



COMMUNIQUE



Friends Wherever I Go

I started drinking at around age 15. I really loved it at first, but it quickly became something I did just to numb myself out. In just a few years, I was drinking daily. This was back in 1969. I crashed my car twice driving drunk and lost my license for a year.

I was afraid that I might kill someone in a blackout, so I got rid of my car and started riding a bicycle. I seldom traveled more than two miles from whichever dump I was living in at the time. In my 20s, I was arrested several times for public intoxication and once for bicycle riding while drunk.

When I was 25, a guy with three years of sobriety gave me the "20 Questions" quiz. I responded yes on 18 of them. Although I had more drinking to do, that man and the quiz had planted a seed, and somewhere in my haze, I knew there might be an answer for me.

By this time, I had little hope and no plans for the future outside of a couple of pipe dreams. One of these was to someday stagger around drunk in New Orleans at Mardi Gras. The other was to drink in some old-world British Isle pubs to "find my roots." Finally, in 1981, I stopped fighting, accepted help and joined AA. The obsession to drink was removed and my new life began. In my drinking days I had just dreamed of seeing more of the world, but now in sobriety it actually started to happen.

Over the years, I've been to more than 40 countries and attended AA meetings on all seven continents. On the day I turned 50, I got to go to Paris. After dropping my stuff at a youth hostel, I hurried, jet-lagged, to a weekday afternoon AA meeting, where I shared my excitement and gratitude for my life and my sobriety. After the meeting, four of us walked to a cafe near the Paris Opera House. On the way, one of my new friends had popped into a bakery and when we all sat down, he opened a box, pulled out a pastry and they all sang "Happy Birthday" to me.

The next year I got to go deeper into my roots. I spent a month in Ireland in the spring and one in Scotland in the fall. I was a tourist by day and a welcome visitor by night. I loved the members' heavy accents at meetings and their wonderful stories, and they got a kick out of my "Americanisms."

In a meeting in Donegal, Ireland, I mentioned that I missed the clapping we do ...

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EVENT CALENDAR

Fri 11/03	Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
Sat 11/04	Accessibilities 10:00 AM 4116 Lamson Ave, Spring Hill + Zoom
Sat 11/04	Gratitude Dinner 4:00 PM 99 Jerome Brown Pl, Brooksville
Mon 11/06	District Meeting 6:15 PM 1214 Broad St, Masaryktown
Sat 11/11	Unity Meeting 6:30 PM 6363 Commercial Way, Weeki Wachee
Fri 12/01	Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
Sat 12/02	Accessibilities 10:00 AM 4116 Lamson Ave, Spring Hill + Zoom
Mon 12/04	District Meeting 6:15 PM 1214 Broad St, Masaryktown
Sat 12/09	Unity Meeting 6:30 PM 6363 Commercial Way, Weeki Wachee

STEP 11

SOUGHT
through

PRAYER & MEDITATION

to improve our conscious
contact with God

as we understood Him

praying **ONLY**

for the **KNOWLEDGE**
of His will for us
and the **POWER**
to carry that out



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)



Friends Wherever I Go, continued from page 1

... back in Los Angeles. When I finished sharing, the locals smiled, hesitated a moment and politely clapped. We all laughed.

Every six months I took a trip, always planning my meetings before I left home. In Edinburgh, before everyone had cell phones, I couldn't find a meeting I'd attended on an earlier visit. I stopped into a liquor store on the Royal Mile to ask directions. "Oh, I'm not buying anything," I told the guy behind the counter. "I drank my fill years ago. I was in town once before, and I'm looking for an AA meeting around here." He let me use his phone to call the AA office in Glasgow, which gave me directions to the meeting room—just around the corner, of course! I smiled and thanked him. He nodded and smiled. "Have a good meeting," he said.

On another trip, my train came into Budapest the night in 2002 that Tom B., a Hungarian I'd known back in Los Angeles, was celebrating 18 years of sobriety. He and I spent some time together during the next few days and he showed me all around town. "I did a lot of drinking here," he said, pointing to a nearby park. "This was where I got arrested once." I had similar memories about places back home in California. We both could now look back at our misadventures and laugh and be grateful we were sober.

