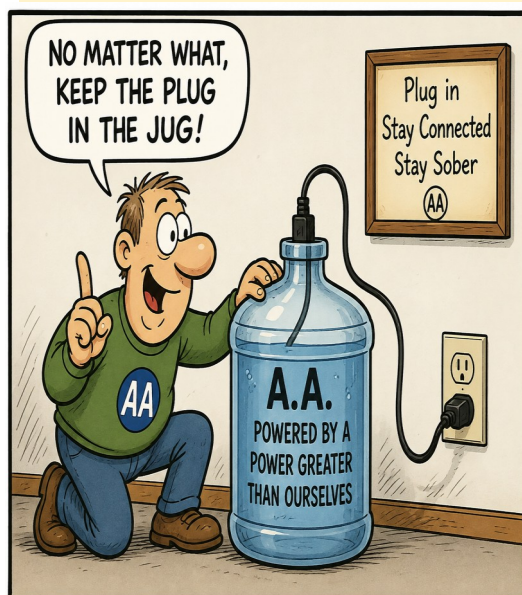




COMMUNIQUE

CONTENTS

- 2-5 9th Month - Step nine
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Understanding Step 9 an Introduction

Step 9: Making Amends — A Door to Freedom

A warm welcome to every newcomer reading this. If you have found your way to Step 9, you have already shown enormous courage. You may be feeling nervous, unsure, or even a little scared about what this step asks of you — and that is completely normal. Every single person who has walked this path before you has felt the same way. Take a breath. You are not alone, and you do not have to do any of this perfectly. All Step 9 asks for is your willingness and your honesty. That is enough to begin.

Step 9 is often described as one of the most powerful and life-changing steps in the AA program. It can feel daunting from the outside, but those who have gone through it — with patience, care, and the guidance of a sponsor — often describe it as one of the most freeing experiences of their lives. Step 9 is not about punishment. It is not about humiliating yourself or reopening old wounds just for the sake of it. It is about healing — for the people we have hurt, yes, but also deeply and profoundly for ourselves.

What Does Step 9 Actually Say?

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

Those words might sound a little formal, so let's unpack them in plain language.

The word "amends" is often mistaken for simply saying "I'm sorry." But in AA, an amend is something deeper and more meaningful than an apology. An apology is words. An amend is a change. It means going to someone we have harmed, acknowledging what we did honestly, and — wherever we are able — taking action to make it right. It is a commitment to behave differently going forward.

You may have noticed that Step 9 follows directly from Step 8, in which we made a list of all the people we had harmed and became willing to make amends to them. Think of Step 8 as drawing the map, and Step 9 as actually taking the journey. You cannot truly do Step 9 without first doing Step 8, and your sponsor will help ensure you are ready before you begin.

The phrase "wherever possible, except when to do so would injure them or others" is a built-in safety net. AA is wise and compassionate — it recognizes that sometimes reaching out to someone could cause more harm than good. Not every amend looks the same, and not every amend is made directly in person. We will explore those different types on the next page.

Why Do We Make Amends?

One of the most beautiful things about Step 9 is that it works on multiple levels at once. We make amends not simply because it is the "right thing to do," though it is. We make amends because we need it just as much as the people we have hurt do — perhaps even more.

Carrying guilt and shame is exhausting. Many people in recovery describe a heavy, invisible weight they carried for years — the knowledge of harm done, the memory of broken trust, the lingering regret over things said and unsaid. Step 9 is the process of gently setting that weight down. When we honestly and humbly face the people we have hurt and do what we can to make things right, something shifts inside us. Fear begins to loosen its grip. Shame begins to lose its power. Self-respect — real, earned self-respect — quietly begins to grow.

The benefits of Step 9 include:

Freedom from guilt and shame — Secrets and regrets lose their power when we face them honestly.

Rebuilding trust — With family, friends, colleagues, and ourselves. **(continued on page 3)**

Restoring relationships — Some that we thought were lost forever may begin to heal.

Emotional and spiritual growth — Humility, courage, and integrity become real parts of who we are.

A cleaner foundation for sobriety — It is much harder to stay well when we are still haunted by the past.

Remember: we are not doing this step as punishment for our past. We are doing it as an investment in our future.

You Don't Have to Do This Alone

A Gentle Reminder

Before you approach anyone on your amends list, please talk to your sponsor first. Every single amend should be discussed, planned, and prepared with your sponsor's guidance. They have experience navigating these conversations and will help you figure out what to say, how to say it, and when the timing is right. You do not need to figure any of this out by yourself.

