



Sara-Mana InterGroup Newsletter

September 2023

District 4, Area 15

Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9

AA as such, ought never be organized; but we may create service board or special committees directly responsible to those they serve.

Concept 9

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

Making Amends 101

Over the past 3 weeks, at one of my step meetings, we studied steps 8, 9, and 10. In the 15 pages devoted to these steps, the words “sorry”, “apology”, or “apologize” do not appear -- not even once! That fact speaks volumes to me. Before I found recovery the most insincere, hollow, and phony words to come out of my mouth were “I’m sorry.” The only thing that I was ever sorry about was the predicament I found myself in at that time. I was sorry I had been caught, but I had not one iota of remorse.

Amend as a verb means “to correct faults, to rectify”. Amend as a noun is a “reparation or compensation”. The idiom “to make amends” is defined as “to compensate, as for an injury, loss, or insult.” I was taught that I needed to end any amends with the words, “Is there anything I can do to make up for my behavior?” As my good friend Gil O. reminds us “If it’s a financial amends, bring money.”

To avoid the trite “I’m sorry,” I would use the phrase “I regret” as in “I’m trying to live differently and I’ve reflected a lot on my past behavior. I want you to know I deeply regret when I..... (state the specific behavior or action.) That was wrong of me. Is there any way I can make it up to you?” Stating the behavior specifically, as well as the words that “I was wrong” helps me to avoid the sappy, insincere “I’m really sorry.”

The last essential element is “to place a period” at the end. Do not add any mitigation, minimization, or excuses. Accept responsibility for your past actions... and then move forward.

“Marine Tom” S.

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) 351-6810/335-3399

September Anniversaries

Dick D.	1 year	Kathy C.	15 years
Jennifer M.	1 year	Katie O.	16 years
Kurt O.	1 year	Henry	16 years
Ashley M.	2 years	Gina V.	17 years
David F.	2 years	Leon D.	17 years
Jack S.	2 years	Carol S.	18 years
Sandy P.	2 years	Maureen G.	19 years
Anthony M.	3 years	Don	23 years
Gregg B.	4 years	Gladys R.	25 years
Louise W.	5 years	Darcee C.	27 years
Paula H.	5 years	Dee T.	29 years
John C.	6 years	Jayne S.	30 years
Rob W.	6 years	Kathy D.	30 years
Annie S.	7 years	Tommy N.	30 years
Claudia S.	7 years	Panny M.	31 years
Deb M.	7 years	Susan	34 years
Thomas L.	7 years	Lynn M.	36 years
Lynette C.	8 years	Bob G.	39 years
AJ D.	9 years	David D.	40 years
Leslie B.	9 years	Ronnie S.	40 years
Anne L	14 years	Don B.	41 years
Gail	14 years		

Gratitude Dinner 2023 is Coming into Focus!

Intergroup has promised a community event this year and the Gratitude Dinner Planning Committee is about to deliver BIG TIME!

What does that look like, you ask?

✓ The event will be held at Palm Grove Mennonite Church / 1087 Beneva Road. Near the corner of Beneva and Bahia Vista. The building is new and holds 500!

✓ We will meet and eat on Saturday, November 4th.

✓ Doors open for social opportunities at 4:00 PM. There are people that we only see once or twice a year, let's sit and chat awhile.

✓ Dinner will begin at 5:30 PM. What's for dinner? Sonny's BBQ! YES! Really! Two different meats; three sides; two breads; beverages. We're going to eat GOOD!

✓ We ask those who wish, please bring a dessert to share, in a disposable container.

✓ Two incredible speakers from Tampa from 7:30 to 8:30PM: Meghan I. and Cary W. bringing their experience, strength, and hope to Sarasota.

✓ Who remembers the Homegroup banners? We have several at the Central Office: Anybody's Group; Beneva Discussion Group; Bay Group; Fresh Start Group; Grupo Fortaleza; High Hope; The Lunch Bunch; New Women Group; Oak Street Step Group; and Winners Circle.

✓ It's not too late to make a homegroup banner! Check out "Banners on the Cheap" website!!!

✓ Can you say PHOTOBOOTH!?!? I know you can! There will be someone there to take your picture with your phone (if you wish) at the booth!

✓ The cut off for electronic ticket sales (via QR code) is October 24th (see next page)

✓ Paper tickets, for those who prefer, will be on sale at the Central Office during their normal business hours and at the Intergroup meeting, the 3rd Tuesday of the month – 6:30 to 8:00 PM.

✓ Please continue to email the co-chair your response to our theme "I am grateful to A.A. for ..." to

Intergroupcochair@aasrq.org

Responses recently received:

- 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
- This party called LIFE

✓ There is still a need for homegroups to sign up for a few service spots: dessert prep; food runner from registration line to kitchen; take down tables; assist with parking lot; and more. Call Doug S. at (941) 250-0537 if your group would like to help.

The big question that everyone wants to know is ... how much are the tickets? After much number crunching – the price is (drum roll please)

***** \$20 per ticket *****

Please take this opportunity to purchase scholarship tickets for your homegroup members that could use a "hand up".

At the end of the event, we will complete the financial calculations and, if there is a profit, we will write a check to an appropriate service entity or entities prior to closing the Gratitude Dinner. If there is a loss – oh well – we had a great time of fellowship and gratitude.

We hope to see you there. With the ticket price this low, a sellout could be possible, so please, purchase early to avoid missing this event.

In love and service,
Susan, Intergroup Chair



Scan to pay

QR Code for the Gratitude Dinner

Deadline for using the code is October 24th
Tickets may also be purchased at Central Office
during regular business hours (M-Th 9 am to 4 pm)

From Our Founders

Just how and when we tell the truth - or keep silent - can often reveal the difference between genuine integrity, and none at all. Step 9 of AA's program emphatically cautions us against misusing the truth when it states: "Make direct amends to such people wherever possible except when to do so would injure them or others." Because it points up the fact that the truth can be used to injure as well as to heal, this valuable principle certainly has a wide ranging application to the problem of developing integrity.

From Language of the Heart, page 261



*On particularly rough days,
I like to remind myself that
my record for surviving
them so far is 100%.
And that's pretty good.*

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 your thoughts to us at newsletter@asrq.org