

COMMUNIQUE

September 2022

Meet the Communique Team

Meet the Communique team is a series of stories from each of the members of our team. Last month we began our series, and highlighted Randy. Randy contributes monthly to the communique with some trivia, jokes, history and the steps. We hope you enjoyed his story. This month will feature Sue S. our Communique Chair. We hope you get to know us all and enjoy the Communique.

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Interested in sharing your story?

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



Tip of the Iceberg

Growing up I never felt like I belonged anywhere, always felt out of place and couldn't quite put my finger on what was wrong with me. I was the youngest of four with a year and a half difference between my brother and I, and four and a half between me and the oldest, my sister. My Father had his own business and he was always working, while my mother stayed home to care for the four of us. I thought we were a typical family, never thought we were any different, but I always had that feeling something was off. As I got older, I saw my father drinking more and more but he never seemed to get drunk and went to work every day. His business was getting busier, and we had more money. We were able to take vacations and I could go school shopping with my mom's credit card.

When I started junior high, I realized there was a whole new world out there. Boys started to exist and look kind of cute, I started to meet all new people who had gone to different elementary schools. Life was opening in a way I had never imagined.

Smoking cigarettes and smoking pot started about the same time and alcohol came quickly after. I loved everything about them all. As a young girl not at drinking age, I had to rely on others to get my alcohol, my friends and I would stand outside a liquor store and wait for someone we thought would buy alcohol for us and would ask them. If we hit an off night, after an hour or so of asking people to buy and getting no bites, my friends would want to leave, but not me, I would sit there all night until someone came along. Even at such a young age, alcohol was the most important thing to me, I just didn't know it yet.

I started experimenting with other substances and using alcohol to keep me at a level where I could still function. I started what I always called were gray outs, I would remember most of the night but have gaps here and there and wait for friends to fill in the blanks. At 18, legal drinking age I met a friend at a bar to have a few drinks, she started introducing me to everyone and got to a guy who was passed out at the bar and shook him awake and introduced me, it was love at first sight, I found the man of my dreams. We dated for almost a year when I found out I was pregnant, so we got married a few months later. We set up our first apartment together a 3rd floor apartment with furniture from his grandmother who had recently died, the rest was hand me downs from family and friends. We thought we had made it. Our son was born about 7 months later and we had the dream and white picket fence life, (or so I thought). I was able to stay away from alcohol for a short time, but nursing my baby was out of the question, that meant I wouldn't be able to drink. I had always wanted 2 children and I wanted them close together, so we had another son 2 years later.

My husband started working with my dad, and we hung out with my parents on our time off. My dad and husband drank the same, so they enjoyed each other's company, and I could drink, and my mother would take care of my boys. It was the perfect setup, we even vacationed together. Around this time my oldest sister started having issues with drugs and her marriage was ending. My brother was drinking more and more and getting in trouble. My father and husband's drinking began progressing and more money was needed for the bills because of the drinking so I decided to take a night job so my husband could be home at night with the boys. I loved this; I had just found what I needed to give me the freedom in life that I thought I had missed because I married so young. I could go out to the bars after work, knowing everyone at home was sleeping, I thought I'm not hurting anyone right? Well, these nights out after work turned into after the bars closed parties and driving home at 5 or 6 in the morning. Sometimes I would fall asleep wherever I was, and my husband would get the boys off to school before he could go to work.

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District 13 Officers

DCM
Eleanor B.
(484) 661-8753
dcm@aahernando.org

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altdcm@aahernando.org

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dsecretary@aahernando.org

District 13 Committees

Accessibilities
Richard C.
accessibilities@aahernando.org

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Open

Communique Chair
Sue S. (413) 219-5133
Communique@aahernando.org

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John K. (352) 650-2324
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Grapevine
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HEAART
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WebMaster & Meeting List
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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

September 2nd, 2022 @ 6:30 PM
Forest Oaks Lutheran Church
8555 Forest Oaks Blvd
Spring Hill FL

Zoom Unavailable
This month, webmaster
Scheduling conflict.

