



COMMUNIQUE



Small Town A.A.

I am from the Midwest, born and raised in Missouri. Mom and dad divorced when I was young, and both remarried. My other two sisters and I were the stepchildren. It is what it is, and we survived, maybe in different ways.

I didn't start drinking until I was a teenager. It was always around the house, and the family drank, but I believe now that they all drank moderately. I don't remember any out of the ordinary situations, but I can't say I remember a lot either.

We moved to a small town in Montgomery City, MO when I was a sophomore in high school, and I starting hanging out with some of the girls and guys I got to know. It was a small town, and new people were definitely noticed when they moved there. I cannot remember exactly when my drinking took off, but I think it was maybe my sophomore or maybe even junior year.

When I got a hold of beer and then whiskey, well, it just changed my whole outlook on life, right then and there. I loved it from the very beginning. I didn't have to be Debbie anymore. I felt like I had been changed into someone who was wild and fun and having a great time. By the next morning, OMG, I am not sure what I felt like, but it wasn't good. It didn't last long enough because I was back to drinking the next opportunity I had.

Since that time, I was loving my alcohol except for the morning after. I did that for a very long time with friends at school. Our senior class was about 150 students; everybody knew everybody.

One night I came home drunk and went upstairs to my room. I had started smoking cigarettes at this point. In my drunken state, I went downstairs to go to the bathroom, and when I went back upstairs to my room, my bed was on fire. I had to get mom and dad, and they called the fire department. Grandma was up there with me, too. Needless to say, it didn't turn out well. We all survived and lived through that, but it was not a pretty picture for me.

I have had car accidents and was stopped by the cops, and I spent a couple of nights in jail on different occasions. It didn't stop me from drinking, though. Another incident I had was drinking downstairs while everyone was asleep. I got drunk, and I went in to the bathroom to turn on the bathtub. I went back to my chair to wait for it to fill up and passed out. When I woke up, the bathroom was flooded. I mopped and mopped and got everything looking pretty good. The next day, mom went down to the basement and couldn't ...

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EVENT CALENDAR

- Fri 09/06 Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
- Mon 09/09 District Meeting 6:15 PM 1214 Broad St, Masaryktown
- Sat 09/14 Unity Meeting 6:30 PM 6363 Commercial Way, Weeki Wachee
- Fri 09/27 Area Assembly 6:00 PM 10400 County Road 48, Howey-in-the-Hills
- Sat 09/28 Area Assembly 8:00 AM 10400 County Road 48, Howey-in-the-Hills
- Sun 09/29 Area Assembly 8:00 AM 10400 County Road 48, Howey-in-the-Hills
- Fri 10/04 Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
- Sat 10/05 Accessibilities 10:00 AM Zoom only (see page 3)
- Mon 10/07 District Meeting 6:15 PM 1214 Broad St, Masaryktown
- Sat 10/11 Unity Meeting 6:30 PM 6363 Commercial Way, Weeki Wachee



A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.



TRADITION 9

Hernando County Intergroup

Central Office & Book Store

Please note new address:

4126 Lamson Ave.
Lamson Woods Plaza
Spring Hill, FL 34608
Office Manager: Amy

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

Cyd B. – Treasurer

Please note new address:

4126 Lamson Ave.
Spring Hill, FL 34608
(Checks payable to Hernando Intergroup)

NFAC Area 14 Panel 74 Treasurer

PO Box 840066
St Augustine, FL 32080

aanorthflorida.org

(Checks payable to NFAC)

General Service Board

PO Box 2407
James A Farley Station
New York, NY 10116-2407
(Checks payable to GSB)



Small Town A.A., Continued from page 1

... understand how the basement had gotten so wet. Oops! I didn't even think of that, but that was not a pretty scene. I have had other situations which were not great either. I was an alcoholic, and those are some of the things I did because of drinking.

After graduation, I got a job and started living on my own, hanging out with my friends, got married, and then started a family. I had a daughter with my hometown man. I just loved drinking way too much. I got divorced, and then my drinking really took off. Some of the places I wound up at were not where you would take family. I got out on my own. I always seem to leave town when I broke up with a guy. That is my motto, you could say.

