



# Sara-Mana InterGroup Newsletter

## October 2023

### District 4, Area 15

### Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.

### Tradition 10

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

### Concept 10

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

### **WHEN TALKING TO GOD... DON'T FORGET TO LISTEN**

I've been thinking about this topic for about three years. Before I got around to writing it, Jelly Roll went and wrote a song about it called, "Need a Favor." He sings that he only talks to God when he needs a favor and he only prays when he ain't got a prayer. That just about says it all, right there.

I was thinking about this topic because of the number of times that I've heard people say in meetings that they had tried praying and it hadn't worked for them. I've always thought, privately, that the reason probably was that it was one-way communications. They weren't so much praying to God as they were making their demands to God. It just doesn't work that way. God will answer your prayers in his own way, some times subtly. You have to open your heart and mind to that answer. It doesn't always come to you as God replying directly to you. In fact, that's probably the least likely way it will come to you. It will likely come in the form of another AA member walking up to talk to you about the very subject that was troubling you. This other person provides you with the information or the clarity to better understand your problem and the solution to it. That's God talking to you. You just have to listen.

I can illustrate it another way with this old saw that we sometimes pass around the rooms: A town is being flooded and a devout woman is holding out in her home, secure in the belief that God will save her. The flood waters are lapping at her door and a National Guard truck rolls up. They yell at her to get in the truck and they will save her. She tells them no thanks, God will save her. The flood waters are half way up her door and again the National Guard comes by in a boat. They yell at her to get in the boat and they will save her. She tells them no thanks, God will save her. Her home is almost fully flooded and she's standing on her roof. A National Guard helicopter hovers near her. They tell her to get in the helicopter and they will save her. She tells them no thanks, God will save her. Eventually, she drowns and goes to heaven. She tells God that she had faith that He would save her but He let her drown. Why would He do that. He says, "I sent you a truck, a boat and a helicopter. What more did you want?" God was talking to her in the form of National Guard troopers showing up with a truck, a boat and a helicopter. This was the answer to her prayers. She was just expecting God to talk to her differently and didn't understand that He WAS answering her prayers.

Here's another old saw that we pass around: Religion is for people who don't want to go to Hell. Spirituality is for people who have been there and don't want to go back.

If you're not listening with all of your senses you may miss God's answer, so learn to listen. Don't demand of God. Just graciously make your request and trust Him to have the appropriate response.  
Ross J.

### **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**

**SPANISH (941) 335-3399**



## From Our Founders

*We can try to stop making unreasonable demands upon those we love. We can show kindness where we had shown none. With those we dislike we can begin to practice justice and courtesy, perhaps going out of our way to understand and help them.*

*Whenever we fail any of these people, we can promptly admit it—to ourselves always, and to them also, when the admission would be helpful. Courtesy, kindness, justice and love are the keynotes by which we may come into harmony with practically anybody. When in doubt, we can always pause, saying “Not my will, but Thine, be done.” And we can often ask ourselves, “Am I doing to others as I would have them do to me—today?”*

*Twelve Steps and Twelve Traditions, p. 93*



*God is still writing  
your story. So, quit  
trying to take the pen!*

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

### **I Am Grateful to AA for....**

I am grateful for the hand of AA. I came in broken, lost, and fearful. I had attended only three in person meetings when the world shut down because of Covid 19. The two groups I had attended, a Woman's group and a mixed group, took the Responsibility Statement and put it into action. AA was there for me (and others) in a new format...virtually via a Zoom platform. My days were now book-ended in recovery, morning and evening. These groups became my lifeline, and they taught me about my alcoholism. With great grace, somehow they held my hand each day without ever being in the same physical space. I can now attend in person meetings, but the men and women who were there for me in those early days of my sobriety hold a very special place in my heart. Thanks to them I was able to grasp the fundamental elements of recovery -- they are true pioneers of my recovery. Today I am grateful to our community for holding the door open so that I could claim my seat.

Deb S.

I AM GRATEFUL TO AA FOR ....

District 4 Intergroup Presents

# The Gratitude Dinner

WHERE: PALM GROVE MENNONITE CHURCH  
1087 BENEVA ROAD 34232

WHEN: SATURDAY, NOVEMBER 4<sup>TH</sup>, 2023

SPEAKERS: MEGHAN I. TAMPA  
CARY W. TAMPA

Doors open at 4pm

Dinner at 5:30pm

Catered by  
Sonny's BBQ

Speakers at 7:30pm

INDIVIDUALS ARE  
ENCOURAGED TO BRING A  
DESSERT TO SHARE IN A  
DISPOSIBLE DISH.

"I Am Grateful to A.A. For ..."  
Email 5 words or less to  
[intergroupcochair@aasrq.org](mailto:intergroupcochair@aasrq.org)



It's not too late to create a  
Homegroup banner! Try  
(Banners on the Cheap.com)  
Bring your banner to the  
Central Office no later than  
October 24<sup>th</sup>.

We have your banner!

- Oak Street Step Group
- New Women Group
- High Hope
- Anybody's Group
- Beneva Discussion Group
- Fresh Start Group
- Grupo Fortaleza
- The Lunch Bunch
- The Bay Group
- Winners Circle

Cut off for ELECTRONIC TICKET SALES  
(via QR CODE) IS OCTOBER 24<sup>TH</sup>.

Paper tickets are available at the  
Central Office. Tickets will also be  
available during the Intergroup  
meetings – 3<sup>rd</sup> Tuesday of the  
month – 6:30 to 8:00PM.

Homegroups Still Needed!  
Contact Doug S at (941) 250-0537

Food prep (desserts)  
Food runner to prep area.  
Parking assistant  
Take down tables.

Make sure to stop by the Photo Booth!

Learning to live life on life's terms; Clarity; My daughter; Second (& 3<sup>rd</sup>) chance; My best life ever; Sobriety;

Chance to volunteer; Keeping my life manageable; Fellowship; Keeping me honest; My sobriety; Connection to God; Serenity; Good Friends;

Giving me back my life; Giving me back my family; Giving me back my self-respect; Allowing me to be of service; Giving me a new family;



# October

# Anniversaries

Elizabeth D.	1 year	Chauni	8 years
Greg M.	1 year	Michelle W.	8 years
Lee P.	1 year	Yvonne K.	10 years
Malissa M.	1 year	Mike B.	12 years
María G.	1 year	Cheryl W.	15 years
Nick A.	1 year	Pat M.	15 years
Rich R.	1 year	Judy M.	16 years
Amanda K.	2 years	Dale D.	23 years
Amy D.	2 years	Jody K.	39 years
Dennis Z.	2 years	Sally H. (Sept)	41 years
Gary A.	2 years	Ruth G.	42 years
Matt Q.	2 years	David O.	46 years
Tanya O.	2 years		
Ty B.	4 years		
Bobby L.	7 years		

