

COMMUNIQUE

December 2021

I Thank God Everyday

By Sherill A.



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I looked out across the conference room full of men and women in business suits, in a distant city and not a single person I knew. I leaned down into the microphone and said, "Hi, my name is Sherill and I'm an alcoholic." I hadn't thought about what I would say because I knew my Higher Power would give me strength and guide me throughout that day. That day, as all the other days would be in this new life, would not be guided by fear and a sense of impending doom which had taken over my life during the last few years of my drinking. I could stand before a room full of people who would decide if I kept my medical professional certification and not be ashamed of my past. That was part of the AA Promises.

My sobriety date is March 11, 2002. My drinking career was relatively short as far as when alcohol became an obsession. Being full-blooded Navajo and born on the reservation, I was predisposed with the genetic makeup to become an alcoholic. But, I thought I was different and too strong to give in to something like alcohol – that was for the weak-minded. My adoptive white mother was independent and tough and taught me to be the same way. She also taught me that feelings were not discussed and to do things on my own and never ask for help. And mostly, that worked for a long time and got me through college and into a good career. There was a part of my childhood that was a secret, however. That became the root of my guilt and shame that was never talked about or acknowledged. During college, I met a guy who I would enter into an abusive marriage with. My self-esteem was so low after seven years of abuse, it was only with the help of my friends that I survived. I knew I needed to change something....so I changed everything. Just like an alcoholic! I filed for divorce, applied to PA school, quit two great jobs, put my house up for sale, moved to a new city where I would have no income and would begin the toughest two years of my life and knew absolutely no one.

My drinking had only been social up to that point. I can remember having alcohol sit in my house for months and never even think about it. But, in PA school I grieved for my marriage, feeling it was my fault for not being able to fix it. The stress from my academic schedule and my feelings of guilt started leading to self-medicating with alcohol. Alcohol allowed me immediate escape from feelings I had never dealt with and had never learned to cope with. As long as I had alcohol, I didn't need anyone's help. After graduation, I started my second career and was immediately plunged into a responsibility I had never had before. The belief that I had to do everything perfectly and know everything possible caused me great worry. Along with my new career came more material wealth than I had ever known before and I thought that would finally bring me happiness. It was temporary. My life was so fast and full with so much stress and no idea how to cope. I started going to dinner meetings after work with unlimited wine and drinks. The waiters were constantly filling my glass with wine and I had no idea how much I actually drank. Then I started stopping on the way home to get a bottle of wine for "a drink" before bed.



Continued on Page 3

District 13 Officers**DCM**

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(484) 661-8753
dcm@aahernando.org

Alternate DCM

Sue S.
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altdcm@aahernando.org

Treasurer

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Secretary

Michael E.
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District 13 Committees**Accessibilities**

Ashley W.
accessibilities@aahernando.org

Archives

Open

Communique Chair

Sue S. (413) 219-5133
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Communique Co-Chair & Anniversaries

John K. (352) 650-2324
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Corrections

Debby Q.
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Grapevine

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Literature

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Public Info (PICPC)

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HEAART

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WebMaster & Meeting List

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webmaster@aahernando.org

Central Office & Book Store

4116 Lamson Ave
Spring Hill, FL 34608
Mon – Fri 9am to 1pm
Saturdays 9am to Noon
Office Manager: JJ M.
(352) 683-4597

Monthly Intergroup Meeting

First Friday Of Each Month
December 3, 2021 @ 6:30 PM
Forest Oaks Lutheran Church
8555 Forest Oaks Blvd
Spring Hill FL

Zoom ID: 852 952 5883
Password: intergroup

Monthly District Meeting

First Monday Of The Month.
December 6, 2021 @ 6:15PM
Holy Trinity Lutheran Church
1214 Broad St.
Masaryktown FL

Zoom ID: 987 5790 9290
Password: district13

Group Donations**District 13 Treasurer**

P.O. Box 10653
Brooksville, FL 34605
(checks payable to District 13)

Hernando Intergroup

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

North Florida Assembly

P.O. Box 226
DeLeon Springs, FL 32130
(checks payable to NFAC)

General Service Office

P.O. Box 459
Grand Central Station
New York, NY 10163
(checks payable to GSO)