Monthly District Meeting

Due to Labor Day, meeting moved
Second Monday Of The Month.
September 12th, 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 there are many open positions within District and Intergroup. Zoom meetings information had change so many couldn't get on Zoom last month, hopefully we have corrected the issue.

District 13 Committee Member's Corner Eleanor B.

Heavy Hitters meeting every Monday thru Sunday at Noon First Presbyterian Church 250 Bell Avenue. Brooksville, FL

Did you know that we have an awesome group that meets every day in Brooksville? Why, it's the Heavy Hitters Group of AA and boy they have it all! Talk about one stop shopping!! Monday - It's a Big Book meeting; Tuesday - It's a Beginner's meeting; Wednesday - It's a Living Sober meeting; Thursday - It's a Step meeting; Friday - its a Speaker meeting; Saturday - its a Women's meeting; Sunday - its a Grapevine meeting. Phew!! So many choices, so little time. I went to a Friday Speaker meeting and they asked me to speak - never say no to AA. It was a great meeting with great members! I was left with this thought; ' always look in the mirror- keep your sobriety green - don't forget where you came from.' Thanks Rosie.

In Service,

Eleanor B - DCM District 13

Accessibilities Corner

Have no fear, technology is here. Your smart phone is really not that smart. It can do absolutely nothing on its own. It took thousands of people to create and assemble it. Then many thousands more to teach it exactly what to do and how to do it.

Time to add your smart to it. **"The Meeting Guide."**

* On your I-Phone open App Store. On your Android open Play Store.

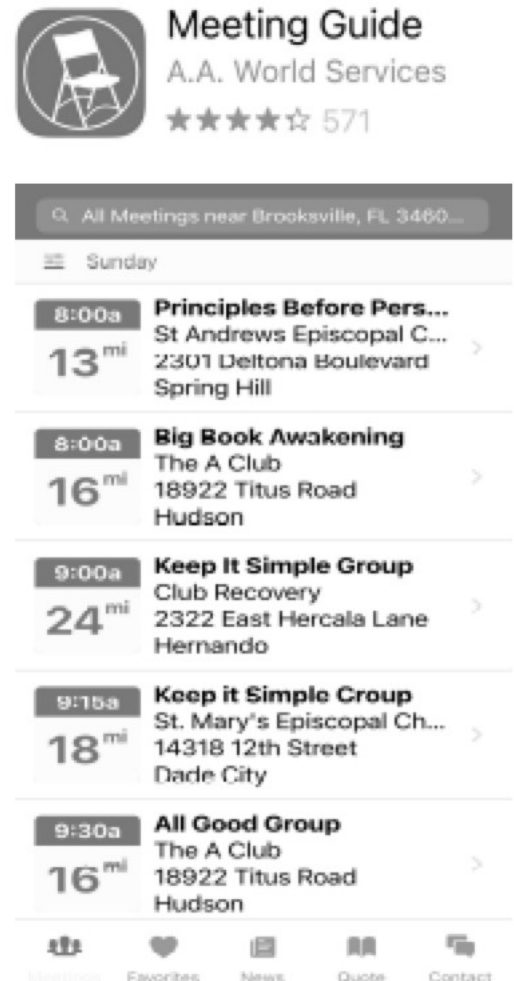
* In search bar type "meeting guide." Look for the one with a blue solid circle with a white folding chair in it. Tap on install.

* It will count down percentages as it downloads then installs. When it is complete just tap open.

* Your phone will ask your permission to access location, I choose yes, while using the app. You are all done.

Upcoming meetings will be right there on your screen, with name, address, start time, and distance from you. Tap on the one you want and there is more information as well as "directions" which will show maps and talk you through step by step instructions to get there. Any questions, comments, or suggestions contact Richard C.

accessibilities@aahernando.org



Meeting Guide
A.A. World Services
★★★★☆ 571

Q. All Meetings near Brooksville, FL 3460...

☰ Sunday

8:00a	Principles Before Pers... St Andrews Episcopal C... 2307 Deltona Boulevard Spring Hill	13 ^{mi}
8:00a	Big Book Awakening The A Club 18922 Titus Road Hudson	16 ^{mi}
9:00a	Keep It Simple Group Club Recovery 2322 East Herculana Lane Hernando	24 ^{mi}
9:15a	Keep it Simple Croup St. Mary's Episcopal Ch... 14318 12th Street Dade City	18 ^{mi}
9:30a	All Good Group The A Club 18922 Titus Road Hudson	16 ^{mi}

Home Favorites News Quote Contact

Visit aahernando.org/events/ for a full list of upcoming events.