At that time, there were fewer English-language meetings in Europe. Some large cities would have only three or four a week. When I'm in a new town, I usually try to scout out the nighttime meeting place during the day so that I'll know where it is and how to get there later.

If you were an English-speaking AA member in Istanbul in 2006, there were only a few meetings around. At one Friday meeting, I heard what sounded like a familiar voice. After the meeting, I asked this woman if she got sober in the U.S. She said, "Yeah, in Los Angeles." I recognized her from around 1985 when we spoke at a prison together. She'd been living in Turkey the previous five years. We spent the next few hours laughing and talking about old times and old-timers.

In 2008, on my third day in Cairo, Egypt, I took the metro to nearby Giza for an AA meeting. I met an Egyptian doctor there who was thrilled to meet someone from the United States. We shared a cab back to Cairo, where I met a dozen of his friends from another Twelve Step group, drinking tea and smoking hookahs. They welcomed me like a long-lost brother, and three of them showed me around Cairo the following day. When I was due to leave, they drove me to the airport for my flight to Tanzania (where there were no meetings). We laughed and hugged goodbye as if we'd been lifelong pals.

I attended the International Conventions in San Antonio (2010) and Atlanta (2015). I bookended both with visits around nearby states, with a meeting just about every day. In 2016, I took road trips around four states in the Deep South and five Rocky Mountain states.

I also went to the Midwest for the eclipse. It was cloudy there, but I got to experience AA meetings in Kansas City, St. Louis, Chicago and other cities nearby.

I've been welcomed at AA meetings in churches, clubs, offices, gymnasiums, libraries, shops, storefronts, parks, and more—pretty much as soon as I walk in the door and shake somebody's hand.

I'm slowing down a little now. I retired a few years ago and I've been traveling overseas with small group tours. They keep us busy and there's not much free ...

Continued on page 3...

Intergroup Officers

CHAIRPERSON

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chair@aahernando.org

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Intergroup Contacts

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Intergroup Office Hours

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

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

TECHNOLOGY COMMITTEE

John K. Chair 352-650-2324
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Intergroup Meeting

First Friday

Nov 3rd, Dec 1st at 6:30 PM
Forest Oaks Lutheran Church
8555 Forest Oaks Blvd,
Spring Hill



District 13 Officers

DCM

Lori Ann S. 631-480-3200
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District 13 Committees

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Laura L. Co-Chair
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Joe C.
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District Meetings

District-1st Monday

Nov 6th, Dec 4th at 6:15 PM
Holy Trinity Lutheran Church
1214 Broad St., Masaryktown

Accessibilities-Sat before 1st Mon

Nov 4th, Dec 2nd 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, November 11th

Hosted by: **There Is A Solution/Sunset**

Saturday, December 9th

Hosted by: **Intergroup (New officers intro)**

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

Friends Wherever I Go, continued from page 2

... time, but I've been able to get away to attend meetings in Windhoek and Swakopmund, in Namibia; Cape Town, South Africa; Reykjavik, Iceland; Athens, Greece and Belgrade, Serbia.

Well, I still haven't gotten to stagger around drunk at Mardi Gras yet, though I did spend five days in New Orleans before Katrina, where I was warmly welcomed in our sober community there. Everywhere I go, we AAs speak the language of the heart. I feel more like I belong in the world. I know I'm part of something much bigger than myself. There are so many more places I plan to see yet, and as long as I stay sober, I know I'll have new friends wherever I go.

BY: PETER S. | LOS ANGELES, CALIF. | HOME GROUP | FUN IN SOBRIETY

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Meeting Changes

The A Club has a new meeting to announce:

There is an open beginner's discussion meeting on Friday nights at 7:00 PM.

The group meets at 18922 Titus Road in Hudson. There are 19 other meetings at this location.

Communique Email List

Anyone wishing to subscribe to the Communique email list can send an email with a subject line of "Opt In" to the address below requesting to be added to the email list. You will automatically receive the Communique in your email inbox on the first of every month. You can opt out anytime by sending an email with your request to the same address with the subject line "Opt Out."



subscribe@aahernando.org

Your email address will not be shared for any other purpose.