I moved back in with Mom in St. Louis with my daughter, and she helped watch Sara. I worked and saved up to get my own place. I was still drinking, and I cannot tell you how many times I went with friends and then wound up in not so good part of town. I never once worried about whether I would make it back alive or not. I am a very lucky woman.

It went like that for years until I got confronted by others that were worried about me. I tried cutting back, but it didn't last long. I think someone was looking out for me because some of the places I hung out at and some of the people I got to know was not your regular mom and pop people. I am so lucky that I didn't wind up raped, dead, or found along the side the road somewhere.

I finally moved back to Dad's, and a friend took to me an A.A. meeting right there in town. It is a small town, and I think there are a lot of alcoholics there because what else is there to do? I did start going to meetings, and it took a while for my head to clear enough that I realized how my life was actually looking to me. I would travel to other A.A. meetings around because there weren't many meetings nearby. I started getting out and about to other small towns, and, believe it or not, every small town had a place for an A.A. meeting somewhere. HUH!

Our A.A. meeting was right next to the bar on the corner. There was Crazy Joe, Cowboy Kenny, Crash, and me. That was it for the most part. I had lost my driver's license, of course, so Crash was nice enough to pick me up and take me to meetings. I did get a hardship license, so then I could drive to work. Things started getting better as long as I kept going to meetings. Finally, I was able to drive again and got out to more A.A. meetings.

I thought I was doing pretty good. I wasn't drinking. My first sponsor had me digging and planting flowers, but she never went over the big book with me. Eventually, I told her it wasn't working out. I left there. I kept going to my A.A. meetings, and then out of the blue, Mike (whom I seen at meetings) called and asked me out. We moved in together and have been together ever since. That is how I met Mike.

My whole life has changed since then, and I have been sober now for 22 years with A.A. meetings, a sponsor, and my Michael.

Debbie Q.

Principles Before Personalities, Heavy Hitters Women's

In Memoriam

Is there a sober A.A. member who has passed away that you would like to honor? You can send an email with their name, sobriety date, group name, and date of death to the Communique editor at communique@aahernando.org, and we will be glad to mention them here.



Intergroup Officers

CHAIRPERSON

Dee Mc. 352-442-6423
 chair@aahernando.org

ALTERNATE CHAIRPERSON

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

SECRETARY

Eleanor B. 484-661-8753
 igsecretary@aahernando.org

TREASURER

Cyd B. 818-314-4058
 igtreasurer@aahernando.org

Committees

OFFICE MANAGER

Amy 810-845-2561
 info@aahernando.org
 4126 Lamson Ave. Spring Hill

Intergroup Office Hours

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

COMMUNIQUE (INTERGROUP)

Chair: John K. 352-650-2324
 communicate@aahernando.org

HOTLINE 352-683-4597

Chairperson:

Johnny V. 352-346-6096

HEAART

Emma C.
 heaart@aahernando.org

INTERGROUP LIAISON

Nancy C. 706-386-9857
 igliaison@aahernando.org

UNITY MEETING

Deborah-Anne C. 631-522-0734
 Donna M. 352-238-9697
 unity@aahernando.org

TECHNOLOGY

John K. Chair 352-650-2324
 Andrew W. Co-chair
webmaster@aahernando.org

PARLIAMENTARIAN

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

Intergroup Meeting

First Friday

Sep 6th, Oct 4th at 6:30 PM
 Forest Oaks Lutheran Church
 8555 Forest Oaks Blvd,
 Spring Hill

District 13 Officers

DCM

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

ALTERNATE DCM

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

SECRETARY

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

TREASURER

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

Committees

ACCESSIBILITIES

Diane B. Chair
 Laura L. Co-Chair
 accessibilities@aahernando.org

ARCHIVES

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COMMUNIQUE (DISTRICT)

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CORRECTIONS

Pat C. 203-228-1574
 corrections@aahernando.org

GRAPEVINE

Tom H.
 grapevine@aahernando.org

LITERATURE

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PUBLIC INFO (PICPC)

