



COMMUNIQUE



Wishing you a very happy and safe holiday season!

Love In Action

At my first AA meeting in 1965, I felt embraced by the love in the room right away. People brought coffee, held the cup for me and made me feel special. I was shaking, drunk and unsteady. Although I was 28, I had never experienced anything like this outpouring of good will before.

That first meeting was an hour and a half. Not only did the people there introduce me to a sponsor, they agreed to meet me at an AA meeting closer to my home the next day. People in AA got me to agree to call them if I felt in danger of taking another drink. They made it clear that it didn't matter what time of day I called or when I called, even very late at night.

My family was concerned about my joining AA, as they thought I would infect them with sobriety. I was given some distance and no one in my family would accompany me to a meeting.

Members with long-term sobriety would take me with them on Twelfth Step calls. We were like family. Remember when the phone would ring at our AA meetings, about four or five of us would jump up to answer.

Members even helped me find a job. I got help with medical problems from doctors in my meeting. People helped me when I was dealing with family and housing issues. It seemed there was an AA person who could help me with just about anything. One time, I was in a meeting talking about a crazy car accident I had been in. I was blamed for the accident even though I was innocent. Before I knew it a friendly judge in AA helped me take care of it. Through the years, I have been able to help fellow members move and clean their yards and houses. I've gotten to pitch in, give rides to meetings and take members out to coffee or meals after the meeting, I've especially love helping with weddings, showers and other important events.

My calendar has always been full of events, including AA get-togethers and sober conventions. I've cooked for large AA events and even got to run a race to help a fellow handicapped member. Over the years I've been able to help newcomers in unexpected places, like meetings on cruise ships. One time I was in a long check-in line at the airport reading my Big Book when a man nearby noticed. We had a nice talk, and he thanked me for reminding him to go back to AA.

I am sober 56 years now. Due to my poor health and my need to use a walker I'm ...

Continued on page 2

Inside This Issue

- 2 Donation Addresses
- 2 Love In Action (cont.)
- 2 Gratitude Wrap-up, In Memoriam
- 3 Officers and Committees
- 3 District, Intergroup Meetings
- 3 Unity Meeting, Assembly Dates
- 3 Volunteer Call List
- 4 *ALL* The Promises (Part 12)
- 4 Step 12, Tradition 12
- 4 Event Etiquette
- 5 Volunteers Needed Corrections
- 5 Box 459, NERAASA
- 5 A.A. International Convention
- 5 Message from Accessibilities
- 6 Intergroup Treasurer's Report
- 6 Sponsor the Store
- 7 District Treasurer's Report
- 7 Suicide and Crisis Lifeline
- 8 Event Flyers
- 8 Unity Agenda
- 9 No Alcoholic Should Find a Locked Door
- 10 Anniversaries

EVENT CALENDAR

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
Sat	12/07	Christmas Party 4:30 PM 6363 Commercial Way Spring Hill
Sun	12/08	SE Regional Forum 151 Beach Boulevard, Biloxi MS
Sat	12/14	Unity Meeting 6:30 PM 6363 Commercial Way, Weeki Wachee
Sat	12/28	Sunset Group BBQ & Speaker Meeting 4:00 PM 250 Bell Ave, Brooksville
Fri	01/03	Area Assembly 8:00 AM 1501 International Parkway, Lake Mary
Fri	01/03	Intergroup Meeting 6:30 PM 8555 Forest Oaks Blvd, Spring Hill
Sat	01/04	Area Assembly 8:00 AM 1501 International Parkway, Lake Mary
Sat	01/04	Accessibilities 10:00 AM IN PERSON 4126 Lamson Ave Spring Hill
Sun	01/05	Area Assembly 8:00 AM 1501 International Parkway, Lake Mary
Mon	01/06	District Meeting 6:15 PM 1214 Broad St, Masaryktown
Sat	01/11	Unity Meeting 6:30 PM 6363 Commercial Way, Weeki Wachee

TRADITION 12

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.



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)



Continued from page 1

... confined to my home but that doesn't stop me from doing service by phone, email and virtual meetings, which are amazing!

Bobbie S., Cincinnati, Ohio

A.A. Grapevine, June 2022

Gratitude Wrap-up

The Gratitude Dinner was a huge success! Thank you to all the committee members who gave so much of their personal time and talent to make it so.