About Concept 11

In this, the second longest of the Concepts, Bill explains in great detail the composition, functions, and relationships of the standing committees of the General Service Board, its subsidiary operating boards, the General Service Office and the A.A. Grapevine — as they existed in 1962. As A.A. has grown and changed, many of the descriptions would be different today, and some of the issues that are addressed are no longer relevant. Nevertheless, the full text is valuable as an historical document, and many of the principles still apply, as summarized below.

Underlying the service structure we have been discussing, there is another, internal structure of service consisting of the non-trustee members of the trustees' committees; the non-trustee directors of the two operating boards, and the executives and staff members. "Members of this group," declares Bill, "not only support the leadership of the trustees: they share leadership with them." The following are "several principles ... which" apply to A.A. World Services, Inc. and the A.A. Grapevine, Inc.:

1. The status of executives

No active service can function well unless it has sustained and competent executive direction. This must always head up in one person, supported by such assistants as he needs. That person has to have ample freedom and authority to do his job, and he should not be interfered with so long as his work is done well.

2. Paid workers, how compensated

Each paid executive, staff member or consultant should be recompensed in reasonable relation to the value of his or her similar services or abilities in the commercial world ... Cheap help is apt to feel insecure and inefficient. It is very costly in the long run. This is neither good spirituality nor good business. Assuming service money is available, we should therefore compensate our workers well.

3. Rotation among paid staff workers

At A.A.'s General Service Office, most staff members' assignments are changed every two years. When engaged, each staff member is expected to possess the general ability to do, or to learn how to do, any job in the place — excepting for office management.

4. Full "Participation" of paid workers is highly important

We have already discussed the necessity of giving key paid personnel a voting representation on our committees and corporate boards. They should enjoy a status suitable to their responsibility, just as our volunteers do.



Calling All Home Groups!

The Gratitude Dinner is Saturday November 4th, and baskets are needed from your group to be raffled off. *All money raised at the Gratitude Dinner goes directly to Intergroup.* Get your creative hats on, and bring your group's basket on November 4th by 3:00 PM.

Concept 11

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood Him praying only for knowledge of His will for us and the power to carry it out.

Tradition 11 (Short Form)

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.

Tradition 11 (Long Form)

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.



11th Step Experience

How am I to know, over time, if I am achieving an improved conscious contact and personal growth with my Higher Power? In what ways can I measure my spiritual growth?

It is suggested that I practice daily prayer and meditation. Practices that assist me in gaining a deeper understanding of my spiritual beliefs and my understanding of God's will for me. Through my daily prayers asking for guidance, I seek to open a renewed spiritual connection to carry out His will for me. As my day progresses, I constantly need to check my thinking and question if I am in His will and make necessary adjustments.

At the conclusion of my day, I take inventory to measure my improved spiritual growth. Where have I grown and where did I fall short of God's will? I have to recognize my shortcomings and renew my commitment to His will. I can now, at the close of my prayer, give thanks and gratitude for all the blessings I have received.

Jim B.
Rough Roads

INTERGROUP TREASURER'S REPORT FOR SEPTEMBER 2023

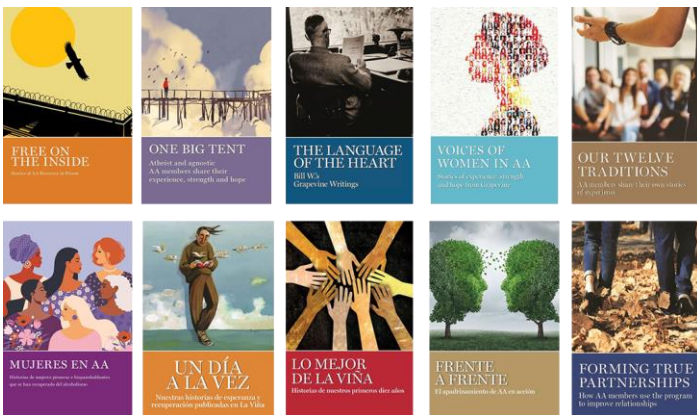
Hernando County Intergroup Treasurer's report
Sep-23