UNITY MEETING

September 10th, 2022

Doors open at 6:30 for food and fellowship Please bring a desert.

Meeting @ 7:00 Hosted by:

Hernando Beach Group

Nativity Lutheran Church

6363 Commercial Way

Weeki Wachee, FL

October Host will be:

Let Go & Let God

Save the date! - Gratitude Dinner

Saturday November 12th, 2022

Gratitude Planning Meeting

Thursday September 15th 7PM

Forest Oaks Lutheran Church

8555 Forest Oaks Blvd

Spring Hill FL, 34606

Volunteers needed!

Contact Dee M.

Gratitude Chairperson

352-442-6423

Committee is requesting each Home Group donate a gift basket for the occasion.

Corrections Volunteers Needed

If you are interested in volunteering at the Hernando County Corrections, please contact Debbie Q, or start the process online at

www.hernandosherriff.org

Contact Debbie @ (314) 607-4670

if needed and she can walk you through the process or send you step by step directions. Instructions can also be found at

www.aahernando.org/corrections

2022
SOCIETY

District 13 Presents:

Stop clowning around!

Traditions Workshop

Sunday October 2, 2022
1:00 PM - 3:00 PM

St. Andrew's Episcopal Church
2301 Deltona Blvd, Spring Hill

Theme: "Stop Clowning Around and Learn Your Traditions"

A fun event with members acting out the traditions. Light refreshments will be served. Desserts to share won't be turned away

For more information contact:
Eleanor B DCM 484-661-8753

Service Opportunities

- * **Intergroup office in need of volunteers.**
- * **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

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I would stop but instead it got worse. We decided the way to stop it all was moved a little farther away, just far enough so my husband could still drive to work but far enough to keep me home more. Well, we all know how that works!!! I found a new job and new friends closer to my new house.

My husband was a daily drinker by this time, he was fine coming home every day after work and drinking at home. This allowed me to continue doing what I was doing, but it wasn't working any more. The hole that drinking filled was always empty and I couldn't seem to ever get drunk. Suicide seemed like a good option and one night on the way home from the bar, I kept trying to hit a tree, just before I hit, I'd swerve to miss, then try at the next one. I just couldn't seem to do it and made it home. I called my oldest sister who was sober now a few years and lived in Boston and told her I needed help. She left work and came right out, I tried to tell her I was fine until tomorrow (her day off), but she insisted, this was my first God moment. She brought me to my parent's house and my other sister who was also sober, and her fiancé (also sober) came over and they discussed what to do with me. My sister's fiancé said I should go to detox, my mind immediately went to this crazy place, I pictured detox as a place that had all old men in a basement with trench coats and slobbering all over. I couldn't fathom people like me, female and only 32 years old, needing a place called detox. He then told me not to worry, if I didn't stop drinking and get it the first time I could keep going back. Now I was horrified, I might have to go back again, but I agreed, against my better judgement. When I got there, I realized most of the people there were my age and younger WOW. I ended up staying for 5 days and began learning about this disease. I never knew others felt the emptiness I did; it was such a relief to know I wasn't alone. The staff at Detox convinced me to go to into a 30-day rehab and proceeded to help me find one my insurance covered.

