

# COMMUNIQUE

HERNANDO COUNTY, FLORIDA

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**Disclosure:** AA has no affiliation with any medical or government entities. We are simply trying to help groups stay with updated information in these unprecedented times.

## GSO Update on Coronavirus

In response to the global outbreak, we do have some general experience regarding how some A.A. groups and members have begun to address this issue. Many are following “social distancing” guidelines established by local, state, provincial, and federal officials, while at the same time maintaining their recovery and attending digital A.A. meetings.

By attending digital meetings, groups can focus on A.A.’s primary purpose: to carry its message of recovery to the alcoholic who still suffers. Many groups have alerted local A.A. offices or hotlines if they are temporarily not meeting in their regular space. Some groups have shared that they are utilizing digital platforms such as Zoom, Google Hangouts, or conducting conference calls.

A.A. groups are also creating contact lists, keeping in touch by phone, email or social media. Many local A.A. central/intergroup offices, and areas have added information to their websites about how to change a meeting format from “in-person” to a digital platform. A.A. in the digital age has certainly taken on a new meaning in these challenging times.

We are here to help by providing a list of resources.

- General Service Office Website: [www.aa.org](http://www.aa.org)
- Videos/Audios [https://www.aa.org/pages/en\\_US/videos-and-audios](https://www.aa.org/pages/en_US/videos-and-audios)
- Read/Listen/ASL “The Big Book” and Twelve Steps/Twelve Traditions Book [https://www.aa.org/pages/en\\_US/read-the-big-book-and-twelve-steps-and-twelve-traditions](https://www.aa.org/pages/en_US/read-the-big-book-and-twelve-steps-and-twelve-traditions)
- A.A. Archives & history [https://www.aa.org/pages/en\\_US/archives-and-history](https://www.aa.org/pages/en_US/archives-and-history)
- AAWS YouTube Channel <https://www.youtube.com/channel/UC2nfvf9DeDA7QYvLeq4pQ-w>
- A.A. Grapevine website: <https://www.aagrapevine.org/>
- A.A. Grapevine YouTube Channel [https://www.youtube.com/channel/UCI9uFLJ\\_aXT3-At0PIPWUQ](https://www.youtube.com/channel/UCI9uFLJ_aXT3-At0PIPWUQ)
- A.A. Online Intergroup: <https://www.aa-intergroup.org/>
- Understanding Anonymity: [https://www.aa.org/assets/en\\_US/p47\\_understandinganonymity.pdf](https://www.aa.org/assets/en_US/p47_understandinganonymity.pdf) (GSO, 2020)



### Covid-19 Know how it spreads:

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to [spread mainly from person-to-person](#).
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms. (CDC, 2020)

**DISTRICT 13 OFFICERS****DCM**

Eleanor B.  
484-661-8753  
[dcm@aahernando.org](mailto:dcm@aahernando.org)

**ALT-DCM**

Vacant  
[altdcm@aahernando.org](mailto:altdcm@aahernando.org)

**TREASURER**

Nina V. 352-597-7363  
[dtreasurer@aahernando.org](mailto:dtreasurer@aahernando.org)

**SECRETARY**

Vacant  
[dsecretary@aahernando.org](mailto:dsecretary@aahernando.org)

**DISTRICT 13 COMMITTEES****ACCESSIBILITIES**

Kathleen C.  
352-678-2127  
[accessabilities@aahernando.org](mailto:accessabilities@aahernando.org)

**ARCHIVES COMMITTEE**

Steve D.  
[archives@aahernando.org](mailto:archives@aahernando.org)

**COMMUNIQUE CHAIRS**

Laurie C. 207-712-5677  
Sue S. 413-219-5133  
[Communique@aahernando.org](mailto:Communique@aahernando.org)

**CORRECTIONS COMMITTEE**

Howard M.  
[corrections@aahernando.org](mailto:corrections@aahernando.org)

**GRAPEVINE COMMITTEE**

Michelle B. 813-526-5281  
[grapevine@aahernando.org](mailto:grapevine@aahernando.org)

**LITERATURE COMMITTEE**

Eleanor B. 484-661-8753  
[literature@aahernando.org](mailto:literature@aahernando.org)  
Alternate: Jim B  
[altliterature@aahernando.org](mailto:altliterature@aahernando.org)

**PUBLIC INFO/COOPERATING  
W/PROFESSIONAL COMMUNITY**

Jeff B. 813-205-1750  
[PICPC@aahernando.org](mailto:PICPC@aahernando.org)

