

COMMUNIQUE

November 2022



Meet the Communique Team

Meet the Communique team. This is a series of stories from each of the members of our team. This month will feature John K. John has been on the Communique for over a year and does all of our graphics. You may also know John as our Webmaster. We hope you enjoy meeting our team.

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Interested in sharing your story?

Contact us or submit it to:
Communique@aahernando.org

IN THE JOURNEY OF SPIRITUAL GROWTH, WE NEVER ARRIVE

I am the youngest of 2, my sister is eight years older than me. I was adopted as a baby and grew up in a loving and supportive family. When I was 3 years old, we moved to Lake Norma, NC, growing up there was everything you could ever want from a community. Everyone knew each other and helped each other out with everything, you couldn't ask for a better place to call home.

Growing up my family was always involved in the church; I had a firm belief in God, and I had such a loving family. I was diagnosed early on as being dyslectic, so my parents tried to limit my sugar intake and I would steal food out of the cabinets to get my sugar or steal money from family to buy candy.

My parents sent me away to a school for dyslectic children when I was around fourteen. While I was there, I had a roommate whose parents had given him a phone card to call home, and at such a young age I figured out that I could write down the numbers and use his card to call my friends back home. Of course, they were able to trace it back to me. I was feeling bad about what I did and was walking into my room when I noticed a religious pamphlet someone had left. It had a little cartoon about being saved, I cried and prayed for God to come into my life, I felt as though I had had a spiritual experience that Bill talks about in the Big Book. When I got back home, I went to my pastor and asked to be re baptized and he said no there is only one time for that, but we can do a recommitment ceremony. I stayed focused and was involved with the church until I was around 16 then other distractions started coming into the picture. I found alcohol and it started eating up more and more of my time. One 4th of July, I went to my friends (We had pre-ordered our alcohol), to check everything out for that night and we decided to have a few wine coolers and some Mad Dog 20/20. My dad had asked me to mow the lawn that day, so I staggered home to mow after a few and got on the mower and went in 3 circles and couldn't do anymore and jumped down and went into the house and hugged the toilet for the rest of the night. My parents found me there and checked on me before they left to go out that night and found me in the same spot when they got back home. They never really said much about it, I think they thought it was just a normal teenage drunk. One day at school, I was out in the parking lot with some friends drinking a few beers and the Principle and Vice Principle came walking over, I shoved the beer under the tire of my car, they stood by the car talking to us and just as they went to walk away, (we thought we were home free), the Principle turned around and said whose car is that, I said mine, he looked at me and said "that's some pretty good parking, you didn't even drive over that beer" I couldn't believe it, I was caught. I was expelled from school that day, junior year with 6 weeks of school left.

I got out of school and decided to get my licenses to become a barber. As I was attending school, I worked at a convenience store and quickly learned how to embezzle money from the register. The store caught on quickly, probably because I wasn't the only one, and I got caught and fired.

District 13 Officers**DCM**

Eleanor B.
(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
anniversaries@aahernando.org

Corrections

Debbie Q.
corrections@aahernando.org

Grapevine

Jenlean G.
grapevine@aahernando.org

Literature

Linda S.
literature@aahernando.org

Public Info (PICPC)

Jim S.
picpc@aahernando.org

Parliamentarian

Wendy S.
parliamentarian@aahernando.org

Treatment

Joe C.
treatment@aahernando.org

Intergroup Officers**Chairperson**

Frank S
chair@aahernando.org

Alternate Chair

Jim B
(727)642-3533
altchair@aahernando.org

Secretary

Dee Mc.
(352) 442-6423
igsecretary@aahernando.org

Treasurer

Suzanne M.
(352) 584-5656
igtreasurer@aahernando.org

Intergroup Liaison

Anthony C.
igliasion@aahernando.org

HotLine

Johnny V.
(352) 346-6096

HEAART

Nancy E.
(352) 232-5207
heaart@aahernando.org

WebMaster & Meeting List

John K.
(352) 650-2324
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**Monthly Intergroup Meeting**

Friday November 4th 2022
Forest Oaks Lutheran Church
8555 Forest Oaks Blvd
Spring Hill FL
6:30 PM

Monthly District Meeting

Monday, November 7th 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)



Story Continued

By this time, I had gotten my barber license and was approached by a guy I knew that was also a barber to open a shop. I'm sure he knew my family had money and would help, (which they did) and we opened a barbershop together. Everything was going well, and we were making money. Across the street was a club with DJ's that dressed up and danced around, they hired me as a DJ and I loved it, every night I got to have fun and drink. When my money ran low, I went across the street to my barbershop and grabbed money out of the till. This started to become a problem and my partner, and I started fighting about it.

