

COMMUNIQUE

June 2022



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Interested in sharing your story?

Contact Sue S. or submit it to:
Communique@aahernando.org



Honesty was my only Option

I grew up on a farm, As the older of two children; my childhood was uneventful as far as alcohol was concerned. My father might have a beer at the VFW club, and I never saw my mother have a drink by the time I left for college. My parents were absolutely bent on not showing favoritism to either of us. As much as they could control, my brother and me were treated identically. As the oldest I had to wait to do things like, getting my first BB gun, my hunting license, my participation in some school activities until my younger brother could do them also. Here is where I feel some of my 'not being quite enough' started. The fact that I was small for my age only added to my feeling that I was different and inferior even though I was awarded a leadership certificate for 4H, was class treasurer all four years of High school, and was awarded a certificate for having the highest mathematics scores in my class. I was going to prove that I was a number one person even before I had heard of Bill W.

I was accepted at a math and engineering college. Thinking my parents would be thrilled with this accomplishment and my plans, I was told that the state college my mother had attended would be just fine, even if it was more expensive.

In the spring of my first year at college I was introduced to alcohol. Perhaps my first experience with alcohol was social, however, I soon realized that what alcohol did for me was the answer to all my inferiority problems. After my first "drunk" I never drank socially again. I certainly did not like the taste, but the effect was worth the bad taste. I became an expert at manipulating situations to achieve my desired outcome. Due to my escapades and heavy partying, it soon became evident that my grades in school were declining. In fact they declined so much that I knew I was going to fail the spring Quarter of my sophomore year. To save face I dropped out and went to the recruiting office. I wanted to fly an airplane so I could end the Viet Nam war sooner; however, since I did not have a degree, I was told helicopters were in my future. I may have had a hangover that day but even through the fog I knew that would not be a wise decision. Feeling down and dejected once again, a Navy Boiler Tech Master Chief asked me to take a test. I guess the results were good as he said I could have anything – except pilot – that the Navy had to offer. He added that if I would sign for six years I would not see the water. Since I could not swim – I found this to be a great Idea.

Imagine my surprise six weeks into boot camp when I found out that I had volunteered for submarine duty. Had to laugh at the cunning recruiter – I definitely did not see the water nor ever trust a Master Chief again.

The military turned out to be an ideal career for an alcoholic. Just about the time I was due for a reprimand because of drinking – it was time for a transfer. I was sent to several three day classes on alcoholism and invited to AA each time; because, I knew I was not an alcoholic I declined all invitations. After all I never drank when the ship was at sea and anyone who can give up alcohol for two and a half months at a stretch could not be an alcoholic. I can document my alcoholic progression by military rank, 12 years to Senior Chief and 14 unable to make Master Chief.

That thinking changed one morning coming out of a blackout, when I had a moment of clarity. I was so paranoid that the Navy was watching me and trying to find information to end my naval career that I finally asked for help regarding alcohol. Turns out my senior officers were surprised when told that I had a serious drinking problem. The Navy sent me to a 47 day treatment program. It was there that I went to my first AA meeting. I almost was not allowed to leave because I thought I was "graduating" rather than their preferred "Commencing." Why not graduate, I was cured by completing the course, wasn't I? No wonder I was voted "First to get Drunk" by the class. It turned out I was the last, the Navy Kept records.

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Secretary

Michael E.
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Ashley W.
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Archives

Open

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HEAART

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WebMaster & Meeting List

John K.
(352) 650-2324
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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
Hotline: Jonny V

Monthly Intergroup Meeting

First Friday Of Each Month
June 3rd, 2022 @ 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.
June 6th, 2022 @ 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 Office

4116 Lamson Ave
Spring Hill, FL 34608
(352)683-4597
Office manager JJ M.
Office Hours
Mon-Fri 9am-1pm
Saturday 9am-12pm
Info@aahernando.org
(make 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)



Please let your Groups know that Intergroup has open positions. Zoom meetings information had change so many couldn't get on Zoom last month, hopefully we have corrected the issue.

