



COMMUNIQUE



*Happy Thanksgiving
Thursday November 28*

Taking the Lessons to Heart

I am an alcoholic and my sobriety date is 01/09/2005. I am the fourth of the five known children of my dad, an impaired physician. I am younger by three years than my next older sibling. They can recall the good dad before he descended into his alcoholic hell. I knew him only as an unpredictable, dangerous, and violent page 21 alcoholic. He did not beat me often, but when he did it could be life threatening. Being simple, I did not realize I could run from him.

Nevertheless, he was a respected general practitioner who derived a good income from a large practice. He was generous and giving to many people and enjoyed a good reputation. Being a big fish in a small pond, he and his reputation were protected by the silence of his profession and his wide network of friends in law enforcement and the legal community. Having the resources to buy his way out of trouble helped too. If any suspected the truth of his violence towards his wife, mistresses, and children, it seems they never spoke of it. I only learned I could fight back when out of desperation I turned on him during a beating and beat him up instead.

I finally left home at 17, at night, nude, with nothing but a towel in my hand as my dad chased me with a gutting knife. I made my way to a friend's house. He let me in, gave me clothes, and let me stay the night. I told my story to a school counselor the next morning. The counselor never followed up with me. To me this was proof positive I had no protection in the community. I felt I was on my own.

This background lay the foundation of my drinking. I took my first drink at 12. It was a conscious decision to escape what I felt were the impossible circumstances of my life. Dad was my drinking model, and I never took a drink for any reason other than to get drunk.

I consider myself a garden variety drunk with a fairly common drunkalogue. A binge drinker rather than daily drinker, I was a full-fledged alcoholic at fourteen. Whenever I picked up a drink, I never knew how much I was going to drink or for how long. The only thing predictable about me was, when drinking, I became unpredictable. You might find me "hail fellow and well met," or you might resolve to never see me again. You just never knew.

I drove while drunk all the time. There was no MADD, and a few times cops took my keys and allowed me to sleep it off in my car rather than arrest me. I hit a cyclist after closing down a bar and spent a night in jail. A few weeks later I clipped a car while the driver ...

Continued on page 2 ...

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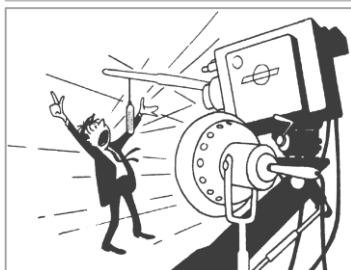
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EVENT CALENDAR

- Fri 11/01 Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
- Sat 11/02 **Accessibilities 10:00 AM In Person** (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
- Sat 11/30 Accessibilities 10:00 AM Zoom only (see page 3)**
- Mon 12/02 District Meeting 6:15 PM 1214 Broad St, Masaryktown
- Fri 12/06 Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
- Fri 12/06 SE Regional Forum 151 Beach Boulevard, Biloxi MS
- Sat 12/07 SE Regional Forum 151 Beach Boulevard, Biloxi MS
- Sun 12/08 SE Regional Forum 151 Beach Boulevard, Biloxi MS
- Sat 12/09 Unity Meeting 4:00 PM 11210 Cortez Blvd Brooksville

TRADITION 11

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.



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)



Taking the Lessons to Heart continued from page 1 ...

... was making a left turn. I left the scene, got caught, and spent another night in jail. I was 18, and it was my second arrest, but I never did the time I deserved. Dad's attorneys were good at their job, but I lost that protection when Dad finished drinking himself to death at 58.

I was 28 for my next arrest, my only DWI. My last arrest was for failure to appear at a hearing for that DWI. I pled guilty to reckless driving, got probation, and continued life as though nothing had happened. I won a two-hour open bar contest for me and ten friends. We drank for two hours, and then I went to another bar where I was told to leave because I was too drunk. Enraged, I threw every barstool I passed to the floor on my way out the door and left a spider web in the window of a car with my fist. My wife feared me, and we divorced. The loss of my family and especially my daughter fueled my suicidal ideations. Every time I returned my daughter to her mother, my drinking went out of hand. A few times I showed up at work reeking of alcohol. I believe I had few hangovers because I would still be drunk when I came to in the morning. A friend called every morning to be sure I was up for work. I would sit on my front porch drinking coffee and smoking cigarettes. Nearly every morning a mockingbird would perch in a tree top across the street from my house. Silhouetted against the sky, this bird with a brain the size of a pea would sing its morning song, while I, the pinnacle of evolution on the planet, fantasized about self-destruction. A large caliber weapon would destroy my brain thereby ensuring there would be no pain. To this day I can only describe the dichotomy between that bird's lust for life and my suicidal depression as exquisite. She saved my life.