Nancy C.
 picpc@aahernando.org

PARLIAMENTARIAN

Eleanor B.
 parliamentarian@aahernando.org

TREATMENT

Joe C.
 treatment@aahernando.org

District Meetings

District-1st Monday

Sep 9th, Oct 7th at 6:15 PM
 Holy Trinity Lutheran Church
 1214 Broad St., Masaryktown

Accessibilities-Sat before 1st Mon

Oct 5th at 10:00 AM
 Zoom Meeting ID: 827 8314 8424
 Passcode: 995 008, all 2024 meetings)

Unity Meeting Schedule

Saturday, September 14th
 Hosted by: **Hernando Beach**

Saturday, October 11th
 Hosted by: **Let Go and Let God**

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

For more information please contact:
 Deborah-Anne C., Chair: 631-522-0734,
 unity@aahernando.org

2024 AREA 14 ASSEMBLY DATES

Sept 27-29

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

New Meeting Announcement:



Parents In Recovery, a child-
 friendly meeting, at Bell
 Avenue, First Presbyterian
 Church, Wednesdays and
 Thursdays at 10:00 AM. Contact
 Ashley 352-238-1945

Get in... we're going on a 12-step call!



Our primary purpose is to carry this message to
 alcoholics who still suffer. The Intergroup Office is
 looking for volunteers to sign up for our 12th-step call
 list. You can sign up by calling the office, or go to our
 website: aahernando.org/12-step.

ALL The Promises

Here are the next three promises taken from the [list](#) that the Atlanta Men's Workshop found in the Big Book (they found 147.) Please reference the February 2024 *Communique* for the full list of promises that we will be covering:

Pg	Line	Promises
55	23	...If our testimony...you cannot fail (2)
57	11	...Even so God restored...to us (2)
58	3	...Rarely have we seen...path

pg. 55

We can only clear the ground a bit. **If our testimony** helps sweep away prejudice, enables you to think honestly, encourages you to search diligently within yourself, then if you wish you can join us on the Broad Highway. With this attitude **you cannot fail**. The consciousness of your belief is sure to come to you.

pg. 57

Even so has God restored us to our right minds. To this man, the revelation was sudden. Some of us grow into it more slowly. But He has come to all who have honestly sought Him. When we drew near to Him He disclosed Himself **to us!**

pg. 58

Rarely have we seen a person fail who has followed our **path**. Those who do not recover are people who cannot or will not completely give themselves to this simple program...



Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9 (Short Form)

A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Tradition 9 (Long Form)

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large metropolitan area their central or intergroup committee, which often employs a full-time secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principle newspaper, the **A.A. Grapevine**. All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.



The AA Grapevine Half-Hour Variety Hour

Each week long-time AA members Don, Olis, and Sam will interview a different member about their experience, strength and hope, in a casual "meeting after the meeting" manner. Special features will enhance each episode.

Email podcast@aagrapevine.org with comments, suggestions, jokes, and such. To record an Ask-It-Basket question or a recovery-related joke, call 212-870-3418, or email a voice recording to podcast@aagrapevine.org.

Use #heardinameeting on social media. Our Tradition of anonymity will be respected with all submissions used on the show. The podcast is available on your [favorite podcast platforms](#) and via the player found on [this](#) page.

While the AA Grapevine magazine provides the podcast at no charge, it is not free to produce. To support the AA Grapevine Podcast, please [subscribe to the magazine](#) or purchase one of our books at www.aagrapevine.org/store.