Emma, Chris, Michael, and Dan, outstanding job in the kitchen!!

Jim, the meats were perfectly sliced, thanks to you!

John Paul and Barb did an amazing job with their serving committee.

Although the venue was beautiful, Carol and her team made it come to life!

Special thanks to Greg and his set up and clean up committee and 50/50 raffle committee!

Thanks to all the groups who donated baskets and/or funds to this worthy event!

Cyd and Kim did a beautiful job with the display and raffle!

Thanks to Scott and Trish for all the beverages they provided, Barb for setting up the desserts, Mark for the 7th Tradition and Karen for the Greeters committee!

Thanks again to Lori P., our Delegate for sharing her experience, strength and hope and to all the readers who inspire us every day with their wisdom.

A huge thanks to Maryanne for the lovely flyer, Chris, for the heart-felt prayer, and Dee and Jim who did everything else behind the scenes to make this event a reality.

On a personal note, I would like to thank Amy for the generous Grapevine books and my mom, Linda, for the "Pass It On" plants, and my husband, Jim, who puts up with me on a daily basis and does more to help than you will ever know.

Thanks to all of you who brought turkeys, hams, side dishes, and desserts; we are truly blessed with a generous village!

May God bless all of you!

In Service,

Ellie B.

Gratitude Chair

In Memoriam

Marion J., a member of the Hernando Beach/Rough Roads group, passed away a few months back; she would have had 38 years. She had relocated to Michigan to be with her daughter. Her health was failing but lived to be 96 years old. She was a wonderful caring person. She will be missed. - Jack J. HB Group



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
Tim H. 813-807-6350
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
communique@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

<VACANT>
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

Dec 6th, Jan 3rd 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

<VACANT>
altdcm@aahernando.org

SECRETARY

Joyce S. 239-293-7364
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

Robert L. 352-263-5404
archives@aahernando.org

COMMUNIQUE (DISTRICT)

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

CORRECTIONS

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

GRAPEVINE

Tom H.
grapevine@aahernando.org

LITERATURE

<VACANT>
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

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

Accessibilities-Sat before 1st Mon

Jan 4th at 10:00 AM **In person at the Intergroup office** at 10:00 AM

Unity Meeting Schedule

Saturday, December 9th

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

Saturday, January 11th

Hosted by: **Lunch Bunch**

Doors open at 6:00, 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.

aahernando.org

subscribe@aahernando.org

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
84	15	They will always materialize if we work for them.
84	31	And we have ceased ... fit spiritual condition.
85	27	If we have carefully ... His spirit into us.

pg. 84

We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us--sometimes quickly sometimes slowly. **They will always materialize if we work for them.**

pg. 84

And we have ceased fighting anything or anyone -- even alcohol ... We will see that our new attitude toward liquor has been given us ... That is the miracle of it. That is how we react so long as we keep in **fit spiritual condition.**

pg. 85

Much has already been said about receiving strength, inspiration and direction from Him who has all knowledge and power. **If we have carefully followed directions, we have begun to sense the flow of His Spirit into us.**



Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

Tradition 12 (Short Form)

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Tradition 12 (Long Form)

And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all.

Event Etiquette

We need to remember to "practice these principles in all our affairs." That includes social events held by Hernando County Intergroup and District 13. We should be kind and respectful of the venue we are renting.

Recently, at Sand Hill Scout Reservation, where the Gratitude Dinner was held, their 24-hour surveillance cameras witnessed members of our group smoking on their property. Sadly, we are no longer welcome at that facility.

Also noted, people were talking during the readings and speaker time. Let's all remember to respect one another; "Principles Before Personalities." This we owe to each other and the AA Program that saved our lives.

In Service,

Eleanor B.

Gratitude Dinner Chair

Live
and Yet
Live..

Easy.
Does
...It...

But for
the
Grace
of God.

Get your [Grapevine Subscription](#)



**Sign up for your own
Grapevine subscription!
Or give as a gift!**

- Online access to both the Grapevine website and App.
- A year of Grapevine online.
- 8-10 new online stories added each month.
- Access to the vast Story Archive 1944-present.
- Audio Grapevine.
- 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.



Attention Volunteers Needed to Carry the AA Meetings into Hernando County Detention Centers

Both men and women detention centers are open again for outside AA volunteers to bring meetings inside to inmates (first time open since Covid pandemic.)

