



COMMUNIQUE



**THURSDAY
OCTOBER 31
2024**

God, Help Me!

Hello everyone! My name is Nancy, and I'm an alcoholic; a grateful one, I might add. To some of you that are new, keep coming back, and you will know exactly what I mean!

I come from a professional family. My dad was a social worker, and my mom was an RN. Dad was a "periodic" alcoholic. Every weekend he would sneak away to his "secret stash" of beer that he had hidden, usually in the garage, and drink. He figured if mom couldn't see him, she couldn't count how many he drank, and would stay off his back.

My mom was born with a built-in "beer detector," and she could "hone in" on his supply better than a bloodhound could on a rabbit. She kept him busy searching for the perfect spot. It was quite entertaining. I should have sold tickets!

My mom's dad was a raging alcoholic who committed suicide when she was 17. My grandson also committed suicide when he was 26. I have a brother with 42 years of sobriety and a son with 10 years. Alcoholism definitely runs in the family! When I was growing up, I was overweight and felt lonely and weird. I thought nobody liked me. I had a few friends but not for long, as I was so bossy and controlling. I was also an "I will not talk" expert as I wrote it on the board constantly! I ended up being a big people pleaser, because I really wanted to feel like somebody liked me!

When I was 13, my mom and dad were playing cards with another couple. I was alone in the living room. On the counter in the kitchen was a bottle of whiskey! "Hmmm," I wondered, "what would happen if I just had a little bit ..." I poured myself half a juice glass of whiskey and filled the rest with 7up. I went back to the living room and drank it down quickly; in case they came back up. Wow! I loved it. The feeling was incredible and mellowing! I thought, "If one of these feels this good, what would happen if I had another ..." This time it was 3/4 whiskey and 1/4 7up.

All of a sudden, I didn't care that I was fat, or lonely, or weird. TV commercials were hilarious. In alcoholic fashion, I made my way back to the kitchen and poured an entire glass of whiskey; to hell with the 7up! I was totaled. I tried to get up the stairs to my room and couldn't. I desperately needed to escape the watchful eye of my mom and her temper! My brother walked in and died of laughter. He ran down stairs and got my dad who was loaded himself. He looked at me and didn't think there was a problem.

My brother, not willing to miss this wonderful opportunity, went back downstairs and brought back my dreaded mom. She didn't drink and beat my butt all the way up to my ...

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EVENT CALENDAR

- Fri 10/04 Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
- Sat 10/05 Accessibilities 10:00 AM **IN PERSON** 4126 Lamson Ave Spring Hill
- Sat 10/05 Traditions Workshop 1:00 PM 2500 S. Volusia Avenue Orange City
- Mon 10/07 District Meeting 6:15 PM 1214 Broad St, Masaryktown
- Sat 10/12 Traditions Workshop 1:00 PM 2500 S. Volusia Avenue Orange City
- Sat 10/12 Unity Meeting 6:30 PM 6363 Commercial Way, Weeki Wachee
- Sat 10/19 Traditions Workshop 1:00 PM 2500 S. Volusia Avenue Orange City
- Sat 10/26 Traditions Workshop 1:00 PM 2500 S. Volusia Avenue Orange City
- Fri 11/01 Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
- Sat 11/02 Accessibilities 10:00 AM Zoom only (see page 3)
- Mon 11/04 District Meeting 6:15 PM 1214 Broad St, Masaryktown
- Sat 11/09 Gratitude Dinner 4:00 PM 11210 Cortez Blvd Brooksville

TRADITION 10

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.



Hernando County Intergroup

Central Office & Book Store

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

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)



God, Help Me! continued from page 1 ...

...bedroom! The next day I wrote a very apologetic letter, but I never kept its promises. I found a "new circle of friends" and was drinking every weekend I could. I would get loaded and sneak back in to the house.

I met my ex-husband when I was 15, and he didn't believe in drinking. I hadn't crossed the "magic line" of not being able to stop on my own, so, very begrudgingly, I stopped. We got married when I was 18, and I became a mom when I was 19. My husband made me feel loved and cared for, for a little while anyway.

For the first six years we were married we were OK. By then, I had two children. One night while sitting on our porch in Walled Lake MI, a friend came over with a bag of marijuana. We both tried it, and my husband didn't stop until he died of COPD in his 70's. I just wanted a beer!

