



COMMUNIQUE

Dr. Silkworth's Rx for Sobriety

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Anyone who tried to impress a drinking alcoholic with the approach, "You can't have your cake and eat it, too," would probably draw a scornful, "So what! Who wants any cake? Tony, make it a double this time."

The same idea expressed as, "You can't have your bottle and drink it, too," might get his attention because to a drinking alcoholic a fresh unopened bottle, brimming brightly with abundance, is a symbol of good things to come. He knows well enough, of course, that he can't drink it and still have it, but he blocks his mind to the inevitability of that horrible moment when the last bottle will be empty.

The untapped bottle remains a symbol to the non-drinking alcoholic, at least to the alcoholic who has dried up in A.A. So long as it stands unopened it represents drinks he has not taken, and the good things of life he has found by not drinking.

Yet now and then a persevering soul tries to have both the figurative and the liquid contents of the bottle. He tries to make an impossible compromise.

In the opinion of a man who has administered personally to at least 10,000 alcoholics, the attempt to make this kind of compromise is one of the most common causes of failure to get a safe hold on A.A.

Dr. W.D. Silkworth, genial and beloved little patriarch at Towns Hospital, New York, for twelve years and now (1945) also in charge of the new A.A. ward at Knickerbocker, also New York, defines it as the "alcoholic double-cross."

"The majority who slip after periods of sobriety," says Dr. Silkworth, "having double-crossed themselves into thinking that somehow they can have the unopened bottle and drink it, too. Even though they have been in A.A. and going to meetings, and following parts of the program, they have accepted it with reservations somewhere. They actually have been one step ahead of a drink. Then they began playing around with the notion they can drink a little and still have the good things of A.A. The outcome is an inevitable as the bottle becoming empty once it has been opened by the alcoholic."

When Dr. Silkworth discusses A.A. "slips" his usually cheerful face becomes serious even a little grim. Through his long years of practice in the field, he has become increasingly sympathetic, but not case-hardened, to alcoholics. He understands what they experience. Having been one of the

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Dr. Silkworth's Rx for Sobriety, continued from page 1

first in his profession to support A.A. and having guided scores of alcoholics into A.A., he also appreciates the fact that a "slip" for an A.A. involves an extra degree of remorse and misery.

Dr. Silkworth is particularly emphatic on one point.

"Slips are not the fault of A.A. I have heard patients complain, when brought in for another drying out, that A.A. failed them. The truth, of course, is that they failed A.A.

But this mental maneuvering to transfer the blame is obviously another indication of fallacious thinking. It is another symptom of the disease."

A quick way to get Dr. Silkworth's appraisal of A.A. is to ask him how he thinks "slips" can be prevented.

"First," he explains, "let's remember the cause. The A.A. who "slips" has not accepted the A.A. program in its entirety. He has a reservation, or reservations. He's tried to make a compromise. Frequently, of course, he will say he doesn't know why he reverted to a drink. He means that sincerely and, as a matter of fact, he may not be aware of any reason. But if his thoughts can be probed deeply enough a reason can usually be found in the form of a reservation."

"The preventive, therefore, is acceptance of the A.A. program and A.A. principles without any reservations. This brings us to what I call the moral issue and to what I have always believed from the first to be the essence of A.A."

"Why does this moral issue and belief in a power greater than oneself appear to be the essential principle of A.A.? First, an important comparison is found in the fact that all other plans involving psychoanalysis, will-power, restraint and other ingenious ideas have failed in 95 per cent of the cases. A second is that all movements of reform minus a moral issue have passed into oblivion."

"Whatever may be the opinions one professes in the matter of philosophy -whether one is a spiritualist or a scientific materialist - one should recognize the reciprocal influence which the moral and physical exert upon each other. Alcoholism is a mental and physical issue. Physically a man has developed an illness. He cannot use alcohol in moderation, at least not for a period of enduring length. If the alcoholic starts to drink, he sooner or later develops the phenomenon of craving."

"Mentally, this same alcoholic develops an obsessive type of thinking which, in itself a neurosis, offers an unfavorable prognosis through former plans of treatment. Physically - science does not know why - a man cannot drink in moderation. But through moral psychology - a new interpretation of an old idea - A.A. has been able to solve his former mental obsession. It is the vital principle of A.A., without which A.A. would have failed even as other forms of treatment have failed."