Procedure to volunteer for this extremely important and vital Twelve Step Opportunity is simple and as follows:

1. Go to Hernando County Sheriff's Office website: www.hernandosheriff.org
Click on "Menu"
2. Click on "Programs" and scroll down to "Other"
3. Click on "Volunteer Programs." Scroll down to "What is the Citizen Volunteer Corps?" Keep scrolling down to the section "If You Are Interested in Volunteering for: Existing Women's AA Meeting on Friday and Men's AA Meeting on Wednesday and Thursday, all at 7:00 PM."
4. Click on the selection "Detention Center Alcoholic/Narcotics Anonymous" Just below this, click on "Please Click Here for a Level 1 Application."
5. Click "More About This Job---"
6. One of the next selections is "Detention Center." Click on "Apply Now."
7. Complete your application online and click "Submit." You will be contacted.


Thank you.

Pat. C.

AA Committee Chair for Detention Center

Phone or text: 203-228-1574


If you are accepted after applying, please contact me so that I can include you in the schedule.



News and Notes from the General Service Office of A.A.
www.aa.org
Vol. 71, No. 3 / Fall 2024

Click [here](#) for the Fall issue of Box 4-5-9.
Box 4-5-9 is also available in [Spanish](#) and [French](#).

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/>



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 January 4th at 10:00 AM **IN PERSON** to be held at the Intergroup office, 4126 Lamson Ave Spring Hill.

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

Zoom Meeting ID: 827 8314 8424

Passcode: 995 008

... Acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation -- some fact of my life -- unacceptable to me. I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and my attitudes.

Acceptance Prayer, The Big Book, page 449

aaahernando.org

Hernando County Intergroup Treasurer's report

CORRECTED REPORT

Oct-24

Checking	
Beginning Balance	\$3,300.57
Total Withdrawals	\$3,260.44
Total Deposits	\$3,143.25
Ending Balance	\$3,183.38

Savings	
Beginning Balance	\$2,549.88
Total Withdrawals	-\$1,500.00
Total Deposits	\$0.01
Ending Balance	\$1,049.89

Expenses	
Amazon - Office	-\$97.69
Gratitude Treasurer	-\$2,000.00
File990	-\$54.99
Lamson Rent	-\$680.00
Recovery Accents	-\$40.60
Spectrum	-\$179.98
Unity Rent	-\$150.00
Withlacoochee Electric	-\$57.18
Total	-\$3,260.44

Donations	
PB4P	\$ 136.31
Serenity Sisters	\$ 50.00
Singleness of Purpose	\$ 30.00
Step Sisters	\$ 125.00
There is a solution	\$ 40.00
Tranquility Group	\$ 50.00
Wise Women	\$ 50.00
Women into Action	\$ 10.00
You have a choice	\$ 50.00
Total	\$ 541.31

Outstanding Items	
AAWS	\$650.48

Other Income	
Accessibilities	\$ 10.00
Archives	\$ 50.00
Sales/ Cash & CKS	\$ 564.09
Christmas seed	\$ (150.00)
Change for Office	\$ (20.50)
Sales Square CC	\$ 482.35
Transfer from Reserves	\$1,500.00
Unity	\$ 166.00
Total	\$2,601.94

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.

District Treasurer's Report

October 2024

District	
Beginning Balance	\$4,061.81
Total Expenses	-\$354.14
Total Deposits	\$118.76
Ending Balance	\$3,826.43

Corrections	
Beginning Balance	\$2,297.06
Total Expenses	\$0.00
Total Deposits	\$18.25
Ending Balance	\$2,315.31

All	
Beginning Balance	\$6,358.87
Total Expenses	-\$354.14
Total Deposits	\$137.01
Ending Balance	\$6,141.74

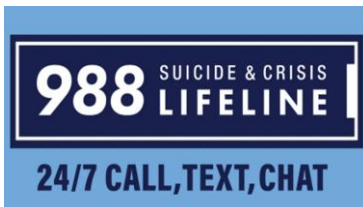
District Expenses		
		YTD
Accessabilities	\$0.00	\$40.27
Archives	\$50.00	\$500.00
Area	\$304.14	\$1,064.49
Founder's Day	\$0.00	\$400.00
Grapevine	\$0.00	\$52.14
Literature	\$0.00	\$14.62
Office	\$0.00	\$36.18
PI/CPC	\$0.00	\$108.54
Pre-Conference	\$0.00	\$25.00
Rent 1 year	\$0.00	\$300.00
Treatment	\$0.00	\$209.59
Total	\$354.14	\$2,750.83

Corrections Expenses		
		YTD
General Expenses	\$0.00	\$1,099.76
Total	\$0.00	\$1,099.76

District treasurer tracks Corrections donations and expenses separately.