HOW DO YOU DO IT

“How’d you do it?” the group often asks when a member picks up a yearly anniversary coin. I got sober in AA like most other people have after reaching their bottoms. Though certainly not a star pupil, I was desperate enough to get a sponsor who took me through the steps, and fortunate enough to have the compulsion to drink lifted from me. One day at a time, I continued to put one foot in front of the other, and tried, however imperfectly, to help others. One day at a time, my life slowly got better, and I was amazed as I recognized the promises coming true for me. One day at a time, I was graced to be able to put together 21 years in May, a number I never even imagined reaching, sort of like trying to guess what 70 years old would be like at the age of 7. So this year I began to reflect on my part in maintaining my sobriety over time, and what actions I found most useful as I made my way through life on life’s terms. What could I pass on that might help another alcoholic?

Fortunately, the AAs that came before us left a distillation of their suggestions in the form of steps 10, 11, and 12, frequently called the “maintenance” steps, parts of which have been key elements in my personal journey.

Step 10. Continued to take personal inventory and when we were wrong, promptly admitted it.

Name it, claim it, tame it. For me, it is very difficult to “drop the rock” when I have so much trouble spotting the rock in the first place! Sadly, I almost always see a particular character defect in other people before I see it in myself, leading to some Steve Erkel-like moments when I have to ask, “Do I do that?” Perhaps this is part of the “ego deflation at depth” process; all I can say for certain is that I can’t deal with the problems caused by my own flaws if I don’t look for them on a regular basis.

Step 11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of his will for us and the power to carry that out.

The key part of this step for me is the emphasis on praying ONLY for knowledge of HIS (not my) will for me and the power to carry that out, and then doing a gut-check to see if I really mean what I’m saying, to the best of my ability. If I have truly turned over my will and my life to the care of a Higher Power in Step 3, I need to avoid taking it back.

Step 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

As I write this, I notice that this step does not say “tried to carry this message” to OTHER alcoholics, just to “alcoholics”, which reminds me that there will never be a graduation ceremony to signify that my work on myself is a done deal; in fact it is frequently said that AA is a selfish program and that I must keep the focus on me. In the words of many a flight attendant, “Put on your own oxygen mask before you attempt to help the person next to you.” This is my reminder to try to maintain a BALANCE between the extremes of taking care of my own sobriety and my commitment to others. How useful am I to an alcoholic in crisis if I am flailing around for lack of serenity? When I am doing an adequate job of sticking close to the middle of the two extremes, I am able to practice the principle of integrity. Simply put, I will be more able to keep my my pledge of responsibility to Alcoholics Anonymous when I include myself in the whole as we “trudge” the road to happy destiny

Linda S.

A.A. QUOTES

“I have found that the process of discovering who I really am began with knowing who I don’t want to be.”
Alcoholics Anonymous

“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.”
Alcoholics Anonymous

“I have come to believe that hard times are not just meaningless suffering and that something good might turn up at any moment. That’s a big change for someone who used to come to in the morning feeling sentenced to another day of life. When I can hardly wait to see what’s going to happen next.”
Alcoholics Anonymous

UNITY MEETING**June 11, 2022****Doors open at 6:30 for food and fellowship Please bring a desert.****Meeting @ 7:00 Hosted by:****All Good Group****Nativity Lutheran Church****6363 Commercial Way****Weeki Wachee, FL****July's Host will be:****Hope Group****Founder's Day 2022****June 18th****4 - 8 PM****Limited number of tickets may still be available****\$8 per person****Theme & Entertainment will be A Mad Hatter's Tea.****Crazy Hat competition with prizes.****First United Methodist****Church 109 S. Broad St.****Intergroup Corner**

Frank S. is Hernando County Intergroup Chairperson. Frank stood for this position a few months ago and comes to the Intergroup committee with a long list of service positions previously held, both in Intergroup and District. His many years in different positions should bring knowledge and understanding that will greatly benefit Intergroup.

Frank attends many meetings in Hernando and Citrus counties and says wherever he is "feels like my home group". Welcome Frank and Thank you for your service.

VOLUNTEERS

Volunteers at the Intergroup office can often be forgotten, but are a critical part in the working of the office and the hotline. They are behind the scenes to help our Intergroup office and the AA hotline run smoothly.

