

COMMUNIQUE

HERNANDO COUNTY, FLORIDA

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DO YOU HAVE ANY AA JOKES?
PLEASE SUBMIT THEM TO US...
COMMUNIQUE@AAHERNANDO.ORG

A Big Book that is falling apart is generally owned by someone who isn't.

What happens when a ghost drinks booze?

He gets sheet faced

After drinking last night I took a bus home. No big deal except I had never driven a bus before.

In these unsure times, I feel it important to recognize the people we have lost, whether or not it was covid-19. If you lost a member of your group please let us know. I just heard about someone I did not know had passed and wish I could have been there for my friend. So a shout out to Mary T, Ray L, and Kathleen C RIP.

Homecoming

BY: CARRIE B. | BEND, ORE.

Though a drinking crowd is no longer her thing, she gratefully shows up when it matters.

In early sobriety, I remember asking my sponsor when I could start hanging out with my old friends again and doing the things I liked to do with them.

“As soon as you don’t want to anymore,” she answered. I found this very frustrating at the time, as I had no clue what she was talking about. I couldn’t even imagine not wanting to participate in what I thought was my life at that time.

It’s been seven years since that day. The funny thing is, today I can go wherever I want. I can do anything I like to do. Ironically, I have absolutely no desire to hang out in those old places anymore, doing those things I used to do.

My nonalcoholic girlfriend had a big house-warming party last night. All my old friends were there. Open bar, the works. This was the kind of night I used to live for. I used to feel so sorry for myself in early sobriety because I couldn’t go to these kinds of events.

Honestly, the party was the last thing I wanted to attend last night. My sponsor was right. However, Alicia has been my friend for years and it was a big deal for her. So I made time to swing by with a plant as a gift for her new home, because today it’s not about me. I get to show up and be a good friend.

Today I have the freedom to go wherever I need to. Even old fashioned “whoopie parties.”

Trivia Quest

- Q1 What is the only requirement for membership?
- Q2 What did HALT stand for at St. Thomas Hospital in 1941?
- Q3 What is the origin of our Serenity Prayer?
- Q4 Who was Bill W’s sponsor?
- Q5 Why was the book Alcoholics Anonymous nicknamed the Big Book by early members?
- Q6 Who did Jersey Jack have lunch with at the Convention?

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Please send donations to:

DISTRICT 13 TREASURER**P.O. Box 10653**

Brooksville, FL 34603

*(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**Apr 5th, 2021 at 6:15 PM

Holy Trinity Lutheran Church

1214 Broad St, Masaryktown, FL

INTERGROUP MEETING**First Friday of the month**Apr 2nd, 2021 @ 6:30pm,

Forest Oaks Lutheran Ch

8555 Forest Oaks Blvd.,

Spring Hill, FL

Welcome Back**Unity****Meeting**

Hosted by

Fellowship We Crave Grp

Saturday

Apr 10th

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**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:**bookstore@aahernando.org****What is your Group doing the second Saturday of July, August September and October???****There are opportunities to Host The Unity Meeting...Yummy!!!****Contact Amy R at unity@aahernando.org**

AA TIME CAPSULE

Jack J. (JERSEY JACK), PART 2 of 3

On one night, Jack attended a larger meeting with Danny at one of the halls. Danny told Jack to meet him there early to help set up the chairs and tables and blow-up balloons before the meeting began. It was an AA sponsored New Year's Eve party. When the meeting began and Jack saw that no one had saved him a seat, he copped a resentment and a big chip on his shoulders. Jack then openly announced that he had the drinking problem licked so he was just going to focus on the smoking issue. As expected, it was suggested that he "take first things first." Resentment is the number one offender and after 64 days without a drink, Jack picked up again on Tuesday, New Year's Day, 1974.

Jack drank continuously from Tuesday through Sunday, January 6th, 1974. Jack drank heavily for five straight days, in a black out most of the time. On Sunday morning., Jack woke up and looked in the mirror and could not believe what he saw. Jack, the handsome man in a United States Navy uniform was gone. In the mirror he saw an old guy with sunken eyes and pale skin. He immediately called Danny. Jack had not shaved, showered, or cleaned his apartment in days. Danny showed up minutes later with three other alcoholics and cleaned Jack's entire apartment for him and took him to a meeting. Jack was sweating, shaking through the entire meeting and then a guy sitting next to him told him something he will never forget: "**You never have to feel this way again.**" And Jack never did.

Jack started regularly attending meetings, making coffee, cleaning ashtrays and started to become part of AA instead of looking from the outside in. (This writer's dear friend and old sponsor often described this transition like the red coin we see handed out. It is smooth in the middle and its rough on the outside).

