



COMMUNIQUE

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A deeply personal account from Jason E. about his journey through sobriety, specifically his experience completing the Fifth Step.

In 2003, I experienced my first ninety days of sobriety after five years of attempting to get sober. I had been working with a sponsor for about three weeks, fabricating a moral inventory of myself. The man God placed in my life as a sponsor was the most spiritual person I had ever met. He spoke of his program and his Higher Power as one and the same. When we worked, we prayed together before, during, and after each session. I believed in God, and our work brought me back to prayer. I often prayed on my knees, holding the cross that I wore on a chain around my neck.

Although I was praying to God about His will for me, I did not have the capacity to be honest with myself or anyone else. My sponsor often referenced "Hollywood" when I talked. He seemed both entertained and seriously concerned about my acting. "Illusions and delusions," he would say with a warm smile, shaking his head. I did not like it.

My sponsor and I often worked on the beach at Fort DeSoto Park in St. Petersburg, Florida. The beach was quiet during the week, and we both found the water to be spiritual and calming. Walking while working also helped me focus, which is why we chose this location for my Fifth Step.

We arrived early one morning. It was cold and windy, and no one else was on the beach. We set up our chairs, had a snack, drank our coffee, and talked about the first three Steps. Then, he asked how I felt about my Fourth Step. I told him I felt good—but I lied. My Fourth Step was full of stories blaming others and painting myself as the victim. There were also plenty of stories meant to impress or misdirect from the truth.

After finishing our coffee, he asked if I was ready to start sharing my moral inventory. We prayed and began walking. I immediately started lying. As we walked, none of my words made sense, and none of my timelines connected. My normally smooth, seamless delivery was absent. With each step, my ego and grandiosity were being deflated. I may have been experiencing genuine humility for the first time.

My sponsor stopped, turned to face me, and asked, “Are you willing to go to any length? Are you ready to let go and give this all to God?” I clutched my cross, looked into his eyes, and began to weep. We prayed again and continued walking. Several minutes passed before I began speaking. Words I never thought I would say came from my mouth—flowing like the tide that had now turned. Many minutes and miles into my Fifth Step, we arrived back at our starting point. It was time for me to share my most difficult and painful memories. I was losing my strength and courage, emotionally and physically exhausted. Knowing how important this moment was, my sponsor suggested we say another prayer.

We bowed our heads, and I reached for my cross—it was gone. I panicked and began to hyperventilate. I had lost my cross and chain, and overwhelming fear consumed me. My sponsor reassured me that God was still with us and that material things could be replaced. He then said, “We’re not finished. Let’s go,” pointing down the beach. Lightheartedly, he mentioned that I should get over losing my “necklace” as I desperately shook my sweatshirt and shorts. It took a few minutes of walking before I was able to speak. When I began this time, there were no tears. I was calm, and my thoughts were surprisingly peaceful. I began to describe what I considered the worst memories in my moral inventory.

At the far end of Sand Bar Beach, which was two miles long at the time, I finished my Fifth Step. It was time to turn back. My sponsor faced me and asked, “Is that it?” I said yes. He then added, “That is what you’ve been beating yourself up about?” I answered, “Yep. That is the ‘biggie’ that kept me down.”

He asked how I felt, and I responded, “Pretty OK.” Tears began to flow again—this time, accompanied by laughter. My sponsor laughed louder and harder than me. He held out his arms, inviting a hug. The top of my head rested against the center of his chest. As he squeezed me, still laughing, he said, “You did it. You’re finished.”

The tears and laughter continued until I opened my eyes. Looking down, I saw my silver cross and chain peeking out from under his big toe on the sugar-white sand. We became silent, realizing in that moment that we were experiencing the presence of God. We walked the two miles back to the chairs without speaking. When we arrived, we lit a fire using the pages of my Fourth Step and watched as the ashes blew away.

Two years later, my sponsor’s ashes were spread on that same beach.

I will forever be grateful for the man God brought into my life to help me.

