

COMMUNIQUE

December 2022



HAPPY HOLIDAYS

This months story is from our new DCM, Lori S. Lori moved to Spring Hill a couple of years ago and is a member of Singleness of Purpose. group

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Interested in sharing your story? Contact us or submit it to: Communique@aahernando.org

HOLIDAY DRINKER

I grew up in Long Island in a rural area where everyone knew each other. Each family took turns having parties every weekend. Our father-built a bar in our family room in our basement, his best friend was a brick layer, and he built a beautiful bar.

I never saw an angry drunk, everyone always had fun. As I grew up, I only knew drinking as a way to have fun. I loved sitting on my grandmothers lap and sipping her Rheingold, everyone in our family and neighborhood drank Rheingold. Our neighborhood would have block parties, and everyone had their homemade brew out and I loved trying them.

As I grew up, I would drink only occasionally but when I did it was always to excess, and I always wanted more. When I became an adult, I only drank on holidays, although I didn't drink often when I did it was to excess. I got married and had 2 girls, it was an abusive relationship. I couldn't leave because of my daughters. One said she was so happy we were together; we were the only parents still together out of all her class at school. I ended up staying there for 21 years. By the time I left I was so beaten up emotionally I had no identity no self-worth and no self-love.

I left on the day my oldest daughter graduated from high school. I got an apartment and although we were separated, he was still trying to control everything in my life, and every decision. I finally had enough and moved to Pennsylvania. I had a friend there and she introduced me to several people. I was able to buy a house. I was transferring my job to Pennsylvania, but I was having difficulty with my knees, and I became unable to work. I went for therapy and by the time I was able to return to work my position was no longer available.

I began working as a manager in a fast-food restaurant, it was going well but I was lonely, so I started going to the bars on the weekends to meet people. One night while at work, I was held up at gunpoint and my coworkers and I were kidnapped. I was forced to drive with a gun held to my head. He finally let us go and we went back to the restaurant where we were met by the police.

The next day I tried to go back to work, but I couldn't do it, the fear and paranoia soon took over. This person knew my car, where I worked and possibly where I lived. I started drinking to keep the fear and paranoia at bay and to be able to sleep at night.

I wanted to find a job that I could work from home and medical billing was the perfect fit. I graduated with high honors. I went to work in a hospital in the medical billing department and had been working about a year when they sent me home to work remotely. I was still drinking heavy and drinking nightly to sleep, I was drinking vodka and other hard liquor, so I decided to switch to beer. I would stop at the brewery down the street and pick up a case of beer a couple of times a week, then I found out they delivered, at first, I would get a case every few days, then every other, then every day. Mornings were starting to get difficult so I would have a few sips to start my day before signing onto work. **Continued on page 3**

District 13 Officers

DCM
(484)661-8753

dcm@aahernando.org

Alternate DCM
Mark S.
(727) 858-8366
altdcm@aahernando.org

Treasurer
Linda M.
(812) 841-5601
dtreasurer@aahernando.org

Secretary
Michael E.
dsecretary@aahernando.org

District 13 Committees

Accessibilities
Richard C.- Chair
Diane B - Co-Chair
accessibilities@aahernando.org

Archives
Open

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

Communique Co-Chair & Anniversaries
John K. (352) 650-2324
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Grapevine
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Public Info (PICPC)
Jim S.
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Parliamentarian
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Treatment
Joe C.
treatment@aahernando.org

Intergroup Officers

Chairperson
Frank S
chair@aahernando.org

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Secretary
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(352) 442-6423
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Intergroup Liaison
Anthony C.
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HotLine
Johnny V.
(352) 346-6096

HEAART
Nancy E.
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heaart@aahernando.org

WebMaster & Meeting List
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webmaster@aahernando.org

Central Office & Book Store
4116 Lamson Ave
Spring Hill, FL 34608
(352) 683-4597

Office Manager - JJ M.
info@aahernando.org
Book Store Hours
Mon-Fri 9am-1pm
Saturday 9am-12pm

Hotline: Jonny V
(352) 346-6096

Monthly Intergroup Meeting
Friday December 2nd 2022
Forest Oaks Lutheran Church
8555 Forest Oaks Blvd
Spring Hill FL
6:30 PM

Monthly District Meeting
Monday, December 5th 2022
Holy Trinity Lutheran Church
1214 Broad St.
Masaryktown FL
6:15 PM

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.
info@aahernando.org

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



Holiday Drinker, Continued

That progressed to signing on and drinking and passing out. Soon I couldn't even make it to work in my own house. I still didn't know I had a problem. I would have conversations with my daughters and not remember. They asked me to stop drinking but I didn't get it, I never knew anyone that had a problem with drinking, so I didn't know.

