- Carrying a resentment is like drinking poison and thinking it's going to kill the object of your resentment.
- Concerning God: Absence of evidence is not evidence of absence.
- The benefits of meetings are not a lottery; you have to be present to win.
- Expectations are the parents of resentments.
- Why do I have to go if I don't "need" a meeting? Because you can be there for someone who does "need" a meeting.
- I was born and raised in _____(city/state) but I "grew up" in AA.
- Anger was meant to be a visitor not a resident.
- Choose Grace Over Drama

We Need You!



You don't have to be Ernest Hemingway 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@asrq.org*

Service Opportunities

DO YOU WANT TO VOLUNTEER? HELP WANTED: October 2021

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

There are opportunities to help others suffering from the disease of Alcoholism.

H & I Committee

Contact the Hospitals & Institutions Chairperson at the e-mail address hichair@dist4gsaa.org if you are interested in any of the following positions or simply want to volunteer with some of the committee activities!

Volunteer Opportunities - Treatment Facility Locations
First Step Residential Coordinator

First Step Coastal Volunteers
(Need more women as this is a co-ed facility)
Bridging the Gap Volunteers
White Sands Outpatient Speakers (daytime one time commitments)
Bayside 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
Manatee County Women's General Population Volunteers
Manatee County Men's General Population Volunteers
Sarasota County Women's Recovery Pod Volunteers
Sarasota County Women's General Population Volunteers
Opportunities H&I Committee
H&I Committee Co-chair

The above Coordinator positions requires minimum of 2 years sobriety and preferable to have 6 months as a committee member.

The above volunteer positions require a minimum of 1 year sobriety NEW: Volunteer Mentorship Program: Requires 6 months sobriety and must be actively working the steps with a sponsor. Volunteer with a seasoned H&I Coordinator/Volunteer.

Trivia Answer:



Hungry, Angry, Lonely, or Tired. It seems simple enough, but we are susceptible to self-destructive behaviors when these basic needs are not met, including relapse. Fortunately, hunger, anger, loneliness, and tiredness are easy to address and serve as a warning system before things reach a breaking point.

Finance

The Intergroup Finance Committee currently has one opening.

Schools

Volunteers are needed to speak at schools.

Accessibilities Committee

The Accessibilities / Special Needs Chair is stepping down and a new chairperson will be needed.

Current Practices Committee

Looking for members that are interested in District 4 history. Meets quarterly

These are just a few of the opportunities for service available within District 4. Please visit the District 4 General Service website and the Central Office website for further information add urls

Anniversaries

June

Bee Ridge East

Lou S - 23 years

July

St. Armand's Noon

Luann L. - 42 years. Ken B.-39 years, Victoria S.- 40 years
Dave S-18 years, Mitchell G.-13 years

August 2021

Bee Ridge East

Mark S - 31 years

Monday Early Big Book

Joyce C -23 years, Julie M -17 years, Linda V -2 years

Gulf Gate Noon

Gail F - 12 years ,Don F - 21 years, Kathleen H - 51 years, Judy M - 14 Years, Leon D - 15 years, Darcee C - 25 years Diane B - 36 years

August (cont'd)

St. Armand's Noon

Gail S.- 35 years, Brian L. 27 years, Loretta- 13 years

September 2021

Oasis Group

Christina C-W 3 years.

Monday Early Big Book

Jude B -12 years

Lisa H - 31 Years

Monday Nite Men's Group

John J - 4 years

Gulf Gate Noon

Ruth G.-40 years, Helene B. - 5 years, Jody K.- 37 years, Mike B.- 10 years, Pat M. 13 years, Tracey D. -27 years