Ironically it was Dad's alcoholism which planted the seed of my recovery. During one of his rehabs, the staff played Father Joseph Martin's "Chalk Talk" for the visiting families. The impact on me was profound. Father Martin explained the science behind alcohol as a sedative drug, that alcoholism was the disease of addiction to alcohol, that there is no cure for alcoholism, and there is a fellowship with a program of recovery from alcoholism. I don't know why, but I was immediately imbued with faith in the program of Alcoholics Anonymous. It may have been the most important event of my childhood.

Thanks to Father Martin I started showing up at AA in my early 20's but I never stuck. The "God" talk would drive me out of AA, and eventually the booze would drive me back to AA. Finally in April of 1997 I closed a bar and headed home to end my suicide by inches. I knew a take-out pizza place which was still open. I stopped to order my last meal, an Italian sub. As the cook put my sub in the oven his phone rang. The last thing I recall was the look of panic in his eyes as I answered the phone and took an order. At daylight I came to in the parking lot with that sub in my lap. As I headed home, I unwrapped it and took a bite. My favorite drunk meal was cold, soggy, and ruined which is just how I felt. A thought came to me...maybe I should call Alcoholics Anonymous. I finally had the Gift Of Desperation, so I made the call.

I arrived at what became my home group with an idea my death wish might somehow be mixed up with my drinking. I did not understand recovery nor did I much care. I ...

Continued on page 4 ...

In Memoriam

In memory of Steve D., a member of the Tranquility Group. His sobriety date was 11/24/1980; he passed away 2/23/2022. He would be celebrating 44 years of recovery this month. You are not forgotten.



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

HEAART

Emma C.
heaart@aahernando.org

HOTLINE 352-683-4597

Chairperson:

Johnny V. 352-346-6096

INTERGROUP LIAISON

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

PARLIAMENTARIAN

Eleanor B.
igparliamentarian@aahernando.org

TECHNOLOGY

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

UNITY MEETING

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

Intergroup Meeting

First Friday

Nov 1st, Dec 6th 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

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

GRAPEVINE

Tom H.
grapevine@aahernando.org

LITERATURE

Linda S.
literature@aahernando.org

PARLIAMENTARIAN

Eleanor B.
parliamentarian@aahernando.org

PUBLIC INFO (PICPC)

Nancy C.
picpc@aahernando.org

TREATMENT

Joe C.
treatment@aahernando.org

District Meetings

District-1st Monday

Nov 4th, Dec 2nd at 6:15 PM
Holy Trinity Lutheran Church
1214 Broad St., Masaryktown

Accessibilities-Sat before 1st Mon

Nov 2nd at 10:00 AM **In person at the Intergroup office**
Nov 30th at 10:00 AM
Zoom Meeting ID: 827 8314 8424
Passcode: 995 008

Unity Meeting Schedule

Gratitude Dinner, Saturday November 9th

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:
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: Orlando Marriott Lake Mary 1501 International Parkway Lake Mary, FL. 407-995-1100, 800-228-9290 (toll free.) Check in 4:00 PM, check out 12:00 PM.

See Area Assembly website for more information:

aanorthflorida.org/assembly_agenda.asp

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 always looking for volunteers to sign up for our 12-step call list. You can sign up by calling the office, or go to our website: aahernando.org/12-step.

Taking the Lessons to Heart continued from page 2 ...

... just wanted to stop wanting to die. I thought if I quit drinking for a while I might get well. This Group Of Drunks had two meetings at night, 6 PM and 8 PM. I was so emotionally and spiritually exhausted that all I could do for about eighteen months was sleep through the first meeting to be rested for the late meeting. Some thought I was still drinking. When I picked up my 30-day chip one member asked incredulously, "You've got 30 days?"