I had an infection on my face and went to the doctors, she looked at it and informed me she would have to admit me to the hospital to put me on heavy duty antibiotics. I responded that I couldn't go into the hospital, I won't be able to have my beer in the morning and she said why I needed it ? And I told her I needed one to stop the shakes. She asked how much I drank, and I said about a case a day, she told me that she would make sure I got something while I was in the hospital and, when I got out, we would talk about an in-patient treatment. I said OK, but had no idea what she was talking about, all I knew was she was going to give me something while in the hospital. As I look back now, I laugh because I was expecting beer and all I got was Ativan. By the 4th day I was feeling my withdrawal and finally got out of the hospital but ended up back in a few days later for C-Diff because of the strong antibiotic they had given me, they put me back in the hospital and then withdrawals really started. When I left the hospital, I began calling rehabs and finally got into one. I believed they would teach me how to drink responsibly, socially, like a lady.. When I left rehab, I joined a group but never participated, got a sponsor but never called. I went back to work in the office, they didn't trust me to work from home anymore. I had to take the bus and walk up and down the hill daily and it really affected my knees to the point they swelled so much. I wasn't attending meetings because I was tired and in pain, so after 5 months I relapsed. My knees were so bad I was getting pain meds that didn't help much, so I started drinking and quickly became an everyday drinker. Every day I had a battle with myself that I wasn't going to drink today, but I lost that fight every time. I couldn't make it to work anymore and started having yard sales to be able to buy more beer. I wasn't answering the phone or looking at the mail anymore, but one day a manilla envelope came and I opened it. It was from the rehab I had gone to, and they were having an anniversary reunion, I remembered how wonderful I felt during those 5 months I had been sober, and I wanted it again. I started going to meetings and by the time of the anniversary I had 5 days. I got a new sense of hope and belief that I could be ok. I got a sponsor and started going through the steps. The first year was difficult and I lost my home. I lived in a campground and when it started getting cold, I worried about where I would go, I was homeless. I picked up the phone and called my sister and I asked if I could move back to Long Island and live with her and her sober husband. She said yes and I moved back and started looking for a job. A recruiter called me, and I interviewed for a job that was a perfect fit for me, I'm still with the same company, it's been almost 10 years. I believe God brought me to AA and AA has given me a life that I never thought possible. I thank God every day for a roof over my head and hot water. Today, I believe no one can hurt me unless I let them. I also believe, I should do it today because tomorrow may never come. **Lori S**

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

DCM CORNER

THANKSGIVING ALCOTHON

Words cannot express how grateful I m to all those who donated, participated and helped with the Thanksgiving alcothon. For a last minute event the day turned out awesome!. We should always remember the many blessings we receive daily, and our Responsibility Pledge. Special thanks to the members of the Fun and Frolic group, without their cooperation, donations and helpfulness, this event couldn't have taken place! Thank you and may God bless all of you!

In Service,
Eleanor B
DCM District 13

HOTLINE INFORMATION

The holidays can be difficult for so many, if you or anyone you may know needs help please call:

The Suicide Hotline 988

**Please visit our resource page at:
www.aahernando.org for additional help and other hotline informations**

AA Grapevine Announcement

We heard you, and we will be making two major changes over the next week to better serve our customers: We are switching to a new order fulfillment vendor better suited for our multi-platform subscription models Our online store will be integrated into Our main website for easier access and improved functionality.

Because of these changes, we expect brief service disruptions, especially for those ordering products online. Please be patient, and if you encounter a problem, come back later to try again. For urgent needs, you can call Grapevine and La Vina customer service at: (212)870-3417.

Thank you for your continuing support,
Chris Kavanaugh
Publisher

Gratitude Dinner

We would like to thank everyone that helped to make the night a success. Each committee had so many hard working people on it that contributed to the success. One committee provided a great dinner, we had so many turkeys and numerous sides (too many to count) all cooked by committee members and so many additions that people donated. All leftovers going to the VFW to feed the homeless. Another event was the basket raffle. Many groups donated baskets for the raffle and this event was able to raise over \$2,000, this raffle alone paid for the event. The speaker was Wayne B from California with 45 years of sobriety, fantastic speaker, sharing his experience strength and hope. The 7th tradition brought in \$350. and 50/50 \$700. Overall it was a great evening. Thanks to all..

Accessibilities Announcement

Start the new year with new service work. We at the Accessibilities Committee both want and need your help carrying A.A.'s message to the alcoholics who still suffer.

Join us on zoom for our first meeting to plan the New Year.

