

# COMMUNIQUE

HERNANDO COUNTY, FLORIDA



## It Wasn't About Alcohol

I've known since I first became aware of life around me that I was different, but I had no idea what it was. Being one of six siblings, it was easy to hide under the heap, so no one would notice me or my differences. That terrible feeling of tenseness followed me around everywhere. I didn't know the name of that feeling was "fear." You might think with so many kids that I'd have some idea of how to be social; not so with me. I was shy and introverted, awkward, and just a weird kid. Square peg; round hole. You get the picture. My sister was the social butterfly. I so envied her ability to meet new people and fit in. I felt so lonely even in a roomful of family, and there was ALWAYS a roomful of family.

My first drink of alcohol at age 13 removed that skin-crawling feeling for a short time. I was at a party with other kids around my age on the golf course one summer night, and I thought I would gag on the taste of beer. It was horrible! I wanted to fit in so badly that I kept drinking, or, should I say, choking down, that beer. I wanted to see what would happen, if the effect would be as good for me as for the people around me. After 15 or 20 minutes, I began to feel euphoric. I couldn't believe it. I felt free and happy! I lost my self-consciousness, and the tension I had felt for my entire life went away. Well, for at least 20 minutes while the alcohol worked its magic on me. The moon was brighter, the people with me were my friends, and I finally felt like I fit in somewhere. I forced down another beer, and the feeling increased. These people were so funny! I hadn't laughed like that in forever! And then I had a reaction to the alcohol in my system. I was so nauseous; I couldn't stand it. Two beers were enough to give me the best feeling I ever had, and then I felt like I had drunk poison. I swore I would never do that again! Famous last words.

Of course, I did it again. I'm an alcoholic. Fast forward 8 years: I'm 21, ...

*(Continued on page 3 ...)*

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## Calendar

Mon	01/02	District Meeting 6:15 PM 1214 Broad St, Masaryktown
Fri	01/06	Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
Fri	01/13*	Area Assembly, 6:00 PM 10400 County Road 48, Howey-in-the-Hills
Sat	01/14*	Unity Meeting, 6:30 PM 6363 Commercial Way, Weeki Wachee
Mon	02/02	Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
Fri	02/06	District Meeting 6:15 PM 1214 Broad St, Masaryktown
Sat	02/11*	Unity Meeting, 6:30 PM 6363 Commercial Way, Weeki Wachee

\* - More details in this newsletter

## Intergroup Officers

### CHAIRPERSON

Frank S.  
chair@aahernando.org

### ALTERNATE CHAIRPERSON

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 Contacts

### OFFICE MANAGER

JJ M. 352-683-4597  
info@aahernando.org

### Intergroup Office Hours

Mon-Fri 9am-1pm  
Saturday 9am-12pm  
(Checks payable to Hernando Intergroup)

### HOTLINE 352-683-4597

### Chairperson:

Johnny V. 352-346-6096

### HEAART

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

### INTERGROUP LIAISON

Anthony C.  
igliaison@aahernando.org

### UNITY MEETING

Anne Marie Chair 352-277-6304  
Nancy Asst. Chair  
unity@aahernando.org

### WEBMASTER & MEETING LISTS

John K.  
(352) 650-2324  
webmaster@aahernando.org

## Intergroup Meeting

### First Friday of the month

Jan 6<sup>th</sup>, Feb 3<sup>rd</sup> at 6:30 PM  
Forest Oaks Lutheran Church  
8555 Forest Oaks Blvd.,  
Spring Hills

## District 13 Officers

### DCM

Lori Ann S. 631-480-3200  
dcm@aahernando.org

### ALTERNATE DCM

Mark S. 727-858-8366  
altdcm@aahernando.org

### SECRETARY

<V A C A N T>  
dsecretary@aahernando.org

### TREASURER

Linda M. 812-841-5601  
dtreasurer@aahernando.org

## District 13 Committees

### ACCESSIBILITIES

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

### ARCHIVES

Elizabeth S. 352-942-2591  
archives@aahernando.org

### COMMUNIQUE

Maryanne N. 914-466-9116  
communique@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

<V A C A N T>  
parliamentarian@aahernando.org

### TREATMENT

Joe C.  
treatment@aahernando.org

## District Meeting

### First Monday of the month

Jan 2<sup>nd</sup>, Feb 6<sup>th</sup> at 6:15 PM  
Holy Trinity Lutheran Church  
1214 Broad St., Masaryktown

