



Sara-Mana InterGroup Newsletter

April 2023 Issue
District 4, Area 15
www.aasrq.org

You are a Miracle

Step

4

“Made a searching and fearless moral inventory of ourselves.”

Tradition

4

“Each group should be autonomous except in matters affecting other groups or AA as a whole.”

Concept

4

“At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.”

My First Step into 12th Step Work

For the past several months, it has been my privilege to offer AA service at First Step, the Mothers and Infants program in Sarasota. It’s hard to find the words to describe what this service has come to mean to me personally, spiritually, and emotionally. Watching the incredible change and growth in these women during their time in the program – as women, as wives/partners, as sisters, as daughters, as mothers, and above all as sober members of society – has been an amazing and remarkable experience.

Unfortunately, many of the women come to the program with a lot of baggage and negative attitudes. They do not want to be there, but as the alternative was jail, there they are. But they let everyone know how they feel. I watch as the “old timers” takes these “newbies” under their wings. “It gets better... Give time time...,” are some of the things I hear them say. I love seeing the transformation take place as the attitudes change and friendships form. I love hearing the change in the way their talk begins to shift focus from what others did and do, to taking responsibility for what they did and do. Again, this is an amazing and remarkable experience.

This Service is simple. We bring an AA meeting to them. While most of them also identify as addicts, I have never had any problems or pushback from them for keeping the meeting focused on alcohol and alcoholism. I’ve often invited one of my “sober sisters” to come to the meeting as I have found that the women really enjoy hearing our personal stories of what it was like, what happened, and what it is like now. If I don’t have a new speaker for them, we talk about whatever subject they choose, or I bring a topic or reading from one of the AA books. I’ve never had a “bad” meeting and rarely leave without getting a few hugs. Plus, I usually get to cuddle a baby or two!

While I enjoy doing all types of AA Service, I have to say this one is really special. It is truly humbling to play a small part in the transformations that I have been blessed to witness, to give back a small part of what was given to me. Do these transformations last? I can’t say. I pray that they do, but so far, I am still sober, so they are working in that respect. And isn’t that what 12th Step work is all about? I can’t transmit what I do not have... and I can’t keep it if I don’t give it away. This is one of the great paradoxes of AA.

We are always looking for more women who would like to support this outreach effort. If you are interested, please contact Rachel on the H&I Committee at rileysmama1951@gmail.com

Kelley N.

GENERAL INFORMATION:

Central Office of Sara-Mana

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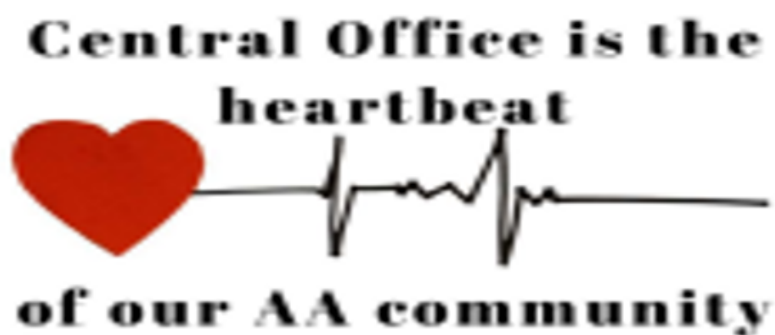
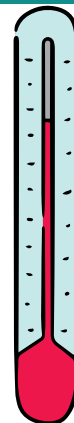
WWW.AASRQ.ORG

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

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

The Central Office Fund Drive has been extended to May 31 in the hope of our achieving our goal. Please donate what you can, today!

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. Please make your donations directly to the fund drive. We do not take from the Seventh Tradition basket at meetings. Talk to your InterGroup representative to donate, or take a moment to scan the QR code, below, and donate today!



DISTRICT 4'S BIG BOOK WORKSHOP CARRIES THE MESSAGE

A Three Legacy Celebration



FIRST LEGACY - RECOVERY

Our “basic text, Alcoholics Anonymous, the “Big Book,” was the singular focus for a District 4, in-depth study of the Twelve Steps, facilitated by Bill H., from St Louis, Missouri. The room was abuzz, coffee and refreshments were in hand when, at 6:30 pm, Friday March 31, a sold-out crowd of nearly 200 attendees took their seats at joyfully decked out tables, bearing sparkling flowers, pens, highlighters, stickies and note paper. With an extensive Study Guide in hand, prepared by Bill H. just for our Workshop, “Having had a spiritual experience as the result of these Steps . . .,” we were led page by paragraph by line through an examination and understanding of each Step, and the integrity of all of the Steps together as a design for living, all as specifically set forth in the Big Book.

What did attendees say? I thoroughly enjoyed our “wonderful, humorous speaker.” “The Workshop was full of Big Book tools.” “Attending this Workshop with my sponsee gave me a whole new way to go through the Steps.” “I took a new perspective on how to make the steps more meaningful when working with others.”

