



COMMUNIQUE



Becoming Powerless

Hi everyone, my name is Peggy, and I am an alcoholic.

I remember my first buzzed drinking because it had such an impact on my life for the next 17 years. I was 13 years old and over at my cousin's house. I loved it over there because her parents did not have the strict rules that mine did. My aunt and uncle had had a party where we snuck out a few beers and drank them in the basement. They tasted horrible, but we both finished what we had taken. Afterwards I went to the bathroom to look at myself in the mirror because I knew something wonderful had happened. I now realized that I was worthwhile: I was beautiful; I was charming and very funny. I was enough! Up until that moment I had always thought that there was something a bit off about me. I didn't match up to what I was supposed to be (I secretly thought I was an alien.) But those beers!!! They opened up a whole new door of fitting in, self-confidence, and most of all: self-approval.

There is no need to go into detail about the next seventeen years; just know that I chased after that elusive feeling of being "good enough". At first, I thought it would happen at 3 drinks; no. Maybe 5 drinks; no. Maybe 10 drinks; nope. And so on and so on. I could never seem to reach that wondrous state of mind, but I pursued it with a vengeance.

Fast forward – I'm 30 years old; drinking every day and never finding that peace of mind and wanting to end my life. My misery is complete. I have placed myself in a dark dungeon of total hopelessness. I hate God so much and think he is here to laugh at my failure as a human being.

My plan for suicide ended up getting me help. A therapist quickly saw my drinking was more than a little problem. She challenged me to only drink two drinks per day. I thought this would be so easy – until I tried it. No matter how I tried to control my intake, once I started drinking, I could not stop. IT WAS MADDENING!!! This agony went on for a few months until one day the first step rang out in my head. "I am powerless over alcohol and my life is unmanageable." NOOOO, oh the deep despair!
(Continued on page 2 ...)

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EVENT CALENDAR

Fri 06/02	Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
Sat 06/03	Accessibilities 10:00 AM 4116 Lamson Ave, Spring Hill + Zoom
Mon 06/05	District Meeting 6:15 PM 1214 Broad St, Masaryktown
Sat 06/10	Unity Meeting 6:30 PM 6363 Commercial Way, Weeki Wachee
Sat 06/24	Founders Day 4:00 PM 109 S. Broad Street, Brooksville
Sat 07/01	Accessibilities 10:00 AM 4116 Lamson Ave, Spring Hill + Zoom
Mon 07/03	District Meeting 6:15 PM 1214 Broad St, Masaryktown
Fri 07/07	Area Assembly Registration 6:00 PM 10400 County Road 48, Howey-in-the-Hills
Fri 07/07	Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
Sat 07/08	Area Assembly 8:00 AM 10400 County Road 48, Howey-in-the-Hills
Sat 07/08	Unity Meeting 6:30 PM 6363 Commercial Way, Weeki Wachee
Sat 07/09	Area Assembly 8:00 AM 10400 County Road 48, Howey-in-the-Hills
Sat 07/16	Intergroup Spring Picnic 11:00 AM 16739 Crews Lake Dr, Spring Hill



STEP 6

We're
ENTIRELY
 READY **TO HAVE**
GOD
 remove
 ALL OF THESE
DEFECTS
of character

Hernando County Intergroup

Central Office & Book Store

4116 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

Group Donation Addresses

Attention all Group Treasurers:

Please send donations to the following:

District 13 Treasurer

7381 Lykes Dublin Road
Brooksville, FL 34601

(Checks payable to District 13)

Hernando Intergroup Office

Suzanne M. – Treasurer
4116 Lamson Ave.
Spring Hill, FL 34608

(Checks payable to Hernando Intergroup)

North Florida Area Assembly

PO Box 6301
Jacksonville FL 32205-9998

aanorthflorida.org

(Checks payable to NFAC)

Please note new address:

General Service Board

PO Box 2407
James A Farley Station
New York, NY 10116-2407

(Checks payable to GSB)



(... Continued from page 1)

experienced at that moment. I really thought all the fun and joy were done with in my life.

With a heavy and belligerent heart, I started to attend AA meetings. I remember looking at those 12 steps and rejecting both step 2 and step 3 right away. For the next 2 and 1/2 years I went to AA meetings and did not drink, but I followed none of the suggestions (90 meetings in 90 days, sponsorship, home group, step work...) I tried it on my own and lived a life of rage and discontent. People kept trying to get me to open up and become willing to bring spirituality into my life, but I was stubborn (and stupid.) Suicidal thoughts dogged my every step. One friend in AA kept telling me to "get a God of my own understanding, not the God of my youth." And one day the miracle happened!! I looked to the skies, opened my heart, and asked a Higher Power to enter my life. Immediately I felt such a feeling of peace and joy. All of a sudden, I realized that I was worthwhile, beautiful, funny, charming, and enough! As a matter of fact, I was more than enough. All thoughts of suicide ended right there and never came back.