Your sponsor has very likely walked this road themselves. They understand the fear, and they understand the relief that follows. Trust the process, and trust the relationship you are building with your sponsor. That partnership is one of the great gifts of the AA program.

This document is for informational and inspirational purposes. Always work your steps with a qualified sponsor.

What Kinds of Amends Can I Make?

One of the most reassuring things to know about Step 9 is that amends are not one-size-fits-all. People on our list come from all different parts of our lives, and our relationships with them are all different. Some people live nearby; others have moved away. Some are living; others are not. Some situations call for a face-to-face conversation; others would cause harm if we reached out directly. AA's approach to Step 9 is thoughtful and flexible — there is a form of amend for nearly every situation. All of them are real, and all of them count.

Direct Amends

What it is: A direct amend is a face-to-face conversation — or, when meeting in person is not practical, a phone call — in which you acknowledge what you did, express genuine remorse, and share your commitment to doing things differently.

Direct amends are generally the most powerful form, both for the other person and for you. There is something about speaking honestly, in real time, that no letter or intermediary can fully replace. Your sponsor will help you prepare for these conversations so you do not go in unprepared.

Examples:

Returning money owed to a family member and acknowledging how your behavior affected them.

Sitting down with a friend you pushed away and honestly owning what you did.

Speaking to a former employer about dishonest behavior in the workplace.

A helpful way to approach a direct amend is to keep the focus on your own actions — not the other person's. Here is an example of how a direct amend might sound:

"I know I hurt you when I lied to you about where the money went. I am truly sorry for that, and I am committed to being honest with you and with myself going forward. I am not asking you for anything — I just needed you to know that I see what I did, and I am working to change."

Notice that this statement is short, honest, humble, and does not put any pressure on the other person to respond in a particular way. That is the goal.

Written Amends

What it is: A sincere, heartfelt letter sent to someone when meeting in person is not possible or would not be appropriate.

Written amends are a meaningful and valid form of Step 9 work. A letter can be carefully thought through, reviewed with your sponsor, and rewritten until it says exactly what you mean. It gives the other person the gift of reading it in their own time and space, without the pressure of an unexpected face-to-face encounter. **(continued on page 4)**

When written amends work well:

The person has moved to a different city or country.

The person is incarcerated and in-person contact is not possible.

Direct contact would be emotionally overwhelming for the other person.

You need time to find exactly the right words.

As always, write your letter with your sponsor, not without them. They can help you strike the right tone — warm and honest, without being dramatic or self-pitying.

Indirect (Living) Amends

What it is: When direct contact is impossible — because the person has passed away, cannot be located, or because contacting them would cause harm — a living amend is how we honor that debt. A living amend means changing your behavior permanently. It means becoming the person you should have been.

This type of amend requires ongoing commitment rather than a single conversation. It is not a shortcut — in many ways, it is the most demanding type of amend, because it asks us to sustain change over time.

Example: Suppose you stole from a former employer whose business has since closed and who cannot be found. A living amend might mean donating an equivalent amount to a charitable cause and committing — every day, in every situation — to complete honesty in your professional life. The debt is paid not in cash, but in character.

Financial Amends

What it is: When money was taken, borrowed, or owed and never repaid, a financial amend addresses that specific harm directly.

Financial amends can feel especially intimidating, particularly if you owe more than you can pay back right now. But here is the truth: willingness and sincerity matter far more than the amount. A realistic repayment plan — even if it is just a small amount each month — demonstrates genuine commitment and respect. The gesture itself is part of the healing.

Work with your sponsor to create a repayment plan that is honest and achievable. You do not need to promise what you cannot deliver. Being truthful about what you can do is itself an act of integrity.

When NOT to Make Direct Amends

Important: "Except When to Do So Would Injure Them or Others"

This clause in Step 9 exists for good reason. Not every direct amend is the right move. The purpose of Step 9 is healing — not causing new harm in an attempt to relieve our own guilt. If making a direct amend would hurt someone more than it would help them, then it is not the right form of amend to make.

Examples of when direct amends may not be appropriate:

Confessing an affair to a spouse, when doing so would only cause them fresh pain and serve no healing purpose for them — discuss this carefully with your sponsor before deciding.

Reaching out to someone who has a restraining order against you — this could cause harm and create legal problems for you both.