District Donations		
		YTD
Anonymous	\$0.00	\$50.00
Al Good	\$0.00	\$50.00
BYOBB	\$0.00	\$50.00
Founder's Day	\$0.00	\$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	\$27.26	\$477.53
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	\$41.50	\$76.50
Sunset Grp	\$0.00	\$520.00
The Steps We Took	\$0.00	\$50.00
Thursday Night Step	\$0.00	\$30.00
TIAS	\$40.00	\$190.00
Together We Stand	\$0.00	\$25.00
Tranquility	\$0.00	\$105.00
Women Into Action	\$10.00	\$30.00
Women's Serenity	\$0.00	\$75.00
Young Men's Grp.	\$0.00	\$50.00
Total	\$118.76	\$4,118.40

Corrections Donations		
		YTD
Hope Grp	\$18.25	\$115.25
Intergroup	\$0.00	\$112.88
Ridge Manor BB	\$0.00	\$213.00
Steps We Took	\$0.00	\$230.00
Total	\$18.25	\$671.13



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.

CHRISTMAS PARTY

**SPINNING THE NIGHT AWAY
WITH DJ SHALAMAR**

**DEC
7TH**



**4:30
8:30**

- KARAOKE
 - GAMES
 - 50/50 DRAWING
 - UGLY SWEATER CONTEST
- CHILI WITH TOPPING PROVIDED
BRING YOUR FAVORITE DISH TO SHARE**

**SANTA IS COMING
BRING THE KIDS!**

6363 COMMERCIAL WAY

UNITY AGENDA

First, I would like to thank all of the groups who have stepped up to host Unity this past year! The level of commitment that has been shown has been extremely impressive! Based on feedback that I have received from the groups as regards Unity, the Unity Committee has made some changes to its [format](#) (you can follow the link to the new format.)

The following information is being made available so that everyone will be on the same page as regards how Unity is run. Moving forward, the Unity meeting begins at 7:00 pm. The Host group may show up at 5:30 pm to set-up their food offering. Doors will open at 6 pm; food will be served starting at 6:15 pm. The meeting will start at 7:00 pm promptly.

There will be a sign on the table (closest to the serving line) that will accommodate the Disabled & people with Special Needs. IF you are assisting a family member with their food, please get your own food as well so that you may enjoy dinner with your family/friends.

Speakers have 20 minutes to share. Moving forward, there will be a brief break. Unity Chair will announce the time that the second speaker will begin. If you are late coming back from the break, we ask that you please be considerate upon re-entering the room.

The Unity Committee thanks you all for your support & consideration of the Unity Guidelines.

I thank you all for the opportunity to be of service to Hernando County Unity!

Deborah-Anne C.
Unity Chair

SUNSET GROUP

BBQ AND SPEAKER MEETING

Saturday December 28th



**First Presbyterian Church
250 Bell Ave. Brooksville**



Food: 4:00 PM
Extended meeting 5:15-6:45 PM

Speakers Peter M. & Marion M. From Boca Raton

SUGGESTED DONATION \$6
No alcoholic turned away

Side dishes and desserts appreciated

Proceeds will be donated in accordance with our group pie

Questions? Call Ed S. 352-428-8438

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

Hotel reservation group code - S240301

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

No Alcoholic Should Find a Locked Door

Hey y'all! My name is Emma and I'm an alcoholic. My sobriety date is July 14, 2022. I am also the current chair for H.E.A.A.R.T. (Hernando Emergency AA Response Team). H.E.A.A.R.T. is an Intergroup committee that comes into action whenever our Governor declares a state of emergency. These emergencies can be anything from hurricanes to pandemics. H.E.A.A.R.T. was created to help the members of Hernando County AA be aware of any meetings that are going to be affected by a state of emergency and will need to go down. A little bit of house-keeping before we get into this article. When we talk of meetings that are not going to be held, the proper terminology is "down" not "closed" and "up" not "open." This verbiage is not interchangeable. As most of us know a "closed" meeting is for A.A. members only or for those who have a drinking problem and "have a desire to stop drinking." An "open" meeting is a group meeting that is open to anyone in the community, including non-alcoholics. A meeting that is "down" will not be held at its regularly scheduled time and will be reflected on the meeting finder on the website and the app.