Hernando County Intergroup Treasurer's report			
Jul-24			
Checking			Prudent Reserves
Beginning Balance	\$ 1,886.12		Beginning Balance \$ 2,549.19
Total Withdrawals	\$ (1,092.58)		Total Withdrawals \$ -
Total Deposits	\$ 1,361.91		Total Deposits \$ 500.02
Ending Balance	\$ 2,155.45		Ending Balance \$ 3,049.21
Expenses			Donations
Amazon - Office supplies	\$ (7.35)		Anonymous \$ 55.00
AAWS	\$ (290.76)		BYOBB \$ 50.00
Recovery Accents	\$ (81.45)		Ridge Manor \$ 180.00
Spectrum	\$ (139.98)		Precisely II BB \$ 100.00
Spring Picnic - JJ	\$ (375.05)		Unity \$ 276.00
Unity Rent	\$ (150.00)		Sub Total \$ 661.00
Wal-mart - (Office needs)	\$ (47.99)		
Total	\$ (1,092.58)		Other Income
			Archive rent \$ 50.00
Special Gratitude Donation			Sales Cash/checks \$ 328.51
Heavy Hitters	\$ 500.00		Square CC Sales \$ 322.40
			Sub Total \$ 700.91
			Total Income \$ 1,361.91

Message from Your Accessibilities Committee

The Hernando County Accessibilities Committee has many items (listed below) that we have available to loan out to any AA member who may have a need. If interested, please contact us at accessibilities@aahernando.org to make arrangements to borrow. Here is a list of items we have:

- Braille Big Book
- Braille Twelve & Twelve Book
- Meeting in a Box (everything you need for a large meeting, including coffee pot and supplies)
- Meeting in a Bag (everything you need for a small one-on-one meeting)

In addition, our Accessibilities Committee is available to coordinate and arrange for an ASL Interpreter for any meeting or event when needed. Just contact us at accessibilities@aahernando.org.

Diane B. and Laura L.
 Accessibilities Committee
 Chairperson and Co-Chair

subscribe@aahernando.org

Scheduled Accessibilities Committee Meetings 2024:

Saturday October 5th at 10:00 AM

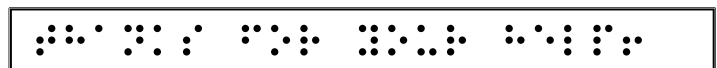
If interested, please join us at our upcoming committee meeting(s) via Zoom:

Zoom Meeting ID: 827 8314 8424

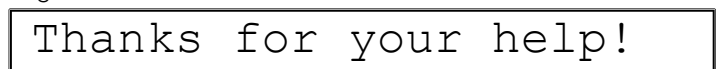
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Here is an example of what braille looks like for those who are not visually impaired:

Braille:



English text:



District Treasurer's Report

July 2024

District	
Beginning Balance	\$2,962.53
Total Expenses	-\$354.14
Total Deposits	\$340.00
Ending Balance	\$2,948.39

Corrections	
Beginning Balance	\$2,297.86
Total Expenses	\$0.00
Total Deposits	\$0.00
Ending Balance	\$2,297.86

All	
Beginning Balance	\$5,260.39
Total Expenses	-\$354.14
Total Deposits	\$340.00
Ending Balance	\$5,246.25

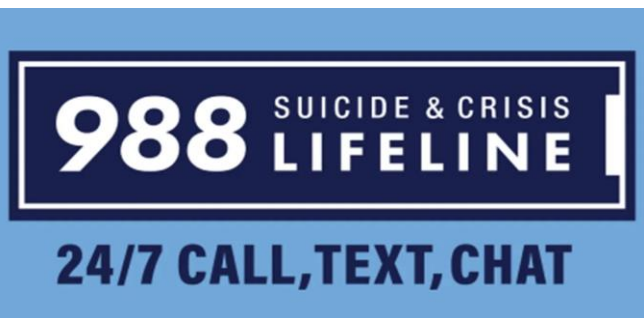
District Expenses	YTD	
Archives	\$50.00	\$350.00
Area	\$304.14	\$760.35
Founder's Day	\$0.00	\$400.00
Grapevine	\$0.00	\$52.14
Office	\$0.00	\$36.18
Literature	\$0.00	\$0.00
PI/CPC	\$0.00	\$41.60
Pre-Conference	\$0.00	\$25.00
Rent 1 year	\$0.00	\$300.00
Treatment	\$0.00	\$209.59
Total	\$354.14	\$2,174.86