Contacting someone whose life is in a fragile place and who could be destabilized by your reaching out unexpectedly.

These are exactly the kinds of situations your sponsor is there to help you navigate. Do not try to make these judgment calls alone. The AA program has wisdom built into it — trust the process, and lean on your support network. **(continued on page 5)**

This document is for informational and inspirational purposes. Always work your steps with a qualified sponsor.

Encouragement & Moving Forward

You Can Do This — One Amend at a Time

If you have read this far, take a moment to appreciate yourself. Learning about Step 9 — even when it feels scary — is itself an act of courage. Thousands of people across decades of AA history have stood exactly where you are standing right now, with the same fears, the same doubts, and the same uncertain hearts. They did it. You can too.

Common Fears Newcomers Have About Step 9

Let's look honestly at some of the most common fears people bring to Step 9 — and the gentle, truthful answers that have helped countless members take their first steps forward.

The Fear The Reassuring Truth

"What if they won't forgive me?" We are responsible for making the amend — we are not responsible for the other person's response. Their forgiveness is a gift, not a requirement. Our recovery does not depend on it. We go in with honesty and humility, and we leave the outcome in a higher power's hands.

"What if it makes things worse?" This is exactly why we prepare carefully with our sponsor first. We think through the timing, the setting, and the wording together. A well-prepared amend, made at the right moment, rarely makes things worse — and it almost always makes them better.

"What if I have to admit something really embarrassing?" Shame kept us sick. Honesty and humility are what set us free. What felt unbearable to say out loud usually feels far lighter once it has been spoken. Your sponsor has heard it all — begin there, in safety, before you go anywhere else.

"What if I owe a lot of money I can't pay back right now?" A sincere conversation and a realistic repayment plan say more about your character than any large lump sum. Showing up, being honest, and making a real commitment — that is what willingness looks like. Start where you are and do what you can.

"What if they get angry?" They might. And that is their right. You cannot control how someone else reacts to your honesty — only how you show up. Go in calmly, stay humble, do not argue or defend yourself, and let the moment be what it is. Your sponsor can help you prepare for difficult reactions.

The Promises of AA

In AA's foundational text, often called the Big Book, there is a remarkable passage read at meetings all around the world. Found near pages 83 and 84, these words — known simply as The Promises — describe what begins to happen as we work Step 9 with honesty and willingness.

The Promises speak of a profound shift that takes place in the lives of those who do this work: the gradual disappearance of regret about the past, a growing sense of peace and usefulness, a new ability to handle situations that used to baffle us. They describe how fear of people and financial insecurity begins to leave us, and how our whole outlook on life begins to change. Many members say that hearing the Promises read aloud at a meeting was the first time they truly believed that recovery was real — that it was actually possible for them.

Why the Promises Matter to You Right Now

The Promises are not a distant dream. They are descriptions of what begins to happen — sometimes slowly, sometimes quickly — when we work Step 9. They are the reason so many AA members read them aloud together at meetings: as a reminder that this is real, that it works, and that it is coming for you too, if you are willing to do the work. Ask about them at your next meeting.