In the coming months we will be speaking to the volunteers and hearing about their experiences and why doing this work is important to them..

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@aahernando.org with the information. John will make the necessary changes on the online meeting list, meeting apps, "Where & When" and HEAART. - Thanks!

Service Opportunities

- * **Intergroup office in need of volunteers.**
- * **Alternate Intergroup Chair**
- * **District 13 Archives**
- * **District 13 Literature**
- * **Corrections is in desperate need Of volunteers, If interested please contact Debbie Q for more information. (314)607-4670**

Anniversary information can now be submitted from our website. Look for the link "Anniversary Submissions" at the top of our homepage, www.aahernando.org

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

Communique@aahernando.org

Geographic cure? No just a normal transfer. I was sent to several three day classes on alcoholism and invited to AA each time; because, I knew I was not an alcoholic I declined all invitations. After all I never drank when the ship was at sea and anyone who can give up alcohol for two and a half months at a stretch could not be an alcoholic. I can document my alcoholic progression by military rank, 12 years to Senior Chief and 14 unable to make Master Chief. That thinking changed one morning coming out of a blackout, when I had a moment of clarity. I was so paranoid that the Navy was watching me and trying to find information to end my naval career that I finally asked for help regarding alcohol. Turns out my senior officers were surprised when told that I had a serious drinking problem. The Navy sent me to a 47 day treatment program. It was there that I went to my first AA meeting. I almost was not allowed to leave because I thought I was "graduating" rather than their preferred "Commencing." Why not graduate, I was cured by completing the course, wasn't I? No wonder I was voted "First to get Drunk" by the class. It turned out I was the last, the Navy Kept records. I had a bumpy start in AA, and a sponsor that didn't encourage me to embrace the 12 steps. "I can't, He can, Let him"

and "Just get busy with service and go to meetings," was his mantra. I jumped into service; I learned history and assisted at workshops and conventions. I got involved with the group committees and offices followed by District service to the point of DCM. Then a trip to the family farm, three weeks without a meeting and resentment toward my brother's orders and I stumbled on to a bottle of scotch from Scotland that I had gifted my parents but they had never opened. I had never tried that brand. For the next seven years I believed that I had had another drunk dream which was a real common occurrence in my first year sober. Back from the farm, I had become depressed and was contemplating suicide. One night about 11:30 a new friend called me. I had to lay the pistol down to answer the phone. He said, "I don't know why but I'm supposed to call you now." A real God shot; I knew why but didn't tell him. He became my sponsor the next day. As a real Big Book Thumper he said, "We are going to do the steps as written in the Book." I told him I went to treatment and was cured; I've been active in service for seven years. "That's ok." he replied, "but I need to know you and the best way is to work the steps with you," (He should have been a Master Chief the way he tricked me into doing the steps for the first time by the Book.)

Years later on a vacation to the farm, I found the empty bottle hidden in my boyhood secret hiding spot. Relapse had happened so quickly... after seven years – alcohol was still cunning, baffling, and powerful. At first I thought no one had seen me and no one was hurt and it was only one night and so long ago and a dozen other justifications for not admitting my one night relapse to anyone. But by the time I got home I was convinced that I would have to admit it if I wanted a peaceful night's sleep. I just could not keep on lying in front of God and to people and expect to stay sober. Admitting to my AA family that seven years before I had had a slip was truly a humbling experience and a puncture to my over inflated EGO. The group was very supportive and forgiving. I then did another in depth round of the steps with my then sponsor.

I'm now active in my home group. Since I have moved and traveled often in sobriety, I have many AA friends that I have met while attending AA meetings, conferences and workshops throughout the country. I enjoy working with newcomers, as I have learned even if they do not stay sober which I hope they will, it is a payment on my sobriety insurance.

As we all know AA is a family disease and my third wife and I have no skeletons in the closet, All of my wives have been non-alcoholics, however before marrying #3, I explained the AA would always come first because without it there would be no us. My world 22 years after my slip is what I have always wanted. I know me and I know the only person I can change is me.

Once I truly understood the keys, acceptance, prayer and meditation, life became a whole lot easier and happier. Thank you all for teaching this slow learner about sobriety, a power greater than myself and a way of life I never thought possible. May we always remain teachable as we trudge the road of happy destiny together. Al C.

