

DISTRICT 13 AND HERNANDO COUNTY INTERGROUP

Communiqué

HERNANDO COUNTY, FLORIDA



Go Wynn

"I love our little chats, Jack, but you've got to start drinking again."

The Dover Group of A.A.

My name is John S. and I am an alcoholic. I was born and raised in Pennsylvania in a very physically abusive home. My Father was an alcoholic who was very abusive. When I was 12 my Mother took me and my sisters and left him, she always said he would have killed someone had she stayed. We struggled financially for years but did have help from both Grandparents. My Grandparents owned a farm and I spent a lot of time there helping out, my Mother would send me there when I was getting into trouble. I started drinking at 14 or 15 and drank alcoholically from the beginning. I always said, the labels on the bottles said MORE. I drank into a blackouts from the beginning. I was into sports in High School and that was probably what helped me to finish school. The day of our graduation we had to return our gowns to a certain room in the school, as I headed towards the room I was told I needed to go to the main office and return it there. As I went into the office I was met by the vice Principal, who informed me I was no longer welcome into the school for any reason.

I met a guy who encouraged me to enter a trade school and learn a trade, I enrolled in the school and took up Machinery. It was a 2 year program and I made it through, but drank and had many brushes with the law, even ended up in a jail cell for drinking. I met a girl during this time, we started dating and married. We started looking for a house, and with the help from both our families we were able to buy a house. I really thought these were great reason to change, and I could do it...Obviously that didn't happen. My wife had a baby and it was a boy and all I could think about was, how was I going to celebrate. We moved to a bigger house closer to my work and had another baby, this time a girl. I continued to drink.

My Father was still in my life, although it wasn't always good, he was still drinking and violent, but he was my Father. Kinda like a Love-Hate relationship. I was at work one day and got a call from my Brother-in-law that my Dad had had an accident, he picked me up with my sister and we rushed to the hospital. Unfortunately we were too late, he was gone. My Dad died that day of a self inflicted gunshot wound. He never found recovery and his disease took him that day.

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Question 5, Only 1 time

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If your Group or Meeting makes changes (time/location,etc) please contact Webmaster (John K) with that information. He will update online meeting list, notify "Where and When" and HEART. Thanks!

District Meeting
next District meetings

October 4, 2021
November 1, 2021
6:15PM

Holy Trinity Lutheran Church

1214 Broad St., Masaryktown
Zoom info
ID 98757909290
Password district13

Intergroup Meeting

First Friday of the month
October 1, 2021
November 5, 2021
6PM
555 Forest Oaks Blvd., Spring Hill

**District 13 Committee
Chairpersons****Accessibility Committee**

Ashley W.

Archives Committee

OPEN

Literature Committee

OPEN

PI/CPC Committee

Jim C.

Treatment Committee

Joe C.

Corrections Committee

Debby Q

Grapevine Committee

Jennean G.

Parliamentarian

Wendy S.

Communique

Sue S

**Question 2, Recovery, Unity and
Service****Hernando County
Intergroup**

Central Office
& Book Store
4116 Lamson Ave.
Lamson Woods Plaza
Spring Hill, FL 34608
Office Manager: JJ M.
352-683-4597

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

info@aahernando.org
Alternates needed for
hotline, please contact

**Johnny V
Group Donation
Addresses**

Group Treasurers:
Please send donations to
the following:
District 13 Treasurer
P.O. Box 10653
Brooksville, FL 34605
(please make checks
payable to District 13)

Hernando Intergroup
4116 Lamson Ave,
Spring Hill, 34608 (make
checks payable to Hernando
County Intergroup)

**North Florida Area
Assembly NFAC**

P.O.Box 226
DeLeon Springs,
Florida 32130
(Please make checks
payable to NFAC)

General Service Office

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

Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it”

AA's step 10 turns the idea of personal accountability into a consistent practice that you'll implement throughout your journey in recovery. After all, it's not enough to look at yourself in the mirror a single time and declare yourself cured.