Eventually I was able to participate more fully in the meetings. I did not care too much for AA literature or traditions. I was satisfied with Good Orderly Direction and my off-the-wall program: a program driven by the steps and traditions hanging on the wall. Three years in, I kinda sorta worked the steps with my third sponsor. I was living life on life's terms, grudgingly accepted service positions in the group, and seldom let a day go by without a meeting. I learned so many things along the way that I can't list all of them here. First and foremost, I learned that if I followed a few simple rules, I need not ever sober up again. That to stay sober only one thing had to change and that was me. I learned I must live in daily increments and the real work is on the man in the mirror. I learned an apology is not an amends and that practicing these principles in all my affairs takes practice. I could go on but I need to draw this long story to a close ... when I was asked to submit my story, I had no idea I had so much to say!

I dated and settled into a relationship. The relationship failed, and I became a lonely heart. Failing to heed the lessons from six years of meetings, I became involved with a page 21 alcoholic I will call Page. I had been warned a woman would get me drunk before I could get her sober, and so it was for me. After seven years without a drink, I found myself drunk.

I got drunk four times in the summer of 2004. Unemployed for six months, I finally landed a job in Delaware and headed north with Page. We were broke. As a native Floridian, Delaware was a culture shock to me, and I did not easily adapt. I was going to meetings and struggling to stay sober (it is definitely easier to stay sober than get sober.) Delaware sponsor #1 did not work out. Sponsor #2 stopped answering his phone. Then came January 8, 2005 and what I hope is my last drunk. Page and I started in Maryland and ended in Delaware. She left shortly ...

Continued on page 5 ...

Step 11

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

Tradition 11 (Short Form)

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity.

***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

75	15	...We can look...Spirit of the Universe.
78	9	...Rarely do we fail to make satisfactory progress.
83	30	...If we are painstaking...do for ourselves.

pg. 75

We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual experiences. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the **Spirit of the Universe**.

pg. 78

In nine cases out of ten the unexpected happens. Sometimes the man we are calling upon admits his own faults, so feuds of years' melt away in an hour. **Rarely do we fail to make satisfactory progress**. Our former enemies sometimes praise what we are doing and wish us well. Occasionally, they will offer assistance. It should not matter, however, if someone throughs us out of his office. We have made our demonstration, done our part. It's water over the dam.

pg. 83

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity, and we will know peace. No matter how far down the scale we have gone, our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook on life will change. Fear of people and economic insecurities will leave us. We will intuitively know how to handle situations that used to baffle us. We will suddenly realize that God is doing for us what we could not **do for ourselves**.

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.

Taking the Lessons to Heart continued from page 4 ...

... after this episode and I was on my own again. I called George, the man destined to be Delaware sponsor #3. I did what I jokingly call "the interview." Three questions.

Question 1: did he believe alcoholism is curable? Answer: no. Check.

Question 2: does he know Page? Answer: No. Check.

Question 3 (I believe the most important question): Did he have time for me? Answer: yes.

Gold star!

George asked me where I wanted to start. He knew I been through step 3 with sponsor #1. I suggested we talk things over, and he could let me know where to continue. Then he asked the trick question, "What is on the first page of the Big Book?" I knew the answer and replied, "Nothing." He said, "Correct. You know nothing, and we'll start at the beginning."

I was so relieved! Here finally was a man who understood that after seven years without a drink I had failed the first step.

We met every week and read the Big Book. He took me through the book paragraph by paragraph, page by page, and step by step. At last, I took the lessons I learned to heart. I came home to Florida and immersed myself in AA. I found a good job. Working from home, I was able spend two years caring for my mother. Though still an atheist, I was able to reconcile my atheism with this God-based, faith-based program. I believe in the framework outlined by the program of Alcoholics Anonymous and I have a power greater than myself which guides the proper use of my will. I dove into service for nearly ten years as chairperson of our business meeting, treasurer, GSR, district treasurer, and I also accepted assignments in district committees. Thus, was born my commitment to the traditions of AA. I have a wonderful companion and wife of sixteen years who also got sober in 2005. I heard someone say they were told, "You are going to go far in AA because you have a long way to go." I have come far and I have farther to go for truly, sobriety is a journey not a destination.

Anonymous member of A.A. Hernando County

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- Grapevine Podcast.
- Read or listen to every issue.
- Keep track of your sobriety and spiritual practices.
- Share AA stories and area events with friends.
- Find meetings and connect to aa.org.

subscribe@aahernando.org



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

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

Scheduled Accessibilities Committee Meetings 2024:

Saturday November 2nd at 10:00 AM **IN PERSON** to be held at the Intergroup office, 4126 Lamson Ave Spring Hill.