"To be sure, A.A. offers a number of highly useful tools or props. Its group therapy is very effective. I have seen countless demonstrations of how well your '24-hour plan' operates. The principle of working with other alcoholics has a sound psychological basis. All of these features of the program are extremely important."

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Dr. Silkworth's Rx for Sobriety, continued from page 2

“But, in my opinion, the key principle which makes A.A. work where other plans have proved inadequate is the way of life it proposes based upon the belief of the individual in a Power greater than himself and the faith that this Power is all sufficient to destroy the obsession which possessed him and was destroying him mentally and physically.”

“For many years I faced this alcoholic problem being sure of one scientific fact - that detoxication by medical treatment must precede any psychiatric approach. I have tried many of these orthodox psychiatric approaches and invented some new ones of my own. With some patients I would be coldly analytical, if they were of the so-called ‘scientific’ type who is apt to have a superior attitude toward anything emotional or spiritual. With others, I would try the ‘scare’ method, telling them that if they continued to drink they would kill themselves. With still others, I would attempt the emotional appeal, working both the patient and myself into a lather. He might be moved to the point of shaking hands dramatically and telling me, with tears streaming down his face, that he was never going to take another drink. And I knew that the probability was he would be drunk again within two weeks or less.”

“Since I have been working with A.A. the comparative percentage of successful results has increased to an amazing extent.”

“The percentage of success that A.A. has scored leaves no doubt that it has something more than we as doctors can offer. It is, I am convinced, your second step. Once the A.A. alcoholic has grasped that, he will have no more “slips.”



What's New at GSO — Publishing

The Publishing Department distributed 72,500 copies of the Plain Language Big Book since its November 1 release, with over 13,000 backordered. A second printing of 100,000 copies is expected in January 2025. November eBook and audiobook sales totaled \$25,618.85, and 75 new correctional facilities accessed digital literature. Holiday special offers began December 2, featuring discounts on Big Books and a facsimile first edition. Recent releases include the 2024-2026 AA Service Manual (English) and Black in A.A. (French & Spanish). Upcoming projects include QR code implementation and preparation for the 5th Edition Big Book

EVENT CALENDAR



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

DISTRICT 13 MEETINGS

District 13 meets monthly at Holy Trinity Lutheran Church 1214 South Broad St., Masaryktown Fl at 6:15 PM

Mon, 03 Feb, 6:15 PM - 7:30 PM

Mon, 03 Mar, 6:15 PM - 7:30 PM

Mon, 07 Apr, 6:15 PM - 7:30 PM

Mon, 05 May, 6:15 PM - 7:30 PM

Mon, 02 Jun, 6:15 PM - 7:30 PM

WOMEN'S SPONSORSHIP WORKSHOP

Hosted by: Women into Action of Hernando County

Time: 4:15 p.m. - 5:30 p.m.

Date: Sunday March 2, 2025

Come learn about the importance of AA sponsorship

- Panel Presentations
- Q&A Session

Refreshments and Snacks Provided

Location:

St. John's Episcopal Church

200 S. Brooksville Ave, Brooksville, FL 34601

2025 AREA 14 ASSEMBLY DATES

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 information:

aanorthflorida.org/assembly_agenda.asp

HERNANDO COUNTY INTERGROUP

Hernando County Intergroup meets monthly, typically the first Friday at Forest Oaks Lutheran Church 8555 Forest Oaks Blvd, Spring Hill Fl at 6:30 PM

Fri, 07 Feb, 6:30 PM - 7:30 PM

Fri, 07 Mar, 6:30 PM - 7:30 PM

Fri, Apr, 11 - Apr, 13 Area Assembly

Fri, 05 May, 6:30 PM - 7:30 PM

Fri, 13 Jun, 6:30 PM - 7:30 PM

EVENT CALENDAR *continued*

UNITY MEETING SCHEDULE



February	Women's Serenity Group
March	Heavy Hitters
April	Serendipity Sisters
May	Principles Before Personalities
June	<OPEN>
July	Wise Women & More Serenity Sisters
August	<OPEN>
September	Hernando Beach Group
October	Singleness of Purpose
November	Gratitude
December	Intergroup

A huge Thank You! to the above groups for stepping up.