The 12 Traditions Illustrated

Based on a series that first appeared in Grapevine in the 1960s, this classic pamphlet retains its retro, light-hearted illustrations as well as its clear and plainly spoken language. Taken together, the text and images convey both the spirit and the practical application of our Traditions.

The Sixth Tradition

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

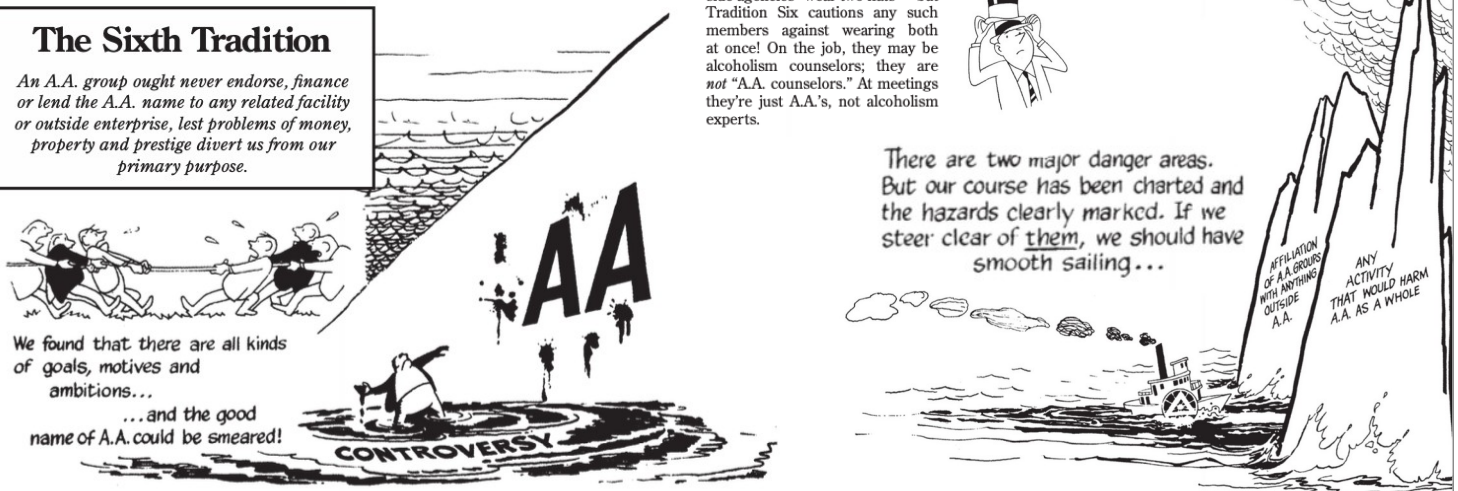
We found that there are all kinds of goals, motives and ambitions...
...and the good name of A.A. could be smeared!

A.A. members employed by outside agencies "wear two hats"—but Tradition Six cautions any such members against wearing both at once! On the job, they may be alcoholism counselors; they are *not* "A.A. counselors." At meetings they're just A.A.'s, not alcoholism experts.



There are two major danger areas. But our course has been charted and the hazards clearly marked. If we steer clear of them, we should have smooth sailing...

AFFILIATION OF A.A. GROUPS WITH ANYTHING OUTSIDE A.A.
ANY ACTIVITY THAT WOULD HARM A.A. AS A WHOLE



THE SIXTH TRADITION

An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige, divert us from our primary purpose.

The “related facility” may be an outside group combating alcoholism --or an enterprise that A.A.’s wants to start. It was the latter that most often confronted the young Fellowship. Outside agencies were pretty scarce in those days, and some members thought A.A. should cover the whole alcoholism field. Led by a “super-promoter” (as the “Twelve and Twelve” describes him), one group built an all-purpose center, including a section for drying-out treatment. Picture any group tackling such a project! Arguments over cost, architecture, staff, fees, medications, and rules might even make the local paper. (And pity the poor newcomer straying into a group— “We’ll get around to you in a minute.”) Thought that ambitious center failed, some individual members have founded successful clubhouses, rest farms, halfway houses, etc. The enterprises are run by these A.A.s and patronized by other members or prospective members. But money and property *are* involved. Therefore, it has proved wise to keep the operation of the facility completely separate from that of any A.A. group, and keep “A.A.” or its terms like “Twelfth Step” out of the name. Toward outside agencies dealing with alcoholism, the A.A. policy is “cooperation but not affiliation.” A group cooperates, for example, by welcoming referrals from clinics or by sponsoring A.A. groups in the institutions. But in one area, money for rehab was solicited *at an A.A. meeting*—implying affiliation. In another, A.A. was listed among beneficiaries of United Fund drive.....