Corrections Expenses	YTD	
General Expenses	\$0.00	\$868.96
Total	\$0.00	\$868.96

District Donations	YTD	
AI Good	\$0.00	\$50.00
BYOBB	\$0.00	\$50.00
Fun and Frolic	\$0.00	\$20.00
Heavy Hitters	\$0.00	\$349.00
Hernando Beach	\$0.00	\$125.00
Ladies Big Book	\$0.00	\$50.00
Let Go Let God	\$0.00	\$25.00
Let's get Serious	\$50.00	\$100.00
N C Womens Day	\$0.00	\$100.00
PB4P	\$25.00	\$293.39
Ridge Manor BB	\$180.00	\$480.00
Rough Roads	\$0.00	\$300.00
S.A.Y.S.	\$0.00	\$10.00
Singleness of Purpo	\$0.00	\$42.00
Spring Hill Grp	\$0.00	\$30.00
Step Sisters	\$0.00	\$35.00
Sunset Grp	\$0.00	\$200.00
TIAS	\$50.00	\$150.00
The Steps We Took	\$25.00	\$50.00
Thursday Night Step	\$0.00	\$30.00
Together We Stand	\$0.00	\$25.00
Tranquility	\$0.00	\$55.00
Women Into Action	\$10.00	\$20.00
Women's Serenity	\$0.00	\$75.00
Total	\$340.00	\$2,664.39

Corrections Donations	YTD	
Hope Grp	\$0.00	\$97.00
Intergroup	\$0.00	\$112.88
Ridge Manor BB	\$0.00	\$213.00
Total	\$0.00	\$422.88

District treasurer tracks Corrections donations and expenses separately.



If you or someone you know is thinking about suicide, please call 988 (formerly 1-800-273-8255(TALK)). 988 is a 24/7, free, confidential counseling line that connects individuals to a trained specialist in suicide crisis intervention. **One common misconception of the line is that people need to be suicidal to contact 988, yet that is not the case.** Call, text, or chat 988 if you are feeling overwhelmed, upset, or worried about a suicidal loved one, and talk through the steps to take to feel better.

SPONSOR THE STORE

We celebrate your sobriety and are grateful for contributions such as yours that help support the services the A. A. store provides to members and groups throughout Hernando County. Your contribution helps ensure that the A.A. message is available anytime for those who reach out for help.

Some members contribute \$1, \$2, or more for each year of sobriety; others may give a penny or nickel for each day of sobriety.

Whatever the amount, we thank you for your participation In A.A.'s Seventh Tradition of self-support.



DCM CORNER

Tradition Two (short form): “For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.”

The spirit of rotation is considered vital to AA's life because it helps ensure that the fellowship's mission, vision, and goals are achieved and protected from misdirection, misrepresentation, and failures. It also helps to ensure that no one feels like they own any AA service positions, and that everyone has a chance to learn about the services provided.

It's that time of year again! Time to elect trusted servants in our fellowship. All will begin with electing a new panel for North Florida Area 14 Panel 75 on September 29, 2024 at area assembly. I would like to encourage all registered general service representatives (GSRs) to attend this election. This is where your group's voice is heard! If you would like to serve at this level, service resumes (a summary of your service in A.A. and any talents you bring to the fellowship) will be heard. There are certain qualifications for each position as outlined in our [AA Service Manual](#) that should be met. The positions that will be voting on are as follows: delegate, alternate delegate, chair, alternate chair, secretary, registrar, treasurer, and trustee at large.

In our district, we will elect our own trusted servants. Elections for the open positions are as follows: district committee member (DCM), alternate DCM, secretary, treasurer, and archivist. To stand for a position, certain qualifications as outlined in our AA Service Manual and District 13 Structures and Guidelines should be →

Alone, Not Lonely

I met an elderly gent the other day, and we began talking, or, should I say, he began talking. Soon I knew his history, his family history, his children's history, and all of the problems in the world. He was alone and lonely.

I thank a Higher Power and Alcoholics Anonymous that I am not that way.

Once upon a time, a few decades ago, I was at my bottom, physically, mentally, and spiritually. I was very alone, no family, no friends, and alone inside of a mind that had no clue.