My husband was promoted, and we ended up in Adrian MI. I had started my associates degree in Walled Lake and finished in Adrian. I became a medical laboratory technologist. At this point, our relationship started to unravel. He was smoking weed, and I was drinking beer, and a lot of it. I talked him into a third baby, in an effort to save our marriage. It was twins! He was not happy.

He was promoted again and didn't want to work at all. We left MI with two four-month-old twins, a 12- and a 10-year-old. We lived in a camper in the Smoky Mountains for ten weeks. We had to change campgrounds every two weeks. I finally got a job in Knoxville TN at Fort Sanders Hospital, and everything was terribly smashed by then, and so was I after work most nights. He was having affairs, and he wouldn't work. I didn't make enough to support us. We even donated plasma just to get a few extra dollars.

He finally got a job that wanted him to move to Nashville. That's where we parted ways, and I came to Florida. I landed right on my parents, who were trying to enjoy their retirement in Spring Hill. It was 1983. My brother very wisely found us a mobile home within 10 days. I was a full-blown alcoholic by then. I found a job quickly and got loaded every night. I would put the twins in bed and leave my daughter (12 by then) in charge of things, and go to the bar.

Things were getting worse. I was bouncing checks, and I was constantly late for work. I would come home from the bar three hours before I had to be at work. I couldn't understand it. Every time I would go to the bar, I would fully plan to order two beers, drink them slowly and "chat" with my "friends." It never worked. I would get loaded every time and wonder why. I wasn't getting home until 2:30 AM, drunk off my butt. Well, things kept getting worse. I couldn't even blame my husband; he wasn't there.

Finally, I couldn't stand it anymore. I did really stupid things while I was drunk, and I remembered it all. I felt like a waste of humanity. I went out to my car one night, grabbed on to my steering wheel and screamed, "God, help me!" and He has ever since.

Amazingly, I started dating guys that had a connection to Alcoholics Anonymous. Of course, they all drank more than me, usually. One of the guys that I dated, Larry, had been to a meeting years before and wanted us to go to one. Well, I dropped him, ...

Continued on page 4 ...

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 [Communicator](mailto:Communicator@aaahernando.org) editor at communicator@aaahernando.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

COMMUNIQUÉ (INTERGROUP)

Chair: John K. 352-650-2324
communiqué@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

Eleanor B.
igparliamentarian@aahernando.org

Intergroup Meeting

First Friday

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

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

COMMUNIQUÉ (DISTRICT)

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

CORRECTIONS

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GRAPEVINE

Tom H.
grapevine@aahernando.org

LITERATURE

Linda S.
literature@aahernando.org

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

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 **In person at the Intergroup office**
Nov 2nd at 10:00 AM
Zoom Meeting ID: 827 8314 8424
Passcode: 995 008

Unity Meeting Schedule

Saturday, October 12th

Hosted by: **Let Go and Let God**

Gratitude Dinner, Saturday November 9th

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

2025 AREA 14 ASSEMBLY DATES

January 3-5

April 11-13

July 18-20

October 3-5

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

Live
and Yet
Live..

Easy.
Does
It...

But for
the
Grace
of God.



"The Man on the Bed": This oil painting was created by Robert M. for the AA Grapevine and was reproduced as the center spread in the December 1955 issue.

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.

God, Help Me! continued from page 2 ...

... for sure. One day, there was a knock on my door. It was my ex-husband. We decided to try again. By then I was addicted to alcohol and had to drink every day without fail.

One night, drunk again, I didn't come home from work until 5:00 AM, (I was expected at 1:00 AM.) He finally said, "I was raised by two alcoholics, and I'm not going to live with another one now. Do something about your drinking!"

I called my brother, who was sober 2 years at that time. He told me to go to a meeting, and get a sponsor, so I did. There were five little old men, and one little old woman at that meeting. I was told to ask a woman to sponsor me, so I asked the little old woman. Her name was Ruby. She said "yes" and made me take a white chip. By the grace of God, it is the only white chip I've ever had to take. It was Aug 16, 1984. Ruby had 20 years of solid gold sobriety and was wonderful. Once again, God had given me exactly what I needed.

Ruby taught me how to work the steps then helped me straighten out my life. I ended up divorcing my ex, as he smoked marijuana and tried to get me to join him constantly as he figured it wasn't alcohol. My sobriety had to be number one in my life, and I just couldn't stay with him. That was in 1985.