By—Jason E. Masaryktown

***A personal reflection by Susan B., who recounts her experience with Step 5 of Alcoholics Anonymous (AA).
An Unexpected Blip within a Fifth Step Experience***

As the Big Book reads on page 72, "Having made our personal inventory, what shall we do about it? We've been trying to get a new attitude, a new relationship with our Creator, and to discover the obstacles in our path. We have admitted certain defeats; we have ascertained in a rough way what the trouble is; we have put our finger on the weak items in our personal inventory. Now these are about to be cast out. This requires action on our part, which, when completed, will mean that we have admitted to God, to ourselves, and to another human being, the exact nature of our defects. This brings us to the fifth step in the program of recovery mentioned in the preceding chapter."

Hello, my name is Susan, and I am an Alcoholic. My sobriety date is April 9, 2009.

I recall a particular fifth step I took roughly 5 years into my recovery. It was a do-over or maybe better put - it was an addendum to my first 4th and 5th steps taken in prior years.

I thought I had completed a thorough 5th step a few years earlier in recovery, however, more memories of my drinking years bubbled up as well as resentments in my current life challenges. It was time for me to complete another 5th step. In addition, I had been reworking each step with my newer sponsor.

My life continued to be in shambles after I got sober. I couldn't find work, My past drinking had affected two marriages, employment and those I loved, in particular my teen sons. I was not easy to sponsor. I was a psychological mess.

As a single parent, it was my job to not give up and keep doing the work... no matter what. I believed if I were to remain sober, action was needed. So with my sponsor's support, I went to work identifying additional damages and losses. Soon an additional 4th step was completed. Now it was time to schedule a 5th step meeting with my sponsor. We decided to complete my 5th step during an AA Campout weekend that we both planned on attending. I was grateful.

My sponsor had a very close program friend visiting from out of state. At the AA Campout I noticed they were inseparable. When it was my scheduled time to complete my 5th step, my sponsor asked if I would be comfortable with her seasoned AA friend to sit in. Confidentiality was discussed and learning that she lived in a state far, far, away., I decided it was fine. Different, but fine.

We waded out to a dry rocky patch on the river where we sat down and settled in. It was a peaceful and private atmosphere, far enough away from the camp ground.

There were small rocks surrounding me. As I shared my wrongs and resentments, I noticed I had formed a pattern of picking up a stone at the beginning of each issue. I held it while expressing my wrongfulness and remorse and when done with the topic, I tossed it into a pile; releasing myself from the topic, sorrows and wrongs to the ground.

It felt rather therapeutic and I noticed at times bringing smiles to the two listeners. I enjoyed the process and when I completed my last statement of remorse, I tossed my last stone on the pile. I looked at my pile of rocks, smiled, and enjoyed the sensation of a peaceful mind. I was so grateful to have had this experience on the river.

As the weekend came to a close I was invited by my sponsor to join her friend, husband and others at a restaurant on the way home. I gladly accepted the invitation.

While at the restaurant a question was asked of my sponsor regarding where the 5th step work had taken place. And the next thing I heard from my sponsor was adding an additional a funny blip I spoke during my 5th step and how funny I threw the stone. My sponsor and her friend began laughing loudly. Her husband suddenly interrupted my sponsor by asking, "Is this not confidential information?" It would have been fine had my sponsor only shared the location.

Somberly my sponsor apologized. She felt horrible.

I didn't know what to say. I felt a bit shocked and violated, but I knew it was an unintentional mistake. Unfortunately a mistake that took away trust from any future work. I quietly accepted her apology. The meal wasn't quite the same following this correction.

5th steps are hard to do. I cleared a lot of inner work which prepared me to complete all my steps in a positive way. However, the violation of confidentiality left its marker and though I easily forgave her action, I chose a new sponsor moving forward. I learned that forgiveness and a making new choices both had a place in my life.

We both learned some big lessons that day.