This spiritual awakening allowed me to finish steps 2 and 3 then and there. I was now ready to being working on the rest of the steps and went out to find a sponsor. My new loving God led me to a woman who needed me just as much as I needed her. She led me through the rest of the 12 steps and I thank God for her guidance and kind heart. Life today is not perfect, but I now have a loving God who brings me joy, laughter, friendships, and moments of true serenity. On bad days, no matter how far down I let myself go, God is always there with me to bring me back with love.

So, if I have any words to share with you, dear reader, it is to STAY with the program until the miracle happens. If you want to do this with a minimum of pain: get a sponsor, find a home group that makes you comfortable, work the steps, and find a Higher Power that loves you!

Thank you,
Peggy G.

Singleness of Purpose Group



Get Your HEAART Started!

HEAART REPS! June 1st is the start of another hurricane season. Find your HEAART folders, and keep them close by. Please text or email Nancy E. if:

- your group has had any changes such as time or location
- you have had changes to your phone number or email
- you can no longer be a rep

If you belong to a group, and there is no HEAART rep, let your group know it would be beneficial for the group to have one. The description of a HEAART REP is as follows: *if a state of emergency is called (example: hurricane, fire, or Covid), the HEAART rep is the one who would check to see if their meeting has been shut down and what meetings are still up and running*

Thank you to all the HEAART reps for your service, and I pray for an uneventful hurricane season. Please text Nancy E. at 352 -232 -5207 or email her at:

heaart@aahernando.org

www.aahernando.org

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
4116 Lamson Ave. Spring Hill

Intergroup Office Hours

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

COMMUNIQUÉ (INTERGROUP)

John K. 352-650-2324
communiqué@aahernando.org

HOTLINE 352-683-4597

Chairperson:

Johnny V. 352-346-6096

HEAART

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

INTERGROUP LIAISON

Pam H. 352-424-5352
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

Jun 2nd, Jul 7th at 6:30 PM
Forest Oaks Lutheran Church
8555 Forest Oaks Blvd,
Spring Hill



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. Chair
Diane B. Alt Chair
accessibilities@aahernando.org

ARCHIVES

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

COMMUNIQUÉ (DISTRICT)

Maryanne N. 914-466-9116
communiqué@aahernando.org

CORRECTIONS

Debbie Q. 314-607-4670
Lisa W. 912-312-0210
corrections@aahernando.org

GRAPEVINE

Tom H. 352-502-1274
grapevine@aahernando.org

LITERATURE

Linda S.
literature@aahernando.org

PUBLIC INFO (PICPC)

Jim S.
picpc@aahernando.org
PARLIAMENTARIAN
Diana B. 727-470-1642
parliamentarian@aahernando.org

TREATMENT

Joe C.
treatment@aahernando.org

District Meetings

District-1st Monday

Jun 5th, Jul 3rd at 6:15 PM
Holy Trinity Lutheran Church
1214 Broad St., Masaryktown

Accessibilities-Sat before 1st Mon

Jun 3rd, Jul 1st at 10:00 AM
4116 Lamson Ave, Spring Hill and
Zoom Meeting ID: 852 0319 0787
Passcode: 820000 (all 2023 meetings)

Unity Meeting Schedule

Saturday, June 10th

Hosted by: **Hope**

Saturday, July 8th

Hosted by: **More Serenity Sisters**

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

For more information please contact:
Anne Marie, Chair: 352-277-6304,
unity@aahernando.org

2023 AREA 14 ASSEMBLY DATES

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

Here are some digital resources for recovery:

A.A. Grapevine podcast:

<https://www.aagrapevine.org/podcast>

A.A. Grapevine on YouTube:

<https://www.youtube.com/@AAGrapevine>

A.A. Podcasts:

<https://player.fm/podcasts/Alcoholics-Anonymous>

YouTube Alcoholics Anonymous World Services, Inc:

<https://www.youtube.com/channel/UC2nfvf9DeDA7QYvLeq4pQ-w>



DCM Corner

When I was new to A.A., I was a broken person. I had no self-esteem, no self-worth and I felt I didn't deserve it. The things I did while drinking were shameful, humiliating, self-destructive, and deceitful. I didn't know who I was. I had always been somebody's wife or mother, but divorce and my children growing into adults changed that.