## Unity Meeting Schedule

Saturday, January 14<sup>th</sup>  
Hosted by: **Heavy Hitters**

Saturday, February 11<sup>th</sup>  
Hosted by: **A Desire**

Doors open at 6:30, meeting at 7:00 pm.  
Nativity Lutheran Church, 6363  
Commercial Way, Weeki Wachee, FL

**We are looking for host groups for the  
Unity Meeting for April through August  
2023**

For more information please contact:  
Anne Marie, Chair: 352-277-6304

## 2023 AREA 14 ASSEMBLY DATES

Jan 13-15  
April 14-16  
July 7-9  
Sept 29-Oct 1

Area Assembly location: Mission Inn Resort & Club, 10400 County Road 48, Howey-in-the-Hills, FL. 352-324-3101, 800-874-9053 (toll free.) Check in 4:00 PM, check out 12:00 PM. See Area Assembly website for more information:

[aanorthflorida.org/assembly\\_agenda.asp](http://aanorthflorida.org/assembly_agenda.asp)



*Daily meditation for about 20 minutes is recommended for all in recovery; unless, of course, you're very busy - then you should meditate for an hour.*

## Hernando County Intergroup

### Central Office & Book Store

4118 Lamson Ave.  
Lamson Woods Plaza  
Spring Hill, FL 34608  
Office Manager: JJ M.

**352-683-4597**

Intergroup Office Hours:

Mon - Fri 9 am–1 pm

Saturday 9 am–12 pm

[info@aahernando.org](mailto:info@aahernando.org)

## Group Donation Addresses

### Attention all Group Treasurers:

Please send donations to the following:

#### District 13 Treasurer

P.O. Box 10653

Brooksville, FL 34605

***(Checks payable to District 13)***

#### Hernando Intergroup Office

Suzanne M. –Treasurer

4118 Lamson Ave.

Spring Hill, FL 34608

***(Checks payable to Hernando Intergroup)***

#### North Florida Area Assembly

P.O. Box 226

DeLeon Springs, FL 32130

[aanorthflorida.org](http://aanorthflorida.org)

***(Checks payable to NFAC)***

#### General Service Office

PO Box 459

Grand Central Station

New York, NY 10163

[aa.org](http://aa.org)

***(Checks payable to GSO)***



### IT WASN'T ABOUT ALCOHOL *(continued ...)*

... drinking more frequently, and still getting sick from the alcohol. The feeling of alienation from my fellow humans and episodes of full-blown anxiety had grown over those years, and I had few connections with people. All I could see was my own suffering, not anyone else's. I felt like a child in an adult's body. I think of myself as a reasonably smart human being, but in this instance, I have a major blind spot. I could not see that alcohol was already my master. I always wanted to try a different way to drink so I could escape my feelings, and not get sick: no more of that stuff, try this drink, don't eat on an empty stomach ... No matter what I tried, I always got sick from it, but I wasn't willing to give up the release that I got from my cares for those few minutes after the alcohol took effect. As I look at it from this side of my life, it sounds crazy to me that I couldn't recognize that.

Did I mention that both of my parents, several step parents, and all four of my brothers either are or were in A.A.? I grew up in an alcoholic circus, and yet, one by one, my family started getting sober.

My moment of truth came when my mother got drunk again. She had been in A.A. since I was three, but she couldn't seem to stay sober. Here she was, in her mid-40s, drunk again, standing in the middle of the living room, and complaining that it was everyone else's fault why her life was so bad. Even I could see, as blind and self-absorbed as I was, that she had SOMETHING to do with her problems. I listened to her, and all I could see was myself. I behaved just like her. All the problems in my life were someone else's fault, not mine. I played the classic victim, just as she did.

My dad had been sober for 15 years at that point, so I asked him if alcoholism could be my problem. I think he must have danced a jig (in his mind, not in front of me) at the question. He had probably been waiting for years for me to ask for help. He introduced me to his friend, Barbara, who's first question was: "Do you have a problem with alcohol?" I had no idea. I was 21, inexperienced at everything and unsure of who or what I was. I had never had a blackout and only one hangover in my life. I had never lost a job, crashed a car, or had a DWI. She said, "Don't worry about it; try 90 meetings in 90 days, and, if you feel like this isn't for you, you can always leave, and your misery will be cheerfully refunded." And that was the start of my spiritual recovery. I never noticed an obsession with alcohol, even though I kept trying to drink "right." Alcohol certainly had its hooks into me, but giving it up was nothing to me. The unmanageability in my life (really, in my mind) was so clear to me that I got the second half of the first step right away ("... that our lives had become unmanageable.")