Blessings,

Susan

EVENT CALENDAR

7TH
ANNUALEMOTIONAL
SOBRIETY
CONFERENCE 2025

JOIN US FOR EXPERIENCE, STRENGTH + HOPE

Saturday, June 28, 2025

8:45am	Welcome & Opening Statements
9:00am	Opening Speaker: Candice M - LA, CA
10:00am	Step 1: Tony M - Oklahoma City, OK
11:00am	Step 2: Beth B - Westfield, NJ
12:00pm	Friends Around the World
1:00pm	Step 3: Neal W - Antioch, CA
2:00pm	Steps 4 & 5: Di T - W Australia
3:00pm	Steps 6 & 7: Line B - San Diego, CA
4:00pm	Steps 8 & 9: Steven L - Austin, TX

Sunday, June 29, 2025

9:45am	Opening Statements
10:00am	Step 10: Glen D - Aiken, SC
11:00am	Step 11: Heather G - Knoxville, TN
12:00pm	Step 12: Rory M - Las Vegas, NV
1:00pm	Closing Speaker: Mildred F - Toronto, CAN

This ZOOM ONLY
conference brought
to you by
Everything or Nothing
of Gainesville, FL

ZOOM INFO

Zoom ID:
886 2977 4556
Password:
ESC2025

Attendance is Free.
Contributions greatly appreciated
VENMO & PayPal available at
conference

Zelle:
emotionalsobrietygainesville@gmail.com

Recorded by:
recoverytapers.org

EVENT CALENDAR continued



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

Grapevine Daily Quote - April 03, 2025

"I had a really good reason for working Step Nine and making amends to my family and friends. I didn't want a parade of people at my funeral singing, 'Ding, dong, the wicked witch is dead!'"



DISTRICT 13 MEETINGS

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

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

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

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

Mon, 04 Aug, 6:15 PM - 7:30 PM

2025 AREA 14 ASSEMBLY DATES

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, 02 May, 6:30 PM - 7:30 PM

Fri, 5 Sep, 6:30 PM - 7:30 PM

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

Fri, 3 Oct, 6:30 PM - 7:30 PM

Fri, 11 July, 6:30 PM - 7:30 PM

Fri, 1 Aug, 6:30 PM - 7:30 PM

EVENT CALENDAR continued

POST-CONFERENCE WORKSHOP WITH AREA 14 DELEGATE LORI P.

COME FIND OUT WHAT HAPPENED IN NEW YORK CITY AT THE 2025 GENERAL SERVICE CONFERENCE DIRECT FROM DELEGATE LORI P.

WHEN: SATURDAY, MAY 17, 2025 9:00AM TO 12:00PM

WHERE: ST. BENEDICT CATHOLIC CHURCH COMMUNITY HALL
455 S. SUNCOAST BLVD. CRYSTAL RIVER, FL 34429

COFFEE AND DONUTS WILL BE PROVIDED.

HOSTED BY DISTRICTS 7A, 13 & 28,

Founders Day committee

Meeting Schedule

Meeting schedule of the Founders Day committee for the 2025 Founders Day dinner for the month of April.

All meetings are at 6:00 PM on Thursday evenings at the Intergroup office, 4126 Lamson Avenue, Spring Hill:

May 8th & May 29th

The tentative date for the Founders Day celebration is June 7th. There is a lot of work that we could use help with, so come and join the fun! We could really use a treasurer and a secretary for this event, and we'll need help with decorations and food coordination. Hope to see you there!

NFAC ASSEMBLY INFORMATION - Panel 75

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

[July Hotel Booking - Deadline is June 27](#)
[October Hotel Booking - Deadline is September 12](#)

**AGENDAS ARE POSTED APPROXIMATELY
30 DAYS BEFORE EACH ASSEMBLY**

Future Assembly Dates:

2025

July 18-20 | October 3-5

2026

January 2-4

EVENT CALENDAR continued

UNITY MEETING SCHEDULE



May	10th	Principles Before Personalities
June	14th	<OPEN>
July	12th	Wise Women & More Serenity Sisters
August	9th	<OPEN>
September	13th	Hernando Beach Group
October	11th	Singleness of Purpose
November		Gratitude
December		Intergroup

Unity Meetings, doors open at 6:30 PM

Nativity Lutheran Church

6363 Commercial Way,

Weeki Wachee, FL

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

Why A.A.s Carry the Message Behind the Walls

Many A.A. members are unaware of the important work being carried out by corrections committees. To those involved, however, corrections work is an opportunity to carry the A.A. message to the confined alcoholic who wants to live sober, one day at a time. Through a corrections committee working with corrections personnel, alcoholics are reached who might never otherwise find the A.A. program.