The suggestions that were given to me in the beginning of my journey in A.A. were: go to 90 meetings in 90 days, get a sponsor, get a homegroup, take a commitment, call 3 alcoholics that are not your sponsor, call your sponsor, read the Big Book, take the 12 steps with the guidance of your sponsor, and read A.A. literature daily. Men with the men, and women with the women, and don't get into any relationships in the first year.

The last one seemed odd to me at first, but these people who were in my homegroup had a lot of years of sobriety and they knew what they were talking about. They were so right. I took all of their suggestions. While working and practicing the principles of the 12 steps, I learned who I was. Some of me I didn't like and some of me was not so bad. I

found while working my 4th step that I was fearful of a lot of things but most of all being alone and that no one could love me.

It wasn't until I had completed the 12 steps that I realized that I am a person worth loving. I had gotten my self-respect back. I was able to forgive myself of the wrongs I had done and forgive those who I thought had wronged me. Today I have dignity and self-love. I don't fear being alone because I know I'm not alone as long as I stay connected to the God of my own understanding and the fellowship of Alcoholics Anonymous. I love who I see in the mirror everyday now.

I think those people were right about not having a relationship in the first year. Back then when I was so broken, if I had gotten into a relationship, I would have not found me. I would not know the things I know about myself now. I would not have been able to change. My biggest change is that I no longer need to fear being alone and that I am lovable.

Yours in grateful service,

Lori Ann
DCM

**District 13 and
Hernando County Intergroup
Present
the 13th Annual**



Founders Day

Saturday

June 24th, 2023

Doors open at 4:00 PM, skit at 4:30 PM, dinner at 5:00 PM, Archives presentation at 6:15 PM followed by Sobriety Countdown and speaker: Paulette R. from Miramar, FL. Tickets \$9 (only 200 available.) First United Methodist Church of Brooksville, 109 S Broad Street, Brooksville. Please bring a dessert to share. For tickets and info, call Donna M. 352-238-9697. *Please note: all Founders Day money and tickets should be turned in by June 15th.*

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 Dianne B. at accessibilities@aahernando.org

Meeting In A Bag

Accessibilities committee is announcing Meeting in a Bag, also called Mini-Meeting in a Box. If you are planning to visit a member of AA in the hospital, residential center, convalescing at home, or caring for a loved one, and they can't make it to a meeting, simply contact Accessibilities committee, and take one of these with you. Visiting is great, but sometimes a meeting can be even better. It includes everything needed: format card, readings, and our commemorative chips.

Richard C. (352) 346-8338 call, text, or email accessibilities@aahernando.org.

About Concept 6

We have seen that the "final responsibility and ultimate authority" for A.A.'s service activities rest with the A.A. groups (Concept I), but to carry out this responsibility they must delegate to the Conference (Concept II). The Conference, in turn, must delegate administrative authority to the General Service Board of Trustees. Again, it is helpful if you are familiar with both the Conference Charter and the Bylaws of the General Service Board to understand this relationship and the freedom of action that the trustees must have.

The trustees have the legal and practical responsibility for the operation of A.A. World Services, Inc. (which embraces A.A. publishing as well as the General Service Office) and of the A.A. Grapevine, Inc. These entities have a combined cash flow of many millions of dollars annually. The trustees are also responsible for A.A.'s public information activities. They are the guardians of the Twelve Traditions. They are responsible for carrying the A.A. message to other countries around the world. They are A.A.'s "bankers," overseeing the financial operations and investing A.A.'s substantial Reserve Fund. (Read the text of Concept XI for a more detailed account of their functions.)

Bill makes the point that although "our objective is always a spiritual one," nevertheless our world service is a "large business operation." "Indeed," he says, "our whole service structure resembles that of a large corporation. The A.A. groups are the stockholders, the delegates represent them, like proxy-holders, at the annual meeting; the General Service Board Trustees are actually the directors of a 'holding company.' And this holding company (the General Service Board) actually owns and controls the two 'subsidiaries' (A.A.W.S and the A.A. Grapevine) which carry on the ... services.

"This very real analogy makes it ... clear that, like any other board of directors, our trustees must be given large powers if they are to manage the ... affairs of Alcoholics Anonymous."

SET-ASIDE PRAYER

God, please help me today to set aside everything I think I know about You, everything I think I know about myself, everything I think I know about others, and everything I think I know about my own recovery, so I may have an open mind and a new experience with all these things. Please help me see the truth.