We ask our other groups to please consider taking one of the open positions, either June or August and let;

Deborah-Anne C. know at unity@aahernando.org

Remember our AA Responsibility Statement

NFAC ASSEMBLY INFORMATION - Panel 75

Orlando Marriott Lake Mary
(407) 995-1100
(800) 228-9290 (toll free)
1501 International Parkway
Lake Mary, FL 32746

April Hotel Booking - Deadline is March 21
July Hotel Booking - Deadline is June 27
October Hotel Booking - Deadline is September 12

AGENDAS ARE POSTED APPROXIMATELY 30 DAYS BEFORE EACH ASSEMBLY

January Host District: 1, 7, 12, 14, 24, 25

**Future Assembly Dates:
2025**

**April 11-13 | July 18-20 | October 3-5
2026**

January 2-4

'Hi my name is Jeff and I'm an alcoholic' 'Sir this is triple A, not AA' 'I know, I'm trying to explain why my car is in the lake'

Two women in the candle aisle at Target are smelling candles. One woman says, "This smells like Fireball!". Her friend says, "Non-alcoholics call that cinnamon."

couple alcoholics go to a football game. They're watching the game when the quarterback calls a huddle.

One alcoholic looks at the other and points down to the field, "You see that! I know that guy's talking about me!"

Hernando County Intergroup Treasurer's report

Dec-24

Checking		Savings	
Beginning Balance	\$2,153.48	Beginning Balance	\$1,049.90
Total Withdrawals	-\$2,856.65	Total Withdrawals	\$0.00
Total Deposits	\$3,201.52	Total Deposits	\$1,500.02
Ending Balance	\$2,498.35	Ending Balance	\$2,549.91

Expenses	
AAWS	\$143.00
Amazon - Office	\$6.38
Lamson Rent	\$680.00
Recovery Accents	\$152.90
Recovery Shop	\$19.16
Spectrum	\$179.98
Transfer to Reserves	\$1,500.00
Walmart	\$37.74
Withlacoochee Electric	\$78.84
Withlacoochee Electric	\$58.65
Total	\$2,856.65

Donations	
Anonymous	\$ 10.52
Lunch Bunch	\$ 100.00
Misc Deposit	\$ 1,886.00
PB4P	\$ 111.00
Step Sister's	\$ 100.00
Sunset Group	\$ 300.00
Unity	\$ 98.00
Women's Serenity	\$ 160.55
Total	\$ 2,766.07

Other Income	
Archives	\$ 50.00
Sales/ Cash & CKS	\$ 296.70
Sales Square CC	\$ 91.53
Square Fees	\$ (2.78)
Total	\$ 435.45

Grand Total \$ 3,201.52



"THUMBS UP"



IF YOU WOKE UP SOBER AND NOT HUNGOVER

litp.com

A *Sponsor* is one that
knows you as you are
understands where
 you have been *accepts*
 what you have become
 and still gently *allows*
 you to grow.

District Treasurer's Report

December 2024

District	
Beginning Balance	\$3,834.63
Total Expenses	-\$50.00
Total Deposits	\$318.53
Ending Balance	\$4,103.16

Corrections	
Beginning Balance	\$2,217.31
Total Expenses	\$0.00
Total Deposits	\$0.00
Ending Balance	\$2,217.31

All	
Beginning Balance	\$6,051.94
Total Expenses	-\$50.00
Total Deposits	\$318.53
Ending Balance	\$6,320.47

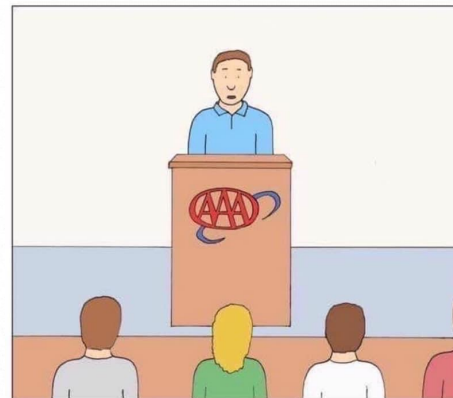
District Expenses	YTD	
Accessabilities	\$0.00	\$180.27
Archives	\$50.00	\$600.00
Area	\$0.00	\$1,064.49
Founder's Day	\$0.00	\$400.00
Grapevine	\$0.00	\$52.14
Literature	\$0.00	\$14.62
Office	\$0.00	\$36.18
PI/CPC	\$0.00	\$108.54
Pre-Conference	\$0.00	\$25.00
Rent 1 year	\$0.00	\$300.00
Treatment	\$0.00	\$209.59
Total	\$50.00	\$2,990.83