★ ★ MEN NEEDED FOR CORRECTIONS SERVICE! ★ ★



**Bring AA Meetings
INTO Jails & Prisons**



★ ★ **Your Sobriety Needs Service —
Help Carry the Message! ★ ★**

★ ★ **SERVICE = SOBRIETY** ★ ★

— Contact Pat C. —



203-228-1574



corrections@aahernando.org



*Preserving Our Past...
Inspiring Our Future*

ARCHIVES *Workshop*

Honoring our history • Strengthening our fellowship
Carrying the message forward



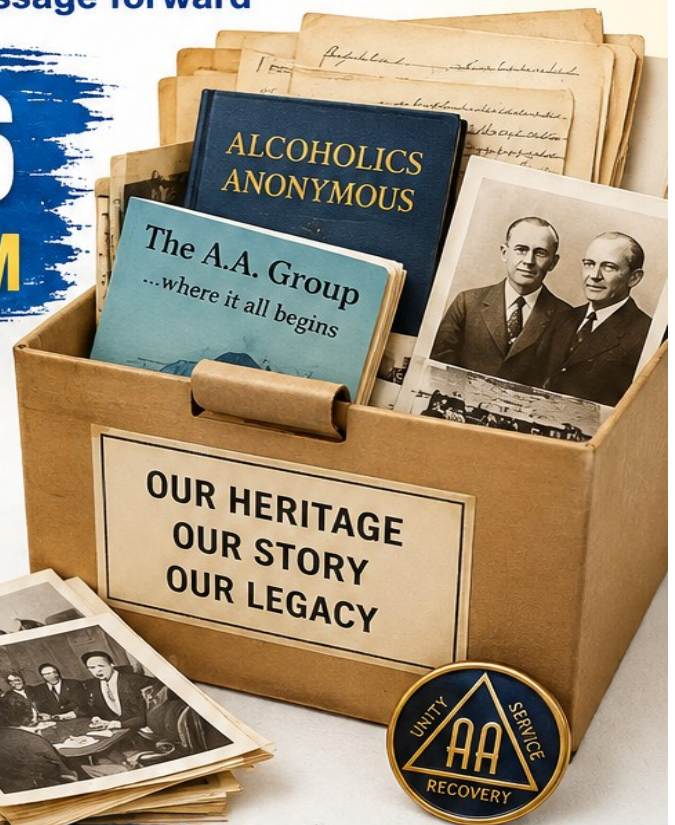
9/19/26
2:00 – 3:00 PM



PRESENTED BY

KEVIN B.

*Every piece
of our history
helps carry
the message!*



****Nativity Lutheran Church**

**6363 Commercial Way
Weeki Wachee, FL**

Our common welfare should come first; personal recovery depends upon AA unity.

– TRADITION ONE

DISTRICT 13 MEETINGS

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

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

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

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

HERNANDO COUNTY**INTERGROUP**

Hernando County Intergroup meets monthly, typically the first Thursday at Forest Oaks Lutheran Church

8555 Forest Oaks Blvd, Spring Hill Fl at 6:30 PM

Thu, 3 Sep, 6:30 PM - 7:30 PM

Thu, 1 Oct, 6:30 PM - 7:30 PM

Thu, 5 Nov, 6:30 PM - 7:30 PM

**NFAC ASSEMBLY
INFORMATION - Panel 75**

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

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

Future Assembly Dates: 2026

October 2-4

Future Assembly Dates: 2027

January 22-24 | April 9-11

2026 AREA 14 ASSEMBLY DATES

October 2-4

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

A Declaration of Unity

“This we owe to A.A.’s future: To place our common welfare first; To keep our fellowship united. For on A.A. unity depend our lives, And the lives of those to come.”



A Plea for **PEOPLE**



TO WORK AT THE AA INTERGROUP OFFICE ONE DAY A WEEK

YOU CAN MAKE A
Difference! 

The Intergroup Office is the lifeline of AA in our community. By giving just one day a week, you help carry the message of recovery to the still suffering alcoholic.

YOUR TIME CAN:

- ✓ Answer phones
- ✓ Greet visitors
- ✓ Help with information
- ✓ Share fellowship
- ✓ Support our Groups
- ✓ Keep AA alive and growing



*No special skills
needed—just
a willing heart
and a little time!*



We need you!

**BE OF SERVICE.
BE PART OF THE SOLUTION.** 



**CONTACT GEORGE L.
364-522-2391**





WE ARE NOT A GLUM LOT

- My sponsor said, “Trust your Higher Power.” I said, “Can He also find my car keys?”
 - I came to AA to stop drinking. I stayed because somebody finally understood my coffee addiction.
 - My first sponsor told me, “Take it one day at a time.” I said, “Can I start with one hour?”
 - Sobriety is easy. It’s remembering why you got sober when someone offers you a drink that’s hard.
 - I used to have a drinking problem. Now I have a coffee problem—and nobody stages an intervention.
 - My Higher Power has a sense of humor. Apparently, that’s why He gave me a sponsor.
 - I asked my sponsor how to deal with difficult people. He said, “Practice Step 12. Start with yourself.”
 - They say AA changes lives. Mine changed so much I don’t even recognize my old excuses.
- I finally turned my will and my life over to God. Apparently, He wanted me to clean my garage too.

GRATITUDE *Dinner* PLANNING MTG.



WEDNESDAY SEPT. 16, '26



TIME: 6PM



WHERE: IG OFFICE

4126 Lamson Ave.
Lamson Woods Plaza,
Spring Hill, FL 34608



*Gratitude in Action –
Unity in Purpose*



TOGETHER WE PLAN • TOGETHER WE SERVE • TOGETHER WE GROW

EVENT CALENDAR

UNITY MEETING SCHEDULE



September 12 - Hernando Beach

October 10 - Singleness of Purpose

November 7 - Gratitude Dinner

December 12 - Christmas Party

Unity Meetings, doors open at 6:00 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 a positions next year

Chair - Ann Marie unity@aahernando.org Co-Chair - Amy R.