Upcoming Events

**The 65th Annual
Florida State Convention**
will be held August 3rd
through August 7th, 2022
in Fort Lauderdale.

More information
Available at:
65floridastateconvention.com

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There were so many times in my life when I drove drunk and I know now that I had a guardian angel. I viewed driving, as I viewed many other things, as my right....not a privilege. The selfish part of me never thought about how my actions might affect others. One day I had a choice to spend the day with my friends who only drank moderately, or my friends who drank alcoholically. I chose to drink all day and that evening I was in a full blackout. As I drove home across a bridge, I became involved in a multi-vehicle accident that happened on both sides of the bridge. I later learned that a person died in that accident. Six months later, I was charged with DUI manslaughter. It was one of the darkest periods of my life. I was hopeless and still drinking. Because that was how I coped.....with alcohol. During a three day binge, I thought I could make things right by taking my life and I almost succeeded.

My very first AA meeting was in a crisis recovery unit. I learned I was very sick but that there were other people like me and now they didn't drink. My curiosity and wanting what they had, led me to attend meetings in St. Pete. I was eventually sentenced to 13 years in prison and it was actually a relief. I had made the decision once and for all to admit that I was powerless over alcohol and I was willing to learn a new way of thinking and living. My Higher Power gives me grace and serenity and a peacefulness I have never known. I start each day thanking God for the many blessings I have received and do not deserve.

GSR Share their favorites:

A friend is a friend, and a brother is a brother, but the best friend is on drunk to another..
Bob.

A letter from our new General Manager at G.S.O.

November 17, 2021

Dear A.A. Friends,

November is thought of by many A.A.s as "Gratitude Month." It is a time when A.A. groups often choose to make special contributions to their local service offices or committees and to G.S.O. We do this because it is a very direct and spiritual way to participate in Twelfth Step work. Many of us also feel more a part of A.A. and a sense of fulfillment of one of our deep spiritual needs, the desire to belong. Money and spirituality really do mix! A very simple story from our A.A. history illustrates this clearly:

In the book Alcoholics Anonymous Comes of Age, Bill writes: "Let's begin with my own sponsor, Ebby. When Ebby heard how serious my drinking was, he resolved to visit me. He was in New York; I was in Brooklyn. His resolve was not enough; he had to take action and he had to spend money. He called me on the phone and then got into the subway; total cost, ten cents. At the level of the telephone booth and subway turnstile, spirituality and money began to mix. One without the other would have amounted to nothing at all. Right then and there, Ebby established the principle that A.A. in action calls for the sacrifice of much time and a little money."

The General Service Office coordinates many services that help groups and members fulfill their purpose of carrying the A.A. message to the alcoholic who still suffers. Although there are many examples of these services, of particular mention is the recent development of software to better carry out our Corrections Correspondence Service (C.C.S.). This software allows the office to connect fellow members behind the walls with members on the outside much more quickly and efficiently and with reporting results which ensure that no one is missed! Your Seventh Tradition sacrifices made this possible. Similar to Ebby's experience carrying the message to Bill, money and spirituality – and now technology – mix with the services provided from G.S.O.

With gratitude for all the sacrifices you make for A.A.,
Bob W.
General Manager, G.S.O.

Reprinted from GSO website

If you would like to make a contribution for yourself or your group please send to :
General Service Office
P.O. Box 459 Grand Central Station
New York, NY 10163
(Please make checks payable to GSO)

Announcements & Upcoming Events



Hernando County
INTERGROUP

Christmas PARTY

AT FIRST UNITED METHODIST CHURCH
109 S. Broad St. Brooksville

SATURDAY
DECEMBER
18
2:30 PM - 7:30 PM

2:30 Doors Open
3:30 Pot Luck Dinner
Bring a covered dish or dessert
4:00 - 7:30 D.J. and Karaoke
with High Caliber D.J. and
Karaoke with Richie
Hodge from Tampa, FL

Ugly Sweater
Contest
Wear your ugliest sweater and win a prize!

KIDS WELCOME!

