



Sara-Mana InterGroup Newsletter

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

You are a Miracle

Step

7

"Humbly asked Him to remove our shortcomings."

Tradition

7

"Every AA group ought to be fully self-supporting, declining outside contributions."

Concept

7

"The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies on tradition and the AA purpose for final effectiveness.."

GRATITUDE DINNER NOVEMBER 2023

For those who have been in the Sara-Mana recovery area for a while, you might remember and fondly look back on the days of the annual "Old Timers" (now known as "Founders Day") and the "Gratitude" dinners. Yes. Those were the days. Tickets were free at the Old Timers dinner to anyone with 25 or more years of sobriety and affordable to almost everyone else.

Homegroups purchased tickets for their members that couldn't afford them. Homegroup banners were hanging on the walls. Individual homegroups signed up for the various jobs: beverages (it was always the Monday Night Men's Group); food runners to assist the people that needed it; runners to take food from people standing in line at registration and bring it to the kitchen; clean up; set up; etc. And the food! So much food! The meat was provided by General Service or InterGroup and everyone else brought salads, bread, and desserts (and desserts and desserts!). No one went away hungry. There was plenty of time to visit with each other, see old friends and meet new ones. Thank goodness! We only got to see each other twice a year – at these dinners --sometimes!

Fast forward – inflation.... COVID.... oh my!

The Gratitude Dinner is not until November. The Planning Committee meetings are listed on the General Service Events Calendar – please feel free to join us. Details are coming into focus more and more each day, such as:

The theme - "I am grateful to AA for ..." It's up to you to fill in the blank – 5 words or less and email your response to Dante, our InterGroup Co-chair at InterGroupcochair@aasrq.org. The list of things the community is grateful for will be posted (without names, of course) in the Newsletter monthly and the top 10 will be read at the dinner.

Service Participation – Homegroups will be encouraged to participate in the event. A Homegroup representative can Contact Doug S., our Homegroup Coordinator at 941-250-0537 to see what service group/items are still available. By the way – the Monday Night Men's group has already signed up for the coffee – thanks guys!!!
Food – This should be wrapped up within the next month. More will be revealed!
Date, Location & Price – We are so close to making these determinations. Decisions are being made based on convenience to Bradenton/Sarasota, capacity for everyone and affordability.

InterGroup is excited to bring to you the Gratitude Dinner. But more importantly, we are excited to bring back to you - community.

In love & service,
Susan R., InterGroup Chair

GENERAL INFORMATION:

Central Office of Sara-Mana

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

(941) 351-4818

WWW.AASRQ.ORG

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

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

From Resentment to Gratitude

I recently heard a man in my home group say that his best friends and wife had pressured him into going into rehab. He did so and has remained sober. He's regularly attending AA meetings and he enjoys them and the people there, but he's not happy. He thinks that although he was a daily drinker, he wasn't powerless over alcohol and his life was not unmanageable. He did think that his marriage might not survive his drinking and his relations with his friends had cooled because of it.

This reminds me of own experience. In 2014, my mom died and I crawled into a bottle and stayed there for six days. My brother checked on me every day and found me dead drunk. He spoke with my sister and my wife about checking me into a rehab. My wife told them that, if I didn't go, I couldn't come home. My sister booked the rehab and my brother came over and forcefully told me, "Pack your sh**. You're going to rehab." I didn't want to go and would not have, if asked. However, I wasn't asked. I was told that I was going. That saved my life.

When I arrived at rehab, they had to get their on-call doctor to decide whether I could stay there because my blood pressure was through the roof. They decided that I could stay, with a skin patch and oral medicines and waking me every two hours to check my blood pressure. This whole process was a total slap in the face and my head was spinning. What happened to me? Why was I here? When we went around the room and introduced ourselves the other people said their names and that they were alcoholics. I said my name but said that I wasn't sure what I was for the first week and a half. That wasn't true, but I had not yet accepted my new reality. When they did the counselor check in, he leaned out and told them to hold his next two appointments because he had a 'crier'. I was 57 and the oldest person there.

I have been sober for over eight years, now. I am an active member of my AA community and usually busy with service work. I sponsor men and mentor some others. I am no longer ashamed to admit that I am an alcoholic because it is a recognized disease and because I am actively doing something about it. I love my family for the love and the courage that they had to have for me to get into treatment and I no longer resent them for it. As I began to get more into the spiritual aspect of the program, I came to believe that, in dying, my mom reached out to me from the grave to save me. Without that triggering event, I would have continued to be a daily drinker for the rest of my miserable life. Now, my life is normal -- some ups, some downs but generally fulfilling. I am grateful for every new day of sobriety that I have.

Ross J.