My first days in the Rehab were such an eye opener, almost everyone was my age and had similar drinking problems. WOW!!! I couldn't believe I wasn't alone, all these years I thought I was so different from everyone else. I began to journal throughout my days and write down how I was feeling, and I began to learn about who I was and what triggered my drinking. They started talking about a God in my life and I wasn't sure, I was brought up Catholic, but my God was a punishing God, and I didn't want any more judgement in my life. To begin the process of creating my own God, they told me to write down the features I would want a best friend to be and from there continue to build until I created my own God. This was the beginning of sobriety and my journey and just the tip of the Iceberg. Now almost 33 years later I have a God of my understanding, given the direction and the opportunity to grow over the years. I had a sponsor take me through the steps and have had the blessing to bring others through them. I have grown so much and to create so many memories from people and places I've met within AA. I have a wonderful life today, and am so grateful I found out what was wrong with me Today I can say. I am a grateful alcoholic.

Sue S

The Ninth Tradition

A.A., as such, ought never be organized but we may create service boards or committees directly responsible to those they serve.



WE DO SET UP COMMITTEES AND BOARDS...

But whether they make coffee... or help organize groups in deepest Africa... THEY ONLY SERVE



Approved Intergroup Treasury Report

Hernando County Intergroup Treasurer's report

Jul-22

Checking		Savings	
Beginning Balance 7/1/2022	\$ 2,227.26	Beginning Balance 7/1/2022	\$ 3,062.96
Total Withdrawals	\$ (2,831.58)	Total Withdrawals	\$ -
Total Deposits	\$ 2,758.02	Total Deposits	\$ 0.03
Ending Balance 7/29/2022	\$ 2,153.70	Ending Balance 7/29/2022	\$ 3,062.99

Expenses

Rent - Intergroup Office	\$ 600.00	Ck # 5457
Rent - Unity Meeting (3 months)	\$ 150.00	CK # 1030
Spectrum	\$ 8.00	
WREC	\$ 148.75	
AAWS	\$ 1,148.50	
Hazelden	\$ 172.66	
Recovery Accents	\$ 495.35	
Printing Plus	\$ 108.32	
Total	\$ 2,831.58	

Deposits

Cash/Checks	2543.97
Square (Credit Cards)	215.05
Total	2759.02

" I become willing to make amends, knowing that through this process I am mended and made fit to move forward, to know And desire God's will for me."

* Daily Reflection August 2nd

The 12 Steps illustrated

9 *Made direct amends to such people wherever possible, except when to do so would injure them or others.*



I try to fix things if I can.

THE 9TH STEP

Made direct amends to such people whenever possible, except when to do so would injure them or others

Although these reparations take innumerable forms, there are some general principles which we find guiding. Reminding ourselves that we have decided to go to any lengths to find a spiritual experience, we ask that we be given strength and direction to do the right thing, no matter what the personal consequences may be. We may lose our position or reputation or face jail, but we are willing. We have to be. We must not shrink at anything.

Step 9 completes what I started in step 8. I make amends to those that I have harmed. I pay back debts that I owe. I apologize. I write letters. I find time to do and say things that would help heal the damage that I have done. I try to bring goodness where previously I had brought discord and destruction. It takes insight, courage and dedication to make such amends, but now I have the help of my God to know what to do and how to do it. I learn to earnestly seek the right way to go about this process from my God. I start to live the kind of life that my God has meant for me to live all along.

After we have made a list of people we have harmed, have reflected carefully upon each instance, and have tried to possess ourselves of the right attitude in which to proceed, we will see that the making of direct amends divides those we should approach into several classes. There will be those who ought to be dealt with just as soon as we become reasonably confident that we can maintain our sobriety. There will be those to whom we can make only partial restitution lest complete disclosures do them or others more harm than good. There will be other cases where action ought to be deferred, and still others in which by the very nature of the situation we shall never be able to make direct personal contact at all.

It is also a good idea not to take the other person by surprise. They have a right to know that you intend to make amends. They have a right to refuse to let you do this at this time.... You can leave an open invitation to talk whenever and wherever they might feel comfortable at some time in the future

THE 9TH TRADITION

A.A. as such ought never be organized but we may create service boards or committees directly responsible to those they serve.

