



DISTRICT 4, AREA 15

# Sara-Mana InterGroup Newsletter

April 2024

A.A.'s **Twelve Steps** are principles for personal recovery.

## STEP 4

Made a searching and fearless moral inventory of ourselves.

The **Twelve Traditions** ensure the Unity of the Fellowship.

## TRADITION 4

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

The **Twelve Concepts** for World Service provide a group of related principles to help ensure that various elements of A.A.'s service structure remain responsive and responsible to those they serve.

## CONCEPT 4

At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

## It All Starts with You!

Have you ever wondered how a minimally organized society like Alcoholics Anonymous functions? It's pretty simple: individuals to groups to districts to areas to regions to territories (counties) to world-wide wonder.

Of course, you all know your home groups. A **home group** is very important. It is through your home group that you can get involved in service—give it away to keep it. It is also how you make your voice heard. Your **InterGroup representative** will bring you information about what is going on, solicit your input into any decisions that are being considered at all levels of AA, and represent you at the district level.



We belong to **district Four**. Our district is organized into **three separate entities: General Service, InterGroup, and Central Office**. These three have specific duties and work independently, but in cooperation. In a nutshell, General Service is responsible for the nuts and bolts practical matters; InterGroup disseminates information, creates and publishes the newsletter and the Where and When, and plans and puts on the Gratitude dinner in November; and finally, Central Office is our public face, the point of contact for newcomers and old-timers as well, hosting meetings, and stocking and selling AA literature.

Our district website is: [dist4gsaa.org](http://dist4gsaa.org)

**South Florida is part of Area Fifteen.** We are one of 17 districts in Area 15. Districts and Areas are determined by AA population (another good reason to have a home group!). When a district or area gets too large, it splits in two, or forms a sub-division.

*(Continued inside)*

## SARA-MANA CENTRAL OFFICE

1748 Independence Boulevard  
Suite G-2  
Sarasota, FL 34234  
941-351-4818  
[www.aasrq.org](http://www.aasrq.org)

## HOURS:

Monday-Thursday, 9am-4pm  
Closed: Fridays, Weekends, & Holidays

**24 HOUR HELPLINE 941-351-6810**

**ENGLISH: Press 1 SPANISH: Press 2**



Meeting Guide  
App

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## It All Starts With You

Continued from front page

Our area website is: [area15aa.org](http://area15aa.org)

**We are part of the Southeast Region.** This includes 12 areas, (11 states and some of the islands in the Caribbean). There are a total of eight regions in the US and Canada.

Our international website is: [aa.org](http://aa.org)

Each individual, group, district, area and region has a voice in the decision-making process of AA as a whole. There are many people who offer service at each of these levels to ensure that this is so. As you can see, for an unorganized institution without many rules, we have a way of getting things done that involves everyone.

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## Committee spotlight Accessibilities

### What is an Accessibilities Committee?

Accessibilities Committees explore, develop, and offer resources to alcoholics with significant barriers to receiving the Alcoholics Anonymous message and to participating in our program of recovery. We want A.A. to be available to all alcoholics who reach out for it.

### Committees focus on:

- Projects that support members with a variety of accessibility challenges.
- Communications that keep the public and appropriate agencies informed about A.A. accessibility.
- Providing resources and guidance to groups so that they can accommodate all A.A. members regardless of their abilities.

### Your local Accessibilities Committee needs help!

We are in dire need of service volunteers to help connect alcoholics with accessibility challenges to AA meetings and our program of recovery.

**Spread the word!** There are no sobriety requirements to serve, just a willing spirit!

**Contact** Michelle W, [accesschair@dist4gsaa.org](mailto:accesschair@dist4gsaa.org) or text at 941.348.7153.

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Why do I keep on drinking  
What is with this broken thinking  
I was a simple can of beer  
Now I'm a quart of Everclear

Whiskey whispers in my ear  
In a voice I barely hear  
But still a voice I can't ignore  
Fell off the steps at the liquor store

Then off the wagon I also fall  
Seeking the clarity of alcohol  
Answering to the siren's call  
Managing somehow to lose it all

Easily seduced by my addictions  
I became okay with these afflictions  
The search for pleasures hedonistic  
A chemically fueled sage and mystic

Innocence lost without a trace  
Alone these demons I must face  
Self respect cannot replace  
How far it is to fall from grace

Another night in county jail  
No money left to pay my bail  
I can't think beyond the beer  
Another nudge comes from the judge  
God, get me out of here

Disappointment shadows across their faces  
As I taste the bittersweet disgraces  
It's never just black and white  
Because it was only from the darkness  
That I finally saw the light

David W.



We thought “conditions” drove us to drink, and when we tried to correct these conditions, and found that we couldn't to our entire satisfaction, our drinking went out of hand and we became alcoholics. It never occurred to us that we needed to change ourselves to meet conditions, whatever they were.

— *Twelve Steps and Twelve Traditions*, p.47

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# It's Your Newsletter!