66th Florida State Convention 2023



66TH FLORIDA STATE CONVENTION 2023

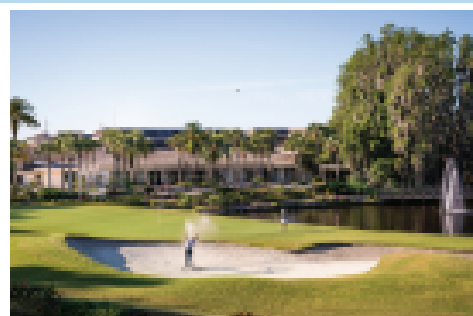
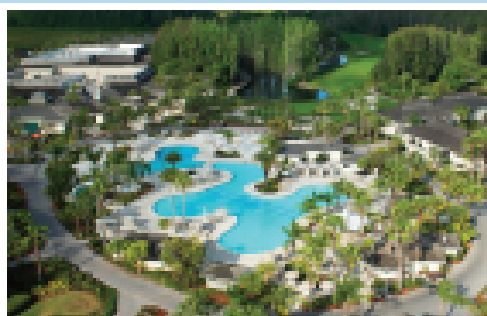
THURSDAY AUGUST 10 - SUNDAY AUGUST 13

WWW.FLORIDASTATECONVENTION.COM

SADDLEBROOK RESORT - WESLEY CHAPEL, FL 33543

WWW.SADDLEBROOK.COM

PROGRAM AND ACTIVITIES



AA, Al-Anon, Alateen, Spanish Speaking, LGBTQIA, YPG, First Nations, Old Timer's Panel, Marathon Meetings, Workshops, and Archives Display; Friday and Saturday Banquets, Saturday BBQ lunch and Ice Cream Socials; Sports Activities include Golf, 5K Walk/Run, Pickle Ball, Morning Yoga, and Escorted Motorcycle Ride; Dances, Saturday Pool Party, and much more...

ASL Interpretation at main conference's speaker meetings.

GUEST SPEAKERS

Marty J. - Vancouver, B.C., Canada

Aaron Z. - Molalla, OR

Larcine G. (Al-Anon) - Hawthorne, CA

Candice M. - Los Angeles, CA

Chris R. - Ingram, TX

Myers R. - Ingram, TX

Marion M. - Ft. Lauderdale, FL

Cathy C. - Tampa, FL

Jane D. L. - Tallahassee, FL

HOST HOTEL INFORMATION

SADDLEBROOK RESORT

A PREMIER MEETING, GOLF, AND TENNIS RESORT

5700 SADDLEBROOK WAY WESLEY CHAPEL, FL 33543

WWW.SADDLEBROOK.COM

800-729-8383

CONVENTION CODE: FSC

HOTEL RESERVATIONS START ON AUGUST 3, 2022

HOTEL RESERVATION LINK: [HTTPS://BE.SYNXIS.COM/?HOTEL=392446](https://BE.SYNXIS.COM/?HOTEL=392446)

CHAIN=283946CONFIG=INITIALCONFIGSTHEME=INITIALTHEMEGARRIVE=

2023-08-10GDEPART=2023-08-11GADULT=1GCHILD=0GGROUP=FSC

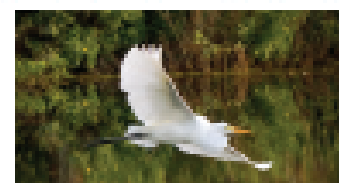
RATES:

STANDARD ROOM - \$135

ONE BEDROOM SUITE - \$155

TWO BEDROOM SUITE - \$265

RATES WILL BE HONORED 3 DAYS BEFORE AND 3 DAYS AFTER THE CONVENTION DATES BASED ON AVAILABILITY



ALL ROOMS ARE SUBJECT TO STATE AND LOCAL TAXES

THIS HOTEL IS NON-SMOKING
CHECK-IN 4 PM - CHECK-OUT 11 AM



“In almost no other of Bill’s writings is his gift for simplifying complex issues more evident than it is in the Traditions. First, he was able to name the potential threats to the survival of the fellowship: Simply they were problems of property, prestige and power. The complicated problems of property could be eliminated if AA owned nothing and was also self-supporting. Thus, tradition six and seven.

--Pass It On, p 319”



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.

Submissions due by the 10th of the month.

Email submissions or inquiries to: newsletter@aasrq.org

Happy Anniversary

Devin H.	1 Yr	Lori N.	5 Yrs	Michael T.	19 Yrs
Kim G.	1 Yr	Dona B.	6 Yrs	Jan Y.	22 Yrs
Warren L.	1Yr	Sharon D.	8 Yrs	Scott J.	26 Yrs
Betsey N.	2 Yrs.	Bill W.	9 Yrs	Robert S.	30 Yrs
Crystal M.	2 Yrs.	Jim L.	10 Yrs	Leslie R.	31 Yrs
Deb M.	2 Yrs	Scott R.	10 Yrs	Joan H.	34 Yrs
Joe H.	2 Yrs	Terry D.	13 Yrs	Millard	34 Yrs
Lisa S.	3 Yrs	Shawndra	14 Yrs		
Sandy R.	3 Yrs	Maureen G.	15 Yrs		