Since then, I've gone through the steps with Barbara and had an awakening of my spirit, which had been dying until I came to A.A. I see life in such a different way than I did right up until that first A.A. meeting. I continue to work the steps, sponsor people, have a sponsor, do service for A.A. at every opportunity, and do my best to enlarge my spiritual life. The self-absorption and fear that plagued me before I got into the program still occasionally bother me, but they don't cripple me anymore. I have the freedom I was trying to find with alcohol without the side effects!

Yours in service,

Maryanne N.

## DCM Corner

Let me introduce myself. I'm Lori, I am an alcoholic. I can't wait to meet you. It is my goal to attend as many different meetings as possible so that I may introduce myself in person. I have been sober for 10 years. The only way that was possible, for me, was to apply the 12 steps of Alcoholics Anonymous to all my affairs one day at a time.

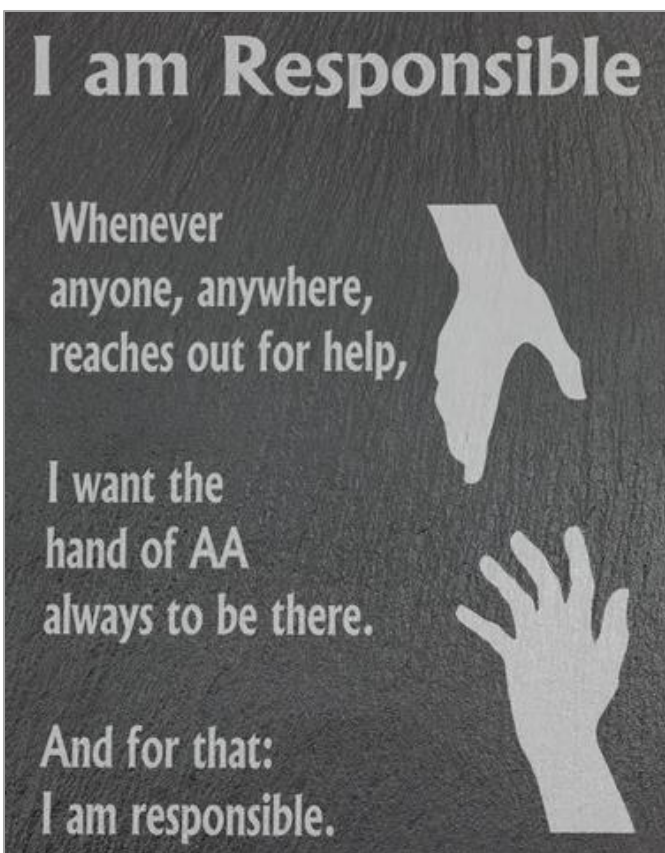
As much as I try to plan ahead my day, it most often does not go as planned. In early sobriety, I was told I could start my day over at any given time and I did many times. But as I grew in the program, I came to believe that my day goes exactly as it should, as long as I trust in my Higher Power.

In Service,  
Lori Ann  
DCM  
District 13



- Does your group have a HEAART rep?
- Does your group have a HEAART packet?
- Is your group ready if an emergency should occur?
- Would you be interested in being a HEAART rep for your group?

*Thanks to all the HEAART reps who worked with us in 2022! If you would like more information about HEAART, please contact Nancy E.: 352-232-5207*



## Service Positions Available

Thinking about a service position? District 13 is looking to fill the position of secretary. No experience necessary, but some sobriety is required.

District 13 is also looking to fill the position of parliamentarian. Are you familiar with *Roberts Rules of Order* (first published in 1876, according to [Wikipedia](https://en.wikipedia.org/wiki/Roberts_Rules_of_Order))? "Roberts Rules" is the standard for facilitating discussions and group decision-making. Copies of the rules are available at most bookstores and online. Questions regarding meeting procedure would be referred to the parliamentarian during the district meeting.

If you are interested in either position or have questions, please contact any of the district officers listed on the second page of this newsletter.

## About Concept 1

This responsibility was transferred to our entire Fellowship on behalf of Dr. Bob by Bill W. at the St. Louis International Convention in 1955. Until then overall services were the sole function of a few old-time A.A.s, several nonalcoholic friends, Doctor Bob and Bill W. For all the years of A.A. infancy, the old timers had been the self-appointed trustees of Alcoholics Anonymous.