THE SIXTH STEP

Were entirely ready to have God remove all these defects of character.

Having a willingness to change our behavior is the minimal attitude necessary to begin the new behaviors within our newly founded sober lives. The reason Step 6 is required among the steps is due to the fact, that, although behaviors are externally viewable for all to see, we have the potential for behaving one way while still harboring a terrible attitude from within. For example, showing up AA meetings is valued behavior, but having the internal mindset that it is a waste of time while attending the meeting would be acting contrary to Step 6. The above attitude is defective and Step 6 requires that we are ready to abandon both our defective behaviors and attitudes, entirely, by letting go and allowing God to remove our character defects.

A defective attitude worth abandoning is, for example, envy. When we are discontented or resentful about the qualities or possessions of others we rob ourselves of the present moment. The present is where sobriety happens and if we are longing over the past or future moments and other’s lives we, then, become vulnerable to relapse. Having a willing attitude starts our journey in recovery, but what keeps our recovery going requires an abandoning of all our negative attitudes and, thus, forming the ultimate attitude one can have which is our readiness to have God remove all our character defects.

Forming the ultimate attitude, however, should not come with the expectation that all our defects will be immediately removed because that would conflict with the prior Steps of having Faith. The Big Book says that this Step separates the “Boys from the Men” , Better stated Step 6 is the difference between “striving for a self determined objective and for the perfect objective which is God....

June ANNIVERSARIES

Groups:

None Reported

Members:

A Desire

Joe W – 2 years

Lee B – 43 years

All Good

Dave P – 6 years

Sam P – 35 years

Aripeka

Andy O – 41 years

Brooksville Group

None Reported

Fun and Frolic

Bob C – 28 years

Happy Hour

Matthew S – 5 years

Heavy Hitters

Maggie M – 9 years

Maria Z – 31 years

Mary S – 31 years

Michelle F – 10 years

Michelle J – 4 years

Steve M – 15 years

Tammy Y – 9 years

Hernando Beach

Sam P – 35 years

Hope Group

Danny B – 4 yeears

Thomas S – 4 years

Ladies Big Book

None Reported

Let Go Let God

Sandy – 4 years

Kathy – 36 years

Larry A – 42 years

Lets Get Serious

None Reported

Life Goes On

None Reported

More Serenity Sisters

None Reported

Principles B4 Personalities

Ben P – 12 years

Karen P – 12 years

Donna M – 9 years

Nancy F – 25 years

Promises

Bobby W – 35 years

Ridge Manor Big Book Group

Lydia G – 16 years

Mike L – 1 year

Brook M – 11 years

Rough Roads

Jerry B – 42 years

Spring Hill Monday Nite

Bill O'D – 42 years

Laura – 23 years

Rich K – 21 years

Serendipity Sisters

Donna M – 9 years

Serenity Sisters

Dee N – 35 years

Singleness of Purpose

Anthony C – 5 years

Step in the right direction

Bill O'D 42 years

StepSisters

Donna M – 9 years

Steps We Took

None Reported

Sunset Group

Warner S – 8 years

There is a Solution

Jenny S – 50 years

Joe H – 25 years

Thursday Night Step

None Reported

Tranquility Group

Joe W – 2 years

Women's Serenity Group

Heather – 8 years

Tracy G – 6 years

Young at heart

None Reported

Young Mens

None Reported

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

Send us Anniversary information for your group at www.aahernando.org Look for the "Submit Anniversaries" link at the top of the home page. There is full member list for anniversaries we currently have. You only need to provide any updates or changes necessary for your Group. Thank You!