

COMMUNIQUE

HERNANDO COUNTY, FLORIDA

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Joan G – Spring Hill. FL

When I met with Joan I was amazed she was celebrating 50 years of sobriety, wow what an accomplishment... We decided she would tell her story at her home in Spring Hill as we sat and got comfortable and she began....

I got sober in Long Island after years of living on the streets and drinking. I spent time in a Psychiatric unit to dry out. While I was in there I met Linda and we have been together for most of the last 50 years.

When we first got sober, we lived in an apartment over a Real Estate office, the landlord looked at us as drunks and he was able to watch us get sober. As he saw us get better over the next few months he asked us to manage some properties and rent them out to “those people” and in return we would have free rent. Although we didn’t have a vehicle to get to meetings, we had Mary G. Mary would pick us up for a morning meeting then offer to go out for coffee, then suggest since it was close to noontime, we should hit the noontime meeting, then go for a bite to eat then hit the 4pm meeting and on and on. She became my sponsor and a very important person in my life.

I was a bar drinker and traveled all over the county, I didn’t finish anything, didn’t graduate college, but I was a quick to learn, and people always thought I was capable of doing jobs that I didn’t have the education for but they knew I could do it, even without an education.

My Father died still trying to get sober but spent much of his time trying to get many others sober, he would walk into a bar and tell everyone they should get sober because it helped his daughter so much. He bought a house on Long Island; he lived on the second floor and my Mom on the first floor. My Mother spent many vacations with us and after one she came home and found him at the bottom of the stairs, he had fallen down the stairs and died. My brother who lived close by was able to be there quickly for my Mother. It was sad that he never got it.

On Long Island Mary my friend and sponsor from AA brought me to meet someone that had a small laboratory that read blood test, it was work that I was familiar with but hadn’t done for years. He did most of the work and had a secretary but needed an assistant. Mary decided this was the place for me to work stopped outside his business and told me I was going in to interview for a job.

AA TIME CAPSULE

DECEMBER 1982 At the Turning Point

BY: J. J. | PINE Island FLORIDA

These AAs tell us how they worked these vital action Steps

LAST NIGHT, I attended my regular Thursday night meeting, which happened to be chaired by my husband, also a recovering alcoholic.

The subject he chose was taken right from "How It Works," and it was simply the words "We stood at the turning point." I had to reflect then on my own early days in A.A. and my personal turning point.

On the day of my last drink, at the end of a three-week drunk, I had what I can describe only as a crucial awakening: the revelation that if I took one more drink, I would die. For the first time in thirteen years, I did not want to die. This time, though, I knew I would if I did not stop drinking.

Being very sick and very frightened, I called for help, and I was helped at our alcoholism unit in a local hospital. The doctor in charge and the counseling staff were recovering AAs, and outside AAs came in to help us patients learn the AA ways.

I heard some of these AAs talking about the Fourth and Fifth Steps, not necessarily recommending them to us newcomers, just telling us how and why they worked so well. The Steps sounded frightening and foreboding.

I had gone to the unit with enormous amounts of fear, guilt, and remorse--secrets I had hidden for years, no longer trusting anyone with any part of myself. And I knew that no one trusted or accepted me, either. I had become too ashamed to even tell anyone that I hurt, because I thought they would not care. Somehow, I knew that if I went home with all my secrets still secret, I would not stay sober. Now, I wanted to be sober. So, frightening as these two Steps sounded, I decided I would try to work them.

I went to my room and wrote. I put on the paper every piece of guilt, fear, and transgression I could remember. It took a few hours. Not realizing I should look for pluses, I wrote only the terrible things.

I then took my paper and went to tell it all to one of the counselors, who, as I stated, was an AA member. I did tell her everything, and she shared parts of her life with me, pointing out common traits and feelings. Especially, she showed me how we had both coped with life by running from it through alcohol.

When we were through, she looked at me with the same acceptance that she had given me before I had said a word. Her acceptance of me opened the door to acceptance of myself and told me, without words, that I really was all right. I know today that her nonjudgmental attitude is a quality shared by most AAs, and that she had learned it through her own use of the

What I could see then was that my first, crude Fourth and Fifth Steps had set me free from my lifelong guilt and unrealistic fear. They began a new way of life, with honesty

as its essential base. They created hope out of my hopeless disease. Since that time, six and a half years ago, I have worked many Fourth and Fifth Steps. Today, the good stands out clearly; in most cases, it outshines the bad. Today, the only secrets I keep belong to others or are facts that could be harmful to someone. I have nothing of my own to hide. I share both with my AA husband and with my friends in the Fellowship.

But it was my original sharing with a very special lady that was my own turning point.