The words "Let's keep it simple" were the last Bill W. heard from his fellow founder of A.A. before Dr. Bob's death in 1950. Aware that "it" means our recovery program. Bill later wrote, "We need to distinguish sharply between spiritual simplicity and functional simplicity. ...When we get into questions of action by groups, by areas, and by A.A. as a whole, we find we must to some extent organize to carry the message-- or else face chaos. And chaos is not simplicity."

When Tradition Nine speaks of "A.A. as such." It goes to the heart of the "A.A. experience, to the "spiritual simplicity" of one alcoholic's saying, silently perhaps, "Help!" and another alcoholic's answering. "I know how you feel. We're here to help you." Such a relationship couldn't be organized. Or could it?

A nonmember familiar with modern business procedures might examine the A.A. practice of sponsorship and see it as a haphazard operation. How about computerizing it? Then an A.A. behind the intergroup desk might say, "So you want help? First, you need the right sponsor. We have personality profiles of all our sponsors fed into our computer. We'll match you up to the best one for you if you'll fill out this questionnaire. ...Where are you going? Come back!" That would be an attempt to organize "A.A. as such." (Please—nobody get any ideas!)

But in action by groups," we find that we do need some degree of organization. If everybody thinks somebody else is going to make the coffee, what's the result? No coffee! To avoid such a disaster, one or more members agree to be responsible for preparing the refreshments. All the way from coffee-brewers to trustees on the General Service Board, those who take part in A.A. service work are assuming responsibility---not taking on authority. (Here, traditions Two and Nine interlock.) Group officers are responsible to the members of the group; intergroup committees, to groups in one locality; institutional committees, to A.A. groups in treatment facilities and correctional groups in the U.S. and Canada; the General Service Office and board and the board's committees, to all groups and members everywhere.

In an average business corporation, the board has final power to determine company plans and policy. Our board of trustees serves in a custodial capacity: trustees vote at the conference—but as, individuals, with one vote apiece. In industry, branch offices jump when the home office speaks. Our G.S.O. is just a clearinghouse of A.A. information, offering suggestions based on experiences reported to it by the groups.

And yet, with so small a degree of organization, A.A. miraculously does work! One reason may be that Tradition Five applies to each A.A. committee and board as directly as it does to each A.A. group. By cleaving to this "one primary purpose." In all its activities, the Fellowship retains "spiritual simplicity." To diffuse that purpose, to embroil A.A. in issues apart from its true concern, would create dangerous complications....

September Anniversaries

Groups:

Lets Get Serious

None Reported

Serendipity Sisters

None Reported

Members:

Life Goes On

Robert B – 34 years

Serenity Sisters

None Reported

A Desire

Stacy S – 1 year

Larry K – 50 years

Tricia C – 2 years

Tattoo Bill – 23 years

Lunch Bunch

Sue S – 33 years

Singleness of Purpose

None Reported

All Good

None Reported

More Serenity Sisters

None Reported

Step in the right direction

None Reported

Aripeka

None Reported

Principles B4 Personalities

Ashley W – 3 years

Charlie B – 12 years

Bill F – 36 years

Tricia C – 2 years

StepSisters

None Reported

Brooksville Group

None Reported

Promises

Caryl M – 42 years

Nina V – 34 years

Donna L – 13 years

Steps We Took

None Reported

Fun and Frolic

None Reported

Sunset Group

None Reported

Happy Hour

Cindy C – 37 years

Frank S – 24 years

Ridge Manor Big Book Group

Jessica N – 5 years

Tina B – 8 years

Cathrine B – 10 years

Dave S – 13 years

Jacque J – 6 years

There is a Solution

None Reported

Heavy Hitters

None Reported

Thursday Night Step

None Reported

Hernando Beach

None Reported

Rough Roads

John H – 22 years

Julia B – 3 years

Steve T – 10 years

Tranquility Group

None Reported

Hope Group

None Reported

Women's Serenity

Amy – 1 year

Amy F – 1 year

Ashley W – 3 years

Caryl M – 42 years

Ladies Big Book

None Reported

Spring Hill Monday Nite

Eric A – 2 years

Young at heart

None Reported

Let Go Let God

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 or email them to anniversaries@aaahernando.org. Please submit by the 25th for the coming month.