



# Sara-Mana InterGroup

*There is a Solution*

February 2023 Issue

District 4, Area 15

[www.aasrq.org](http://www.aasrq.org)

## Step 2

Came to believe that a power greater than ourselves could restore us to sanity.

## Tradition 2

For our group purpose there is but one ultimate authority—a loving God as he express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

## Concept 2

The general service conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.

## Zooming into Sobriety

### Deborah S.

My Name is Deborah, I am an Alcoholic. My sober date is March 8, 2020. My home group is the Holmes Beach Wednesday Women's Group. We meet in person weekly at the Church of the Annunciation and on Zoom at 10:30 am daily. I have no words to describe how important this group of ladies has become to me; gratitude fills my heart.

A few days earlier, I had finally realized I was an alcoholic like my parents and brother before me. The ideas that I had become so broken or that I could ask for help were new to me; that's something I've learned in recovery. I was too afraid to walk into that first meeting on my own. I sat in my car for what seemed like hours until a lady approached me and asked if I would like to walk in with her. I entered the meeting filled with fear and wanting to cry. I remember feeling that I was being welcomed exactly as I was. I was told I was in the right place, was given phone numbers, was told they would love me until I could love myself, and that I never HAD to drink again.

I went to two more meetings that week and met the woman who would become my sponsor. Then Covid shut down the world. There were no more meetings, shelter in place had been mandated. I was afraid of something else now, another layer of fear. My sponsor reminded me to call her each day. I'm not sure I did call every day, but I did whenever my fear was becoming too great.

Within a week our Woman's Group had organized a daily Zoom meeting. Fear made me tune in and I felt welcomed whenever I did. A feeling of calm would descend on me when I saw familiar faces each day. These ladies were there, no matter what, carrying the message, offering a safe place to learn about recovery. Nobody tried to fix me, it was here that I was taught the finer points of AA. Learning that each person shares what is in their heart, sharing the language of the heart. Slowly I began to work the steps and reach out to other people in the program. Fear was almost debilitating, but seeing these faces regularly gave me the smidgeon of courage I needed to reach out. Eventually, I was asked to chair a meeting. I slowly became a part of, without really realizing that was happening.

Almost three years have passed and while my home group meets in person once a week, the daily virtual meetings continue. Most other in person meetings resumed last year. I was thrilled to see and meet my friends in person. I will forever be grateful for the willingness of others to ensure that recovery was available to me and countless others during Covid. I've had people tell me that they couldn't have gotten sober virtually, but I can't imagine it any other way. How grateful I am that we have so many ways we carry the message, so many ways we receive it.

### GENERAL INFORMATION:

Central Office of Sara-Mana

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

(941) 351-4818

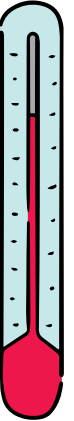
[WWW.AASRQ.ORG](http://WWW.AASRQ.ORG)

Open Monday through Thursday, 9-4 Closed on Fridays, Weekends and Holidays

24 HOUR HOTLINE: (941) 351-6810/335-3399

# Central Office Annual Fund Drive November 31, 2022 - March 31, 2023

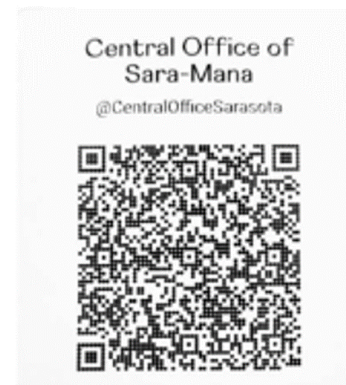
Our Central Office fund drive continues. We are very grateful to all of the AA members who have already contributed. It is your individual contributions that keep the doors of the Central Office open to serve our Groups, Members, Committees and the individual walking in off the street wanting information about AA or help to stop drinking. We are currently below our projections - you know you are going to donate - so take a moment to scan the QR code and donate today!