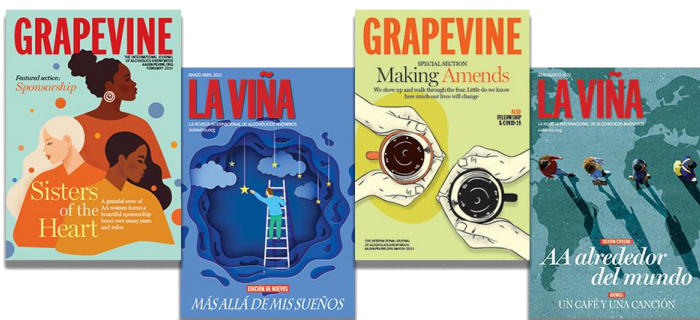
I went to as many meetings as I could. I got a job in Brooksville, at Lykes Hospital for more money, and moved from Zephyrhills to Brooksville.

At around two years of sobriety, I met Bob. He had one child, and we got married. Brooksville A.A. was generally not happy, but we were. Everybody was taking bets on how long we would last. So far, it's been 38 years. I went back to college and finished my BS, then got my masters from Saint Leo. My life got awesome, not just better!

I owe absolutely everything I am today to my God and Alcoholics Anonymous. I'm nowhere near the person that walked into that meeting 40 years ago. My God chose me to jump off that barstool and come among you people. You have taught me how to be a functioning member of society and showed me a way of life beyond compare. And all I had to do was scream "God, help me!" and He has.

Nancy C.

Sober member in Hernando County



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
58	13	...There are those, too... (2)
63	2	...When we sincerely ... remarkable things followed
63	30	...This was ... at once
68	27	...At once, we commence to outgrow fear.

pg. 58

There are such unfortunates. They are not at fault; they seem to have been born that way. they are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. **There are those, too**, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

pg. 63

This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life, God is going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of a new and triumphal arch through which we passed to freedom. **When we sincerely took such a position, all sorts of remarkable things followed.** As we felt new power flow in, we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today and tomorrow or hereafter. We were reborn. **This was only a beginning, though if honestly and humbly made, an effective, sometimes a very great one, was felt at once.**

pg. 68

All men of faith have courage. They trust their God. We never apologize for God. Instead, we let Him remove our fear and direct our attention to what He would have us be. **At once, we commence to outgrow fear.**

Step 10

Continued to take personal inventory, and when we were wrong, promptly admitted it.

Tradition 10 (Short Form)

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Tradition 10 (Long Form)

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues – particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

Literature Report 74th General Service Conference
 Conference literature report located [here](#). Full conference report located [here](#).

- New and newly revised literature available: *Daily Reflections* Audiobook (can listen to English, French, and Spanish editions free on aa.org, can also be purchased to download); *Young People in AA*, pamphlet P-4; *AA for the Older Alcoholic*, booklet B-28; *AA in Your Community*, pamphlet P-31; *Experiencia, Fortaleza y Esperanza*, item SB-20 (56 stories that have been retired from the first three Big Book editions)
- Projects in process: *Plain Language Big Book* (have addressed feedback from the 73rd General Service Conference and have completed the full draft manuscript); Fourth Edition Spanish Big Book; Fifth Edition Big Book; and the pamphlets AA for the Native and Indigenous North American and AA for the Black/African-American Alcoholic.

From Your District 13 Literature Chair

Next month's Gratitude Dinner will mark the end of my two-year service commitment as your district literature chair, and the last appearance of the pop-up Literature Library unless and until a new Chair takes over this rewarding commitment.

PLEASE ask your group members to return any borrowed materials to the Intergroup Office, or to me at the Gratitude Dinner, and ask them to consider the opportunity to broaden the parameters of their sobriety by volunteering to serve as the next District Literature Chair!

Linda S.
 Retiring Literature Chair



It's Gratitude Basket time again! Create a raffle basket that reflects your group, or your favorite past time.

Some ideas are: pet lover, travel, candy lover, ice cream lover, coffee lover, craft lover, crochet basket, family fun night, household gadgets, lottery tickets, etc. So many great possibilities.

Please print the contents of your basket along with the name of your group and attach it to your basket. Have your baskets at the Sand Hill Scout Reservation by 3:30pm on November 9th, 2024.