An active corrections committee is a vital link to prisons and jails, providing professionals and other workers in correctional facilities with information about A.A., literature, and guidelines for setting up A.A. groups on the inside.

A.A. World Service production of A.A. At work in correctional facilities: If you are interested in Service work with corrections, Please contact Pat C. (corrections@aahernando.org) Pat will handle setting up the orientation and getting your badge. Pat has asked that you do not contact the Sheriffs office your self but call her instead with any questions, needs or concerns.



EVENT CALENDAR continued

AA Al-Good Group



(9:30 AM Sundays @ A Club)

35th Anniversary Picnic

***Come Celebrate ! *Hot dogs,
Sodas, Burgers for ALL.**

***Bring a chair and *Side dish.**

Games and Fun and Fellowship

**May 18th, at Anderson Snow
Park from Noon - ? . BASEBALL**

PAVILION

More info needed? Call John @ 727-271-1202

EVENT CALENDAR continued

District 13 and Hernando County Intergroup Present
the 15th Annual



Bill W.

Founders Day Celebration

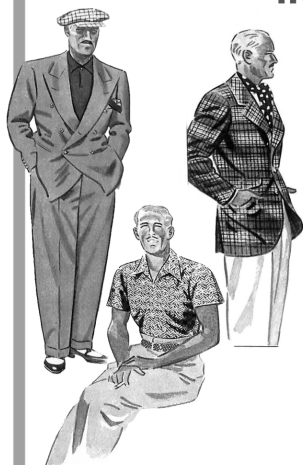
**Saturday, June 7
2025**



Dr. Bob

**Hernando County Fairgrounds
6436 Broad St Brooksville**

*Dress in your best
1930s clothing!*



Doors open	3:30 PM
Fashion show	4:15 PM
History of A.A.	4:30 PM
Long Timers panel	4:45 PM
Dinner served	5:15 PM
Archives presentation	6:15 PM

Followed by speaker meeting

GUEST SPEAKER: LEE B. FROM BROOKSVILLE

Please bring a dessert to share

200 tickets available

Tickets \$12, ticket sales deadline: May 15th

Several scholarship tickets available, meeting is free to attend starting at 6:45 PM

Call Ellie B. 484-661-8753 or Maryanne N. 914-466-9116

EVENT CALENDAR continued

August 16th 2025

**Emotional
Sobriety
*Workshop***

FROM 1:30-4:30

Speakers: Diana S, Amy W, Jose R

**Parking is only to the North by the Taco
Stand, the entrance is in the back**

Old School Group

18125 US Hwy 41, Lutz, FL 33549

**Bring an appetizer, a
main dish or a
dessert for the
Potluck**

Fellowship-Food-Fun!

50/50 Raffle

Bring your big book and a friend!

EVENT CALENDAR continued

JOIN US FOR AN INSIGHTFUL DAY OF
FUN, FOOD AND FELLOWSHIP

SPONSORSHIP WORKSHOP!

Sponsorship Then and Now!

May 17TH, 2025 1:30-4:30

OLD SCHOOL GROUP

**18125 U.S. HIGHWAY 41, Lutz, FL 33549
(IN THE BACK)**

Speakers:

**Tommy M - 61 years, Linda M -49 years ,
Stephen R -39 years, Sheryl R 35 - years
Oldtimers Panel**

POTLUCK- BRING YOUR SPONSOR'S FAVORITE DISH OR DESSERT!

*****PARKING IS TO THE NORTH BY THE TACO STAND***
BRING YOUR SPONSOR, SPONSEE'S, FRIENDS AND YOUR BB!**

Hernando County Intergroup Treasurer's report

Mar-25

Checking		Savings	
Beginning Balance	\$2,297.14	Beginning Balance	\$2,549.96
Total Withdrawals	-\$1,769.98	Total Withdrawals	\$0.00
Total Deposits	\$2,746.71	Total Deposits	\$0.02
Ending Balance	\$3,273.87	Ending Balance	\$2,549.98
Expenses		Donations	
AAWS	-\$245.00	Heavy Hitters	\$ 800.00
Founder's Day #1036	-\$400.00	Principles B4 Personalities	\$ 201.73
Electricity	-\$55.78	Total	\$1,001.73
Grape Vine	-\$72.96	Other Income	
Hazeldon	-\$141.96	Archives	\$50.00
Lamson Rent	-\$680.00	Sales Cash/Checks	\$763.15
Office Supplies	-\$131.32	Sales Square CC	\$570.83
Recovery Accents	-\$37.85	Unity	\$361.00
Service Fee Bank	-\$5.00	Total	\$1,744.98
Square Test	-\$0.11	Income	
Total	-\$1,769.98	Grand Total	\$2,746.71



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."