“I heard ideas that will help me in my own recovery and help me to be more effective in service.”

“I am grateful for the emphasis solely on what the Big Book says.”

The Study Guide is precisely what Bill H. had hoped for in creating it just for us -- a keeper of a reference tool for us individually, in our Groups and perhaps as a future Workshop guide too. “I have been reviewing the Study Guide since . . .” and “it is a valuable resource I am keeping forever.” “It’s like an index to the Big Book of important references by page, paragraph and line.”

Bill H. was grateful that, from his view, he witnessed people with noses down in their Big Books, engrossed in “Having had a spiritual experience as the result of these steps. . . .”

SECOND LEGACY – UNITY; FELLOWSHIP

Our Second Legacy was pervasive throughout for it was Fellowship that both created and delivered the Workshop. One commenter observed “It has been too long since we had this experience in District 4 and I hope we do it again sooner.” Another, “What a rich opportunity.”

Over 70 volunteers, from newly sober to long-timers participated in bringing the Workshop to fruition - Getting the Word Out, Online Registration, Food, Potluck, Facilities, Audio and Equipment needed, set-up and breakdown, Scholarships, Accessibilities were just some of the efforts undertaken, While respecting all Traditions, our Tradition 1 Unity and Tradition 2 Group Consciences were, needless to say, the pillars of the very successful way in which, as one commenter observed, the workshop “flowed.” Another observed, “What an extraordinary event, without a doubt one of the most organized I have ever attended.” Everyone had a good time making the Workshop happen.

During the Workshop, attendees contributed Potluck, beautiful examples of love to nourish us while we studied. Home Groups also made significant contributions to refreshments and sustenance so that all participants might be well-fed and therefore be comfortable, attending to studying the Big Book. Volunteers worked together to keep everything organized, to serve, keep everything going, clean and enjoyable.

THIRD LEGACY - SERVICE

The opportunity for our Third Legacy was perhaps singularly moving. Sustained involvement over months of preparation was required by many volunteers so that all could proceed smoothly. The great majority of these volunteers have never participated in service and claimed they did not know what to do. Others were at first quite apprehensive. Volunteers found a valuable contribution to make and had fun doing it too.

Spiritual principles including delegation, rights and responsibilities such as having a voice, right of decision, participation, minority opinion, as well as substantial unanimity, fiscal prudence, leadership at all levels were some of the hallmarks.

At the conclusion, remarks were “I’ve never done anything like that before and I am so glad I had this opportunity.” “What a worthwhile event, I am filled with gratitude.” Numerous attendees indicated a willingness to become more involved in District service. Some signed up for the Literature Committee.

“IT WORKS. IT REALLY DOES.” (p.88)

Within 45 minutes of concluding the Workshop, the venue was restored to original condition and turned back over for the next occupants. We were left in the glow of overwhelming gratitude and love shared: For AA, for the Big Book, for Fellowship, and for love in Service.

This Workshop was a fabulous opportunity to honor the service slogan of AA Literature Committees, “Let Literature Carry The Message, Too.” There are more valuable, meaningful and targeted opportunities, something for everyone to enjoy. Small bites. No experience nor is any time in sobriety required. You are promised to learn as you go and grow your own recovery. Invaluable are willingness and an open mind. We have a good time!

Get in touch to see how you might take a peek at something that interests you which could be of service to AA, our District, your Home Group . . . and you. We give it away to keep it, or alternatively, we give it away to get it. Regardless, the Literature Committee is excited to involve you.

Contact Leslie K., Literature Committee Chair, lesliekarl55@gmail.com, text only: 941.705.6333



"Of course, my self-analysis has frequently been faulty. Sometimes I failed to share my defects with the right people; at other times, I confessed their defects, rather than my own; and at still other times my confession of defects has been more in the nature of loud complaints about my circumstances and my problems. Nevertheless, I think I've usually been able to make a fairly thorough and searching job of finding and admitting my personal defects."
 -Language of the Heart, page 259



**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

E V E N T S

SATURDAY NIGHT SPEAKERS GROUP
 Invites you to a
PIZZA PARTY
 Special Guest speaker
GENE G.
 From Virginia Beach
 SATURDAY ~ APRIL 29TH
 DOORS OPEN 6PM
 MEETING 7:30PM
PLEASE BRING YOUR FAVORITE PIZZA!
 Faith Presbyterian Church, 1201 N. Beneva Road

Anniversaries

Attitude Adjustment Group

- Brian C. 22 years
- Carol L. 18 years
- Jamie H. 15 years
- Joe H. 2 years
- John L. 37 years
- Kat D. 37 years
- Mark B. 36 years
- Mika B. 6 years
- Mike G. 18 years
- Rebecca P. 23 years
- Staci S. 1 year

Wednesday Women's Group

- Caroline U. 31 years
- Deborah S. 3 years
- Mindy S. 5 years
- Rosalyn M. 31 years
- Donna W. 8 years
- Savannah S. 4 years