(Con't from page 1) Joan G

Looking down at myself I was shocked, I had the same clothes on that I had on everyday (that's all I owned) and boots on that were not the fancy kind. Well he hired me on the spot and asked me to show up the next day. So I show up the next day and the secretary informs me Ray the owner has had a heart attack, and would I please jump in and take over. WHAT!!!! I hadn't done this for years, machines were different EVERYTHING was different and no one here to teach me. 1st person comes in for me to draw their blood and I'm panicking inside, but I fake it and go in the back after I draw the blood and read the manuals for each machine and figure out how everything works. By the time Ray came back to work I was polished!!! As I look back on these types of experiences I see that God did for me what I couldn't do. I stayed with Ray for a year or two and then I had to leave because I needed more money.

I applied at a larger lab and a Doctor owned hospital and was hired on the spot, it was not normal to hire someone here that didn't have the educational background, but here I was hired to run the Chemistry Lab with a staff of 4 or 5. I often found people trusted me and knew I would do a good job.

Through the years I have sponsored so many people and many are still sober but many haven't. One woman I sponsored (who I never thought would make it) sent me a letter a couple of years ago to thank me for everything I had done. What a great surprise, she was still sober and happily married.

We moved here quite a few years ago, I continued to go to meetings but around 25 years sober I left Florida and went out west to live for a while. Linda had a bad accident wasn't doing well and I came back here to be with her. I've been here ever since, I've never left AA and I thank God

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GROUP DONATION ADDRESSES:

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**

June 7th, 2021 at 6:15 PM
Holy Trinity Lutheran Church
1214 Broad St, Masaryktown, FL

INTERGROUP MEETING**First Friday of the month**

June 4th, 2021 @ 6:30pm,
Forest Oaks Lutheran Ch
8555 Forest Oaks Blvd.,
Spring Hill, FL

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

Hosted by
Promises

Saturday
June 12th

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

Information on local AA:
info@aahernando.org

Service Corner

DCM Corner:

Hernando Beach Group (C/D)
7442 Shoal Line Blvd.
Week I Wachee Comm. Ctr.
Tuesday @ noon

If you haven't been to Hernando Beach Group meeting of AA, you should definitely go! The topic was "Ask God to direct our thinking". A large group with good, solid sobriety, the wisdom in this room is overwhelming. It's really hard not to catch the spiritually fever at this meeting. Humble, honest and sincere, the members of this group made me feel welcome and comfortable. Leaving us with this thought, "If God takes you out of the rooms, alcohol will bring you back". I was inspired, confident and filled with hope. Thank you Hernando Beach Group for such a heartwarming meeting!

Serenity Sister's (O/D/W)
A Club - 18922 Titus Road, Hudson
Monday & Thursday @ 7:00 pm

Serenity Sister's is an amazing group of women with decades of sobriety. We introduced ourselves and focused on the newcomer in the room. With each member sharing their experience, strength and hope, all gave simple and loving suggestions. These ladies shared real, heartfelt feelings about life on life's terms including the willingness to change and the importance of reading the AA literature. They reminded the newcomer to "identify", not to "compare", and assured her that this was the 1st day of the rest of her life.

In Service,
Eleanor B.
DCM District 13

A.A. Publishes *Twelve Steps and Twelve Traditions* Book in ASL

Alcoholics who are Deaf can now access A.A.'s program of recovery in a new American Sign Language translation of *Twelve Steps and Twelve Traditions*.

December 12, 2019

Step 5:

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

To God, He/She/It probably already knows what you did, and what you are thinking.

To ourselves. With the guidance from the Big Book, a loving sponsor and a little newfound honesty, we begin to see that we had a great deal to do in all of our past experiences. Right or wrong.

To another human being. This can be the hard part of completing this Step. As a drunk we usually don't trust too many people, especially another drunk. Although the Big Book gives us many suggestions, it is just one of those things that there are no excuses, just do it.

Today, don't drink, don't think, go to a meeting and a Higher Power will definitely provide the guidance needed to go forward.

Anonymous

When I did my first fifth step I was a bit let down. No monumental upheavals, no finger pointed at me saying I was a horrible human....Just quiet. All my life I thought I was searching for that quiet, that serenity, that seemed to pass me by and now I had it and it was so unsettling and unfamiliar.

Soon after I remembered something that I left off my fourth step and I panicked. I was telling this at a big book meeting as we were reading about the 5th step and this wonderful woman who was at the meeting said to me, "Oh Honey, that's why we have the 10th step. It is for those daily inventories and anything else that pops up." At that moment I knew, it was all going to be OK.

That serenity came flooding back and that is a feeling I cherish. I was on my way to knowing a new freedom and a new happiness as I was comprehending the word serenity and beginning to know peace.

Anonymous - Brooksville

**District 13 and
Hernando County Intergroup
Present**



the 11th Annual

Founders Day
Saturday
June 26th, 2021

4:00 PM Doors Open

5:00 PM Dinner

Speaker: Covey M. from Land O Lakes

Please bring a dessert to share!