December 31, 2022 at 10:00 a.m.

Service Opportunities

- * Intergroup office in need of volunteers.**
 - * Corrections is in desperate need Of volunteers.**
- If interested in any position please contact Intergroup Chair or District DCM**
- You can also attend the next District meeting or Intergroup meeting.**
- Dates and times are listed.in the Communiqué**

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

Approved District Treasury Report

	Oct-22		BEGINNING BALANCE	
			Expenses	
DONATIONS	22-Sep	YTD		
A Desire/Friendship Gr	0	0	Litature	(\$28.61)
AA Way of Life	0	0	Print Plus	(\$325.00)
AlGood Grp	0	50	Service Charge	(\$12.00)
Anonymous	0	25	Area Rooms	(\$306.74)
Audio Big Book Group	0	0	Drop Box	(\$19.99)
Founders day 7th Trad.	0	55.5	Archives	(\$50.00)
Fun & Frolic Group	0	20	Workshop	(\$90.30)
Happy Hour Grp	0	125	Total	(\$832.64)
Hernando Beach Group	0	100	Deposits	
Heavy Hitters	0	52.5	Donations	\$242.70
Hope Group	0	300	Dep refund	\$50.00
Let Go Let God	0	75	Corrections	\$58.00
Living Sober	0	0		\$350.70
Principles Before Perso	0	20	ENDING BALANCE	
Ridge Manor Big Book C	0	100		
Rough Road Group	0	50	Beginning E CORRECTIONS	
Serendipity Sisters Gro	0	0	Expenses	
Singleness Of Purpose C	0	73	Hope Group Donations	\$68.00
Spring Hill Group	0	100	Interroup	\$79.00
Sunset Group	150	405	Lunch Bunch	\$19.00
The Steps we took	0	25	PB4P	\$20.00
There Is A Solution Gro	35	275	Ridge Mannor	58 \$181.63
Thursday Night Welcon	0	0	Rough Roads	\$54.00
Tranquility Group	0	50	Total	58 \$421.63
WISE Women	0	50		
Womens Serenity Grou	0	75		
Workshop	57.7	57.7		
Total Donations	242.7	2083.7	ENDING CORRECTIONS	

Approved Intergroup Treasury Report

Hernando County Intergroup Treasurer's report

Oct-22

Checking		Savings	
Beginning Balance 10/1/2022	\$ 3,060.12	Beginning Balance 10/1/2022	\$ 3,063.04
Total Withdrawals	\$ (5,257.57)	Total Withdrawals	\$ 500.00
Total Deposits	\$ 2,622.62	Total Deposits	\$ 0.02
Ending Balance 10/31/2022	\$ 425.17	Ending Balance 10/31/2022	\$ 3,563.06

Expenses

Rent - Intergroup Office	\$ 600.00	ck #5463
Printing plus - communique	\$ 135.00	
Utilities	\$ 196.97	
AAWS	\$ 1,918.70	
Inventory Various vendors	\$ 201.47	
Mcafee	\$ 129.99	
Insurance annual premium	\$ 904.12	
Gratitude Hall	\$ 784.58	ck #1006
Gratitude chair rental	\$ 200.00	ck #1007
Office Supplies	\$ 186.74	
Total	\$ 5,257.57	

Deposits

Cash/Checks	2384.06	includes transfer from savings
Square (Credit Cards)	238.56	
Total	2622.62	

The Twelfth Tradition

Anonymity is the spiritual foundation of all our Traditions, every reminding us to place principles before personalities.

Anonymity, as we observe it in A.A., is at root a simple expression of humility. When we use the Twelve Steps to recovery from alcoholism, we are *each* trying to achieve real humility self-respect on a solid base of truth, rather than on fantasies about ourselves. When we use the Twelve Traditions to work together in A.A. we are *all* trying to achieve humility: as individuals members, by recognizing A.A.'s true place in the world.

Tradition One reminds each of us that we are not recovering on our own, that we should control our personal desires and ambitions in order to guard the unity of our group and our Fellowship. We ought not (Tradition Two) fancy ourselves as big shots in A.A., no matter what office we hold.

All of us are just alcoholics together, and in our groups we are not entitled (Tradition three) to rule on qualifications of other alcoholics seeking the same help that we've had. Yes, a group needs humility too. It may make its name in public, but in the *spirit* of anonymity it should see the Whatever Group as merely part of a bigger whole (Tradition four), careful in every enterprise to consider the welfare of all other groups that make up A.A. In both group and individual activities, we should remember what the full name of our Fellowship is. It does not represent any established religion, nor is it a new religion. We are not evangelist or gurus out to save humanity; we are anonymous alcoholics trying to help other alcoholics (Tradition Five).