SPONSOR THE STORE



Contributions can be mailed to;

Office & Bookstore - Sponsor the Store
4126 Lamson Ave.
Spring Hill, FL 34608

We celebrate your sobriety and are grateful for contributions such as yours that help support the services our A. A. store/central office 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

Promises May 25

Pg.	Line	Promises
93	2	...he has become ...how you got well.
95	30	...We have no monopoly ...worked with us.
100	6	...Both you and the new ...present circumstances.(3)

pg. 93

If his own Doctor is willing to tell him that he is an alcoholic, so much the better. Even though your protege may not have entirely admitted his condition, he has become very curious to how you got well. Let him ask you that question, if he will. Tell him exactly what happened to you.

pg. 95

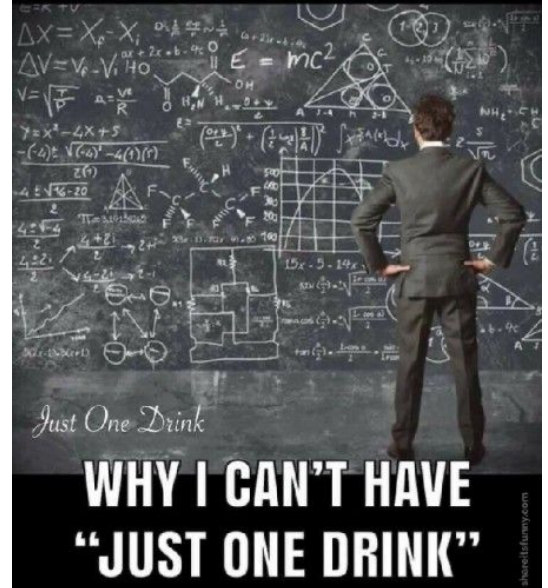
If he thinks he can do the job in some other way, or prefers some spiritual approach, encourage him to follow his own conscience. We have no monopoly on God; we merely have an approach that worked with us. But point out that we alcoholics have much in common and that you would like, in any case, to be friendly. Let it go at that.

pg. 100

Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen. When we look back, we realise that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a High Power and

WE ARE NOT A GLUM LOT

ACTUAL PHOTO OF ME
EXPLAINING TO MY FRIENDS

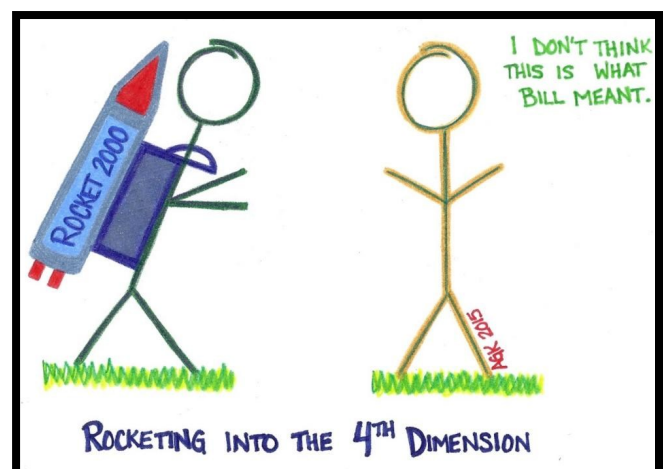
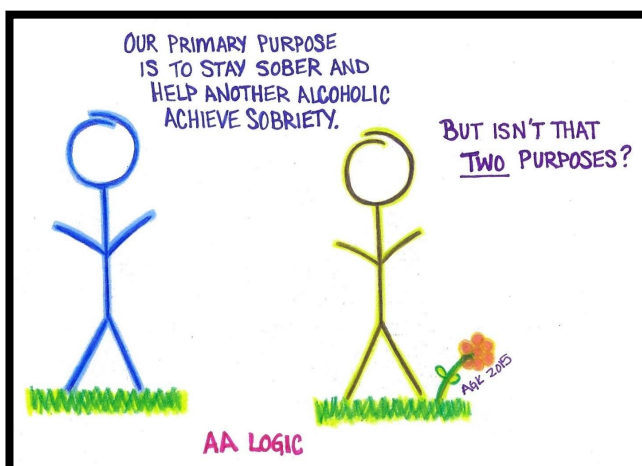