1930s Dress Style (optional)

Jerome Brown Center, 99 Jerome Brown Place Brooksville

Tickets \$8

For tickets and information, contact:

Eleanor B: 484-661-8753

Intergroup Treasurers Report February 2021

	<u>Mar 21</u>		<u>Mar 21</u>	<u>Jan - Mar 21</u>
Income		Algood Grp	0.00	80.00
Group Contributions		Audio BB Grp	0.00	235.00
Gratitude	184.00	Gratitude Night	184.00	317.00
Group Contributions - Other	<u>695.17</u>	Let Go and Let God	25.00	50.00
Total Group Contributions	879.17	Living Sober Grp	100.00	100.00
Sales		No Home Group	17.00	17.61
AA Grapevine	13.00	Precisely II	100.00	200.00
AAWS Books	259.75	Rough Road Grp	2.43	2.70
Medallions	93.60	Sunset Grp	450.00	450.00
Non AA Books	25.00	The Steps We Took	0.74	50.74
Other Recovery Items	115.50	There is a Solution	0.00	30.00
Sales - Other	<u>32.50</u>	Umbrella Group	0.00	5.00
Total Sales	<u>539.35</u>	WISE Women	<u>0.00</u>	<u>100.00</u>
Total Income	<u>1,418.52</u>	TOTAL	<u><u>879.17</u></u>	<u><u>1,638.05</u></u>
Less				
Cost of Goods Sold	<u>443.86</u>			
Gross Profit	974.66			
Expense				
Rent, Parking, Utilities	360.00			
Meeting List Printing	-17.50			
Printing and Copying	<u>92.32</u>			
Total Expense	<u>434.82</u>			
Net Income	<u><u>983.70</u></u>			

VISIT OUR WEBSITE

aahernando.org

for all your event info and meeting
schedules when you are on the go. If
you have any changes or event
information to add please email:

info@aahernando.org

District 13 Treasurers Report

	<u>Mar 21</u>		<u>Jan 21</u>	<u>Feb 21</u>	<u>Mar 21</u>	<u>TOTAL</u>
Beg Balance	2998.27	A Desire/Friendship Group	440.00	0.00	0.00	440.00
Income	0.00	AlGood Grp	0.00	0.00	0.00	0.00
Expense		Audio Big Book Group	235.00	0.00	0.00	235.00
Communique	255.00	Hope Group	0.00	3.00	0.00	3.00
Printing	<u>10.00</u>	Intergroup	260.41	20.43	0.00	280.84
Total Expense	<u>265.00</u>	Let Go Let God	50.00	0.00	0.00	50.00
Net Income	<u><u>-265.00</u></u>	Ridge Manor Big Book Group	0.00	0.00	0.00	0.00
		Rough Road Group	37.00	0.00	20.00	57.00
Ending Balance	2,733.27	Sunset Group	0.00	0.00	0.00	0.00
		There Is A Solution Group	0.00	0.00	0.00	0.00
		TOTAL	<u><u>1,022.41</u></u>	<u><u>23.43</u></u>	<u><u>20.00</u></u>	<u><u>1,065.84</u></u>

MAY 2021 ANNIVERSARIES

<u>Group Anniversaries</u>	<u>Years</u>	<u>Let Go & Let God</u>	<u>Years</u>	<u>Spring Hill Monday Night</u>	<u>Years</u>
Hernando Beach	27	Johnny V	13	Greg S	3
		Joanne	27	Mitch V	14
<u>Member Anniversaries</u>		Al B	41	Ben M	17
<u>Al Good</u>				Vinny W	23
		<u>Principles B4 Personalities</u>			
Danny E	5				
John S	38	Geoff G	1	<u>Sunset Grp</u>	
		Al B	41	Jeff B	34
<u>Aripeka Open Speaker</u>					
Ken B	5	<u>Promises</u>		<u>Umbrella Grp</u>	
		Eileen B	8	Kurt D	7
<u>Happy Hour</u>		Ernie P	12	Cory K	9
Chrystal C	5				
		<u>Ridge Manor Big Book</u>			
<u>Heavy Hitters</u>		Michelle	2		
Jessica T.	1	Gail L	2		
Richard	1	Linda S	20		
Kurt D	6				
Theresa F	6	<u>Rough Road</u>			
Joanie E	9	Susan G	5		
Robin H	17	Mary P	40		
Dee Mc	6	Tom D	44	-	
<u>Hope Grp</u>		<u>Serenity Sisters</u>			
Pete D		Amanda M	2		
Mike K	2			-	

Group and Individual ANNIVERSARIES

Please provide your information on
anniversaries by the 15th of the
month to

anniversaries@aahernando.org