A Higher Power, whom I choose to call God, did for me what I could not do for myself. An acquaintance introduced me to a young lady that I found quite attractive. I asked her for a date and she said no, you drink too much. I said I would quit, and I did. It happened that she was a friend of Bill W. with 5 years of sobriety. She invited me to attend a meeting with her.

My first meeting taught me that quitting the drink is the easy part, and staying stopped is the hard part. The second lesson was “learn to listen, and listen to learn.”

I often complained about why God allowed me to drink alcohol excessively for thirty years. With a clear mind while working the steps, I learned that God had delivered me many messages over the years. I just was not listening.

Prayer is asking your Higher Power for direction. Meditation is listening for the answer. I was taught to listen to the literature; to listen to those sharing their experience, strength and hope during the meeting; and to stop listening to the resident rodents constantly running around in my head.

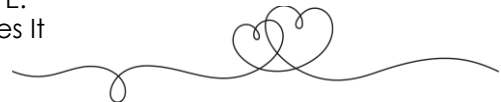
Quiet the noisy mind.

Every thought is a prayer. For me, a loving Higher Power knows what I'm thinking. Most importantly I needed to learn to listen to the silence. Silence is God's opportunity to talk.

Once upon a time, many moons ago, I was in a very crowded bar, and yet, with all of those people around me, I was the loneliest person on this earth.

Today, the lesson is, with a Higher Power a constant in my life, I know that I am never alone, and, with the fellowship in my corner, I need never be lonely.

Michael E.
Easy Does It



met. Service resumes will be heard at our next district meeting on October 7, and on district election day which is November 4, 2024. If you wish to stand for any of the positions, please provide your service resume, and be ready to present it. Both elections are governed by our third legacy procedure. Only registered general service representatives are allowed to vote!

In Service,
Mark S.
District 13 DCM

A Historical Gift of Desperation

Steps One and Two

A reading and reflection on the exchange of letters between Bill Wilson and the renowned 20th century psychoanalyst Carl G. Jung provided me with perspective on the critical importance of the first and second steps of A.A.'s 12-step program. The letters reveal the significant roles of C. G. Jung and Rowland Hazard in the establishment of those essential steps. Similarly important are the connections between Ebby Thacher, the Oxford Group, Dr. William D. Silkworth, and the principle of one drunk helping another.

C. G. Jung and Bill W. were familiar with each other's work with alcoholics. In 1961, Bill wrote to Dr. Jung regarding his treatment of Rowland Hazard's alcoholism in 1931 and his major influence on Alcoholics Anonymous. Rowland, a man of wealth and means, traveled to Switzerland in search of what he believed would be the solution to his nightmarish alcoholic condition.

Bill W.'s letter emphasizes the importance of Rowland's second visit with Dr. Jung. After completing his initial treatments, he believed himself cured. It was during Rowland's return visit, after traveling thousands of miles and spending considerable time and money on his recovery that he lamented his devastating "relapse into intoxication." During that visit, Dr. Jung honestly revealed the "hopelessness" of Rowland's alcoholism, "so far as any further medical or psychiatric treatment might be concerned." Bill wrote, "This candid and humble statement of yours was beyond doubt the first foundation stone upon which our Society has since been built.

Only then did Rowland acknowledge the unmanageability and powerlessness of his life (step one.) Faced with this devastating and undeniable reality, Rowland then asked if there was any other possible solution.

Dr. Jung then mentioned another possibility. Since psychiatry was still in its infancy and striving for recognition as a legitimate scientific discipline, he cautiously presented the only other possibility he could think of. The man of medicine and science suggested a "... spiritual or religious atmosphere, and hope for the best" (step two.)

Dr. Jung believed that the alcoholic's prevailing malady was rooted in an "unrecognized spiritual need." His letter concludes with, "... 'alcohol' in Latin is '*spiritus*,' and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: '*spiritus contra spiritum*'" ("spirit against spirit.")