Hernando County Intergroup Treasurer's report Jul-26

Checking	
Beginning Balance	\$ 3,584.38
Total Withdrawals	\$ 2,603.91
Total Deposits	\$ 1,883.40
Ending Balance	\$ 2,863.87

Expenses	
AAWS (Books)	\$ 267.60
Electric - June	\$ 57.66
Electric - July	\$ 60.15
Fairgrounds rent	\$ 365.00
Lamson Rent	\$ 775.00
Recovery Accents (medallions)	\$ 92.55
Service fee (bank)	\$ 2.25
Spectrum - June	\$ 190.71
Spectrum - July	\$ 190.93
Square credit card fees	\$ 6.06
Stop Payment fee	\$ 35.00
Transer to Prudent Reserve	\$ 411.00
Unity Rent	\$ 150.00

Total **\$ 2,603.91**

Outstanding Checks
#1048 - \$61.00
#1050 - \$365.00

Prudent Reserve	
Beginning Balance	\$ 5,589.38
Total Withdrawals	-
Transfer from checking	\$ 411.00
Total Deposits	\$ 0.05
Ending Balance	\$ 6,000.43

Donations	
Anonymous	\$19.78
For Prudent Reserve	\$ 411.00
Hope Group	\$ 100.00
Hope and Light	\$ 80.00
More Serenity	\$ 50.00
Principles B/4 Personalitie:	\$ 59.50
Singleness of Purpose	\$ 40.00
Tranquility Group	\$ 25.00
Tuesday Book Group	\$ 100.00

Total **\$ 885.28**

Other Income	
Archives Rent	\$ 50.00
Sales cash, cks	\$ 207.12
Sales, Credit Cards	\$ 215.46
Unity	\$ 272.00
Ladies Day	\$ 253.54
Total	\$ 998.12

Grand Total **\$ 1,883.40**

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

District 13 July 2026 Treasurer's Report

District			Corrections			Combination Dist+Corrections		
Beginning Balance	\$5,148.63		Beginning Balance	\$1,571.99		Beginning Balance	\$6,720.02	
Total Expenses	\$552.05		Total Expenses	\$0.00		Total Expenses	\$552.05	
Total Deposits	\$1,296.60		Total Deposits	\$0.00		Total Deposits	\$1,296.60	
Ending Balance	\$5,893.18		Ending Balance	\$1,571.99		Ending Balance	\$7,464.57	
District Expenses			Corrections Expenses			Reserve Fund		
Archives Rent	\$50.00	\$350.00	General Expenses	\$0.00	\$194.50	Beginning Balance	\$1,120.02	
OCM Rm Area Assembly	\$317.36	\$943.16				Interest	\$0.01	
GSR Rm Area Assembly	\$158.68	\$471.58	Corrections Contributions			Total	\$1,120.03	
Bank Surcharge	\$5.00	\$35.24	Hope Group	\$0.00	\$39.00			
Founder's Day Seed \$	\$0.00	\$400.00	Intergrp (fm 2022) Pink can	\$0.00	\$15.20			
Pre/post Conference	\$0.00	\$170.00						
PC/CPC	\$0.00	\$78.60						
Grapevine	\$0.00	\$71.00						
Treasurer Expense	\$21.01	\$21.01						
Church Rent yearly	\$0.00	\$300.00						
Total	\$552.05	\$3,558.94						
District Contributions			Corrections Contributions					
Al Good	\$0.00	\$50.00						
Brooksville Grp	\$150.00	\$300.00						
Founder's Day	\$751.70	\$751.70						
Fun and Frolic	\$50.00	\$100.00						
Hernando Beach	\$50.00	\$150.00						
Heavy Hitters	\$0.00	\$720.00						
Hope Grp	\$103.00	\$203.00						
Hope & Light	\$80.00	\$160.00						
Let's Get Serious	\$0.00	\$25.00						
Lunch Bunch	\$0.00	\$100.00						
More Serenity Sisters	\$50.00	\$50.00						
PB4P	\$11.90	\$134.33						
Rough Roads	\$0.00	\$267.41						
Ridge Manor BB	\$0.00	\$240.00						
SAYS	\$0.00	\$10.00						
Serenity Sisters	\$0.00	\$50.00						
Spring Hill Monday Ni	\$0.00	\$30.00						
Step Sisters	\$0.00	\$25.00						
The Steps we took	\$25.00	\$50.00						
Tranquility	\$25.00	\$25.00						
Young Men's Group	\$0.00	\$100.00						
Welcome	\$0.00	\$52.50						
WISE Women	\$0.00	\$40.00						
Women Into Action	\$0.00	\$30.00						
Total	\$1,296.60	\$3,558.94						