Around this same time, I met a flight attendant who owned a townhouse in Tampa, the townhouse had been rented but tenants were moving out and I was having problems with my partner, so this was the perfect time to leave. I move to Tampa and left the mess of the Barbershop to my dad to sort out. My Dad was always there to clean up my messes and help me out whenever I needed it.

My girlfriend lost her job as a flight attendant after testing positive on a drug test, she ended up leaving and I got a small apartment in Tampa. When my barber license finally transferred, I got a job and started making some money. This was when my drinking really took off, I was alone and didn't have many friends. I struggled financially for the next few years and knew I had to find a job that was consistent, a customer of mine was a firefighter and he told me I could do it. I quit drinking for a year entered the academy and started working out to get into shape. I made it, I passed all the exams and got a job as a firefighter.

After my graduation, we had a celebration, I decided I could drink again, it didn't take long to fall back into my old habits. Over the next several years I was in and out of several relationships. If I dated someone that drank like me, we fought all the time. If I dated someone that didn't drink, they left me very quickly.

I found someone that drank like me, and we had a 5-year relationship, we bought a house together and things got crazy quick, she would call the cops a lot, and I realized that my job could be in jeopardy if I didn't get out of this. I left and my father helped me to buy the house I currently have in Ridge Manor, setting up a repayment plan monthly with interest. For the first time I faithfully made my payments to my father.

I worked one day then had 2 off, perfect for me. I would stay home do some home improvement projects until I was drunk and passed out, then continue the next day. I began to see that I might have a problem, but I was determined to prove I could drink like everyone else.

I met my wife Erin on an online dating app. Things started out well, I was excited about this new relationship. I managed some control for a little while, but then began slipping back to my old behaviors. She said she had enough and if I didn't change my ways we were done. I conceded and agreed to stop drinking. I stopped for a little over a year, on will power alone, but I was irritable, and discontent and I let everyone know it. I really thought I had control.

We booked a cruise with some friends. Before we even boarded the ship we stopped at the bar, I decided I could have 1 drink, I drank that and ordered 1 more. Before the ship left port, I signed up for the unlimited drink package.

I had no understanding at that time that I had a disease which continued to progress whether I was actively drinking or not.

I put my family thru many more years of hell before finding these rooms in 2018. Over the next few weeks, I acquired a few white chips, but I kept coming. I got a sponsor and began working the steps. I became reacquainted with my Higher Power. I began to experience the power of connection with others. I began to feel hopeful and at ease. This program has taught me the necessary tools to work through most of my problems instead of hiding from them.

It is not always an easy path; the world didn't change when I got sober. Sometimes I still feel off.

I recently lost my father, although it was painful, I am so grateful I was able to be there not only in person but emotionally, and supportive. I was able to make amends to my father but also spend time with him and show him what a different person I am today. My sister was grateful I could be there for her too. This experience has changed me so much, I am grateful I am no longer the self-centered person I used to be. It. I have learned so much from this fellowship, more than I can ever repay.

It was recently suggested to me that "In the journey of spiritual growth, we never arrive. The job is never done."

John K.

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

Hernando County Intergroup Presents

2022



GRATITUDE
Dinner



Doors open 4:00 pm
Dinner starts 5:00 pm
Guest Speaker 6:30 pm
50/50 Raffle
Gift Baskets Raffle

Have your group donate a gift basket! Ideas:
Spa, Lottery, Gift Cards, Electronics, Garden,
Beach, Chocolate/Coffee Lovers, Pet supplies,
Cash.



Bring your basket to Gratitude Dinner

Bring your favorite holiday side dish or a dessert to share

No alcoholic turned away
For more info, contact Dee Mc: 352-442-6423

Jerome Brown Center
99 Jerome Brown Place, Brooksville

Gratitude Walk Through

November 3rd, 3 PM

Jerome Brown Center

Meeting in a Box

Are you or do you know of anyone who is unable to regularly attend meetings? Convalescing at home recovering or caring for a loved one? Extended stay at assisted living facility or hospital? We have a fully self-contained meeting in a box. Portable to take to any location and designed to leave no trace from set up to clean up. Coffee and percolator, cream, sugar, cups, readings, format, and commemorative chips for all who attend. Contact Richard C. or Diane B. at accessibilities@aahernando.org

Gratitude Quotes

At times, our own light goes out and is rekindled by a spark from another person. ...

