



SaraMana InterGroup Newsletter

August 2023

District 4, Area 15

Step 8:

“Made a list of all persons we had harmed and became willing to make amends to them all.”

Tradition 8:

“Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.”

Concept 8:

“The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active Services, exercising this through their ability to elect all the directors of these entities.”

Was It My DNA?

My mother, father, brother, and I drank. My mom was one of 10 children; only one of those kids did not drink -- that was my uncle Pete and he became a minister. And the whole family smoked cigarettes also, like friends!

So, you could say it was in my DNA to do bad things. I was attracted to the negative; whether in school or at home, I was always getting into trouble. Mom's drinking was so bad that my dad took me and my brother away from her. This was in 1968 which was rare for that time. Dad did the best he knew of at the time, but we lived in a house without consequences. I hated school and quit on my 16th birthday. I couldn't wait to work so I could buy my own clothes. But I wasn't making enough money so decided to do other things to get more money, if you know what I mean...

When I turned nineteen, I tried cocaine and loved it, but alcohol was always in the picture. The great thing about alcohol was that you never got ripped off. I became a bartender in 1980 at a place called Siggy's, in Ft Lee, NJ which jump-started a ten-year period of making a lot of money, partying, fun, going to after-hour joints in NYC, getting home at 11 am -- crazy life.

I got arrested on August 10th, 1992 for driving without insurance and a nickel bag of weed. This started a two-year stint on probation. After six detoxes, three rehabs, jail for one day, and a halfway house for eleven days, I had finally had enough!

People from AA came into all these facilities to carry a message of HOPE. Something inside me said, “That's it, Dee you're done, honey.” I started attending nightly meetings. I was living with my dad because I had lost my apartment along with my driver's license. I became a greeter three weeks into the Program and started praying to something UP THERE. I got a sponsor and started my steps with all these wonderful women that helped me see my worth. As one told me, “Dee, you're a woman of honor and dignity.”

I went on retreats for years. I met a wonderful man and married at six years sober. We traveled up until his passing eleven years later. After two more years, I moved to Florida and have been here ever since, I have also lost both parents since I got sober. Despite all of this, I have found no reason to use and have no reservations, thank God! Sometimes it's hard to believe that girl was me, I thought it was in my DNA but I was wrong.

Dee T.

Gulf Gate noon meeting

Quote:

“I needed to develop the courage to begin, the honesty to see where I was wrong, a sincere desire to set things right, thoroughness in making a list, and willingness to take the risks required for true humility.

With the help of my higher power, in developing these virtues, I completed this step and continued to move forward in my quest for spiritual growth.”



There will be a goodbye party at the Club on August 20th at 1:00 pm.

The last day of meetings will be on August 31, 2023.

Reminder:

This is your newsletter! We need your input to make it relevant. Please share your thoughts on what you'd like to see included. We encourage everyone to submit articles on their experiences with the Program, the Steps, the slogans, sponsorship, 12th step work, etc. You don't need to be a great writer to submit an article any more than you need to be a great speaker to share at a meeting. We just want to hear from you! Submissions should be 300-500 words and should focus on alcoholism and related subjects. Thanks!

Send to Newsletter@aasrq.org