**TREATMENT COMMITTEE**

Kevin M.  
[treatment@aahernando.org](mailto:treatment@aahernando.org)

**INTERGROUP OFFICERS****CHAIRPERSON**

Wendy S. 727-505-5768  
[chair@aahernando.org](mailto:chair@aahernando.org)

**ALT-CHAIRPERSON**

Ed S. 352-428-8438  
[altchair@aahernando.org](mailto:altchair@aahernando.org)

**SECRETARY**

Dee M. 352-442-6423  
[isecretary@aahernando.org](mailto:isecretary@aahernando.org)

**TREASURER**

Donna M. 352-238-9697  
[igtreasurer@aahernando.org](mailto:igtreasurer@aahernando.org)

**OFFICE MANAGER**

JJ M 352-6834597  
[Info@aahernando.org](mailto:Info@aahernando.org)

**ASST MANAGER**

Mike E  
[asstmanager@aahernando.org](mailto:asstmanager@aahernando.org)

**INTERGROUP LIAISON**

Vacant  
[iglaison@aahernando.org](mailto:iglaison@aahernando.org)

**HOTLINE**

Johnny V. 352-777-1575

**WEBMASTER**

Laurie C. 207-712-5677  
[webmaster@aahernando.org](mailto:webmaster@aahernando.org)

**GROUP DONATION ADDRESSES:**

Please send donations to:

**DISTRICT 13 TREASURER**

P.O. Box 5705  
Spring Hill, FL 34611  
(payable to District 13)

**HERNANDO COUNTY INTERGROUP**

4118 Lamson Ave.,  
Spring Hill, FL 34608  
(payable to Hernando County Intergroup)

**NORTH FLORIDA AREA ASSEMBLY**

5703 Red Bug Lake Road, Unit 241  
Winter Springs, FL 32708  
(payable to NFAC)

**GENERAL SERVICE OFFICE**

PO Box 459, Grand Central Station  
New York, NY 10163  
(payable to GSO)

**DISTRICT MEETING****First Monday of the month**

Aug 3<sup>rd</sup>, 2020 at 6:15 PM  
Holy Trinity Lutheran Church  
1214 Broad St, Masaryktown, FL

**INTERGROUP MEETING****First Friday of the month**

Aug 7<sup>th</sup>, 2020 @ 6:30pm,  
May be Outside (bring a chair)  
Forest Oaks Lutheran Ch  
8555 Forest Oaks Blvd.,  
Spring Hill, FL

**Unity Meeting**

Saturday Aug 8th

**CANCELLED**

Saturday Sept 12

**TBD**

Doors open at 6:30  
Meeting at 7:00 pm

Nativity Lutheran Church  
6363 Commercial Way  
Weeki Wachee, FL

For more info please contact:  
**Amy R.:** [unity@aahernando.org](mailto:unity@aahernando.org)

**HERNANDO CTY INTERGROUP  
CENTRAL OFFICE/BOOK STORE**

4118 Lamson Ave.  
Spring Hill, FL 34608  
Office Manager: JJ M

**Hotline/Phone number**  
**352-683-4597**

Intergroup Bookstore Hours:  
Mon - Fri 9 am-1 pm  
Saturday 9 am-12 pm

**BOOKSTORE EMAIL:**  
[sales@aahernando.org](mailto:sales@aahernando.org)

**Information on local AA:**  
[info@aahernando.org](mailto:info@aahernando.org)

## SERVICE CORNER

### DISTRICT SECRETARY NEEDED

The District Secretary position is also open. Pursuant to the District 13 Structures and Guidelines. Duties include: Recording and distributing the minutes of District meetings; keep up mailing lists and sends out any District mailings/emails. secretary can act as liaison between officers and committee members. The secretary's responsibilities can be found in the AA Service Manual page S46. The election is currently scheduled to occur during the August District meeting on Monday, August 3 at 6:15 pm. (Unless a motion is made and passes to move the election to a different date).

### INTERGROUP LIAISON OPENING

The job of the liaison is to be the information go between with District 13 and Intergroup. You attend both meetings and update each with the happenings of each entity. Included in this may be openings, events, or any questions that one of the groups may have. This is an appointed position by the intergroup chairperson.

### HOTLINE OPENINGS:

Have you ever answered the call for help from another alcoholic?

One of the greatest gifts I have received in sobriety is meeting someone at an AA meeting that had called for help, and I was the fortunate one to have answered that call. Watching someone get this wonderful way of life is a true blessing.