Gratitude is the fairest blossom which springs from the soul. Henry Ward Beecher.

Gratitude turns what we have into enough. Anonymous.

Gratitude is a powerful catalyst for happiness.

District 13 Literature Committee

If you have tried to purchase books and other items from the Intergroup Office recently, you may already know that there have been printing delays and a backlog of orders due to ongoing supply chain issues worldwide. As people are returning to in-person meetings, the demand for literature is increasing, with no end to possible supply disruptions in sight for the near future.

With that in mind, the Literature Committee would like to create a pop-up style lending library, asking both the A.A. groups and individual members to donate any extra copies of A.A.W.S. books and reading materials to be made available to lend to other groups and individuals where there is a need. Our literature is a crucial part of our primary purpose to carry the message!

The Literature Committee would like to make the donated materials available at various events throughout the District calendar, such as Unity meetings, Founders Day, etc., as materials and volunteers allow. In between pop-ups, thanks to the spirit of unity demonstrated by our Intergroup, the collection will be available in the Intergroup office during office hours.

Please drop off your donations at the Intergroup office, or email me at: literature@hernando.org, And I will be glad to pick them up at your meeting place. Thank you for your service,

Linda S., District 13 Literature Chair

Service Opportunities

- * **Intergroup office in need of volunteers.**
- * **District 13 Archives**
- * **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 Communique

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

		Sep-22		BEGINNING BALANCE		\$1,149.31	\$1,149.31
				Expenses			
DONATIONS				Copies		(\$10.00)	
		22-Sep	YTD	Treatment		(\$7.73)	
A Desire/Friendship Gr		0	0	Print Plus		(\$279.82)	
AA Way of Life		0	0	Service Charge		(\$12.00)	
AlGood Grp		0	50	Zoom		(\$14.99)	
Anonymous		0	25	Drop Box		(\$19.99)	
Audio Big Book Group		0	0	Archives		(\$50.00)	
Founders day 7th Trad.		0	55.5				
Fun & Frolic Group		0	20	Total		(\$394.53)	(\$394.53)
Happy Hour Grp		0	125				
Hernando Beach Group		0	100	Deposits			\$578.50
Heavy Hitters		52.5	52.5	Donations		\$494.50	
Hope Group		100	300	Corrections		\$84.00	
Let Go Let God		0	75			\$578.50	
Living Sober		0	0				
Principles Before Perso		0	20	ENDING BALANCE			1333.28
Ridge Manor Big Book C		0	100				
Rough Road Group		50	50				
Serendipity Sisters Gro		0	0	CORRECTIONS			
Singleness Of Purpose C		37	73	Beginning Balance			\$1,511.27
Spring Hill Group		0	100	Donations			\$84.00
Sunset Group		255	255	Hope Group		\$68.00	
The Steps we took		0	25	Interroup		43 \$79.00	
There Is A Solution Gro		0	240	Lunch Bunch		\$19.00	
Thursday Night Welcor		0	0	PB4P		\$20.00	
Tranquility Group		0	50	Ridge Mannor		41 \$123.63	
WISE Women		0	50	Rough Roads		\$54.00	
Womens Serenity Grou		0	75				
				Total		84 363.63	
Total Donations		494.5	1841	Ending Balance			\$1,595.27

Grapevine Quotes

Thelma told me that, no matter how much I feared making bad decisions, I could not learn how to make good decisions except by making decisions. "You'll make mistakes," she said, "we all do. You will make some bad decisions before you learn how to make good ones, But what is true about good decisions is also true about bad ones: You will always learn from the consequences."

"Through the years, I have read thousands of books and pamphlets, but the Big Book is still the superstar. The love flowing from its pages encourages me to keep the blade of my sobriety ever sharp and gleaming, to cut through all the ignorance and terror that surround still – suffering alcoholic."

"The laughter in AA is what attracted me from the very beginning. The restorative power of laughter should never be underestimated. I have come to believe that I'm being restored to sanity when my sense of humor is restored and I cease to take myself so seriously."