Any questions call Ed S. 352-428-8438



Next Unity Meeting
Saturday December 11, 2021

Nativity Lutheran Church
6363 Commercial Way,
Weeki Wachee, FL
Doors open at 6:30
Meeting at 7:00
Pizza will be provided!
Hosted by Hernando Intergroup



Oceans of Devotion

65th Florida State Convention
Fort Lauderdale 2022

65.floridastateconvention.com

65th Florida State Convention
Aug 3 - 7, 2022 - Harbor Beach Marriott - Fort Lauderdale, FL

HEAART is still looking to have at least one representative for each Group to serve as a contact and help in relaying information during times of crisis or emergency.

Meeting Information - If your Group or Meeting makes changes (time/location, etc) please notify John K – webmaster@aaahernando.org with the information. John will make the necessary changes on the online meeting list, meeting apps, “Where & When” and HEAART. - Thanks!

Service Opportunities - We are always looking for volunteers for the Hotline and 12 Step calls. If you are interested, contact Johnny V. - (352) 346-6096.

The Archives position with District 13 is currently unfilled. If interested, contact Eleanor B. (DCM) by email at dcm@aaahernando.org

Did you know you can now attend the District 13 and Intergroup monthly Meeting by Zoom? Check page 2 for Details.

Let us know if you would like to share an announcement or future event for your group or meeting. Email us at: Communique@aaahernando.org

District 13 Committee Member's Corner Eleanor B.

GRATITUDE FOR GRATITUDE

It usually takes about 9 months to plan a successful Gratitude Dinner, however **Roger S.** did it all in 3 months! He, along with his dedicated volunteers, managed to pull off the year's largest event without a hitch!

So many members work behind the scenes to create an extraordinary day of enjoyment for us, that I, at least, have to mention the chairs of the committees. So, Here goes...

Dee M – Beverages
Ed S. - Venue and Speaker
Cliff - Set up and Clean up
Pam- Basket Flyer and Basket Raffle
Celest - Kitchen and Food
Britini – Desserts
Karol L. - 7th Tradition
Donna M - Treasurer and 50/50
Amy R - Greeters and Book Signing
Victoria- Music

And last but not least, **Brian K** for supporting Roger with such a huge responsibility. If I have forgotten anyone, please forgive me, you are all a part of the magic that makes this event so wonderful. So, THANK YOU TO ALL WHO GAVE OF THEIR TIME AND TALENTS!

In Service,
 Eleanor B.
 DCM District 13

Relapse Prevention Tips

for the Holiday season

Maintaining a sober lifestyle can be especially difficult during the holidays. Here are five tips for managing the extra stress and pressure of this season.



1 Acknowledge the Risk

Accept that this season brings non-sober environments, stress, and unrealistic expectations. Give yourself grace.



2 Have a Plan

Develop a healthy strategy in advance for dealing with stressful or triggering situations.



3 Practice Saying No

...not just to alcohol and drugs, but any situation or activity that causes undue stress.



4 Use Your Support System

During the holidays, lean on your recovery support system – they know what you are going through!



5 Find the Holiday Spirit

Look beyond the trimmings of the season and remember the real purpose, and joy, of the holidays.

Bradford is here to help in any season. Recovery Advisors are available 24/7.

(888) SOBER-40

bradfordhealth.com



Intergroup Treasury Report

<u>Hernando County Intergroup</u>		Checking	Savings
<u>11/1/2021</u>			
Beginning Balance		\$ 5,505.92	\$ 3,062.71
Cash Deposits		\$ 1,621.18	
Credit Cards		\$ 88.97	
Checks		\$ (4,968.10)	
Withdrawals/Debits		\$ (1,107.58)	
Interest			\$ 0.02
Ending Balance		\$ 1,140.39	\$ 3,062.73
		Income	
Group Contributions		\$ 910.18	
<u>Sales</u>			
Office Sales		\$ 616.45	
Sales tax		\$ 40.07	
		Other income	
Archives rent	In Donations		
District Copies			
Total Income		\$ 1,566.70	