"I can't find a cause for
Your Illness," the doctor said.

"Frankly, I think it's due to
drinking."

"In that case," replied his patient,

"I'll come back when you are
sober."



STEP
5Share My
Inventory

**Admitted to God, to
ourselves and to
another human being
the exact nature of our
wrongs**

5th Step Prayer

Almighty God,
My inventory has shown me
who I am, I admit to my
wrongs, yet I ask for Your help
in admitting my wrongs to
another person and to You.
Assure me, and be with me, in
this step, for without this step I
cannot progress in my recovery.
With Your help, I can do this.
Amen.

WHY SHOULD I DO A FIFTH STEP?

"We will be more reconciled to discussing ourselves with another person when we see good reasons why we should do so. The best reason first: If we skip this vital step, we may not overcome drinking. Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods.

Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They took inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. But they had not learned enough of humility, fearlessness and honesty, in the sense we find it necessary, until they told someone else all their life story."

(A.A. Big Book, p. 72-73)

How to Work Step 5: 3 Tips

1. Share with someone you feel comfortable with. Sharing your deepest darkest secrets is hard enough. ...
2. Be as honest as possible. It's really hard to be honest and vulnerable, but doing so is an important part of completing Step 5. ...
3. Look for behavioral patterns in your history.

District Treasurer's Report

March 2025

District		Corrections		All	
Beginning Balance	\$3,786.67	Beginning Balance	\$2,233.87	Beginning Balance	\$6,020.54
Total Expenses	\$675.00	Total Expenses	\$330.80	Total Expenses	\$1,005.80
Total Deposits	\$1,060.92	Total Deposits	\$0.00	Total Deposits	\$1,060.92
Ending Balance	\$4,172.59	Ending Balance	\$1,903.07	Ending Balance	\$6,075.66

District Expenses		YTD	Corrections Expenses	
Archives	\$50.00	\$150.00	General	\$330.80
Area-DCM Room	\$0.00	\$266.60		
Checking Acct Surchar	\$5.00	\$10.00		
Check -New	\$0.00	\$135.47		
Founder's Day	\$0.00	\$400.00		
Preconf/Poat Conf	\$0.00	\$100.00		
Treatment	\$0.00	\$38.34		
December 2024 Unity	\$0.00	\$46.08		
Rent Meeting Room	\$300.00	\$300.00		
Returned Check	\$320.00	\$320.00		
Total	\$675.00	\$1,766.49		

District Donations		YTD	Corrections Donations	
Al Good	\$0.00	\$50.00	Hope Grp	\$30.00
Let's Get Serious	\$0.00	\$50.00		
Together We Stand	\$0.00	\$25.00		
Sunset Grp	\$0.00	\$200.00	Total	\$30.00
TIAS	\$0.00	\$60.00		
The Steps We Took	\$0.00	\$25.00		
Thursday Night Step	\$0.00	\$30.00		
Hernando Beach	\$50.00	\$50.00		
PBP	\$65.69	\$65.69		
Rough Roads	\$120.00	\$120.00		
Heavy Hitters	\$800.00	\$800.00		
Dist 7 Preconf	\$25.00	\$25.00		
Trea Cash on Hand	\$0.23	\$0.23		
Women Into Action	\$0.00	\$15.00		
Total	\$1,060.92	\$1,835.92		

Random Thoughts

"Things aren't necessarily going wrong just because they're not going my way"

"In order to recover, one must know the difference in having faith in God, and actually trusting God."