Checking		Savings	
Beginning Balance	\$ 984.36	Beginning Balance	\$ 1,799.63
Total Withdrawls	\$ (1,065.06)	Total Withdrawls	
Total Deposits	\$ 1,631.00	Total Deposits	\$ 0.01
Ending Balance	\$ 1,550.30	Ending Balance	\$ 1,799.64

Expenses	
Rent - Intergroup Office	\$ (600.00)
Spectrum	\$ (137.97)
WREC	\$ (68.00)
Printing Plus - W&W	\$ (148.35)
Hazelden	\$ (98.74)
Unity rent	
Bank charge	\$ (12.00)
Office Supplies	
Total	\$ (1,065.06)

Donations	
Precisely 2 BB	\$ 100.00
Let's get serious	\$ 25.00
Let go and let god	\$ 25.00
Anonymous	\$ 21.66
Unity	\$ 324.50
Total	\$ 496.16

Deposits	
Cash/Checks	\$ 1,274.38
Square (Credit Cards)	\$ 356.62
Total	\$ 1,631.00



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www.aahernando.org

What is “Accessibilities?”

The purpose of an Accessibilities Committee is to define and 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 to carry the A.A. message to anyone who needs it. If you are interested in joining us, please contact Diane B. or Laura L. at accessibilities@aahernando.org.

If interested, please join us at our upcoming committee meeting(s) via Zoom:

Scheduled Accessibilities Committee Meetings 2023:

Nov 4 10:00 AM

Dec 2 10:00 AM

Zoom Meeting Link:

<https://us06web.zoom.us/j/85203190787?pwd=WE9sandMWDJLTjhYMWIXb3pRZmFhdz09>

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 Dianne B. or Laura L. 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.

Contact Dianne B. or Laura L. at accessibilities@aahernando.org

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.

Also available is the position of Archivist. An archivist for Alcoholics Anonymous (A.A.) collects, organizes, and preserves historical records. They are responsible for the physical and intellectual integrity of the collection. No experience is necessary, but some sobriety is required.

If you are interested in any of these positions or have questions about them, please contact any of the district officers listed on the second page of this newsletter.

YESTERDAY IS *history*,
TOMMOROW IS A *mystery*,
BUT TODAY IS A *gift*.
THAT IS WHY IT IS CALLED
THE PRESENT.

Origins

The origins of Alcoholics Anonymous can be traced to the Oxford Group, a religious movement popular in the United States and Europe in the early 20th century. Members of the Oxford Group practiced a formula of self-improvement by performing self-inventory, admitting wrongs, making amends, using prayer and meditation, and carrying the message to others.

In the early 1930s, a well-to-do Rhode Islander, Rowland H., visited the noted Swiss psychoanalyst Carl Jung for help with his alcoholism. Jung determined that Rowland's case was medically hopeless, and that he could only find relief through a vital spiritual experience. Jung directed him to the Oxford Group.

Rowland later introduced fellow Vermonter Edwin ("Ebby") T. to the group, and the two men along with several others were finally able to keep from drinking by practicing the Oxford Group principles.

One of Ebby's schoolmate friends from Vermont, and a drinking buddy, was Bill W. Ebby sought out his old friend at his home at 182 Clinton Street in Brooklyn, New York, to carry the message of hope.

Bill W. had been a golden boy on Wall Street, enjoying success and power as a stockbroker, but his promising career had been ruined by continuous and chronic alcoholism. Now, approaching 39 years of age, he was learning that his problem was hopeless, progressive, and irreversible. He had sought medical treatment at Towns Hospital in Manhattan, but he was still drinking.

Bill was, at first, unconvinced by Ebby's story of transformation and the claims of the Oxford Group. But in December 1934, after again landing in Towns hospital for treatment, Bill underwent a powerful spiritual experience unlike any he had ever known. His depression and despair were lifted, and he felt free and at peace. Bill stopped drinking, and worked the rest of his life to bring that freedom and peace to other alcoholics. The roots of Alcoholics Anonymous were planted.

Source: <https://www.aa.org/aa-timeline>



DCM Corner

I have been working on updating district 13 registrar information. I realize that not every group is represented by a GSR, and that is your choice, but if I could please get a contact email from those groups that do not have representation, I could share all that is happening in our District and Area. When I was at the Area Assembly this past August Kevin Jr, the Area Registrar, informed that the GSO wants to deactivate groups without a contact. I urge you to email a contact email for your group so that I may update your group information. You can email me at dcm@aahernando.org.