Jack had finally hit his bottom and went to meetings and enjoyed himself. Even today one can find Jack at the door of the Tuesday Hernando Beach meeting greeting everyone with a smile. (Pre-Covid-19)

After one year of sobriety Jack attended a Matt Talbot retreat. (Matt is a Dublin-born Irish alcoholic who, after hitting bottom at the age of 28, hit his knees and took a pledge before G_D to never drink again. He died a sober man and spent most of his life helping men get and stay sober. He is often referred to as the Patron Saint of struggling and recovering alcoholics).

It was at this retreat where Jack first truly learned about the 12 steps and how to practice them in his life. One slogan Jack recalls from that retreat in a vivid details is: "If G_D seems far away, THINK, who has moved.?"

From the beginning Jack's main drinking buddy was his girlfriend who eventually ended up in Alanon. She traveled with Jack to Colorado to attend the 40th International A.A. Convention. Jack was excited, but little did he know that he would end up having lunch with (Q6)**Lois Wilson** and shaking her hand..

Notwithstanding this experience, when Jack arrived back home from Colorado, he found himself unable to sleep one evening and at 2:30 Am., it was the first time Jack had an incredible strong urge to drink again. He began to sweat profusely and was so scared he dropped to his knees and begged G-D to help keep him from a drink. Jack had a spiritual awakening that he felt from the tips of his toes to the top of his head and is something he will never forget. The next day he called his friend Reggie, who told Jack he could call anytime if he ever needed him. Reggie to Jack: You can call me anytime, but you called on someone higher the me, God" And the book does say "The Alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being can provide such a defense. His defense must come from a Higher Power.

To be Continued.....

Service Corner

Hello District 13!!!

* Know Your District *

As DCM of District 13, it is my responsibility and privilege to attend meetings within the District. Each month, I will share what I have learned with you, so you may become familiar with meetings which you may not usually attend. This month's Spotlight goes on "Ridge Manor Big Book Group" and "Lunch Bunch Group".

Ridge Manor Big Book (RMBBG.org)
First Baptist Church of Ridge Manor
Ridge Manor, FL. 33523
Meetings are Sun., Tues., Thurs. @ 7:00 pm
Zoom Direct Link : ID 674 721 3253
PW 363327

Ridge Manor may seem far away to some, however it was only 37 minutes from my home in Spring Hill, and honestly, I would have driven further to buy alcohol - how about you? I was greeted with warm smiles and a feeling of belonging. Not only do they have an in-person meeting, they also have a Zoom meeting simultaneously. With a big screen T V. and speaker system (WOW !) we were all able to see and talk to one another. Two new members attended via Zoom and my heart was filled with joy as this group reached out to help them in many ways; offering phone numbers, rides, chips and The Little Red book sent to them. Ridge Manor has moved into the 21st century truly fulfilling our primary purpose. Shout out to John K , their amazing secretary and Kathy S, GSR. As Arnold Schwarzenegger said, "I'll be back."

Meeting - Monday @ noon @ Coulton Hall
Lunch Bunch Group
St. Andrew's Episcopal Church
2301 Deltona Blvd
Spring Hill, FL.

A very laid back and casual meeting, Lunch Bunch is honest and touches on subjects dear to the program of AA. Masks are mandatory and members hold the meeting outside when weather permits. You can bring your own bag lunch and they usually have treats available. An open discussion meeting where members sincerely open their hearts to each other. If you have a heavy heart, this is the meeting for you! Shout out to Sue S., GSR, representing the group!!

Please take the time, if you can, and visit these amazing meetings!

In Humble Service
Eleanor Black, DCM District 13

3rd Step

BY: G. L. | ELIZABETHTOWN, KENTUCKY

She has learned to do the best she can with what she has

RECENTLY, I stood in the middle of my kitchen floor and prayed, "God help me," as I frequently do, and as I learned to do some twenty years ago when I got sober in AA. But on this occasion, the prayer was inspired by the galling, gnawing, incessant outrage I felt at a problem that has threatened to overwhelm me for the past fifteen years. "It's unfair," I said, and I realized as I said it that I sounded like my fourteen-year-old daughter.

"What are you going to do about it?" a little inner voice asked, "Do?" I replied. "What I've always been taught to do in AA. I'm going to confess it."

And this I proceeded to do, with an AA member who was then a guest in my home. We both agreed that it *was* unfair. In this mood, I returned to my kitchen and again said, "God help me."

