



DISTRICT 4, AREA 15

# Sara-Mana InterGroup Newsletter

May 2024

A.A.'s **TWELVE STEPS** are principles for personal recovery.

## STEP 5

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

The **TWELVE TRADITIONS** ensure the Unity of the Fellowship.

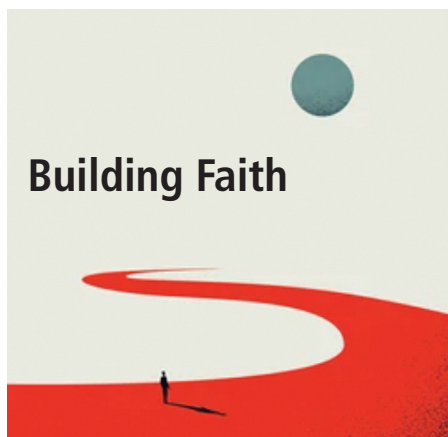
## TRADITION 5

Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

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 5

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.



## Building Faith

Developing faith has been a process; it has not come quickly to me. I had so much noise in my head that wouldn't turn off, and I was always worried that something bad was going to happen. I did not know how I was going to stay sober for the rest of my life, and I did not believe that I was capable of becoming like the people who I admired. I was consumed by fear, disgust, anger, lack, financial insecurity, and feelings of shame and inadequacy. I got annoyed when my sponsor would tell me to pray about everything that I was worried about and to ask God to give me everything that I needed to carry out God's will. I was afraid that God's will wouldn't be good enough, and that it wouldn't bring me happiness or fulfillment. I stayed attached to the outcomes I had created in my head of what my life and relationships were supposed to look like and how I was supposed to be. I did not make

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## Longtimer's Corner

**What is your name?**

Simone C.

**What is your sobriety date?**

4/25/67 (about to celebrate 57 years!)

**Where did you first get sober?**

My first Meeting was at an Alano Club in Costa Mesa, California. It was an open discussion meeting. I was 26 when I came into AA. A young man saw me drinking in the morning and asked me out. I thought I was going on a date. He invited me to a club and I told him I would meet him there. I pulled up to a house and saw a sign on the front that said Alano Club. I didn't know what Alano was, but since it was a club I figured they would have liquor. When I realized it was an AA meeting, I figured that this guy had a problem with alcohol and he wanted me to help him!

**What was the name of your first home group?**

The End of the Road Group in Homer, Alaska. Homer is located at the very end of the US Highway system where the land ends and the sea begins. When I became a home group member, we met twice a week. By the time I left Alaska, there were 2 meetings a day!

**What were meetings like when you first got sober?**

All meetings were smoking meetings. Most

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## SARA-MANA CENTRAL OFFICE

1748 Independence Boulevard  
Suite G-2  
Sarasota, FL 34234  
941-351-4818  
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

LONGTIMER, CONTINUED FROM FIRST PAGE

of the members were over 40 and there were more men than women. The men at the meeting wore suits and ties. The women all dressed up. Every meeting had donuts and coffee.

**How long did it take before you got a sponsor?**

It took 5 years for me to get a sponsor. I was just not drinking for the first 5 years in the program. I was miserable because I was suffering from untreated alcoholism. I didn't work the steps for 5 years. I saw people get a sponsor and improve and decided to get one. I thought that only people that had lost everything had to work the steps. I believed that since I had a job, and I paid my bills, I didn't need to work the steps. How wrong I was!

**Did you stay after your first meeting or did you go out and do more research?**

I have stayed sober from the first meeting I attended.

**When did you move to Florida?**

I moved to Florida in 2007.

**What was it like to make the adjustment to going to meetings after you moved?**

I already had some friends here when I moved. I "plugged in" to meetings right away and got to know a lot of people.

**How is AA and the 12-Step world different now than it was when you started?**

The biggest difference I see is that the 12 Traditions are not read at many meetings. All meetings are non-smoking now. There are a lot more women in AA and people are entering the program at a much younger age. But the message is basically the same.

**Is there anything else you'd like to share?**

I met Lois Wilson at Stepping Stones and sat on their couch in the house with her. The boomerang that Bill W. made as a kid was on the mantle.

I was the Alaska AA Delegate in 1988-1989. Serving in that position, I got to visit the Native American tribes in Alaska to carry the message of AA is and explain in a general way our program of recovery. The Tribe members would dress up in their native clothing and perform a spiritual ritual for me during my visits.

*Thank you so much for sharing your experience, strength and hope with us.*

FAITH, CONTINUED FROM FIRST PAGE

room for God to work through me because I still believed in the God that I was taught about when I was younger. This is not the concept of God I have today.

After becoming completely exhausted from forcing things and worrying, I eventually got to the point where I didn't care what the outcomes of different areas of my life were going to be. I just asked God to get me through everything and to not add another thing on my plate. I started to let go and allow God to remove the obstacles within me and outside of me. I started to ask God what I should do in each situation I was facing and asking for the strength and resources to carry out God's directions. I started to see the Promises unfold in my life through doing this and I started to trust more in my Higher Power. I began to see that God was taking care of all the details of the situations in

my life in ways that my limited human mind could not see. I started to actually want to strengthen this connection we had and develop my relationship with my Higher Power, who has now become my closest friend.

Today, I get to regularly check in with my Higher Power when I wake up in the morning and at different times throughout the day and ask for what I need to do. I get to ask what I can do to feel better, how I should think about a person or situation, what I can do to be helpful to someone and what I can do to get closer to the goals my Higher Power and I create together. Each day I get to see my growth and development and I remember to turn to prayer and meditation whenever things feel heavy and my fears and desire for control start to show up. Today, I get to live as a sober woman who knows that she will be okay, regardless of what Life throws at her.