<u>Expenses</u>		
Rent		\$ (600.00)
Electric		\$ (76.25)
Square fees		
Spectrum		\$ (167.96)
Office Supplies		\$ (1,980.60)
Gratitude Seed (will be returned)		\$ (1,800.00)
Maintainence Fee		\$ (15.00)
Unity Rent		\$ (150.00)
Mc Afee		\$ (129.99)
Communique (5 months)		\$ (637.50)
Insurance (Yearly)		\$ (717.68)
Total Expenses		\$ (6,274.98)
Profits or Loss Oct 2021		\$ (4,708.28)

TITLE	Oct	Nov	Dec	
A Desire	\$ 30.00			\$30.00
Allgood Grp				\$0.00
Aripeka Speaker				\$0.00
AA Way of Life				\$0.00
Audio Big Book				\$0.00
Bring Your own Big Book				\$0.00
District Archives	\$50.00			\$50.00
Founders day seed return				\$0.00
Fun And Frolic				\$0.00
Heavy Hitters				\$0.00
Hernando Beach	\$100.00			\$100.00
Hope Group				\$0.00
Lets Get Serious				\$0.00
Let Go and Let God				\$0.00
Living Sober	\$100.00			\$100.00
More Serenity Sisters				\$0.00
Monday Night Meeting rental				\$0.00
P.B. P.	\$206.68			\$206.68
Precisiely II				\$0.00
Ridge Manor Group				\$0.00
Rough Road Group				\$0.00
Serenity Sisters				\$0.00
Singleness of Purpose				\$0.00
Spring Hill Monday Night				\$0.00
Step Sisters				\$0.00
Sunset Group				\$0.00
The Steps we took				\$0.00
There is a Solution				\$0.00
Together We Stand				\$0.00
Tranquility Group	\$37.50			\$37.50
Thursday Night Welcome				\$0.00
Tuesday Night B.B				\$0.00
Unity	\$416.00			\$416.00
Umbrella Group				\$0.00
Wise Women				\$0.00
Womens Serenity Group				\$0.00
	=====	=====	=====	=====
	\$910.18	\$0.00	\$0.00	\$910.18

Grapevine Daily Quotes

“I sabotage myself if I attach my sobriety to people, places, or things..

“The greatest promise in the program is the one in the Twelfth Step. It tells me I have a spiritual awakening as a result of the Steps. I know I need that awakening to have a chance to stay sober.”

“Difficult times bring us to new degrees of acceptance and humility because we learn on a deeper level how close we really are to our next drink. If we hang on, we learn how the grace of the Fellowship and the principles of the program carry us through the tough spots as well as the times of joy.”

“Recovery is giving it away. If you don’t give it away you can’t have it.

SELF-SUPPORT

The Seventh Tradition states: “Every A.A. group ought to be fully self-supporting, declining outside contributions.”

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose – to help the alcoholic who still suffers.

The amount of our contribution is secondary to the spiritual connection that unites all groups around the world.

Tradition Twelve

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

In the book of Alcoholics Anonymous there are only three references to the principles of anonymity. The forward of our first edition states. "Being mostly business or professional folk some of us could not carry on our occupations if known" and "When writing or speaking publicly about alcoholism, we urge each other of our fellowship to omit his personal name, designating himself as a 'member of Alcoholics Anonymous '" and then, "very earnestly we ask the press also to observe this request for otherwise we shall be greatly handicapped."

Since the publication of Alcoholics Anonymous in 1939 hundreds of AA groups have asked the questions: "Just how anonymous are we supposed to be?" and "After all, what good is this principle of anonymity anyway?" To a , great extent each group has settled upon its own interpretation. Naturally enough wide differences of opinion remain among us. Just what our anonymity means and just how far it ought to go are unsettled questions.

1. Therefore, it should be the privilege of each AA to cloak himself with as much personal anonymity as he desires. His fellow AA's should respect his wishes and help guard whatever status he wants to assume.
2. Conversely, the individual AA ought to respect the feelings of his local group about anonymity. If members of his group wish to be less conspicuous in their locality than he does, he ought to go along with them unless they change their views.
3. It ought to be a world wide policy that no members of Alcoholics Anonymous shall ever feel free to publish, in connection with any AA activity, his name or picture in public circulation. This would not however restrict activities provided, of course, he does not disclose his AA membership.

Step Twelve

Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in our affairs.