Saturday November 30th at 10:00 AM.

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

Zoom Meeting ID: 827 8314 8424

Passcode: 995 008

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/>



aaahernando.org

Hernando County Intergroup Treasurer's report
September 2024

Checking		Savings	
Beginning Balance	\$2,930.45	Beginning Balance	\$3,074.86
Total Withdrawals	-\$2,219.42	Total Withdrawals	-\$525.00
Total Deposits	\$2,589.54	Total Deposits	\$0.02
Ending Balance	\$3,300.57	Ending Balance	\$2,549.88

Expenses	
AAWS	-\$194.20
Amazon - Office	-\$33.04
Hazeldon	-\$18.92
Lamson Rent	-\$680.00
Nationwide	-\$950.27
Recovery Accents	-\$72.20
Spectrum	-\$185.69
Square Verify	-\$0.01
Walmart	-\$22.52
Withlacoochee Electric	-\$62.57
Total	-\$2,219.42

Donations	
Anonymous	\$ 100.00
Aripeka Open Spkr	\$ 225.00
PB4P	\$ 257.34
Sunset Group	\$ 240.00
Unity	\$ 254.00
Total	\$1,076.34

Other Income	
Archives	\$ 50.00
Sales/Cash chks	\$ 800.07
Sales/ CC	\$ 138.12
Square Verify	\$ 0.01
Gratitude Seed Money	\$ 525.00
Total	\$1,513.20



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.

District Treasurer's Report

September 2024

District	
Beginning Balance	\$3,108.91
Total Expenses	-\$116.94
Total Deposits	\$1,069.84
Ending Balance	\$4,061.81

Corrections	
Beginning Balance	\$2,297.86
Total Expenses	-\$230.80
Total Deposits	\$230.00
Ending Balance	\$2,297.06

All	
Beginning Balance	\$5,406.77
Total Expenses	-\$347.74
Total Deposits	\$1,299.84
Ending Balance	\$6,358.87

District Expenses	YTD	
Accessabilities	\$0.00	\$40.27
Archives	\$50.00	\$450.00
Area	\$0.00	\$760.35
Founder's Day	\$0.00	\$400.00
Grapevine	\$0.00	\$52.14
Literature	\$0.00	\$14.62
Office	\$0.00	\$36.18
PI/CPC	\$66.94	\$108.54
Pre-Conference	\$0.00	\$25.00
Rent 1 year	\$0.00	\$300.00
Treatment	\$0.00	\$209.59
Total	\$116.94	\$2,396.69

Corrections Expenses	YTD	
General Expenses	\$230.80	\$1,099.76
Total	\$230.80	\$1,099.76

District treasurer tracks Corrections donations and expenses separately.

District Donations	YTD	
AI Good	\$0.00	\$50.00
BYOBB	\$0.00	\$50.00
Founder's Day	\$708.37	\$708.37
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	\$51.47	\$450.27
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	\$520.00
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	\$50.00	\$105.00
unknown	\$50.00	\$105.00
Women Into Action	\$0.00	\$50.00
Women's Serenity	\$0.00	\$20.00
Young Men's Grp	\$50.00	\$75.00
Total	\$1,069.84	\$4,054.64

Corrections Donations	YTD	
Hope Grp	\$0.00	\$97.00
Intergroup	\$0.00	\$112.88
Ridge Manor BB	\$0.00	\$213.00
Steps We Took	\$230.00	\$230.00
Total	\$230.00	\$652.88



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

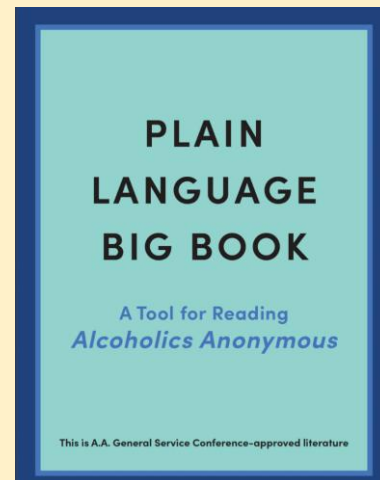
The *Plain Language Big Book* is a tool to help readers understand the book *Alcoholics Anonymous*, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood and accessible by all people who have a desire to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

A Spiritual Insight or Arrant Nonsense

While attending a recent step meeting and discussing step 5, a question arose after reading a paragraph on page 60 in “Twelve Steps and Twelve Traditions” (12&12.)