Rowland recovered by becoming involved in a European spiritual movement known as the Oxford Group. The organization was a non-denominational movement focused on spiritual self-improvement. Their goal was a personal spiritual or religious experience without the constraints of formal religious dogma and theology (a Higher Power of their understanding.) While not directly addressing



alcoholism, their principles of self-survey, confession, restitution, and service to others became foundational elements for A.A.'s 12-step program.

Dr. Jung's letter outlines four "right and legitimate" ways to achieve a personal spiritual experience. He then acknowledged Rowland Hazard's search through "an act of grace" as, "under the circumstances, the best one."

Rowland returned to the United States and discovered that his friend, Ebby Thacher, was in danger of being legally institutionalized for his alcoholism and other offenses. Rowland effectively intervened and conveyed to him the medical and psychiatric hopelessness that alcoholics face and the spiritual solution – one alcoholic helping another.

After successfully recovering with the help of the Oxford group, Ebby, Bill Wilson's former schoolmate and drinking buddy, visited Bill's home after hearing about his alcoholic condition. This act of one drunk helping another inspired Bill to attend an Oxford group meeting out of curiosity and in search of Ebby.

Bill eventually left a note for his wife Lois and checked into Towns Hospital in Manhattan for his fourth attempt at sobriety under the care of Dr. William D. Silkworth.

When Ebby visited Bill at Towns Hospital, Bill asked, "What is your neat little formula once more?" Ebby answered, "You admit you are licked; you get honest with yourself; you talk it out with somebody else; you make restitution to the people you have harmed; you try to give of yourself without stint, with no demand for reward; and you pray to whatever God you think there is, even as an experiment."

Through love and friendship, Ebby became the final catalyst for Bill's recovery. On December 11, 1934, Dr. Silkworth's assessment of alcoholism's physical allergy-like component and the spiritual solution to the obsessive psychological craving coalesced. After that, the rest, as they say, is history.

Michel W.

Sober member in Hernando County

REFERENCES:

- A.A. Grapevine, Inc. Publication January 1963, reprinted January 1968 and November 1974: Bill W.'s letter to Dr. Carl Gustav Jung, Swiss Psychologist and Psychiatrist January 23, 1961, and Letter from Dr. Carl Jung to Bill Wilson, January 30, 1961
- Alcoholics Anonymous Comes of Age – A Brief History of A.A., 1985 Alcoholics Anonymous World Services, Inc.

SEPTEMBER ANNIVERSARIES



Send us anniversary information for your group at 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)

(None)

A Desire

- Larry K. 52
- Tattoo Bill 25
- Chet F. 1
- Josh S. 1
- Megan T. 1

AlGood

- John H. 2

Aripeka

- Paul H. 41

Life Goes On

- Robert B. 28

Lunch Bunch

- Sue S. 35

Principles Before Personalities

- Charlie B. 14
- Bill F. 38
- Tricia C. 4

Promises

- Caryl M. 44
- Nina V. 36

Ridge Manor Big Book

- Cameron A. 2
- Tina B. 10
- Jacque J. 8

Rough Roads

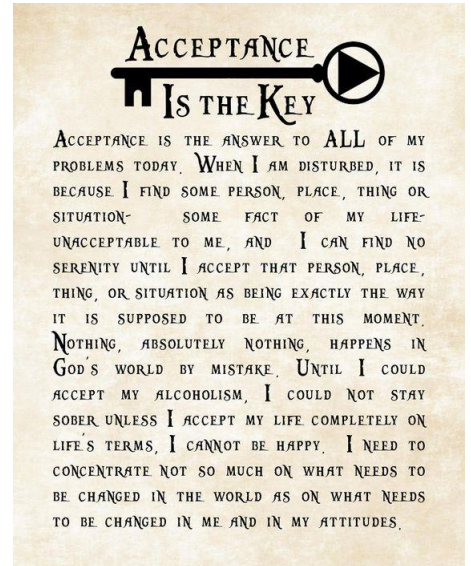
- Christine B. 18
- John H. 24
- Julia B. 5
- Steve T. 12

Serenity Sisters

- Ashley W. 5

Women's Serenity

- Ashley 5
- Amy F. 3
- Caryl M. 44
- Sue S. 35



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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.