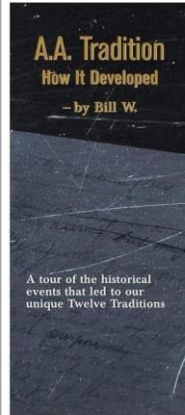
For more information, please contact Cyd B. at 818-314-4058. All money raised at the Gratitude Dinner goes directly to Intergroup.

subscribe@cahernando.org

**District 19 presents:
 The Twelve Traditions Workshop**



LEARN THE HISTORY OF THE TRADITIONS
 A three-part series on the history and development of the Twelve Traditions from the Washingtonians to the Language of the Heart.
 Presented by *Jim W. Cancun, Mexico*



Ask it basket

October 5, 2024, 1:00 PM – 2:30 PM
 Part-1 – What and when did Bill W. likely know about the Washingtonians? And a brief history of the Washingtonians. Q & A following.

October 12, 2024, 1:00 PM – 2:30 PM
 Part 2 - The birth of the Traditions and the evolution of the Traditions from long to short form. Q & A following.

October 19, 2024, 1:00 PM – 2:30 PM
 Part 3 – The role of the Traditions in the General Service structure and the links among the Traditions, Conference charter (Warranties) and Concepts. Q & A following.

October 26, 2024, 1:00 PM – 3:00 PM
 Panel of 12 local AA members discussing each of the twelve traditions and sharing their experience with them. Q & A following.

Located at: **Emmaus Lutheran Church,**
 2500 S. Volusia Avenue, Orange City, FL 32763

2025 *Virtual* NERAASA
 Friday, Saturday, Sunday
February 21, 22, 23, 2025

Registration fee: \$35

Registration and information [here](#) or copy and paste this link:

<https://area45snjaa.org/neraasa-2025-registration/>



2025 A.A. International Convention in Vancouver, BC, Canada!

Registration is now open.

Vancouver will welcome AA members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding. The International Convention will take place from July 3 - 6, 2025, at the Vancouver Convention Centre and BC Place Stadium. You can find more information at the international convention website:

aa.org/international-convention
cahernando.org

Hernando County Intergroup Treasurer's report

Aug-24

Checking		Savings	
Beginning Balance	\$2,155.45	Beginning Balance	\$3,049.21
Total Withdrawals	-\$1,686.86	Total Withdrawals	\$ -
Total Deposits	\$2,461.86	Total Deposits	\$ 25.03
Ending Balance	\$2,930.45	Ending Balance	\$3,074.24

Expenses		Donations	
AAWS	\$ (407.72)	Founder's day	\$ 708.38
Amazon - Office	\$ (32.16)	Henando Beach Group	\$ 100.00
Bob's House	\$ (116.00)	Priciples B4 Perspnalities	\$ 527.07
Fire Dept, Pasco County	\$ (135.00)	Tranquility Group	\$ 150.00
Hazeldon	\$ (22.24)	Unity	\$ 289.00
Lamson Rent	\$ (680.00)	Sub Total	\$1,774.45
Spectrum	\$ (227.09)	Other Income	
Withlacoochee Electric	\$ (66.65)	Bob's House/Founders	\$ 116.00
Total	-\$1,686.86	Sales Cash/checks	\$ 439.58
		Square CC Sales	\$ 104.18
		Wal Mart Return	\$ 27.65
		Sub Total	\$ 687.41
		Total Income	\$2,461.86

Special Gratitude Donation	
Anonymous	\$ 25.00

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 **IN PERSON** to be held at the Intergroup office, 4126 Lamson Ave Spring Hill.

Saturday November 2nd at 10:00 AM via Zoom.

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

Zoom Meeting ID: 827 8314 8424

Passcode: 995 008

aahernando.org

District Treasurer's Report

August 2024

District	
Beginning Balance	\$2,948.39
Total Expenses	-\$104.89
Total Deposits	\$265.41
Ending Balance	\$3,108.91

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

All	
Beginning Balance	\$5,246.25
Total Expenses	-\$104.89
Total Deposits	\$265.41
Ending Balance	\$5,406.77

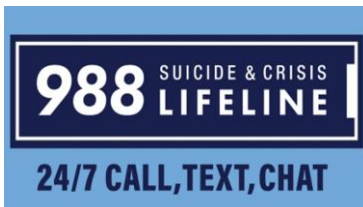
District Expenses	YTD	
Accessabilities	\$40.27	\$40.27
Archives	\$50.00	\$400.00
Area	\$0.00	\$760.35
Founder's Day	\$0.00	\$400.00
Grapevine	\$0.00	\$52.14
Literature	\$14.62	\$14.62
Office	\$0.00	\$36.18
PI/CPC	\$0.00	\$41.60
Pre-Conference	\$0.00	\$25.00
Rent 1 year	\$0.00	\$300.00
Treatment	\$0.00	\$209.59
Total	\$104.89	\$2,279.75

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

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.