There were several reasons for this shift of ultimate responsibility and authority to A.A. as a whole. In 1948 it became known that Dr. Bob was suffering from a fatal illness. The founders faced the fact that they were perishable. Another reason for the shift centered around Tradition Two, which declares, "For our group purpose there is but one ultimate authority – a loving God as he many express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Alcoholics Anonymous has been called an upside-down organization because the ultimate responsibility and final authority for world services resides with the groups rather than the trustees, the General Service Board or General Service Office.

### The First Tradition

*Our common welfare should come first; personal recovery depends upon A.A. unity.*



*Our individual sobriety depends on the group. The group depends on us. We soon learn that unless we curb our individual desires and ambitions, we can damage the group...*



## Step 1

We admitted we were powerless over alcohol, that our lives had become unmanageable.

### Tradition 1 (Short Form)

Our common welfare should come first; personal recovery depends upon A.A. unity.

### Tradition 1 (Long Form)

Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

## Concept 1

The final responsibility and ultimate authority for A.A. world services should always reside in the conscience of our whole Fellowship.



### Corrections: Items Not Allowed In From Will Ingersol, Programs Deputy at the Hernando County Sheriff's Office:

*Please be very careful when bringing items into [the] facility. As you know we do not allow any items with staples to be brought in. This past week we found and confiscated several items that are in violation of our policy.*

*Our Daily Bread  
Daily Bread Christmas edition  
In Touch*

*If you know an item is not allowed DO NOT bring it in.*

## Hernando County Intergroup Treasurer's report

Nov-22

Checking		Savings	
Beginning Balance 8/1/2022	\$ 425.17	Beginning Balance 8/1/2022	\$ 2,563.06
Total Withdrawls	\$ (4,210.19)	Total Withdrawls	\$ (800.00)
Total Deposits	\$ 4,255.83	Total Deposits	\$ 1,500.02
Ending Balance 8/30/2022	\$ 470.81	Ending Balance 8/30/2022	\$ 3,263.08
<b>Expenses</b>			
Office/utilities	\$ (803.97)		
Checks - #1008	\$ (200.00)		
#1010	\$ (210.84)		
#1011	\$ (1,000.00)		
Sam's - Gratutude	\$ (312.36)		
Inventory	\$ (34.95)		
Printing Plus	\$ (148.07)		
Transfer to savings	\$ (1,500.00)		
<b>Total</b>	<b>\$ (4,210.19)</b>		
<b>Deposits</b>			
Cash/Checks	\$ 4,038.00		
Square (Credit Cards)	\$ 217.83		
<b>Total</b>	<b>\$ 4,255.83</b>		

DISTRICT TREASURY REPORT FOR NOVEMBER 2023

<b>BEGINNING BALANCE</b>					2022 November		
Expenses							
	Corrections	\$0.00			<b>DONATIONS</b>		
	Treatment	(\$53.25)				22-Sep	YTD
	Print Plus	(\$325.00)			A Desire/Friendship Group	\$0.00	\$0.00
	Service Charge	(\$12.00)			AA Way of Life	\$0.00	\$0.00
	Area Rooms	\$0.00			AlGood Grp	\$0.00	\$50.00
	Drop Box	(\$19.99)			Anonymous	\$0.00	\$25.00
	Archives	(\$50.00)			Aripeka Tues	\$100.00	\$100.00
	Copies	(\$6.00)			Audio Big Book Group	\$0.00	\$0.00
	<b>Total</b>	<b>(\$466.24)</b>			Founders day 7th Trad.	\$0.00	\$55.50
					Fun & Frolic Group	\$30.00	\$50.00
Deposits		\$518.00			Happy Hour Grp	\$0.00	\$125.00
	Donations	\$490.00	\$490.00		Hernando Beach Group	\$0.00	\$100.00
					Heavy Hitters	\$0.00	\$52.50
	Corrections	\$27.50			Hope Group	\$0.00	\$300.00
		\$517.50			Let Go Let God	\$25.00	\$100.00
<b>ENDING BALANCE</b>					Living Sober	\$0.00	\$0.00
					Principles Before Personalities	\$0.00	\$20.00
					Ridge Manor Big Book Group	\$0.00	\$100.00
					Rough Road Group	\$0.00	\$50.00
<b>Beginning Balance</b>	<b>CORRECTIONS</b>		\$1,373.17		Serendipity Sisters Group	\$0.00	\$0.00
Expenses					Singleness Of Purpose Gp	\$0.00	\$73.00
Donations			YTD		Spring Hill Group	\$0.00	\$100.00
Hope Group			\$68.00		Sunset Group	\$0.00	\$405.00
Intergroup		\$21.50	\$100.50		The Steps we took	\$0.00	\$25.00
Lunch Bunch		\$6.00	\$25.00		There Is A Solution Group	\$45.00	\$320.00
PB4P			\$20.00		Thursday Night Welcome	\$90.00	\$90.00
Ridge Mannor		\$0.00	\$181.63		Tranquility Group	\$0.00	\$50.00
Rough Roads			\$54.00		WISE Women	\$0.00	\$50.00
<b>Total</b>		\$27.50	\$449.13	\$27.50	Womens Serenity Group	\$200.00	\$275.00
					Workshop	\$0.00	\$57.70
<b>ENDING CORRECTIONS</b>				\$1,400.67			
<b>Bank Balance</b>		\$672.30			<b>Total Donations</b>	\$490.00	\$2,573.70