Approved Intergroup Treasury Report

Hernando County Intergroup Treasurer's report			
Sep-22			
	Checking		Savings
Beginning Balance	\$ 3,598.64		Beginning Balance
Total Withdrawals	\$ (1,896.78)		Total Withdrawals
Total Deposits	\$ 1,358.26		Total Deposits
Ending Balance	\$ 3,060.12		Ending Balance
Expenses			
Rent - Intergroup Office	\$ 600.00		
Spectrum	\$ 8.00		
Unity rent (3 months)	\$ 150.00		
WREC	\$ 73.00		
AAWS	\$ 1,065.78		
Hazelden			
Recovery Accents			
District donation			
Office Supplies			
Total	\$ 1,896.78		
Deposits			
Cash/Checks	981.74		
Square (Credit Cards)	376.52		
Total	1358.26		

Group	2022 GROUP DONATIONS												YTD
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	
A Desire	\$ -												\$ -
Allgood Grp	\$ -		\$ 100.00					\$ 100.00					\$ 200.00
Anonymous		\$ 2.63											\$ 2.63
Aripeka Big book	\$ -												\$ -
AA Way of Life	\$ -	\$ 40.00											\$ 40.00
Audio Big Book	\$ -												\$ -
Bring Your own Big Book	\$ -				\$ 0.36								\$ 0.36
Founders Day								\$ 55.50					\$ 55.50
Fun And Frolic	\$ 120.76								\$ 100.00				\$ 220.76
happy hour	\$ -			\$ 25.00									\$ 25.00
Heavy Hitters	\$ 276.00							\$ 123.22	\$ 52.50				\$ 451.72
Hernando Beach	\$ -				\$ 100.72			\$ 100.00					\$ 200.72
Hope Group	\$ -	\$ 200.00											\$ 200.00
Ladies Big Book			\$ 50.00										\$ 50.00
Lets Get Serious	\$ -				\$ 0.56								\$ 0.56
Let Go and Let God	\$ 106.00			\$ 25.00			\$ 25.00						\$ 156.00
Life goes on	\$ -					\$ 70.00							\$ 70.00
Living Sober	\$ -	\$ 100.00		\$ 100.00									\$ 200.00
More Serenity Sisters	\$ -												\$ -
Monday Night Meeting	\$ 90.00			\$ 60.00									\$ 150.00
Picnic					\$ 288.04								\$ 288.04
Principles B4 personalities	\$ 125.70	\$ 65.10		\$ 54.09		\$ 263.70	\$ 79.50						\$ 588.09
Precisely II Big Book	\$ -			\$ 100.00				\$ 100.00					\$ 200.00
Precisely II	\$ -	\$ 100.00		\$ 100.00	\$ 100.00		\$ 100.00						\$ 400.00
Ridge Manor Group	\$ -												\$ -
Rough Road Group	\$ -												\$ -
Serenity Sisters	\$ -												\$ -
Singleness of Purpose	\$ 114.00				\$ 36.00				\$ 37.00				\$ 187.00
Spring Hill Monday Night	\$ -												\$ -
Step In the right direction	\$ 100.00												\$ 100.00
Sunset Group	\$ -	\$ 360.00											\$ 360.00
The Steps we took	\$ -						\$ 25.00						\$ 25.00
There is a Solution	\$ -	\$ 75.00	\$ 35.00	\$ 30.00		\$ 50.00							\$ 190.00
Together We Stand	\$ -								\$ 200.00				\$ 200.00
Tranquility Group	\$ -			\$ 37.50			\$ 37.50						\$ 75.00
Thursday Night Welcome	\$ -												\$ -
Tuesday Night B.B	\$ -												\$ -
Unity	\$ 284.50	\$ 458.62	\$ 300.36	\$ 296.00	\$ 347.00	\$ 283.28	\$ 360.50	\$ 336.50	\$ 374.00				\$ 3,040.76
Umbrella Group	\$ -												\$ -
Wise Women	\$ -	\$ 150.00											\$ 150.00
Women's New Beginnings		\$ 0.86											\$ 0.86
Womens Serenity Group	\$ 45.00												\$ 45.00
Total	\$ 1,261.96	\$ 1,552.21	\$ 485.36	\$ 827.59	\$ 872.68	\$ 666.98	\$ 627.50	\$ 815.22	\$ 763.50	\$ -	\$ -	\$ -	\$ 7,873.00

STEP ELEVEN

Sought through prayer and meditation to 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

Like Step 10 before it, Step 11 is considered a “living “ step, meaning it is one of continuous, ongoing work. There’s no timeline for “completing “Step 11 because you won’t ever really stop practicing it.

Spirituality runs deeply throughout the 12 Steps of Alcoholics Anonymous, like a stream to which you return to refresh your strength and sobriety—Step 11 of AA is where you’ll focus on this. In Step 2, you defined and embraced the idea of a Higher Power greater than yourself. In Step 3 you turned your life and will over to that Higher Power, and Step 5 through Step 7 asked you to go through the work of admitting and surrendering your shortcomings so that your Higher Power could cleanse you of these character defects.