At that instant, the telephone rang. It was another member of AA, and she, too, was finding life "unfair." I agreed, as I attempted to show her that the answer to her problem lay in the acceptance of the Third Step, in surrender, in turning her will and her life over to the care of God, I found the answer to my own problem. I thought I had surrendered it, but I had merely refused to look at it--I had swept it under the rug.

Surrender is not a repressive thing; it's an active opening up of one's inner self; it's saying--and meaning--"I'll take my chances with life. There is no guarantee that I'm going to make it, but I'm going to face it, and I'm going to do the best I can with what I've got."

The AA way of life is not easy; we were never told that it would be. But I have found it to be the most exhilarating, the most exciting mode of existence that I can possibly imagine. I have found in AA all that I ever sought in drinking. I can choose to believe in myself today, in my own thinking and my own feelings. I can choose to live today. I can live in the light of that choice today. If I make mistakes (as I frequently do), I can say I'm sorry and learn from that mistake--and each time I make a mistake, I learn a new truth. But truth is not an absolute, and I have a long way to go before I sleep.

AA Grapevine March 1980

Tradition Three:

You Can't Have One Without the Other.

The Third Step and the Third Tradition are interconnected by the mere fact that without a Higher Power of your understanding you will not get sober and if you do not have the desire to stop drinking you will have a difficult time being a member in good standing of Alcoholics Anonymous.

Step 3 - "Made a decision to turn our will and our lives over to the care of God as we understood Him."

Tradition 3 - "The only requirement for AA membership is a desire to stop drinking."

Which do you do first ? ? ?.

Makes no never mind, as long as you do them both and understand that the Steps are to save us from ourselves and that the Traditions are to save us from each other.

For the alcoholic who wants to isolate, be alone, push away anyone who loves them, and to kill themselves, the idea of God doing for them what they could not do for themselves is a difficult concept to grasp. However, A.A. is a we program and the more we invite God and the group into our lives the easier it becomes to achieve sobriety, serenity and peace of mind.

Today, follow a few suggestions, get a sponsor who will help you better understand the Steps and the Traditions, don't think, don't drink, go to meetings and don't dance around the edge of the program, try to spend as much time on getting sober as you did trying to feed your addiction.

Recovery is following suggestions and working both the Steps and the Traditions. Sobriety is a blessing from a Higher Power.

ME and the Boss

Traditions Checklist

Tradition III

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

Concepts Checklist

Concept III: To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

- Do we understand what is meant by the "Right of Decision"? Do we grant it at all levels of service or do we "instruct"?
- Do we trust our trusted servants — G.S.R., D.C.M., area delegate, the Conference itself?

- Q1 The desire to stop drinking
 Q2 Hungry Angry Lonely Tired
 Q3 https://www.aa.org/assets/en_US/smf-129_en.pdf
 Q4 Ebby Thatcher
 Q5

They picked the cheapest, thickest paper the printer had, and requested that each page be printed with unusually large margins surrounding the text. This made for an unusually large book. Thus, the book came to be nicknamed the "Big Book."

Q6 Look in the pages here you will find it.

GSRs, Alt GSRs District Committee Members and all other AA Members

**NORTH
FLORIDA
Area 14**

**A
Virtual
Event on Zoom**



**General Service Conference Pre-Conference
Presented by Ruth R. Delegate Area 14 Panel 71 and Others**

Date	Host Districts	ID / Password	Phone / ID / Password	Link
SATUDAY March 6, 2021	1,3,4,6,25, 25,30	ID 859 5800 8681 PC serenity	Call 929-205-6099 ID 859 5800 8681 PC 56356085	Click Here to Join
SUNDAY March 7. 2021	12,15,23	ID 824 9830 6424 PC serenity	Call 929-205-6099 ID 824 9830 6424 PC 42615912	Click Here to Join
SATURDAY March 13, 2021 en español	9.10,11,18. 31.33	ID 859 5800 8681 PC serenity	Call 929-205-6099 ID 859 5800 8681 PC 56356085	Click Here to Join
SATURDAY March 20, 2021	5,7,14,17,2 7	ID 859 5800 8681 PC serenity	Call 929-205-6099 ID 859 5800 8681 PC 56356085	Click Here to Join
SUNDAY March 21. 2021	13,28	ID 824 9830 6424 PC serenity	Call 929-205-6099 ID 824 9830 6424 PC 42615912	Click Here to Join

NOTE: All workshops are at **1:00 PM EST** – All **SATURDAY (blue)** are the same contact information. All **SUNDAY (orange)** workshops are the same contact information