The paragraph states, “How many times have we heard well-intentioned people claim the guidance of God (our Higher Power) when it was all too plain that they were sorely mistaken.” The paragraph also connects being “sorely mistaken” with “arrant nonsense” (total foolishness.)

The question posed was, if what we believe or feel is *not* guidance from God or our Higher Power, where does our “arrant nonsense” come from?

Bill W. writes again, in step 11 of the 12&12, page 103: “Quite often, the thoughts that seem to come from God are not answers at all. They prove to be well-intentioned unconscious rationalizations.” We are inclined to have “garbled” reasons for thoughts and feelings due to a lack of “both practice and humility” in self-analysis (introspection and retrospection.)

In A.A.’s early years, a group of psychologists and doctors conducted an exhaustive study of the “so-called problem drinkers,” examining their differences and commonalities. To the displeasure of many AAs, they concluded that most of the alcoholics investigated “were childish, emotionally sensitive, and grandiose” (12&12 pp. 122-123.) Over time, “most of us have come to agree with those doctors.”

The initial question now becomes a study of how *emotionally sensitive unconscious rationalizations* may originate.

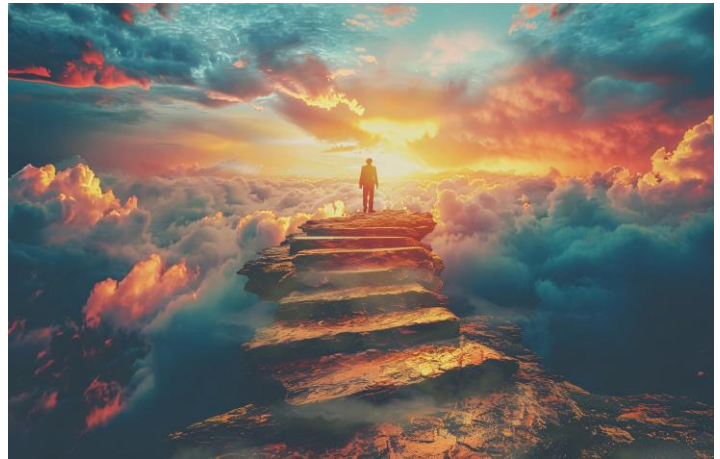
Bill Wilson made a profound assertion at the 1955 20th AA anniversary convention: “Without its friends of medicine, Alcoholics Anonymous might never have been born. It was from the medical profession that we of AA learned the physical and emotional nature of our malady.”¹

Five years after reviewing the draft of what became “Alcoholics Anonymous,” Dr. Harry M. Tiebout published “The Ego Factors in Surrender in Alcoholism,” in *The American Journal of Psychiatry*. He presented his essay on the effectiveness of Alcoholics Anonymous to convention attendees.² The paper addresses the potential source of an alcoholic’s arrant nonsense from a medical perspective. It is a concise and thought-provoking study easily accessible on the internet.

Dr. Tiebout distinguishes between “Ego factors” and the healthy ego. He defines the “substitute term” Ego (capital E) as “the persisting elements, in the adult psyche, of the original nature of the child.” He explains how we often “remain happily ignorant of the unconscious drives” that push us around.

The first immature trait carried over from infancy into adulthood is “His Majesty the Baby,” characterized as omnipotent and of sole importance. In “Alcoholics Anonymous,” page 60, we recognize this as the “director.” Second, the infant is intolerant, “tolerates frustration poorly and lets the world know it readily.” Third is the “tendency to do everything in a hurry.” Dr. Tiebout’s essay then proceeds to show by example how these immature traits explicitly affect the adult psyche (both the conscious and unconscious.)