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STEP TWELVE

“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.”

In the final step of AA, you carry on the organization’s message (and what you’ve learned) to help others in their recovery from alcohol abuse.

There are three general purposes of step 12 :

1.Spiritual Awakening

In step 12, many people feel as if they have had a spiritual awakening. They’ve acknowledged a power greater than themselves , made amends, and have learned their role in managing their alcoholism. The 12th step is a time to be pleased with your accomplishments , but still remember that recovery is a lifelong process.

2.Practice the 12 Steps Principles Daily

You will need continued support from AA members and loved ones. Many use the 12 steps for the rest of their lives.

Every day , you’ll conduct a personal inventory and put into practice what you’ve learned in the previous steps. You’re open and you accept that the work of the 12 steps doesn’t end.

The goal is to practice the 12 principles every day and make recovery a long term commitment.

3.Carry the Message of Recovery to Others

And finally , the 12th step is about carrying the message of recovery to other alcoholics. You’ll share what the steps in AA offer to those struggling with alcohol. In addition to helping others, you build your self esteem and make a positive contribution to the recovery community. This is a great opportunity to meet new people and enjoy fulfilling experiences with others.

The Twelfth Tradition

In rising battle against alcoholism, we ought not let our pride in A.A. mislead us into linking our Fellowship with other agencies, in order to bid for a share in their power, prestige, and funds. If we keep Tradition Six and Seven in mind, we will instead direct all our efforts toward A.A.’s own unique purpose.

When we go on Twelfth Step calls, we should not tell ourselves how noble we are for doing such valuable work without pay. The meaning of Twelfth Step work without pay. The meaning of Twelfth Step work cannot be measured in money (Tradition Eight), and we *have* received advance pay for it, in coin of far grater worth—our very lives. In the same Tradition, it’s suggested that a service center maintains A.A. humility by paying it’s employees decent wages—rather that considering A.A. so virtuous an outfit that it’s employment there is a favor.

When we are given special responsibilities within A.A., Tradition Nine defines these as opportunities to *serve* not titles to flaunt. The humility of the Fellowship itself is safeguarded by tradition Ten with the refusal to set ourselves up against authorities, swinging our collective weight around in the public arena. We do not want to sell our programs as a “surefire remedy” in the extravagant terms of promotional campaign (Tradition Eleven), or dramatize it by identifying noted people in A.A., thereby implying that recovery has been for each of us an individual accomplishment. As Tradition Twelve reminds use, we have something stronger than our human personalities to rely on. Our principles come first—and they are not our own invention. They reflect eternal spiritual values. With this Tradition, both as individuals and as a fellowship, we humbly acknowledge our dependence on a higher power than ourselves

November Anniversaries**Groups:**

Life Goes On – 32 Years
Promises – 24 Years

Members:**A Desire**

Russell P – 14 Years
Barbie A – 19 Years

All Good

Gini B – 36 Years
Howard W – 45 Years

Aripeka

Jennifer – 12 Years
Roland – 29 Years

Brooksville Group

None Reported

Fun and Frolic

None Reported

Happy Hour

None Reported

Heavy Hitters

John C – 5 Years
Kelly T – 24 Years
Leo B – 7 Years
Mark C – 3 Years
Mark L – 10 Years
Michael L – 8 Years
Mike L – 5 Years
Pam P – 29 Years
Ron S – 25 Years
Tom L – 2 Years

Hernando Beach

Karen M – 34 Years
Nancy C – 1 Year

Hope Group

None Reported

Ladies Big Book

None Reported

Let Go Let God

Ken – 37 Years

Lets Get Serious

None Reported

Life Goes On

None Reported

Lunch Bunch

None Reported

More Serenity Sisters

None Reported

Principles B4 Personalities

Gini B – 36 Years

Promises

Sam A – 39 Years
Ken F – 37 Years

Ridge Manor Big Book Group

Robin O – 39 Years
John K – 4 Years

Rough Roads

Cliff C – 41 Years
Susan F – 36 Years
Toni O – 34 Years

Spring Hill Monday Nite

Renee O – 2 Years

Serendipity Sisters

None Reported

Serenity Sisters

None Reported

Singleness of Purpose

None Reported

Step in the right direction

None Reported

StepSisters

None Reported

Steps We Took

None Reported

Sunset Group

Jules D – 1 Year

There is a Solution

None Reported

Thursday Night Step

Andy K – 34 Years

Tranquility Group

Mark C – 8 Years

Women's Serenity

None Reported

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