Step 10 establishes self-examination as a healthy and routine part of your daily life. It stems from the principles of honesty, perseverance, and self-discipline- you're committing to regular checking in with your emotions, spiritual well being, and honestly admitting to any mistakes or triggered reactions you find there. The first part of step 10 focuses on maintaining a continued self-inventory. But what does it mean to “take inventory?” During this process, you're looking to identify any emotional triggers, reactions, or mistakes that might cause you to slide into harmful habits. This can be done intentionally throughout the day, or as a “spot check” if you sense harmful feelings rising to the surface (like pride, anger, helplessness, or resentment). The process of self-inventory helps you curb knee-jerk reactions (especially those that spiral in drinking) and instead assess where your feelings are coming from and make mindful, and positive decisions.

Taking personal inventory doesn't mean strictly focusing on your errors or poor reactions, either. Acknowledging the healthy decision in your life lets you see just how far you've come in managing your inner self, as well as how much value you bring to those who care about you-- something that's easily forgotten when you're in the depths of addiction.

The second part of AA Step 10 requires mindfulness of your actions in the moment, specifically of mistakes you should quickly admit to. The prompt acknowledgment of your own wrongdoing is critical to AA Step 10 because it keeps you honest about where you are in your recovery and washes away any resentment that can build up because of your actions. Everyone makes mistakes- what's important is to own up to them quickly so that you can settle the issue and move on. The act of admitting your shortcoming as they arise also helps you notice any patterns that lead to these situations. Next time, you'll be more equipped to head them off at the onset.

Step 10 builds upon what is often a particularly difficult and painful Step 9- making direct amends to anyone harmed by your addiction. Hopefully, though, Step 10 will normalize this process for you, making it easier each time to recognize a fault and cop to it instead of shifting blame or beating yourself up for your reactions or mistakes.

Step 10 also helps you keep your spiritual slate clean. When issues are left unaddressed, they can easily snowball into anger, resentment, and irrevocably broken relationships. AA calls this an emotional hangover- when your unresolved actions and negative feelings from yesterday seep into today, tomorrow, and thereafter. Step 10 heads off the emotional hangover by ensuring you handle your mistakes immediately as they arise, without continually beating yourself up about them as time goes on.

Tradition Ten

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well-known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement. But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, it is prudent to suppose that automatically these great gifts and attributes shall be ours forever? If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worth of our present blessings?

Seen from this point of view, our AA Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our Tenth Tradition, for it deals with the subject of controversy, serious controversy.

On the other side of the world, millions have died even recently in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society, and nation is saying to the other, You must do as we say, or else. Political controversy and reform by compulsion have reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that AA must continue to live, or else many of us and many of our fellow alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct, we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably. May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

Bill Wilson
Language Of The Heart

Question 1, Dr Bob had a pit bull mix named Roger

GSR's share their favorites:

Big Book, page 417

And acceptance is the answer to ALL my problems today. When I am disturbed, it is because I find some person, place, thing, or situation-some fact of my life -unacceptable to me, and I can find no serenity until I accept that person, place thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I except life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

District corner:

AA North Florida October Assembly 10/8-10/10 will be virtual. To Register online go to: aanorthflorida.org

Southern State Service Assembly will now be virtual on 11/19-11/21.

For more information go to:

www.SSAASA6.com or aanorthflorida.org

(Continued from page 1)

The Dover Group of A.A.

My drinking took off with a vengeance after that, and I got so bad after 12 years of marriage my wife had finally had enough. She left with the 2 children, and I thought "Now I can drink like I want to" little did I realize at the time, she left because I had already been drinking like I wanted to... It didn't last long, I hit my knees and asked God for help. I realized how my drinking had gotten really bad and I needed help. I thought if I could save my marriage that would help me too, so I stopped drinking and found a marriage counselor and started seeing her. My wife attended a few sessions but then completely stopped. The counselor ask me what I thought was causing all my problems in my life. It was the first time I could remember getting honest and I answered Alcohol.. She asked me if I ever thought of going to A.A., The only person I ever knew that went to AA was this guy Eddie, and we made fun of him.

One day I was walking from the post office and out of the corner of my eye I caught a glimpse of this girl taking her clothes off, I looked away then as I looked back, she yelled at me that she had a bathing suit on, as I turned to continue walking I heard someone call out my name, I looked back and there was Eddie.. WOW!!! How God works in our lives..So we made a plan to meet to go to a meeting. At that time we had to drive into the city to go to a meeting, so Eddie and I drove in and got to the meeting and the doors were locked, so I said ok, we tried, lets go. Eddie said no we are going to wait, someone will be here. Of course they showed up and he had me sit up front. As I looked around I saw the Steps and Traditions and saw God, my first thought was OMG what's this. They just kept telling me to keep coming back. I was really hoping they would show me how to make it a little better, get the family back and go on my way.