The healthy *ego* is the part of our conscious psyche that helps us function properly in reality, through perception, adaptation, and decision-making (Merriam Webster.) It is “willing to stay right size,” assisting us with ambition, self-respect, and the ability to play well “whatever cards life deals” us. (12&12 p.122)



“The 12 Steps As Ego Deflating Devices,” is another essay by Dr. Tiebout that offers guidance on keeping arrant nonsense in check. The process of “Ego-reduction,” surrender, humility, and not merely *compliance*, is necessary for the “psychic change” suggested in “Alcoholics Anonymous,” *The Doctor’s Opinion*.

Regarding “Ego-deflation” Dr. Tiebout reminds us, “It is common knowledge that a return of the full-fledged ego (Ego) can happen at any time. Years of sobriety are no insurance against its resurgence. No AA member, regardless of their veteran status, can ever relax their guard against a reviving ego (Ego.)” He explains that, “we must work at preserving sobriety” by living a “disciplined way of life.” This *work* he identifies as the Twelve Steps of Alcoholics Anonymous. It is important to note that Dr. Tiebout, like Dr. Carl G. Jung decades earlier, recognized the limitations of psychotherapy.

The first practical suggestion for addressing nonsense in Alcoholics Anonymous is to seek *guidance*. This guidance can come from a sponsor, a trusted friend, spiritual direction, or professional counseling. “The benefit of talking to another person is that we can receive direct comment and counsel on our situation.” (12&12 p.60) Bill W. reminds us, “Going it alone in spiritual matters is dangerous.” It is important to note that Ebby T. was Bill W’s friend and sponsor. Father Ed Dowling, a Jesuit Priest was a lifelong friend and “spiritual advisor” until his passing in 1960.³ In the mid-1940s, Bill W. “had sought out Dr. Harry M. Tiebout and entered upon a regimen of psychotherapy.”⁴

The advice in step 6 of the 12&12 is relevant to all efforts put forth in working the AA program. Our Higher Power doesn’t make us white as snow “without our cooperation.” This includes thoughtful counsel. In “The Language of the Heart, Bill W.’s Grapevine Writings,” there is a June 1958 essay entitled “Take Step Eleven.” In that article on “prayer, meditation, and guidance,” he comments, “The other Steps can keep most of us sober and somehow functioning. But Step Eleven can keep us growing if we try hard and work at it continually.”

Michel W.
Sober Member in Hernando County

References:

1. (AACA) *Alcoholics Anonymous Comes of Ages, A Brief History of A.A.*, Alcoholics Anonymous World Services, Inc., New York, p. 235
2. (AACA) pp. 245-261.
3. *Father Ed Dowling – Bill W.’s Confidant and Friend*, box 459, News and Notes from the General Service Office of A.A., Vol. 52, No.4 / August-September 2006
4. *Not-God, A History of Alcoholics Anonymous*, Ernest Kurtz, Hazelden, 1991

NOVEMBER 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

- Gabby 1
- Ed O. 35

Aripeka

- Bonnie A. 16

Fun 'n Frolic

- Dawn P. 11

Heavy Hitters

- Richard L. 8
- Tom B. 6
- Brian W. 7
- Richard C. 7
- James S. 4
- Todd L. 36
- Diana 8
- Ken P. 10

- Dawn P. 11

Hernando Beach

- Marion J. 38
- Nancy E. 36
- Vi L. 46
- Jim S. 4

Hope

- Tom C. 50

Ladies Big Book

- Amy B. 34
- Amy R. 7
- Vi 46
- Tony 4

Principles Before Personalities

- Amy B. 34
- Amy R. 7
- Bonnie A. 16

Rough Roads

- Elizabeth 41
- Eric J. 5
- Marian J. 38

Serendipity Sisters

- Marianne M. 1
- Peg H. 31

Singleness of Purpose

- Bob B. 7
- John F. 45

Spring Hill Monday Night

- Celeste G. 5

Step Sisters

- Darla 32
- Nancy E. 36

Sunset

- Ashley W. 6

Tranquility

- Mark S. 8

Women Into Action

- Kate F. 36

Women's Serenity

- Darla S. 32
- Judy N. 1
- Lisa G. 6
- Tracy H. 8
- Vi L. 46



Happy

Veterans Day

Honoring All Who Served



Monday
November 11, 2024



Have you heard of the Birthday Plan?

The Birthday Plan is for A.A. groups or A.A. members who wish to contribute to the General Service Office on their A.A. birthday. \$1 per year is suggested, but members may contribute as much as they wish up to \$7,500. You can click on this link to log in to the A.A. website at

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