Step 6

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

Tradition 6 (Short Form)

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.

Tradition 6 (Long Form)

Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to AA should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management about be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A. -- and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.

Concept 6

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

INTERGROUP TREASURER'S REPORT FOR APRIL 2023

Hernando County Intergroup Treasurer's report
Apr-23

Checking		Savings	
Beginning Balance	\$ 917.59	Beginning Balance	\$ 663.17
Total Withdrawals	\$ (1,884.10)	Total Withdrawals	\$ -
Total Deposits	\$ 1,721.47	Total Deposits	\$ 400.01
Ending Balance	\$ 754.96	Ending Balance	\$ 1,063.18

Expenses	
Rent - Intergroup Office	\$ (600.00)
Spectrum	\$ -
AAWS	\$ (347.20)
Printing Plus - W&W	\$ (228.05)
WREC 2 months	\$ -
Recovery accents	\$ (76.35)
Hazelden	\$ -
Sunbiz	\$ (70.00)
Ck 1015 communique APR23	\$ (162.50)
Transfer to savings	\$ (400.00)
Total	\$ (1,884.10)

Donations	April 2023
Unity	\$ 275.50
All Good Group	\$ 100.00
Hernando Beach	\$ 54.88
Rough Roads	\$ 60.00
Serendipity Sisters	\$ 25.00
There is a Solution	\$ 60.00
Total	\$ 575.38

Deposits	
Cash/Checks	1096.13
Square (Credit Cards)	625.34
Total	1721.47

What is Accessibilities?

The purpose of an Accessibilities Committee is to determine resources and recommend activities that will help carry the message of Alcoholics Anonymous to those with accessibility needs, both inside and outside the rooms of AA. **Examples of Accessibility needs:**

- Deaf/Blind, Hard of Hearing or Low Vision
- Homebound or Bedridden •Technology/Literacy
- Speech and Language Barriers •Military/Veterans
- Reading Comprehension •Remote Communities
- Foreign Language / English as a second language
- Cooperation with the Elder Community CEC •Nursing

- Homes/Assisted Living •Loners Internationalists
- Correspondence Service •Lack of
- Transportation/Mobility •Childcare Availability

The Accessibilities Committee is looking for enthusiastic people to help us carry the message of A.A. to anyone needing help. We meet in person at the intergroup office at 10:00 AM and via Zoom. Here is the Zoom connection info for the rest of 2023:

Meeting ID: 852 0319 0787, Passcode: 820000

If you are interested in joining us, or know of anyone needing assistance, please contact Richard C. or Diane B. at accessibilities@aahernando.org



July 16
11am-4pm

Intergroup Spring Picnic

Crews Lake Park
Pavillion 2



Food Fun Fellowship

Speaker meeting starts at 1pm
featuring Will. W from Apopka

Bring the family & bring a dish to share

Volleyball
Corn hole
Horse Shoe



JUNE ANNIVERSARIES



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@aahernando.org. Please submit by the 25th of the month for the following month.

Group Anniversaries

(Date registered with GSO)

Hernando Beach29

A Desire

Joe W.3
Lee B.44

AlGood

Gordon B.6

Aripeka Open Speaker

Andy O.42
Rich K.22

Fun and Frolic

Bob C.29

Happy Hour

Matthew S.6

Heavy Hitters

Michelle J.5
Jenni S.2
Ed R.2
Marsha D.35
Lori.1
Cathie H.43
Maggie M.10
Michelle F.9

Hernando Beach

Sam P.36

Hope

Danny B.5
Thomas S.5

Ladies Big Book

MiMi M.14
Kathy S.34
Valerie J.25

Let Go and Let God

Larry43
Donna M.10

Principles Before Personalities

Ben P.13
Karen P.13
Donna M.10
Nancy F.26

Promises

Bobby W.36

Ridge Manor Big Book

Brooke M.12

Rough Roads

Jerry B.43

Spring Hill Monday Night

Bill O'D.43

Serendipity Sisters

Donna M.10

Serenity Sisters

Dee N.36

Singleness of Purpose

Anthony C.6
Lynda F.16

Step In The Right Direction

Bill O'D.43

Step Sisters

Valerie J.25
Donna M.10

Sunset

Warner S.9

There Is A Solution

Jenny S.51

Thursday Night Welcome

Ralph G.1

Women's Serenity

Heather9
Tracy G.7

**But for
the
Grace
of God.**

**24 Hour
HOTLINE**

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

**VISIT OUR WEBSITE
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

**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.**