Always Inclusive, Never exclusive
Questions? Contact
delegate@anorthflorida.org



District 13 Treasurers Report 1/2020

	<u>Date</u>	<u>Num</u>	<u>Name</u>	<u>Memo</u>	<u>Amount</u>
Income					
Corrections Donations	01/04/2021	151302	Intergroup	Corrections Pink Can	5.41
Group Contributions	01/04/2021	151303	Let Go Let God	Group Contributions	25.00
	01/04/2021	151301	A Desire/Friendship Group	Group Contributions	440.00
	01/04/2021	151305	Rough Road Group	Contributions	37.00
	01/22/2021		There Is A Solution Group	Deposit	30.00
	01/28/2021	nina	Let Go Let God	july aug sept Group	25.00
	01/29/2021	151304	Audio Big Book Group	Contributions	235.00
	01/28/2021	nina	Intergroup	Oct & Nov	<u>255.00</u>
Total Income					1,052.41
Expense					
Postage Service	01/21/2021		USPS	po box 10653	106.00
Communique	01/04/2021		Bobby Meadows	Printing	<u>255.00</u>
Total Expense					361.00
Net Income					<u>691.41</u>

SIX COMMITTEE CHAIRS NEEDED!!

GOING TO MEETINGS, BUT NEED MORE!
TIME TO GET ACTIVE

GRAPEVINE (Generate Interest)

The Grapevine Chair shares information about the AA Grapevine and La Vina our unique "Meeting in Print"

PARLIAMENTARIAN (Ensure Meeting Integrity)

This position is a two-year term that is appointed by the DCM. Duties include: attend monthly District meetings, assist in keeping the meeting operating within Roberts Rule of Order, and must have a Working Knowledge of District 13 Structures and Guidelines. Contact the DCM if interested.

LITERATURE (spread the word)

The Literature Chair keeps the local groups up to date on all conference approved literature, audio, visual material or other special items.

ACCESSIBILITY (Assist those with limited accessibilities)

The chairperson provides support and helps to carry the message to those who have accessibility issues that can limit their attendance at regular A.A. meetings.

ARCHIVES (Preserve District History)

This is a 2-year position that requires familiarity with District history. Ensuring proper cataloging and storage with an understanding of historical records.

CORRECTIONS (Share AA message with inmates)

The Correction Committee Chair coordinates meetings that carry the message in prisons and jails to those that cannot attend regular AA meetings.

MARCH 2021 ANNIVERSARIES

<u>Group Anniversaries</u>	<u>Years</u>	<u>Let Go & Let God</u>	<u>Years</u>	<u>Serendipity Sisters</u>	<u>Years</u>
Heavy Hitters	29	Andrew S	2	Eileen B	10
More Serenity Sisters	29	Kathy A	17	Sherrill A	18
Singleness of Purpose	16	Ellen	21		
Step in the Right Direction	16	John D	32	<u>Serenity Sisters</u>	
Steps We Took	20			Carole M	9
Serenity Sisters	30	<u>Let's Get Serious</u>		Joanne H	24
		Tracey R	21		
<u>Member Anniversaries</u>				<u>Spring Hill Monday Night</u>	
<u>Al Good</u>		<u>Principles B4 Personalities</u>		Dave K	7
Bill S	10	John P	4	Andy W	21
Richard E	33	Terry M	8	Terry B	37
Tom M	35	Bill S	10		
Jim S	39	Scott S	11	<u>Step Sisters</u>	
		Jim S	39	Louella	10
<u>Aripeka Open Speaker</u>					
Richard	33	<u>Promises</u>		<u>Tranquility</u>	
Terry	37	Amy D	3	Howard B	12
<u>Heavy Hitters</u>		<u>Ridge Manor Big Book</u>		<u>Umbrella Grp</u>	
Nikko	2	Mark D	40	Scott T	2
Jim D	2	Kathy H	47	Sam M	40
Robin W	6				
Wayne S	12	<u>Rough Road</u>		<u>Womens Serenity Grp</u>	
Gary S	16	Charlie W	2	Erin C.	30
		Scott S	24		
		Ray L	33	<u>Young Mens</u>	
<u>Hernando Beach</u>		Vince D	33	Andy B	15
Kathy A	17	John W	44		
John D	32	Pat H	46		
		Chuck S	47		
<u>Hope Grp</u>					
Lisa B	4				
John S	3				
George H	44				

The Birthday Plan

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.

(reprinted from www.aa.org)

The General Service Office
Post Office Box 459
Grand Central Station
New York, NY 10163-0459



Group and Individual ANNIVERSARIES
Please provide your information on anniversaries by the 15th of
the month to anniversaries@aahernando.org