I was asked to be chair of this committee by Nancy E., the previous chair. She gave me plenty of materials and a wonderful base to jump off from. I was excited to take on this commitment. When I first came in, it was during hurricane season. I remember trying to get a meeting in before Idalia was scheduled to hit in August 2022. I got into my truck and wound up at a meeting location with its doors locked. This was a very scary feeling for me at that time. I grew up in Florida. Hurricane parties were normal. Stocking up on liquor was more important to me than water or food. Thankfully, I didn't go out and was able to find an online meeting to help hold me over until the next in person meeting was available. When I took on this commitment, I was determined to never have another alcoholic have that gut wrenching fear hit them; to be full of dread like I was. I was to do my best to carry the message, even during emergencies.

I took what I was given and worked hard to make it my own. I rearranged some documents, deleted others, and edited the verbiage that was used. There weren't many changes that needed to be made, and I felt blessed to be off to a strong start. My Higher Power has a sense of humor and threw me a storm in the middle of December 2023. I tried my best not to be nervous, and I learned a lot from that flooding event. I was able to see gaps in the system of H.E.A.A.R.T. and opportunities to add in some new elements.

In January of 2024 I decided to start incorporating technology into the process. In the past, all committee members were given a paper packet of information. It was strongly suggested that they have them easily accessible in the event of an emergency. I decided to make all of this information available via the internet. With the help of the Technology committee these documents were loaded onto a Google drive and a password protected area was added to the AA website. These documents could now be accessed anywhere that you had your smartphone or computer. This addition has become a great asset for me as I'm not always at home to be able to grab that paper packet. For me, it was great for the environment and also a money saver for Intergroup.

I held my first committee meeting and welcomed Accessibilities to join us. After speaking with the chair and co-chair of that committee we came up with the idea to make a "meeting-in-a-bag." I handed these items out to meeting reps that were located in areas where you may not be able to get out from, but those that lived within that area would still be able to get to each other. A "meeting-in-a-bag" contains a few readings from our literature, a 7th tradition basket, and even some wooden chips for those celebrating a sobriety milestone. Thank you, Diane B. and Laura L.,

for this addition to H.E.A.A.R.T. I was presented another opportunity where H.E.A.A.R.T. could be of assistance. Our beloved Coulton Hall had its electricity go out. I was able to contact the meeting rep and keep all AAs apprised of the situation. Even though this was not considered a state of emergency, this was a perfect situation to use our tools. Remember, my goal was to never have an alcoholic find a locked door. I will go to any lengths to achieve this.

We had our first major event in June, and it went seamlessly. My committee kept me updated on any meetings that were to go down. The Technology chair and I suggested that some select meetings should go down. Only a few decided that was best for their group, and that is okay. Tradition 4 tells us that, "each group is autonomous except in affecting other groups of A.A. as a whole." This committee cannot make a meeting go down. It is solely up to the group conscience. Social media was continuously updated by working closely with the Technology committee. They made sure that the meeting finder of the website was kept up to date. During this time, I learned that we have no direct control over the meeting app that a lot of us use. This app takes information from our website. Sometimes glitches happen. ***It is always advised to check out our website for the most up to date and correct information.***

A few storms came and went without much fan-fare. In late September I had to fly to Chicago due to a death in the family. While up there, Helene was headed toward Florida. I couldn't be in two places at once. Yes, I had the electronic packet with all of pertinent information at my finger-tips, but all of my attention had to remain in Illinois. AA taught me that there are things that are out of my control. Let go and let God is what I did. Through use of the Serenity prayer, I realized that I needed to be fully in Illinois, so I handed over the duties of this storm to my wonderful alt-chair Deborah-Anne C. I had full faith in her and knew she would do an amazing job with keeping everyone apprised as the storm passed over us. She did a wonderful job down here and I was able to be focused where I was needed.

