



Sara-Mana InterGroup Newsletter

November 2023

District 4, Area 15

Step 11

Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

Tradition 11

Our public relations policy is based on attraction rather than promotion, we need always maintain personal anonymity at the level of press, radio, and films.

Concept 11

The Trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures and rights and duties will always be matters of serious concern.

Committee Spotlight: the Accessibility Committee

Hi, my name is Michelle W. and I am the new Chairperson for the Accessibility Committee. Our focus is on ensuring that AA is available to everyone who wants and needs it in our area, regardless of their abilities. We are looking for volunteers to be members of the Accessibility Committee. There is no required amount of sobriety time needed to volunteer for our committee.

We plan on holding a monthly meeting at Central Office that will also be available via Zoom. We welcome anyone with thoughts or ideas on how to help bring the message of AA to people of all abilities or simply a desire to help in any way. As soon as the meeting day and time is determined it will be put in the newsletter as well as distributed to groups. I am looking forward to meeting new members!

We currently offer an AA meeting via Zoom for people in our area who are unable to get to in person meetings. It is held weekly on Thursdays at 1:00 pm. Everyone is welcome!

Homeward Bound

Time: Thursdays at 01:00 PM Eastern Time (US and Canada)
Every week until Dec 26, 2024, (60 occurrences)

Meeting ID: **844 2905 2212**

Passcode: 348715

In love and service,
Michelle W,

Central Office of Sara-Mana General Information

1748 Independence Boulevard. Suite G-2

Sarasota, Fl. 34234

(941) 351-4818

WWW.AASRQ.ORG

Open Monday through Thursday, 9 am-4 pm

Closed on Fridays, Weekends and Holidays

24 HOUR HELPLINE: (941) 351-6810

For English, press 1; For Spanish, press 2

Central Office Open House

Who: All members of AA are welcome

What: Central Office Open House

Where: 1748 Independence Blvd # G2, Sarasota, FL 34234

When: Saturday, December 9th 10am- 2pm

Have you been to Central Office lately? Join us and discover all that your Central Office has to offer! The Central Office of Sara-Mana is a non-profit corporation established in 1985 to provide a physical location for Alcoholics Anonymous in Sarasota and Manatee counties. While independent of Intergroup, and General Service, Central Office serves as the host location for their monthly meetings as well as the meeting location for H&I and several other committee and individual AA group meetings. Central Office also stores the archival information for these local AA service associations, receives and forwards donations and materials, maintains the calendar of service activities for our local AA community, and sells a multitude of AA-related literature and materials for individuals, groups and institutions. Come learn what Central Office has to offer and connect with your local AA community. Refreshments and light snacks will provided as well. We look forward to seeing you at the Central Office's Open House.

From Our Founders



The chances are better than even that we shall locate our trouble in our misunderstanding or neglect of AA's Step 11 — prayer, meditation, and the guidance of God. But Step 11 can keep us growing, if we try hard and work at it continually. If we expend even five percent of the time on Step 11 that we habitually (and rightly) expend on Step 12, the results can be wonderfully far-reaching. This is an almost uniform experience of those who constantly practice Step 11.

Language of the Heart, p. 240



*Nothing changes if
nothing changes.*



**I Am Grateful to A.A. For ...
The 2023 Gratitude Dinner**

Oh, what a night! There was over 400 of our closest friends and elbow room to spare! The decorations were colorful! The homegroup banners were alive! And speaking of homegroups – WOW!

Who?	What?
63 rd Avenue Group	Decorations by Drita
Bay Group	7 th Tradition
Happy Cookie Hour	Offload Sonny's (SO MUCH FOOD!!)
Kensington Park	Registration Table 2
Monday Night Men's	Beverage Team
Saturday Spiritual @ Oak Street	Dessert runners
Sunrise	Dessert Prep
Sunrise Zoom	Assist with Lanyards
SUNYPAA	Assist people with getting food
SUNYPAA	Serving food
The homegroup that I missed - here	I beg your forgiveness!
Women in the Solution	Greeters

We also had many individuals who simply stepped up and pitched in. An event of this size doesn't just happen. Dante, the Intergroup Co-Chair, lead the Gratitude Planning Committee to an AMAZING finish line! It took the community to do it, which is just fine because it was FOR the community. Based on the number of people that showed up, it seems that the community was pretty happy about it!

Here's the thing -- there was a focus: **Gratitude for A.A.** Distractions were kept to a minimum. The speakers were good. The food was good. The tickets were affordable. The venue was bright and new. The community (not Intergroup, but the community) was able to give Central Office a sizeable **contribution**. Whipped cream with a cherry on top!

See you next year!
Your humble servant –
Susan R, Intergroup Chair





November Anniversaries

Kevin L.	2 years	Cyndy M	38 years
Eric N.	7 years	Jerry L.	39 years
Janet B.	7 years	Paul W.	41 years
Ellen Y.	13 years	Roseanne	44 years
Ron W.	28 years		

Gratitude in Recovery

When I was new to AA I would often hear "We are not a glum lot", and our goal was to be "happy, joyous, and free". It was easy for me to understand "We are not a glum lot" because there was so much laughter in the rooms before, during, and after the meeting. But understanding the meaning of "happy, joyous, and free" was not quite so easy. My trusted dictionary had this definition for joyous: "joyful, happy, jubilant".....Well, not much help there!

Recently I came upon a passage that captured the joyousness that I've found in the program of recovery in Alcoholics Anonymous: "Joy is a state of the soul, the feeling beyond feeling which allows us to know that it is right to be alive, that our living has meaning and that we belong". I wish you all a joyous journey in your recovery, and if you haven't discovered your "joy" yet keep coming back. It's waiting for you!

"Marine Tom" S.



The Newsletter Team welcomes your thoughts, ideas, input and suggestions!

Please consider submitting an article, quote, saying, photo or anything that speaks to you regarding your experience with alcohol and/or recovery. You don't have to be a professional writer to contribute any more than you need to be a professional orator to speak at a meeting. Articles should be no more than 500-600 words. Don't worry about grammar or spelling — we'll fix that for you. We just want to hear from you! Send us your thoughts at newsletter@asrq.org