As the last step in the AA recovery process, step 12 functions as both an acknowledgment of all your hard work and its results, as well as marching orders for stepping into the rest of your life without alcohol. There are three distinct aspects to AA step 12.

Spiritual Awakening

The first is recognizing that the previous 11 steps have resulted in what AA calls a "Spiritual Awakening" all of the work you've done- admitting your disease, surrendering your will to a Higher Power, making amends, and establishing continuous self-awareness and conscious spiritual contact- has created a huge psychological shift in you, one that you may not even realized has occurred.

Support Others

Next, your called to support other alcoholics (or anyone suffer through addiction) by carrying the lessons and principles you've learned through your own path to sobriety to other who need help. You have now become that source of empathy and experience that was so vital to your own recovery, and you have the opportunity to pay it forward. This is best done by simply sharing your own story when asked, offering support without judgement, and keep open the door to any who seek it.

Acknowledging the Lifelong Endeavor

Lastly, AA step 12 reminds you that this process is truly a lifelong endeavor. The principles you've learned and practiced throughout the 12 steps of AA- acceptance, honesty, humility, and self-awareness, among other- are now part of a long-term sober life style. These principles, combined with your new state of consciousness, comprise a tool set from which you can draw on daily to lead a peaceful, honest, and fulfilling life of service. Step 12 of AA will never be truly complete, which is what makes it so powerful and rewarding.

Benefits of Step 12 of AA

Working with others as part of Step 12 helps you keep your own sobriety in check. According to THE BIG BOOK, "Nothing will so much ensure immunity from drinking as intensive work with other alcoholics."

DECEMBER ANNIVERSARIES

Group Anniversaries

Life Goes On Group – 31 yrs
Promise Group – 23 yrs

Member Anniversaries

A Desire Group

Barbie A. - 18 yrs
Russell P. - 13 yrs
Maurice – 1 yr

All Good Group

Howard W. - 44 yrs
Gini B. - 35 Yrs

Aripeka Open Speaker

Roland – 28 yrs
Jennifer – 11 yrs

Fellowship We Crave

None Reported

Happy Hour

None Reported

Heavy Hitters

None Reported

Hernando Beach

Rich B. - 28 yrs
Karen M. - 32 yrs

Hope Group

None Reported

Ladies Big Book

None Reported

Let Go & Let God

Howard W. - 44 yrs
Mark K. - 45 yrs

Lunch Bunch

None Reported

More Serenity Sisters

Gini B. – 35 yrs

Principles B4 Personalities

Gini B. - 35 yrs

Promise

Ken F. - 36 yrs
Sam A. - 38 yrs

Ridge Manor Big Book

John K. - 3 yrs
Robin O. - 38 yrs

Rough Roads

Toni O. - 33 yrs

Serenity Sisters

None Reported

Singleness of Purpose

None Reported

Spring Hill Monday Night

Mark C. - 7 yrs
Andy K. - 33 yrs

Step Sisters

None Reported

Sunday Morning Women's

None Reported

Sunset Group

Ashley W. - 3yrs

There is a Solution

None Reported

Tranquility

None Reported

Women's Serenity Group

None Reported

Congratulations to all of those celebrating! Have you ever considered sharing your story of strength, hope, and inspiration? Let us know. We are always looking for stories to feature and we'll come to you.

Please submit Anniversaries to: anniversaries@aahernando.org

The Jokes on us

There once was a man and his sponsor who had been going to meetings together for years. One day the man asked his sponsor, do you think there will be meetings in heaven, to which the sponsor stated; meetings are honest and spiritual I sure hope so. One day the man came down with Covid 19, became very ill and died.

His sponsor became very lonely. While standing outside a meeting a vision came of the man who had passed. The sponsor became very happy; they hugged and shook hands and spoke for a while. The man said to his former sponsor, do you remember when I asked if there were meetings in heaven and you didn't know. The sponsor said yes I remember.

Well said the man I have some good news and bad news. Here is the good news, we have speaker meetings every night, which are a lot of fun and great honest laughter and some great snacks. And about the bad news the sponsor asked, The man replied, YOU ARE SPEAKING TOMORROW NIGHT...