There are always openings for volunteer positions at the intergroup office. Those are workings the hotline and sales mon-fri 9-1, answer the calls evenings and overnights and to answer the call for help when the person on the hotline calls you. This is through the twelve-step call list.

It is important to work with your sponsor if you want to sign up? What happens when you contact the intergroup office and let them know you want to sign up to be on the 12 step call list? When a call comes in, you will receive a call from the person answering the initial call. That person needs to keep the line open so they will give you the callers information for you to call. This is where we share our experience, strength and hope.

There are guidelines, pamphlets and training available at the intergroup. The twelve-step call list is a vital part of how we help other.

Call 352-683-4597 and sign up to be trained, it is truly an amazing thing.

Laurie C

### AUGUST 1980 Grapevine

"Carrying the Message in 'Fifty-five"

BY: BILL W.

"Well," we said, "we really need somebody here all the time, you know, to make the coffee and see that the place is heated and throw some coal on that furnace over there and lead the drunks outside if they're too bad."

"Ain't ya goin' to pay me?" Tom says.

"Oh, no," we said. "This is Alcoholics Anonymous. We can't have any professionals."

Tom says, "I do my Twelfth Step work, I don't charge'em nothin'. But what you guys want is a janitor, and if you're going to get me, you're going to pay, see?"

Well, we were very much disturbed about our own situation. We weren't being exactly paid--they were just passing the hat for us, you understand. I think that we went for seven years of the history of this Society with an average income of seventeen hundred bucks a year, which, for a former stockbroker, is not too big. So this question of who is a professional and who isn't bore very heavily at the time on Tom and me. And Tom began to get it settled. He began to show that if a special service was asked from anybody full-time, we'd have to pay or not get it.

## TRADITION EIGHT

## TRUSTEE AT LARGE U.S. Interview with Bob, Part 1

Bob was sitting in the Chapel waiting for his cell phone to ring as his friend Brian would be calling soon with news. The Northeast Area Conference was meeting to vote on a nominee for Trustee at Large position at G.S.O. and Bob was on the list. As he sat in the Chapel, thoughts about his journey up to this moment, his last 20 years of sobriety and how service work brought him to this moment. Bob was in awe of what was happening, through the years he knew he had done all the footwork necessary to get here, but this was huge!!

To ready himself for this position he had begun meeting with a Spiritual Advisor, if he got the position it required keeping his ego out and become the best “ME” he could possibly be. As he waited, a woman walked in with a Big Book in her hand, she was with another woman and it looked as though they were here to do a 3<sup>rd</sup> step. Wanting to give them some privacy Bob started to leave. As he headed out, he looked up and recognized her, it was a friend of his Mothers...

Bob expressed, “Wow, what a God moment!!! I love it when you have a GOD moment and understand its meaning.” Bob lost his Mother a few months before from the disease of Alcoholism and her death hit him hard. He realized the importance of service work after her death.

Bob Remembers, “The nomination was at the General Service Conference for the final vote, it was between 2 of us, a gentleman from the Northwest and me from the Northeast. I won!!! Wow I couldn’t believe it, all the service work I had done so far had led up to this Trustee at Large position.” As he left the Chapel and was heading to the parking lot, when the call came in, he got the nomination.... Wow, Nominated by the Northeast Conference!! Next was the General Service Conference in Florida.

Heading to his car Bob ran into a fellow A.A. group member just getting out of his car, he went over and told him what had happened, they hugged and talked for a few minutes, it was exactly what he needed at that moment, “another God moment!!!”

Bob got sober in March of 1993 and in his 1<sup>st</sup> year he struggled with sobriety. One night at an anniversary meeting, instead of a speaker the group had a service commitment. All the service chairs spoke about their committee what they did and how someone could get involved. A man sitting next to Bob said, “*watch the faces of the people in service, and see how happy they are,*” that really stuck with him. The next Institution Committee meeting Bob showed up and took on a commitment at a Psychiatric unit that he had been in a little over a year before. How ironic is that!?! Bob did this commitment for the next 2 years and helped many alcoholics by planting the seed of recovery.

He then became Alt G.S.R, then G.S.R for his home group. After those positions he went on to L.C.M. (Local Committee Member), then D.C.M. (District Committee Member). As the promises were being realized in his life, In 1997 he was married. Soon after he was elected to Area Chair, then onto Alt-Delegate and Delegate.

His role as Delegate was the most challenging thus far; his area was disorganized with no set guidelines or rules. Bob began to develop structures and guidelines for everyone within the area to follow. Roberts Rules of order were used and structures and guidelines were written.