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	\$0.00	\$100.00
N C Womens Day	\$0.00	\$100.00
PB4P	\$105.41	\$398.80
Ridge Manor BB	\$0.00	\$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	\$160.00	\$360.00
TIAS	\$0.00	\$150.00
The Steps We Took	\$0.00	\$50.00
Thursday Night Step	\$0.00	\$30.00
Together We Stand	\$0.00	\$25.00
Tranquility	\$0.00	\$55.00
Women Into Action	\$0.00	\$20.00
Women's Serenity	\$0.00	\$75.00
Total	\$265.41	\$2,929.80



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.

SOUTHEAST

REGIONAL FORUM

December 6-8, 2024

*You are invited to the Southeast Regional Forum!***PURPOSE OF REGIONAL FORUMS**

- ▶ Regional Forums are hosted by the A.A. General Service Board and “open” to all A.A. members or to anyone interested in A.A.
- ▶ Regional Forums are designed to enhance trust and communication between A.A. members, the General Service Board, Staff and Directors from the General Service Office and AA Grapevine.

PROGRAM

- ▶ Your Southeast Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine, Inc. Publisher and Staff, A.A. World Services, Inc. Director, your region’s Delegates, and past Trustees
- ▶ There will be presentations, workshops, panels, and more. There will also be sharing sessions to allow for comments and questions. A sample program is posted on www.aa.org under the Regional Forums tab.
- ▶ The event will take place from Friday at 6:30 p.m. through Sunday, 12:00 p.m.

REGISTRATION

- ▶ Registration is **FREE** and will open online at www.aa.org on October 7, 2024.
- ▶ All registration information is confidential and will not be used for anything except communicating about the event and sending the digital Final Report.
- ▶ Pre-registration is encouraged, and on-site registration will be available.

HOTEL INFORMATION

Golden Nugget Biloxi
151 Beach Boulevard

- ▶ For hotel reservations: Call 1-800-777-7568

[Hotel reservation group code - S240301](#)

2024
Gratitude
DINNER

Saturday, November 9th
Doors open at 4:00 PM

Sand Hill Scout Reservation.
11210 Cortez Blvd Brooksville

Speaker - Lori P.

Tickets: \$1
Basket Raffle, 50/50 Raffle, Prizes / Give Aways

Bring a dessert and/or side dish to share

Questions? Call Eleanor B.
484-661-8753

Announcing: The Plain Language Big Book

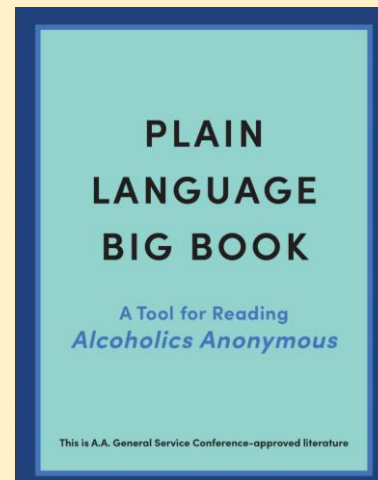
The *Plain Language Big Book* is a tool to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood and accessible by all people who have a desire to stop drinking.

Members of A.A. fondly call the original book *Alcoholics Anonymous* “the Big Book.” It is the basic text of the A.A. program.

The *Plain Language Big Book* has been written to present the original ideas and same spiritual message of the Big Book, *Alcoholics Anonymous*.

This new text is not intended to replace the much beloved Big Book. Rather, the *Plain Language Big Book* is a book crafted over several years by A.A. members and publishing professionals to support alcoholics on the path to recovery. The book is intended to help people who have a problem with alcohol gain access to A.A.’s lifesaving message.