Remember how I said my Higher Power has a sense of humor? Well, Milton was headed straight at us as I was getting off of the plane at the Tampa airport. As soon as I turned my phone on, I went to work speaking with my meeting reps and updating social media. During this storm I decided to not only post individual meetings that were to be down, but to also pin a thread at the top of our social media page to keep a running list going. Several meetings chose to go down out of an abundance of caution. All hands were on deck, and the committee did a fantastic job. This running list also helped the Technology committee keep track of the down meetings so they didn't need to sift through tons of individual social media posts.

As this hurricane season comes to a close, I am looking forward to watching something other than the weather report every day. I want to thank Deborah-Anne C. for stepping up to the plate when I couldn't be here and offering her help during each event. I want to thank Diane B. and Laura L. for using their Accessibilities Committee to help make H.E.A.A.R.T. stronger with the addition of a "meeting-in-a-bag." I want to extend a huge shout out to the Technology Committee, John K. and Andrew W. I couldn't do what I do without the two of you. I also want to thank each and every one of you that are meeting or building reps. This is not MY committee; this is OUR committee. You all do a wonderful job. Thank you for your service.

With gratitude,

Emma C.

Stay safe, stay sober



DECEMBER 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)

All Good

Tom D. 18

Heavy Hitters

Mark L. 12

Mark C. 5

Leo B. 9

Ron S. 27

Mike L. 10

Mark K. 48

Fran R. 6

Pam P. 31

Hernando Beach

Karen M. 36

Let Go and Let God

Ken 39

Principles Before Personalities

Gini B. 38

Promises

Sam A. 41

Ken F. 39

Ridge Manor

Cliff C. 43

Edward J. 2

John K. 6

Rough Roads

Susan F. 38

Toni O. 36

Spring Hill Monday Night

Renee O. 4

Sunset

Jules D. 3

Thursday Night Welcome

Andy K. 36

Tranquility

Mark C. 10

Women Into Action

Maryanne N. 42

Women's Serenity

Donna E. 2

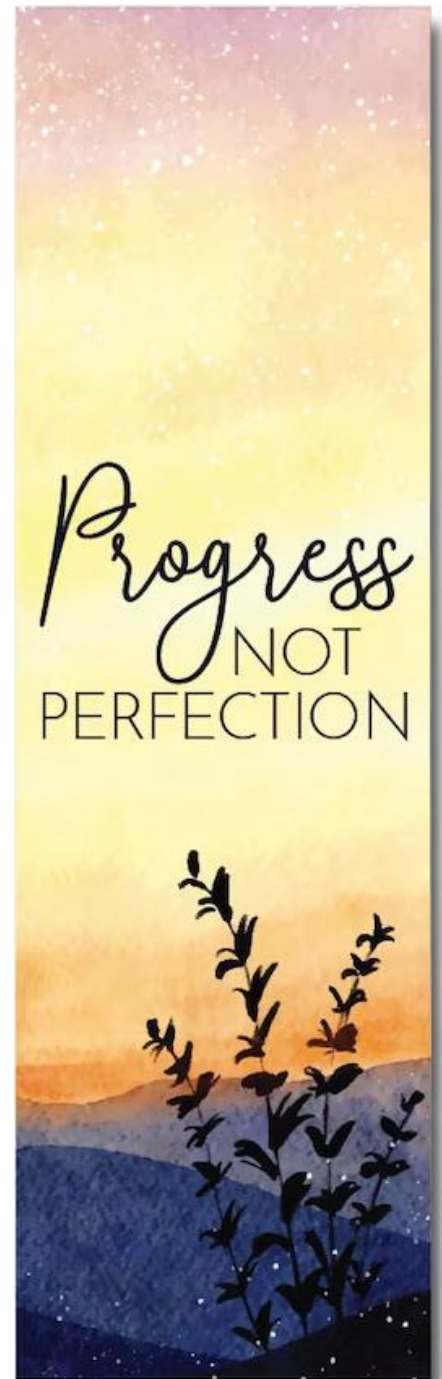
Lauren H. 2



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

<https://contribution.aa.org/>



24 Hour

HOTLINE

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

VISIT OUR WEBSITE

aahernando.org

for all your event info and meeting schedules when you are on the go. If you have any changes or event information to add please email

webmaster@aahernando.org

If you find a mistake in this newsletter, please consider that it is there for a purpose.

We publish something for everyone, and some people are always looking for mistakes.