In 2012 Bob received a letter stating the Trustee at Large U.S. position was open. After speaking with his family, Spiritual Advisor and many others he decided to send in his resume.

**CONCEPT Eight - The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, 2 exercising this through their ability to elect all the directors of these entities.**

SMF-114

## Step Eight

**“Made a list of all persons we had harmed, and became willing to make amends to them all.”**

(A.A. pp.59,60)

“EVERY A.A. has found that he can make little headway in this new adventure of living until he first backtracks and really makes an accurate and unsparring survey of the human wreckage he has left in his wake.” (Twelve Steps and Twelve Traditions, p 77)

By making a list of people we have harmed and becoming willing to make amends, we are taking action toward healing the past with others and learning how to live in the world.

It doesn't matter the harm you have caused others; even if it was unintended. Step 8 is about identifying the damage you have done to others and listing their names. The list could include anyone you treated badly, cheated on, or stole from.

Step 8 is just making a list.

Listing those we have harmed, allows us to become accountable and to admit we are human and have made mistakes. We can begin to feel for others and for ourselves. When we forgive we heal.



## AA TIME CAPSULE

### Two phases of sobriety

PO Box 1980

BY: E. F. | BOMBAY

The first flush of sobriety is like being young, carefree, with no responsibility. The second phase in this new life is to be well balanced in our emotional as well as our spiritual living. All-round growth is assured, giving a person the complete and satisfactory perception of having something to do, something to love, and something to live for. A *spiritual* youthfulness abounds, with God for guidance. And in this way, the alcoholic becomes a finer and better human being, bringing happiness into the lives of others, yet keeping it within his own.

Reprinted from PO Box 1980. The AA Grapevine

### AUGUST 1944 GRAPEVINE

Points of View

BY: DOC&QUOT; N.

*Dear Grapevine:* Your second issue at hand inspires me to an idea. I'm sure there are other A.A.s who, like myself, are finding in A.A. the highway to freedom from narcotics. Why not give us a "hophead's corner" in *The Grapevine*? After all, we do have a particular problem. Even if mine is essentially the same problem of all alcoholics, I occasionally could wish that there were just one other narcotic victim in my A.A. group with whom I might share experiences. And though through the help of the Higher Power and my A.A. friends I no longer take morphine, I realize I fear it in a way I've ceased fearing alcohol. If I could just share experiences with some other "hophead" I know it would be a big help, and among A.A.'s thousands I'm sure I'll find my fellows.

### AUGUST 1950 GRAPEVINE

Southern AA

BY: M.S. | TARPON SPRINGS, FLORIDA

Our group is small and our great pleasure is in having our weekly meetings at the home of one of our members. We believe in talking over our problems and we find that in doing so they are not insurmountable. Someone always comes up with a solution. We, as a whole, believe that through the study and application of AA principles in our daily lives, we are growing into reliable citizens and that we are becoming more willing and able to serve God and our fellow man. . .

## INTERGROUP June Treasurer's Report

JUNE 2020		GROUP CONTRIBUTIONS		
Beginning Balance				
Checking	6220.53	June 2020	<u>TOTAL</u>	<u>YTD</u>
add deposits	669.09	Algood Grp	0.00	160.00
less expenses	(664.97)	Anonymous	77.00	866.20
Ending Balance	6224.65	Aripeka Open Speaker	0.00	180.00
Beginning Balance Savings	3062.43	Ask it Basket	1.48	1.48
add interest	0.02	Fresh Air	20.00	55.00
Ending Balance	3062.45	Fun & Frolic	0.00	100.00
		Garden Grove Grp	0.00	80.00
		Heavy Hitters	0.00	100.00
Income		Hernando Beach	0.00	25.00
Group Contributions		Hope Grp	0.00	100.00
Founders Day	-25.00	Let Go and Let God	-25.00	75.07
Group Contributions	<u>323.74</u>	Living Sober Grp	0.00	4.71
Sales		More Serenity Sisters	0.00	25.00
AA Grapevine	0.00	Precisely II	0.00	200.00
AAWS Books	214.77	Principles B4 Personalities	99.80	749.71
Medallions	211.00	Ridge Manor Grp	0.00	200.00
Other Recovery Items	<u>127.75</u>	Rough Road Grp	0.00	411.34
Other Income		Singleness of Purpose	0.00	160.00
Archives Rent	0.00	Step Sisters	0.00	40.00
Overpayment (Umbrella)	<u>4.79</u>	Sunset Grp	0.00	360.00
		The Promises	50.00	50.00
		The Steps We Took	0.00	26.80
Less: Cost of Goods Sold	<u>(373.95)</u>	There is a Solution	0.56	90.56
Total Cost of Goods Sold	<u>(373.95)</u>	Thursday Night Step	0.60	0.60
Gross Profit	483.10	Together We Stand	0.00	30.00
		Umbrella Group	74.00	256.10
Expense		Unity Meeting	0.00	292.40
Rent	360.00	WISE Women	0.30	100.30
Office Supplies	30.00	Women's Serenity Group	0.00	36.90
Fire Inspection 19/20	87.00	TOTAL	<u>298.74</u>	<u>4,777.17</u>
Square Fees	2.16			
Telephone	154.20			
Utility Exp	33.77			
Total Expense	<u>667.13</u>			
Net Income	<u>-184.03</u>			