— Anonymous



**HEARD IN THE ROOMS**

*"Gratitude makes sense of your past, brings peace for today, and creates a vision for tomorrow."*



**Wisdom From Our Literature**

Just because I have years of sobriety, doesn't insure me against storms. I, too, can become "the alcoholic that still suffers." I, too, have the right to raise my hand and talk about the fears that disturb my soul.

Time in sobriety can become a trap. What will the newcomer think of me? Will my friends think I'm in for a fall? Sharing my fear today—no matter how much time I have—is an act of courage that makes my sobriety stronger.

Stormy Weather, page 64, Our Twelve Traditions (*Grapevine*)

**Grapevine Daily Quote April 13, 2024**

*My sponsor...gave me some good advice. "Take the words success and failure out of your vocabulary. Replace them with honesty and effort."*



District 4 Presents

# Founder's Day

A Daily Reprieve...  
89 Years and Counting

Saturday, June 8, 2024  
Doors Open 5:00pm  
Dinner 5:30pm  
Meeting & Speaker 7:00pm

Bring Homegroup Desserts!

Sarasota Community Church  
4041 Bahia Vista  
Sarasota



<https://dist4gsaa.ticketspice.com/district-4-founders-day-2024>

**Tickets available on-line only**



## Central Office Needs Our Help!

The Central Office Fund Drive Has Been Extended to May 31, 2024

Thus far, they have raised just under half their goal of \$30,000.

Please consider the vital role that our Central Office plays in the role of AA in Sarasota and Manatee Counties.

Unlike many places, in District 4, the Central Office is a separate entity with separate funding. Donations made in the basket at meetings are allocated according to individual group conscience and do not necessarily support Central Office. If a group or an individual wants to support this vital work, they must donate to Central Office directly.

If you have questions regarding how Central Office uses its funds, there are detailed financial reports posted in the office. You are also welcome to call Chris directly with questions at 941-351-4818.



Come and learn about  
Intergroup and enjoy some  
fellowship along with  
**FREE PIZZA!** Join us at 6pm  
on the third Tuesday of  
May, August, and October, 2024!

**I** am responsible

When anyone, anywhere  
reaches out for help, I want  
the hand of A.A. always to be there.  
And for that: I am responsible.



## ANNIVERSARIES!

### OASIS GROUP

#### MARCH

Flint B. 2 years

#### APRIL

Erika B. 1 year  
Greg M. 5 years

### GULF GATE GROUP

#### APRIL

Mike S. 1 year  
Judy G. 1 year  
Sherry F. 1 year  
Kim P. 4 years  
Mika B. 7 years  
Annemarie 42 years  
Rene G. 46 years

### WEDNESDAY WOMEN'S GROUP HOLMES BEACH

#### MARCH

Mindy S. 6 years  
Neila M. 25 years  
Caroline U. 40 years

#### APRIL

Savannah S. 5 years  
Linda F. 6 years  
Donna W. 9 years  
Susan B. 30 years  
Rachel P. 37 years

### 63RD AVE GROUP

#### MARCH

Brenda W. 1 year

### WEDNESDAY NIGHT BEGINNERS MEN'S GROUP

#### APRIL

Mike S. 1 year  
Mike R. 33 years  
Clint M. 35 years

### BEE RIDGE EAST

#### MARCH

Howie 33 years

#### APRIL

Karen B. 2 years  
Tom M. 37 years



## Understanding Anonymity



*"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities."*

This is A.A. General Service Conference-approved literature.

This pamphlet is A.A. General Service Conference-approved literature.

Find more literature at [www.aa.org](http://www.aa.org)

Or write to:  
General Service Office  
Box 459  
Grand Central Station  
New York, NY 10163

What is the purpose of anonymity in Alcoholics Anonymous? Why is it often referred to as the greatest single protection the Fellowship has to assure its continued existence and growth?

If we look at the history of A.A., from its beginning in 1935 until now, it is clear that anonymity serves two different yet equally vital functions:

At the personal level, anonymity provides protection for all members from identification as alcoholics, a safeguard often of special importance to newcomers.

At the public level of press, radio, TV, film/video other public forms of the Internet and social media platforms, anonymity stresses the equality in the Fellowship of all members by putting the brake on those who might otherwise exploit their A.A. affiliation to achieve recognition, power, or personal gain.

When using social media, A.A. members are responsible for their own anonymity and that of others. When we text or post something online, we should assume that we are publishing at the public level. When we break our anonymity in these forums, we may inadvertently break the anonymity of others.

The word "anonymous" in our name is meant to provide as much privacy as an individual may desire regarding membership in A.A.



## A Grateful Alcoholic Doesn't Drink

I heard those words early in my recovery and took them to heart. A big part of my daily practice includes writing a gratitude list after my morning prayers. I share this list with several members of my AA family as a way of keeping myself accountable to them, to myself, and to my HP. Yesterday, I was feeling particularly tired and discouraged as I began to write the familiar words, "Today, I am grateful for waking sober.... My mind added, "yeah, an hour earlier than I planned because my toddler woke up and wouldn't go back to sleep" And, "so what? I've been writing the same thing every day for nearly three years." Hold on—I've been writing the same thing every day for nearly three years! Grateful? You bet!

Kelley N.

# First Things First.

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@aa.org](mailto:newsletter@aa.org)