Corrections Expenses	YTD	
General Expenses	\$0.00	\$1,197.76
Total	\$0.00	\$1,197.76

District Donations	YTD	
AI Good	\$0.00	\$50.00
BYOBB	\$0.00	\$50.00
Founder's Day	\$0.00	\$708.37
Fun and Frolic	\$0.00	\$20.00
Happy Hour	\$200.00	\$200.00
Heavy Hitters	\$0.00	\$349.00
Hernando Beach	\$0.00	\$175.00
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	\$22.20	\$527.93
Ridge Manor BB	\$0.00	\$480.00
Rough Roads	\$0.00	\$420.00
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	\$76.50
Sunset Grp	\$0.00	\$520.00
TIAS	\$0.00	\$190.00
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	\$105.00
Anonymous	\$0.00	\$50.00
Women Into Action	\$0.00	\$30.00
Women's Serenity	\$96.33	\$171.33
Young Men's Grp	\$0.00	\$50.00
Total	\$318.53	\$4,635.13

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

WE ARE NOT A GLUM LOT



"GEEZ! THAT'S QUITE A STORY THERE, BOB. BUT THE AA MEETING IS NEXT DOOR."

Responsibility Declaration

"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."

DISTRICT 13 OFFICERS

DCM

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

ALTERNATE DCM

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

SECRETARY

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TREASURER

Jennean G
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COMMITTEES

ACCESSIBILITIES

Chair Laura L.
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ARCHIVES

Robert L.
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Committees Cont.

COMMUNIQUÉ (DISTRICT)

Larry H. 352-238-3806
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CORRECTIONS

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GRAPEVINE

David W. 352-515-4439
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PARLIAMENTARIAN

Eleanor B.
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PUBLIC INFO (PICPC)

Nancy C.
picpc@aahernando.org

TREATMENT

Joe C.
treatment@aahernando.org

Group Donation

Addresses

Attention all Group Treasurers:

Please send donations to the following:

ADDRESS CHANGE FOR DISTRICT

District 13 Treasurer

120 Dawson Ave
Spring Hill, FL 34609

(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

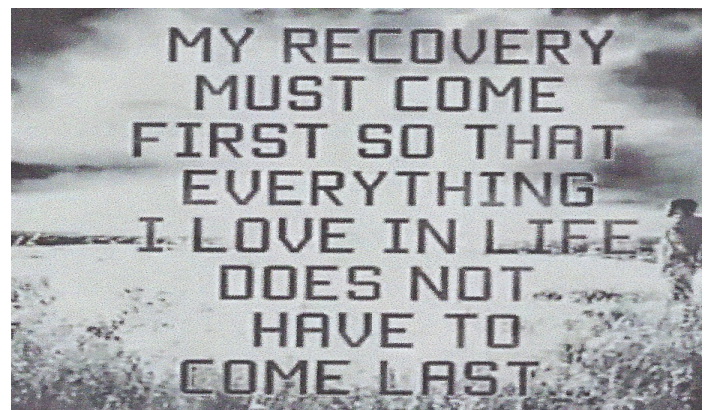
(Checks payable to GSB)

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



Intergroup Officers

CHAIRPERSON

Dee Mc. 352-442-6423

chair@aahernando.org

ALTERNATECHAIRPERSON

Jim B. 727-642-3533

altchair@aahernando.org

SECRETARY

Eleanor B. 484-661-8753

igsecretary@aahernando.org

TREASURER

Cyd B. 818-314-4058

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SECRETARY

Ellie B. 484-661-8753

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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

Committees (cont.)