For years, A.A. members have expressed a need for a plain language Big Book. Based on the shared experience of A.A. members, some people may not have regular contact with other A.A. members to help them understand the A.A. program of recovery and the specific vocabulary as it is used throughout the original book *Alcoholics Anonymous*. Other people have a hard time reading, especially books that were written long ago. This *Plain Language Big Book* is written in simpler language to support readers in their recovery. This book is published in accordance with Advisory Actions passed by substantial unanimity of the General Service Conference (GSC) of Alcoholics Anonymous.



In 2021, the 71st GSC advised that this book be developed. Progress reports, then sample chapters were reviewed at the 72nd and 73rd GSCs. The final draft of the *Plain Language Big Book* was reviewed and approved by substantial unanimity at the 74th GSC, in April 2024. This process and outcome adopts this text as Conference Approved Literature.

The *Plain Language Big Book* covers the core content of what is the “abridged version” (the edition without personal stories) of the original Big Book.

Readers are also encouraged to seek out the current edition of the book *Alcoholics Anonymous* and meet with A.A. members to support their own individual paths of recovery from alcoholism.

Available November 1, 2024 from [AAWS](#).

Historically Taking the Steps

I recently wondered what it might have been like to go through the steps in the early years before the text *Alcoholics Anonymous* served as a road map to our spiritual recovery for alcoholics.

Bill Wilson wrote in 1935 that after “three or four days” in Towns Hospital and Dr. Silkworth’s “belladonna treatment,” his “brain cleared.” This was not his first experience with mental clarity, but it must have been a familiar and welcomed feeling. Nevertheless, a crushing depression followed this instance of clarity. Then Ebby T.’s suggestion of a spiritual solution inspired him to cry out, “I am ready to do anything, anything!” (AACA p.63) Suddenly, he experienced an “electric” sense of the “destruction of self-centeredness.” (AA p.14)

After his “sudden and profound” experience, Bill zealously tried to share it with others. However, after a few months, this initial effort failed. Bill returned to Dr. Silkworth with his problem and received advice that revolutionized the approach to helping alcoholics. Dr. Silkworth suggested emphasizing the physical craving and mental obsession before discussing a spiritual solution. This approach proved successful with Alcoholics Anonymous cofounder Dr. Bob and then Bill D., the third man in what eventually became Alcoholics Anonymous.

Dr. Bob oversaw efforts to help alcoholics in Akron, Ohio, while Bill managed the same work in New York. In 1937, both groups found success with approximately forty alcoholics using a stepwise method similar to the one used by the Oxford Group for spiritual development (the Oxfords employed a six-step spiritual formula, the Four Absolutes, and the Five Cs). Nevertheless, the initial and crucial requirement was the recognition of the hopelessness of the alcoholic condition and a complete willingness to “go to any lengths” to achieve sobriety.

The New York group worked together with the Oxford Group in Manhattan, “until the middle of 1937.” They also held meetings at Bill W. and Lois’ home. Bill’s solitary focus on alcoholics and the Oxford Group’s aggressive evangelism and desire to “save the whole world” eventually became incompatible. Bill wrote, “In the latter part of that year (1937) we most reluctantly parted company with these great friends.” (AACA p.74) The Oxford experience had shown Bill “what to do” and, importantly, “what not to do” with alcoholics. “Make haste slowly” became the admonition. The Akron group made their reluctant separation in 1939.

I became aware of the early years with the Akron group after reading the story “He Sold Himself Short,” in the text *Alcoholics Anonymous*. Another thought-provoking account is in *Dr. Bob and the Good Oldtimers*.

These accounts highlight astonishing differences compared to what we might experience today, especially in my journey to A.A. The differences illustrate A.A.’s early experimental effort, as the foreword of the 12 & 12 confirms, “trial and error in selecting the most workable tenets,” was their working model. Dr. Bob remembered, “You see, in those days we were groping in the dark.” “We knew practically nothing of alcoholism.” They



Dr. Bob, Anne Smith, Bill and Lois Wilson A.A. Picnic Stepping Stones

concentrated on “what worked.” What remained constant were the principles of surrender, admitting powerlessness, and one drunk helping another through recovery (as is the case today).

In “He Sold Himself Short,” Earl Treat underwent scrutiny that rivaled a U.S. federal court appointment. Multiple members vetted him on several occasions to determine if he was a real alcoholic and the seriousness of his desire to stop drinking. These visits took place before Earl was “allowed” into his first Akron meeting. Eventually, Earl spent “three or four hours” with Dr. Bob who guided him through the “six-step program.” This experience was so effective that it inspired Earl to return to Chicago and establish a successful recovery group. The full story is truly a remarkable read.