With Step 11 of AA ,you’ll lean even more intentionally into that place mindfulness . Step 11 focuses on maintaining a spiritual practice that grounds you to your path of sobriety and deepens your connection to your higher power .

Step 11 ensures that we’re not putting our egos at the forefront of our spiritual relationship . Instead , all we ask is for the awareness to recognize our higher power’s will for us and the strength to listen and act accordingly . Just as we exhibited the humility to admit our wrongdoings , we must again have the grace to set aside our own wants for our greater spiritual good.

Regardless of how you choose to practice Step 11, one important principle remains true; avoid making requests or demands during your practice. It is no longer your own will or ego in the spotlight. Instead, mindfully open yourself up to receiving whatever lessons are there for you and humbly accept the work you must do to maintain a peaceful life of sobriety.

TRADITION ELEVEN

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.

“We or A.A.... do have to soberly face the fact that being in the public eye is hazardous, especially for us.” (12x12, 181.)

Attraction rather than promotion? The world seemingly functions as party X highlights it’s virtue over party Y’s Charity’ ABC heralds it’s endorsement by every well known name it can garnish support from. This product is best because this athlete or movie star says so.

Where would I be if it were not for Tradition 11? I would be DEAD. Period plain and simple. Promotion looks like elitism. Maybe that is because it is an election year and all the promotions become sickening. Parring back and forth about who is best. If alcoholic ego’s get into this, promoting A.A. in such a way. I would not have made it. I would have been “too_____” to be a part of it. One of the most attractive qualities about A.A. is the equal playing field. Thanks to the ideas of Tradition 11, A.A. has practiced what is preaches on page 84 - -Love & tolerance of others is our code. Tolerance of me not being the best team player when I arrived, not needing my money for promotions and not needing me to be “all that” in name or any other way. We are all just a bunch of drunks trying to survive. No other games being played here.

Below are some tough questions for each of us to ask themselves as to how well we attack, rather than promote tradition 11 check list.

1. Do I sometimes promote A.A. so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an A.A. member.
3. Am I careful about throwing A.A. names around—even within the fellowship.
4. Am I ashamed of being a recovered or recovering, alcoholic?
5. What would A.A. be like if we were not guided by ideas of Tradition Eleven? Where would we be?
6. Is my A.A. sobriety attractive enough that a sick drunk would want such a quality for himself?

These questions were originally published in A.A. Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many A.A. groups have since used them as a basis for wider discussion.

November Anniversaries**Groups:**

Ridge Manor Big Book Group -
19 years
There is a solution – 14 years

Members:**A Desire**

Britni W – 4 years
Maurice – 1 year

All Good

None Reported

Aripeka

None Reported

Brooksville Group

None Reported

Fun and Frolic

None Reported

Happy Hour

None Reported

Heavy Hitters

Richard L – 6 years
Tom B – 4 years
Brian W – 5 years
Richard C – 5 years
James S – 2 years
Todd L – 34 years
Diana – 6 years
Ken P – 8 years
Dawn P – 9 years

Hernando Beach

Vi L – 44 years
Jim S – 2 years
Marion J – 36 years
Nancy E – 34 years

Hope Group

Tom C – 48 years

Ladies Big Book

None Reported

Let Go Let God

Amy B – 32 years
Amy R – 5 years
Vi L – 44 years
Tony – 2 years

Lets Get Serious

None Reported

Life Goes On

None Reported

Lunch Bunch

None Reported

More Serenity Sisters

None Reported

Principles B4 Personalities

Amy B – 32 years
Amy R – 5 years
Bonnie A – 14 years

Promises

Jerry J – 42 years

Ridge Manor Big Book Group

None Reported

Rough Roads

Elizabeth – 39 years
Eric J – 3 years
Marian J – 36 years

Spring Hill Monday Nite

Bob B – 5 years
John F – 43 years

Serendipity Sisters

Maggie – 12 years

Serenity Sisters

Maggie C – 12 years
Melanie W – 28 years
Sherry S – 3 years

Singleness of Purpose

David M – 35 years
Steve D – 42 years

Step in the right direction

None Reported

StepSisters

Darla – 30 years
Nancy E – 34 years

Steps We Took

None Reported

Sunset Group

Ashley W – 4 years

There is a Solution

None Reported

Thursday Night Step

None Reported

Tranquility Group

Mark S – 6 years
Steve D – 42 years

Women's Serenity

Luann – 18 years
Vi – 44 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 or email them to anniversaries@aaahernando.org. Please submit by the 25th for the coming month.