**JANUARY ANNIVERSARIES**



Send us anniversary information for your group at [www.aahernando.org](http://www.aahernando.org). Look for the "Submit Anniversaries" link at the top of the home page, or email them to [anniversaries@aahernando.org](mailto:anniversaries@aahernando.org). Please submit by the 25th of the month for the following month.

**Group Anniversaries**

(Date registered with GSO)

A Desire.....	45
Aripeka .....	42
Hope Group .....	43
Rough Roads.....	28
Step Sisters .....	9
Sunset .....	18
Tranquility.....	34
<b>A Desire</b>	
Robert N.....	21
Grace H.....	2
<b>AI Good</b>	
Heather C.....	23
Dan V.....	6
Norm A.....	38
Tom G.....	43
<b>Aripeka</b>	
Tom G.....	43
Fredrick .....	34
John C.....	42
Patty P.....	9
<b>Brooksville</b>	
Angel N.....	2

**Happy Hour**

Bonnie T.....	33
Bud S.....	44
Carol R.....	17
Joey H.....	13
Scott P.....	9

**Hernando Beach**

Deborah Anne C.....	15
Jack J.....	49
Audrey R.....	20

**Heavy Hitters**

Alisa.....	2
Bud.....	43
Fran.....	4
Jack D.....	4
Jim H.....	42
Joey H.....	2
Kevin W.....	5
Marian.....	2
Mike L.....	8
Mike T.....	7
Robert R.....	1
Sandy S.....	30
Schelene D.....	1
Scott N.....	2
Tim H.....	1
Tony A.....	9

**Ladies Big Book**

Andi S.....	11
Nettie.....	62

**More Serenity Sisters**

Jane F.....	5
Marianne M.....	3

**Principles Before Personalities**

Charlotte.....	46
Chris H.....	9
Jane F.....	5

**Promises**

Mary M.....	38
Mike P.....	43

**Ridge Manor Big Book**

Ed C.....	19
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**Rough Roads**

Bill R.....	18
Dianne M.....	18
Julie T.....	8
Murry J.....	46

**Spring Hill Monday Night**

Jack B.....	48
Ken L.....	12

**Serendipity Sisters**

Katrina.....	15
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**Step in the Right Direction**

Leo L.....	11
Patty P.....	9

**Step Sisters**

Andi S.....	11
Gina.....	8
Lisa T.....	35

**Steps We Took**

Leo L.....	11
Randy S.....	8
Tim D.....	17

**There is a Solution**

Cheryl B.....	6
Judy D.....	53
Robbie S.....	3

**Thursday Night Step**

Renee D.....	5
Jack B.....	48

**Tranquility**

Samantha N.....	3
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**Women's Serenity**

Deborah Ann.....	15
Wendy S.....	30
Karen A.....	28

*An Attitude  
of  
Gratitude*

**24 Hour  
HOTLINE**

**7 DAYS week  
365 DAYS a year  
352-683-4597**

**VISIT OUR WEBSITE  
[aahernando.org](http://aahernando.org)**  
*for all your event info and meeting  
schedules when you are on the go.  
If you have any changes or event  
information to add please email  
[webmaster@aahernando.org](mailto:webmaster@aahernando.org)*

**If you find a mistake in  
this newsletter, please  
consider that it is there  
for a purpose.  
We publish something for  
everyone, and some  
people are always looking  
for mistakes.**