With the realization that A.A. must steer clear of outside contributions in order to maintain its autonomy and independence came the understanding that the money necessary for A.A.'s survival would have to come from individual A.A. members and groups. As Bill W. put it in 1957, "Our spiritual way of life is safe for future generations if, as a Society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility — one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and A.A. as a whole will not function unless our services are sufficient and their bills are paid. (reprinted from F-3 Self-Support AAWS.)

**DISTRICT 13 TREASURER'S REPORT**

<b>AUGUST 2020 ANNIVERSARIES</b>
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**Group Anniversaries (date registered GSO)**

<b><u>Group Anniversaries</u></b>		<b><u>Principles B4 Personalities</u></b>		<b><u>Sunset Group</u></b>	<b><u>Years</u></b>
Fun & Frolic	23	Charlie M.	26	Victor R.	26
Ladies Big Book	15	Donna H.	24	Gracie M.	14
		Craig A.	23	Michelle B.	11
<b><u>Al Good</u></b>	<b><u>Years</u></b>	Mike P.	21		
Tom C.	35	Will P.	15	<b><u>Tranquility Group</u></b>	
John D.	30	Shannon G.	8	Margaret Y.	37
Will P.	15	Linda S.	4	Chris T.	6
Mark C.	2	Ed Q.	4		
		Bob S.	2	<b><u>Umbrella Group</u></b>	
<b><u>Aripeka Open Speaker</u></b>				Santiago T.	40
Craig T.	12	<b><u>Promises Group</u></b>		Patti Z.	39
Wayne H.	10	Brian H.	6	Tim T.	39
				John D.	33
<b><u>Heavy Hitters</u></b>		<b><u>Ridge Manor Big Book</u></b>		Claudia S.	29
George H.	27	Marsha L.	33	Renee D.	2
Michelle S.	6	Al C.	22	Marc	2
Daniel H.	5	Theresa H.	10		
		Alita H.	3	<b><u>W.I.S.E. Women</u></b>	
<b><u>Hernando Beach</u></b>		Jordan W.	3	Sydney Ann G.	32
Bo L.	27				
George H.	27	<b><u>Rough Roads</u></b>		<b><u>Women's Serenity Grp</u></b>	
Eric T.	23	Don G.	44	Claudia S.	29
				<b><u>The Birthday Plan</u></b>	
<b><u>Hope Group</u></b>		<b><u>Serendipity Sisters</u></b>		<b>Contributions to the General Service Office support G.S.O.'s services to members and groups throughout Canada and the U.S. and help ensure that the A.A. message is carried around the world. The services that the G.S.O. provides the A.A. groups cost more than \$6 per member contribute year. Members customarily \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety.</b>	
Carolyn W.	33	Laura L.	8	(reprinted from <a href="http://www.aa.org">www.aa.org</a> )	
Tony C.	26	Shannon	7	<b>The General Service Office</b>	
Eleanor B.	8			<b>Post Office Box 459</b>	
		<b><u>Spring Hill Monday Night</u></b>		<b>Grand Central Station</b>	
<b><u>Let Go &amp; Let God</u></b>		Rich M.	2	<b>New York, NY 10163-0459</b>	
Brian H.	6				
		<b><u>Step Sisters</u></b>			
<b><u>Life Goes On</u></b>		Laura L.	8		
John D.	30				
		<b><u>Steps We Took</u></b>			
<b><u>More Serenity Sisters</u></b>		John D.	30		
Sydney Ann G.	32	Charlie M.	26		
		Nick Z.	12		
		Wayne	10		