**That's right, this is your newsletter. Help us to make it what you want. We welcome your input and need your help. There are many ways to contribute:**

- Send us your ideas for content, things you'd like to see included.
- Help us get the word out. Talk about the newsletter at any meetings you attend. Bring extra copies and hand them out. Ask others to do the same.
- Remind people that the newsletter is available online at [aasrq.org](http://aasrq.org). Once on the website, click on InterGroup and find the tab for current newsletter. Past issues are also available.
- Write for us! You don't need to be a professional (or even proficient) writer, any more than you need to be a professional public speaker to share at a meeting.

**If you would like to contribute an article, please keep the following parameters in mind:**

- Articles should be no more than 500 words.
- In addition to reflections on the Step, Tradition, or Concept of the month, topics could be your experiences of prayer, meditation, practicing the Program and Principles, or reflections on AA literature and slogans...
- Articles will most likely be edited for various reasons, not printed word for word.
- Articles should not contain information that could potentially identify another member of AA without their permission.
- Articles must conform to the spiritual principles of AA regarding personal concepts of a Higher Power (no overt religious language or dogma, please).
- Submissions for each month's issue are due by the 7th of the month to insure adequate time for editing, formatting and printing.

Please send your ideas, suggestions and articles to [newsletter@aasrq.org](mailto:newsletter@aasrq.org)

## The Nuance of "You have to give it away to keep it"

We've all heard the AA expression, "you have to give it away to keep it." Well, for me the meaning is nuanced. That statement is too transactional for me. As in "you work so many hours and I pay you X dollars". You do service work, and you will automatically stay sober. This implies that nothing else matters: not the steps, my sponsor, conscious contact with my Higher Power, or regular meetings.

When I was in parochial school, I wanted to be good so that I would get to heaven, and not go to hell. I didn't try to be good because I wanted to be a good person. It was simply to get to heaven and avoid hell—Transactional with a capital "T." I am in a position in life where I am able to do a lot of service work, but I don't do it to "keep it." That would impugn my motives! I do service work to demonstrate my gratitude to my Higher Power. The God of my understanding is a "show me; don't tell me" type.

Someone once described recovery from alcoholism as a "journey out of self". To give of my time, expecting nothing in return, is part of that journey. Doing so does ensure recovery and serenity, but it can't be my sole motivation. My sole motive is to pay forward the help, time, and effort that was extended to me all those years ago by all those "nameless, faceless angels" in AA parking lots after meetings and countless others throughout my recovery.

*Marine, Tom S.*



## Please Contribute to Central Office

**Fund Drive Goal 30,000  
Received so far 12,000**

**Detailed (financial reports) are posted at Central Office.**

You can find envelopes for your contribution available at most meetings and at Central Office, or you can scan the QR image below.



## Heard in the Rooms



**"If you don't change, your sobriety date will."**

# CONGRADULATIONS ! \*

## FEBRUARY

63RD AVE GROUP	YEARS
Peggy F	48
Mike C	42
Vickie C	42
Larry S	41
Debbie T	36
Paul O	7
Carl P	1
Jennifer H	1

GULF GATE NOON GROUP		OMD GROUP	YEARS
Gil O'b	33	Beth S	1
Jack L	50	Jose R	30
John H	51	Jeff L	31
Tracy A	27	John E	43

Oasis Group	
Maureen M	1
Helen Y	16

## MARCH

GULF GATE GROUP		HOLMES BEACH WOMEN'S GROUP	
Tommy O	1	Deborah S	4
Caitlyn L	2	Mindy	6
Jeff K	2	Neila McCabe	25
Liz S	2	Caroline U	42
Gina L	3	Rosalyn Morris	42
Brenda	9		
Bill M	35		
Leslie H	37		

OMD GROUP			
Anthony D	1	Trudy Mc	2
Brenda W	1	Ryan M	3
Charlie D	1	Taylor L	3
Joe G	1	Fabricio D	6
Brandon B	2	Bill Y	7
Glen H	2	Tim L	31
David "Yogi"	2	Mark E	37
Savannah C	2		

## WED NIGHT BEGINNERS

MENS GROUP	
Orlan	29
Scott L	29



A  
Grateful  
Alcoholic  
Won't  
Drink

*Many times in my drinking past,  
I would wake up with fear, an  
uncomfortable feeling, yet somehow  
comforting in its familiarity.  
I would cling to it, nurture it, and  
let my day revolve around it,  
before drowning it out and starting  
the cycle over once again.*

*Today, I can choose to acknowledge  
the fear, look for its roots, and not  
feel the desire to cling to it. Today,  
I have the freedom to do things that  
once seemed impossible.*

Deborah S.



*\*As of publication printing date.*

**To publish your group  
members Anniversaries—  
submit the month and  
day along with the  
total number of years,  
(ex., Mary S. 1/21, 32 years),  
via email to  
newsletter@aasrq.org**