In *Dr. Bob and the Good Old Timers*, Bob E.’s experience is equally striking. Bob recalls that in 1937 after spending several days in the hospital he eventually went through the “surrender” on his knees. Essentially, this was the first three steps of our 12-step program. Ernie G., considered man number four in A.A. (p.158), remembers, “You couldn’t go to a meeting until you did it.” (DBGO)

Dorothy S.M., who was married to Clarence S., the third group organizer of Alcoholics Anonymous in Cleveland, Ohio, recalls a meeting in 1937 where “the men would disappear upstairs” with a prospect. “We were nervous and worried about what was going on.” After some time, the men returned, and “down would come the new man, shaking, white, serious, and grim.” Later they would discreetly reveal to the group “they had had a real surrender.” Following this, many completed the remaining steps within days.

Dorothy’s memory of the 1937 meeting later prompted her to ask a question that recently made me wonder as well: “How many people that come in now would survive an experience like that?”

Michel W.

A sober member in Hernando County

References:

- *Alcoholics Anonymous, Fourth Edition, (AA)*
- *Twelve Steps and Twelve Traditions (12 & 12)*
- *Dr. Bob and the Good Oldtimers, (DBGO) (pp. 101-104)*
- *Alcoholics Anonymous Comes of Age, (AACA)*

OCTOBER 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)

AlGood

Jose R. 29

Hernando Beach

Dave P. 4
Ray D. 34

Hope

Carl 42

Ladies Big Book

Jeanne C. 28
Janis G. 43
Rita W. 2

Let Go & Let God

J.J. M. 7
Bob S. 34
Ray D. 34
Sean 34

More Serenity Sisters

Jamie 8

Principles Before Personalities

Roger S. 7

Promises

Sean T. 23

Ridge Manor Big Book

Andrew W. 2

Rough Roads

AJ 15
Andy S. 10
Cheri M 37
Eddie 31
Mike R. 8
Todd 45
William 34

Serendipity Sisters

Ann Marie D. 15
Val 32

Serenity Sisters

Jennean G. 5

Singleness of Purpose

Jim F. 6

Sunset

Celeste G. 5

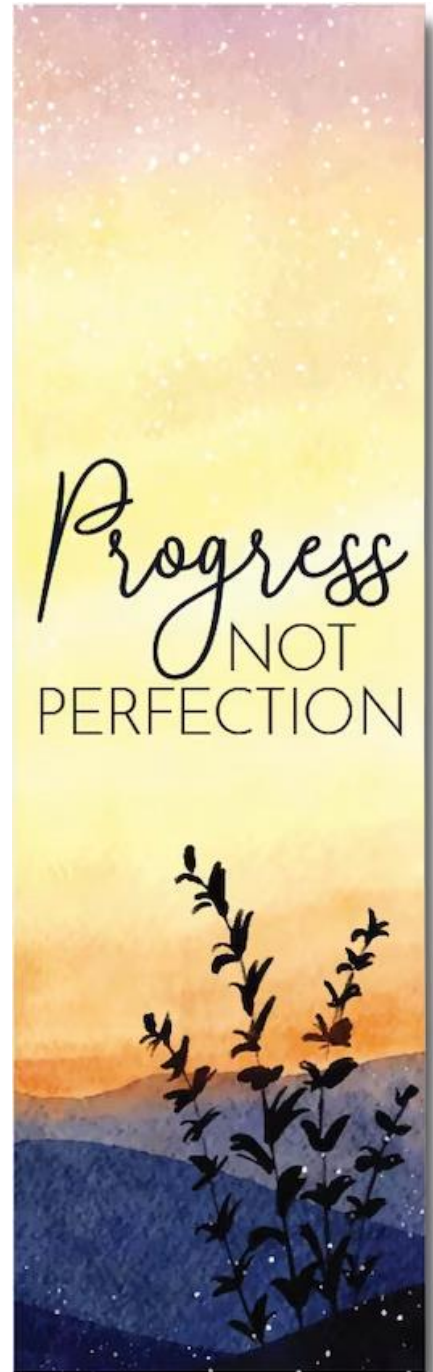
Tranquility

Rob B. 21

Women's Serenity

Ann Marie 15
Rita W. 2
Celeste 5
Mindy 17

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