One day I had a bad desire to drink and I was walking down the street, to my left was a bar and as I contemplated what to do a guy from the rooms was walking by, We started chatting and I put my hands in my pocket and found a business card someone had given me, on it it said: If your sitting on the tracks, keep sitting your bond to get run over. At that moment I knew I felt like I was hit by a train. I picked up that 500LB phone and called this man and asked him to be my sponsor.

Continued on page 5

Continued from page 4

THE DOVER GROUP OF A.A.

One day my Ex wife called and asked if we could meet, all I could think of was what had the kids done!!! We had been divorced for 5 years I couldn't imagine what she wanted. When she got to my house, she asked me if I could help her get sober, WOW was I surprised. I got her in touch with a friends wife that was sober and she began her journey. We got back together after she got sober and 2 ½ years after we got back together we remarried.

I hated the fact that I had to drive into the city to get to a meeting, so my sponsor told me to start a new meeting. Resentments and a coffee pot are all you need to start one. The church I belonged to bought a house next door with a basement that was perfect for a meeting, so in 1985 I started The Dover Group. In the beginning 10 cups of coffee was too much, it was usually myself and 2 others that attended, it grew slowly and now has 13 meetings a week. Over the years I have lost 3 sponsors, each one was special and gave me so much support and love.

I started attending a men's retreat and became the chairperson. I have since passed it on to some of the other guys (some that I sponsored) I still try to attend it every year. I decided to move to Florida 3 years ago and now live in Brooksville. I love it here and continue to go to meetings all over the place. I have stayed involved in A.A. in the ways I could help.

Grapevine Daily Quotes

"Those little maxims 'Easy does it' and 'Live and Let live' have come to be deeply meaningful and significant."

The beauty of sobriety is that sometimes I am the one supported, and other times the one supporting. One act helps destroy my ego, the other my self-centeredness. I need to practice both actions if I want to survive.

Question 4, Rights of Appeal, of Decision, and of Participation.

TIME CAPSULE

AROUND THE TABLES:

How often are "unique" situations described by newcomers, usually seeking a one-shot solution? As often as newcomers appear, I would say, I listen to one such tale the night , and I was reminded once more of the wisdom packed into the pages of the Big Book. There, if one will only read it, lie the answers to all the questions raised. It is in the stories of recovery that the solutions are found. Isn't that exactly what the Big Book is all about? Recovery, not drunkenness.

The pattern for an AA talk is set forth in Chapter 5, "Our stories disclose in" a general way what we used to be like, what happened, and what we are like now." Throughout the text, including Bill's story, we read of disbelief , then identification, listening, trying, and working the Steps. Over and over, the message is repeated: "what happened."

A fellow AA came to me seeking advice, and I responded with a familiar story—my version of what the Big Book says. Right up front in my brain is the constant refrain "I am an alcoholic who needs God's help." I direct my day toward going to bed sober one more time. My answer is too simple, and I have disappointed my friend. But what else do I have? My recovering has come one day at a time without a drink; there is no other way for me.

My friend doesn't want stories; he wants magic, and I'm not a magician. Each night, I read the Big Book; each night I learn a new lesson to help my sobriety. I keep thinking of the line " the easier softer way". Too often, the easiest, softest way as revealed in the success stories is overlooked, namely: Try following the Twelve Steps.