"You know you're in recovery when everyone else sees a bum and you see a prospect!"

"Forget 'Keep Coming Back' and just stay with us."

"Just because you're having a bad day doesn't mean you're having a bad life."

"Happiness is appreciating what you have, not getting what you want."

"We came to these rooms not because we drank a lot, but because we drank too much."

"Thank God for Alcoholics Anonymous and thank Alcoholics Anonymous for God."

DISTRICT 13 OFFICERS

DCM

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

ALTERNATE DCM

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

SECRETARY

Joyce S.
secretary@aahernando.org

TREASURER

Jennean G. 334 233 7522
treasurer@aahernando.org

COMMITTEES

ACCESSIBILITIES

Chair Laura L.
accessibilities@aahernando.org

ARCHIVES

Robert L.
archives@aahernando.org

Committees Cont.

COMMUNIQUE (DISTRICT)

Larry H. 352-238-3806
communique@aahernando.org

CORRECTIONS

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

GRAPEVINE

David W. 352-515-4439
grapevine@aahernando.org

LITERATURE

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

PARLIAMENTARIAN

Eleanor B.
parliamentarian@aahernando.org

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 34606
(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: <VACANT>

Intergroup Office Hours:

Mon - Fri 9 am–1 pm
 Saturday 9 am–12 pm

info@aahernando.org

Contribute

The Seventh Tradition:

"Every AA group ought to be fully self-supporting, declining outside contributions."



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

igtreasurer@aahernando.org

SECRETARY

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Committees

OFFICE MANAGER

<VACANT>

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)

Chair; John K. 352-650-2324

communique@aahernando.org

HEAART

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HOTLINE 352-683-4597

Chair; Johnny V. 352-346-6096

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TECHNOLOGY

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CO-Chair; Andrew

webmaster@aahernando.org

UNITY MEETING

Deborah-Anne C. 631-522-0734

Donna M. 352-238-9697

unity@aahernando.org

INTERGROUP MEETING

First Friday

May 2th, Jun 6th

Forest Oaks Lutheran Church

8555 Forest Oaks Blvd.

A treatment center is where you go and pay \$25,000 to find out that A.A. meetings are free.

Everyone in AA has something to offer and something to learn. Sharing stories, listening with empathy, and offering support create a continuous learning environment for all members.

Alcoholism is an illness which only a spiritual experience will conquer.

Don't work my program, or your program, work "the program".

**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.

MAY ANNIVERSARIES

All Good Group

Diana N. – 4

Fun N' Frolic

Ernie P. – 25

Happy Hour

Chrystal C. – 8

Heavy Hitters

Laurie C. – 2

Cole B. – 6

Sheila - 4

Theresa F. – 10

Stephanie. – 8

Tony – 14

Aaron M. – 5

Dee Mc. – 10

Jim J. – 26

Hernando Beach

Mike F. — 2

Hope Group

Mike K. – 6

Fernando M. – 9

Ladies Big Book

Sandy C. – 11

Let Go & Let God

Richard - 5

Principles B4 Personalities

Geof G. – 5

Bob H. – 4

Richard L. – 10

Will P. – 20

Promises

Eileen B. - 12

Ernie P. - 26

Ridge Manor

Brian Mc. - 9

Rough Roads

Tom D. – 48

Mary P. – 44

Susan G. – 9

Spring Hill Monday Night

Ben M. – 21

Serendipity Sisters

Amanda G.— 5

Steps We Took

Chuck G. - 9

Tom A. - 10

Tom D. - 48

There Is A Solution

Derek T. - 5

Joanie E. - 12

Thursday Night Welcome

Wyatt M. - 3

Together We Stand

Eileen B. - 11

Tranquility Group

Candy S. - 21

Randy S. - 33

Women into Action

Linda S. - 24

Karen L. - 7

Stephanie G. - 1

Women's Serenity

Eileen B. - 12

Mary M. - 47

Sandy C. - 11



Congratulations

Poem:

he couldn't walk the walk
but excelled at talking the talk
selfish and self centered
it was his world you entered

your world did not exist
you had to be on his A list
your kindness he would ignore
he was coldhearted to the core