## Functions of Central Office include:

- Supplies AA literature to individuals and groups
- Maintains a meeting space and virtual support for General Service and Intergroup and their respective committees
- Answers inquiries regarding AA
- Maintains and updates an informational website

**Central Office is the  
heartbeat  
of our AA community**



## New Meetings



### **Sunlight of the Spirit Meditation**

**Sundays 6:30 - 7:30 PM**

**Living Lord Lutheran Church**

**11107 Palmbrush Trail**

**Bradenton, FL**

**11th Step in-person meditation meeting**

### **Monday Morning Crossroads Meeting**

**has a new home and now meets at the**

**Church of the Annunciation, 10:30 am, 4408**

**Gulf Drive, Holmes Beach, FL**

# EVENTS

## Big Book Workshop

**Where: Faith Presbyterian Church 1201 N. Beneva Road, Sarasota**

**When: March 31st from 6:30pm to 9:30pm and April 1st 9am to 5pm**

District 4's Literature Committee is excited to be presenting a Big Book Workshop facilitated by Bill H. of St. Louis, Missouri. Bill will guide us in learning how to read the Big Book and how to apply the program of recovery in our daily lives. A self-described Big Book enthusiast, Bill hopes to ignite in others his passion for our basic text. He will share his transformation from a seemingly hopeless condition of mind and body into a life that is happy, joyous and free by following the 12 steps as outlined in the book Alcoholics Anonymous. He is preparing a simple, comprehensive and concise handout to guide our experience during the Workshop and for our future use as well.

***Online Registration will open mid-February, at a cost of \$25, at [www.dist4gsaa.org](http://www.dist4gsaa.org).***

***Partial and full Scholarships are available for those with financial hardship at Central Office.***

Those who may have difficulty using a computer or a phone to access the website can purchase their Registration from Central Office as well.

**Volunteers are needed to help coordinate this event, so this is an excellent opportunity to offer your service to AA. Some of the areas we need help with include: Getting the Word Out; Potluck; Venue Set-up and Breakdown, Servers and Clean-Up; and other opportunities. Please contact Leslie K, District 4 Literature Chair, for available volunteer positions via email at [Lesliekarl55@gmail.com](mailto:Lesliekarl55@gmail.com).**

The last full Committee zoom meeting will be held on Thursday, March 2 @ 7pm to update and address the final steps in Workshop preparations. (Meeting ID 884 7694 8235; PW 559742). Everyone is welcome no matter how long or short their sobriety time.

We hope you won't miss this exciting opportunity to learn more about the Big Book and your recovery. We look forward to seeing you at the Workshop!



### Write for us!

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@aasrq.org](mailto:newsletter@aasrq.org)

# I AM RESPONSIBLE

Kelley N.

***I am responsible, when anyone anywhere reaches out for help,  
I want the hand of A.A. always to be there. And for that I am responsible.***

I first heard those words over two years ago at one of my earliest A.A. meetings. Since that meeting, I've heard and recited those words countless times. Somehow however, my mind translated them automatically to mean something different, something smaller and more limited. In my mind, anyone became any alcoholic – especially any newly sober alcoholic. Only newly sober alcoholics could possibly need to reach out for help, and I could only help those with less sober time than I had accumulated.

I believed that other acts of service such as making coffee, greeting arrivals or chairing meetings were not the focus of the Responsibility Statement. As I've matured in my recovery, in my sobriety and in my life, those words have taken on a different, much broader meaning. Anyone means anyone, alcoholic or not. I am responsible to offer help to anyone I can help, anywhere I can help, just as help was and is offered to me. This applies just as much to holding the door open for the lady with the walker as it does to giving my phone number to a newcomer to a meeting. I've also discovered that no matter how many 24 hours a person has, no one is immune from suffering, from challenges and from needing help. Just because someone has much more sober time that I do does not mean that something I share at a meeting may not prove helpful, offer comfort or a new insight. Our elder statesmen and women might also benefit from a ride to a meeting, a hospital visit or a listening ear. So again, I am responsible to offer help whenever and however I can. What an unexpected and amazing gift of sobriety that has become for me!



***We couldn't lick alcohol with our own remaining resources, and so we accepted the further fact that dependence upon a higher power (if only our AA group) could do this hitherto impossible job. The moment we were able to fully accept these facts, our release from the alcohol compulsion had begun....***

***From Language of the Heart, "What Is Acceptance" March 1962***

## Digital Newcomer Packet

## Anniversaries



### Where Do I Start?

Below are links to A.A. literature that will help you learn more about Alcoholics Anonymous. Please view this newsletter online at [www.aasrq.org](http://www.aasrq.org) to access these links. They 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](#)

### St. Armand's Noon December

Sue M. 42 years  
Joop V. 33 years  
Yolande W. 21 years  
Pat P. 16 years  
Lisa M. 16 years  
Bob M. 15 years

### Attitude Adjustment Group January

Beth M. 35 Years  
Mike G. 24 Years  
Robin C. 33 Years  
Steve B. 6 Years  
Stu W. 24 Years  
Sue S. 11 Years  
Tessa J. 5 Years