Around the table is a reprint from the November 2008 Communique

Intergroup Treasury Report

TITLE	May	Jun	Jul	Aug	Sep	YTD
Allgood Grp	\$160.00		\$80.00			\$240.00
Aripeka Speaker						\$0.00
AA Way of Life	\$25.00		\$30.00		\$40.00	\$95.00
Audio Big Book	\$235.00					\$235.00
Bring Your own Big Book				\$50.00		\$50.00
Founders Day			\$1,314.25			\$1,314.25
Founders day seed return			-\$400.00			-\$400.00
Fun And Frolic		\$150.00				\$150.00
Heavy Hitters			\$100.00			\$100.00
Hernando Beach					\$50.00	\$50.00
Hope Group	\$100.00					\$100.00
Lets Get Serious				\$25.00		\$25.00
Let Go and Let God	\$50.00		\$25.00		\$25.00	\$100.00
Living Sober	\$100.00		\$100.00			\$200.00
More Serenity Sisters						\$0.00
Monday Night Meeting rental					\$30.00	\$30.00
P.B. P.	\$298.19	\$178.32	\$102.05	\$115.00		\$693.56
Precisiely II	\$200.00		\$100.00		\$150.00	\$450.00
Ridge Manor Group	\$300.00				\$450.00	\$750.00
Rough Road Group	\$2.70					\$2.70
Serenity Sisters			\$30.00			\$30.00
Singleness of Purpose	\$125.00					\$125.00
Spring Hill Monday Night	\$100.00					\$100.00
Step Sisters						\$0.00
Sunset Group	\$600.00					\$600.00
The Steps we took	\$50.74		\$25.00			\$75.74
There is a Solution	\$130.00	\$35.00			\$90.00	\$255.00
Together We Stand	\$5.00					\$5.00
Tranquility Group	\$100.00					\$100.00
Thursday Night Welcome			\$50.00			\$50.00
Tuesday Night B.B	\$5.00					\$5.00
Unity	\$948.56	\$455.00	\$286.55	\$236.40	\$230.50	\$2,157.01
Umbrella Group	\$170.75					\$170.75
Wise Women	\$100.00					\$100.00
Womens Serenity Group	\$60.00		\$30.00			\$90.00
	=====	=====	=====	=====	=====	=====
	\$3,865.94	\$818.32	\$1,872.85	\$426.40	\$1,065.50	\$8,049.01

Gratitude Dinner

Saturday November 6th, 2021

**Doors open 4pm
Event starts 5pm**

***Guest Speaker
*Raffle
*Baskets**

**At the Jerome Brown Center
99 Jerome Brown Place,
Brooksville, Florida 34601**

**Have your group donate a
picnic basket!**

Ideas: Spa, Lottery, Gift Cards,
Electronics, Garden, Beach, Pet
supplies, Chocolate/Coffee lovers,
cash..

**Bring your basket to Gratitude
Dinner**



Trivia Corner

Find the answers somewhere in this Communiqué.

- 1) Which of our co-founders had a dog named Roger?
- 2) What are the three legacies?
- 3) What is the present name of the organization that was once known as the Oxford Group?
- 4) Three "rights" are protected by the Twelve Concepts for World Service?
- 5) How many times is the word "powerless" used in the first 164 pages?

Anniversaries

GROUP ANNIVERSARIES

Principles B4 Personalities	10
Ask it Basket	23
Women's Serenity Group	37
Spring Hill Monday night	47

MEMBERS ANNIVERSARIES

Aripeka Open Speaker

J.J. M	4
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Hope Group

Carl	39
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Let Go Let God

J.J.	4
Bob S.	31
Ray D	31
Mindy	14

Singleness of Purpose

Jim F	3
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Sunday Morning Women's

Mindy	14
Ann Marie	12

September's missed

Caryl M	41
Ashley W	2
Jeanette R	2
Corey R	7
Lyn	1

Promises

Terry K	32
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Please send all Group and members anniversaries to
Communique@aahernando.org

Question 3, Initiative for Change



Ridge Manor Big Book

Kevin B	29
Andrew G	8

Rough Roads

Mike R	5
Andy S	7
A. J.	12
Cheri M	33
Eddie	28

Serenity Sisters

Jeannean G	2
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Principles B4 Personalities

Roger S	4
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Sunset Group

Celeste G	2
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Tranquility Group

Rob B	18
Bonnie A	13
Rogan S	2

Unity Meeting

Saturday

October 9, 2021
Doors open at 6:30,
Meeting at 7:00

Nativity
Lutheran Church
6363 Commercial Way,
Weeki Wachee, Fl.

The October host will be
Heavy Hitters

November's Host will be

Lunch Bunch

*If you find a mistake in this
newsletter you are the
perfect person to join our
committee, we would love to
have you join us.*