lovingly he spoke of his intent
but only for himself it was meant
patience and tolerance not for others
he had no brothers from other mothers

he was perfect, no need to forgive
didn't understand to live and let live
everything driven by self will
he could make a mountain out of every ant hill

but karma always has its eventual say
what goes around will come back some day
so there came a day when he could have used a friend
his pleas all lead to a dead end

he had heard a rumor that a God could help
all he had to do was to take a step
to give his will to a Power greater than he
a sure pathway to happy, joyous and free

to accept surrender was the first key
he let them take his name from the marquee

ME and the Boss

The Emotional Support dog after I get thru telling it my 5th step



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

aahernando.org

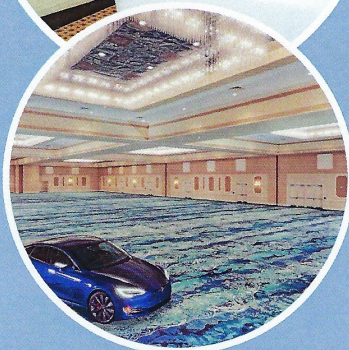
ORLANDO 2026

**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

NEW FROM GSO

Our Primary Purpose Podcast

“

Featuring interviews with GSO staff and voices from A.A. history and the Fellowship today — learn how GSO supports A.A. groups and members to carry the message of hope and recovery.

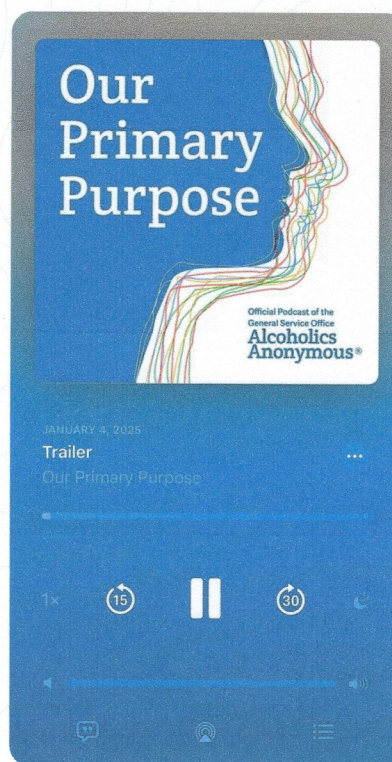


*Available in English only

Season 1 streaming now
and available on podcast
platforms



Questions? Contact us at
gsopodcast@aa.org or visit the
webpage.





Hernando County Intergroup
24 Hour Hotline (352) 683-4597



Scan QR Code with your Smart Phone for Hernando County Intergroup's On-Line Meeting List. Pinter friendly list can be found at: <https://aahernando.org/where-when/>

Or.... did you know there is an app for that?
Brought to you by Alcoholics Anonymous World Services, Meeting Guide is a free of charge app that provides meeting information where ever you happen to be in an easy to read format.



Meeting Guide
A.A. World Services





38th Tampa Bay Fall Roundup



Sheraton Tampa Brandon Hotel
10221 Princess Palm Ave, Tampa

Double or King \$159.00
Jr Suite \$189

Last Date for Hotel Rate July 29, 2025

LABOR DAY WEEKEND — FRIDAY, AUG 29 – MONDAY, SEPT 1

“A FLIMSY REED”

\$45 REGISTRATTION INCLUDES

11 Speakers
12 Step Studies
Tradition Workshop
Concepts Workshop
Young at Heart Dance
Karaoke



***PACKAGE DEAL = \$155**

Conference T-Shirt
Friday Ice Cream Social
Saturday Banquet
Sunday Poolside BBQ

****Package saves \$35 over a la carte***

SPEAKERS

Janice P, Tampa, FL
Danny B, Spring, TX
Rose E, Springhill, FL
Chet P, Orlando, FL
AFG Sue L, Ridgeport, PA
Steve L, Redondo Beach, CA
Karl M, Covina, CA
Cyndi M, Louisville, KY
Paulette R, Miramar, FL
Holly D, Jacksonville, FL
YPAA Thomas P, Sugar Hill, GA

TAMPABAYFALLROUNDUP.COM