Random Thoughts

- Sometimes the hardest part of sobriety is admitting that we were the problem we kept trying to solve.
- AA doesn't promise an easier life—it teaches us how to live the life we have.
- Recovery begins when excuses end.
- You can attend every meeting in town and still miss the message if you never look within.
- Sobriety is more than putting down the drink; it's picking up responsibility.
- The opposite of addiction isn't just sobriety—it's connection.
- We came to AA to stop drinking and discovered we had to start living.
- Sometimes God answers our prayers by changing us instead of changing our circumstances.
- The Big Book doesn't say life will be fair. It teaches us how to live when it isn't.

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Group Donation Addresses

Attention all Group Treasurers:
 Please send donations to the
 following:

District 13 Treasurer
 120 Dawson Ave
 Spring Hill, FL 34606
(Checks payable to District 13)

Hernando Intergroup Office
 Celeste J. – 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: George L. 361-522-2391 Intergroup Office Hours: Mon - Fri 9 am–1 pm

info@aahernando.org **Hotline available 24/7 (352) 683-4597**

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Amy R. 352-238-9697

amyr@aahernando.org

Intergroup Meeting

First Thursday

August 6, 26 September 3, 26

Forest Oaks Lutheran Church

8555 Forest Oaks Blvd.

INTERGROUP OFFICE

4126 Lamson Ave. Spring Hill

Mon-Fri 9am-1pm

Checks payable to:

Hernando Intergroup

Hotline available 24/7

(352) 683-4597

**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.**

SEPTEMBER ANNIVERSARIES

A Desire Group

Tattoo Bill – 27

Brooksville

Alysia B - 9

Steven K - 1

Frank S - 28

Jonathan S - 14

Eric W - 3

Marisa Q - 2

Heavy Hitters

Linda K. - 40

Arron B. - 4

John C. - 20

Michelle S. - 8

Deborah B. - 40

James J. - 27

Cindy W. - 10

Tom O. - 31

Dan W. - 2

Ed H. - 3

Marisa Q. - 2

Carole C. - 23

Tiffany R. - 7

John H. - 26

Frank S. - 10

Derrick H. - 1

Amanda N. - 4

Willy W. - 8

Ethan - 1

Ridge Manor

Tina B. – 12

Dave S. - 17

Camerlon H. – 4

Tabitha K. – 1

Rough Roads

John H. - 26

Christine B. - 20

Spring Hill Monday Night

Eric A. - 6

Singleness of Purpose

Peggy G. – 38

Sunset Group

Jonathon B. – 5

Jonathon S. - 14

Kilian W. - 1

Justin J. - 1

Christine. - 1

Ethan - 1

The Promises

Caryl M. - 46

Nina V. - 38

Brittany J. - 3

Wise Women

Michelle C. – 3

Brittany – 3

Women Hope & Light

Carol C - 23

Alysia B - 9

Lydia M - 1



Congratulations

Poem:

“One word frees us of all the weight
and pain in life.

That word is Love.”.

~Sophocles

Happy, joyous and free.

Happiness is an attitude, a choice.

Joyous is sharing life with a friend and
to have a friend, you must be a friend .

Free is having no regrets.

When we do the will of a loving
Higher Power,

doing the next right thing, God will
gladly take the weight and pain from
us.

Love is The Word.

Love is helping someone love
themselves.

ME and the Boss

Service keeps us connected

**We get out of ourselves and help
others.**

Service strengthens our recovery.

We become part of the AA fellowship.

We learn responsibility and teamwork.

**We discover talents we didn't know
we had.**

Service gives us a sense of purpose.

**We help keep AA available for the next
person.**

**We practice humility, patience, and
tolerance.**

**The greatest benefit? We often receive
more than we give.**

“Want to feel better?

**Get involved—service is one of the
best ways to get out of your own
head!”**