COMMUNIQUE (INTER GROUP)

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communique@aahernando.org

HEAART

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HOTLINE 352-683-4597

Chair; Johnny V. 352-346-6096

INTERGROUP LIAISON

<VACANT>

igliason@aahernando.org

PARLIAMENTARIAN

Ellie B. 484-661-8753

igparlamentarian@aahernando.org

TECHNOLOGY

Chair; John K. 352-650-2324

CO-Chair; Andrew

webmaster@aahernando.org

UNITY MEETING

Deborah-Anne C. 352-650-2324

Donna M. 352-238-9697

unity@aahernando.org

INTERGROUP MEETING

First Friday

Feb 7th, Mar 7th

Forest Oaks Lutheran Church

8555 Forest Oaks Blvd.

The first three steps taught me how to give up. Four, Five and Six taught me how to own up. Seven, Eight and Nine taught me how to make up. Ten, Eleven and Twelve taught me how to grow up.

#SOBERVETS

WANNA FIND OUT WHO YOUR TRUE FRIENDS ARE ?

GET SOBER

Though no-one can go back and make a brand new start, anyone can start from now and make a brand new end.

**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.

FEBRUARY ANNIVERSARIES

Aripeka

Jim D. - 39

Happy Hour

Felicia P. - 11

Steve T. - 39

Heavy Hitters

Veronica - 7

Debbie G. - 3

Kevin M. - 18

Lisa R. - 30

Tommie S. - 4

Ann S. - 37

Shelby B. - 3

Meriem Mc. - 18

Hernando Beach

Carol H. - 24

George E. - 38

Terry K. - 40

Pat C. - 43

Hope Group

Ann S. - 37

Ladies Big Book

Ernestine D. - 33

Life Goes On

Richard B. - 28

More Serenity Sisters

Daina - 14

Debbie Q. - 23

Principles B4 Personalities

Jason G. - 13

Bill V. - 7

Nikki K. - 2

Michelle S. - 7

Ridge Manor Big Book Gr.

Chance P. 1

Rough Roads

Daina 14

Serenity Sisters

Ernestine - 33

Patience - 6

Singleness of Purpose

Bill V. - 7

Tammy C. - 42

Sunset Group

Mike R. 6

There is a Solution

Linda M. - 34

Meriem Mc. - 18

Tom M. - 34

Thursday Night Welcome

Jeremy P. - 5

Tom M. - 34

Women Into Action

Sandra T. - 5

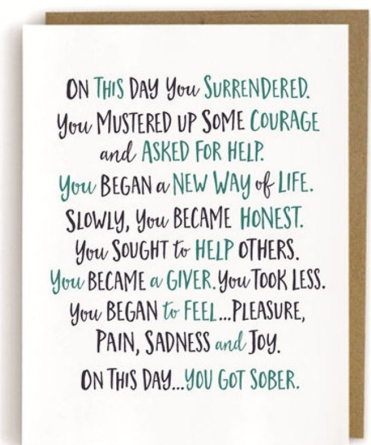
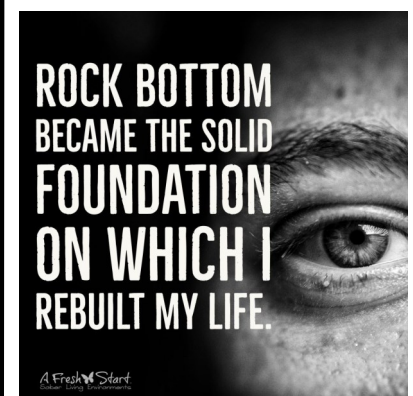
Lisa R. - 30

Womens Serenity

Sue M. - 2

Deborah Q. - 23

Jinty - 18



Congratulations

ORLANDO 2026

**68th Florida
State Convention**

REGISTER TODAY



August 6-9, 2026



EXPERIENCE A NEW FREEDOM

- ✓ Affordable
- ✓ Central Location
- ✓ So Much to Do
- ✓ Register Early and Save

FUN ACTIVITIES

- ✓ Indoor Go-Kart Racing
- ✓ Indoor Water Volleyball
- ✓ World-Class Golf
- ✓ Scenic 5K
- ✓ Dance Parties



\$159 Room Rates



\$40 Early Registration