At the general assembly, I attended the Technology Workshop where we discussed Hybrid Zoom costs and considerations. We first discussed the difference between a Zoom Hybrid and a Zoom Webinar. With a Zoom Hybrid, all can participate in discussion, voting, etc. With Zoom Webinar, the participation is limited to listening and viewing a PowerPoint demonstration. The cost is high, about \$10,000 a year. This is still in discussion.

Stacey (Area Archives) would like all groups to bring their history to the next assembly. Her focus will be North Florida Archives. It seems there is not a lot of history in Hernando County, but I know there is. Please send me any information about your group that I can share with Area Archives. If you need a group history questionnaire, let me know and I can email it to you.

Richard (Area Finance) and Nicole (Area Chairperson) are putting together an AD HOC committee to discuss and explore options for an Area Audit. I have volunteered for this committee.

I will be one of the servers at the Gratitude Dinner. I look forward to seeing you there. God bless.

In grateful service,
Lori Ann

The Problem Is You

Consider this: alcohol is not your problem. It is your solution. The problem is you -- you are restless, irritable, and discontent. Bored. Not sure what to do with yourself. Uncomfortable. Life is a labor. You crave ease and comfort -- you want to feel the way you think other people feel.

How did you get this way? I don't know -- no one really knows. Some think we are born this way; others believe it's environmental, still others think it's a combination. It really doesn't matter. You are this way.

Some think it's a disease, others a condition. What it is called does not change the irrevocable fact that you have it.

Try this one: alcoholism does not require alcohol. In fact, it's at its ugliest when the alcoholic has been deprived of alcohol. Remember the last time you couldn't get to some when you needed some, and tell me if I'm wrong.

Why does any of this matter? Because if we don't understand the critical equation of alcoholism -- that it is a condition driven by our own flawed operating system -- we will pursue the wrong solutions.

Sure, put the plug in the jug. It's a great start. But if you don't get down to the work of the steps, don't be surprised when you remove that plug.

- Member of Tampa A.A. Facebook page

NOVEMBER 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)

There Is A Solution 15

A Desire

Britni W.5

Maurice2

Aripeka Open Speaker

Bonnie A..... 15

Heavy Hitters

Tom B.5

Brian W.6

Richard C.6

James S.3

Todd L.35

Ken P.9

Dawn P.10

Hernando Beach

Marion J.37

Nancy E.35

Tracy H.7

Vi L.45

Jim S.3

Hope

Tom C.49

Let Go & Let God

Amy B.33

Amy R.6

Vi L.45

Tony3

Principles Before Personalities

Amy B.33

Amy R.6

Bonnie A..... 15

Promises

Jerry J.43

Rough Roads

Elizabeth40

Eric J.4

Marian J.37

Spring Hill Monday Night

Bob B.6

John F.44

Serendipity Sisters

Maggie 13

Singleness of Purpose

Amy R. 7

Step Sisters

Darla 31

Nancy E. 35

Sunset

Ashley W. 5

Tranquility

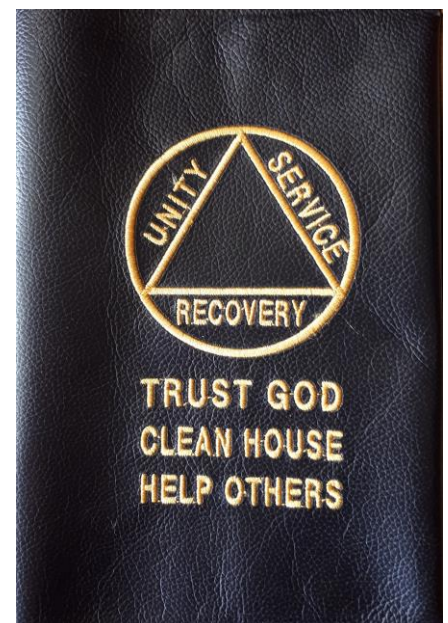
Mark S. 7

Steve D. 43

Women's Serenity

Lu Ann 19

Vi 45



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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

technology@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.