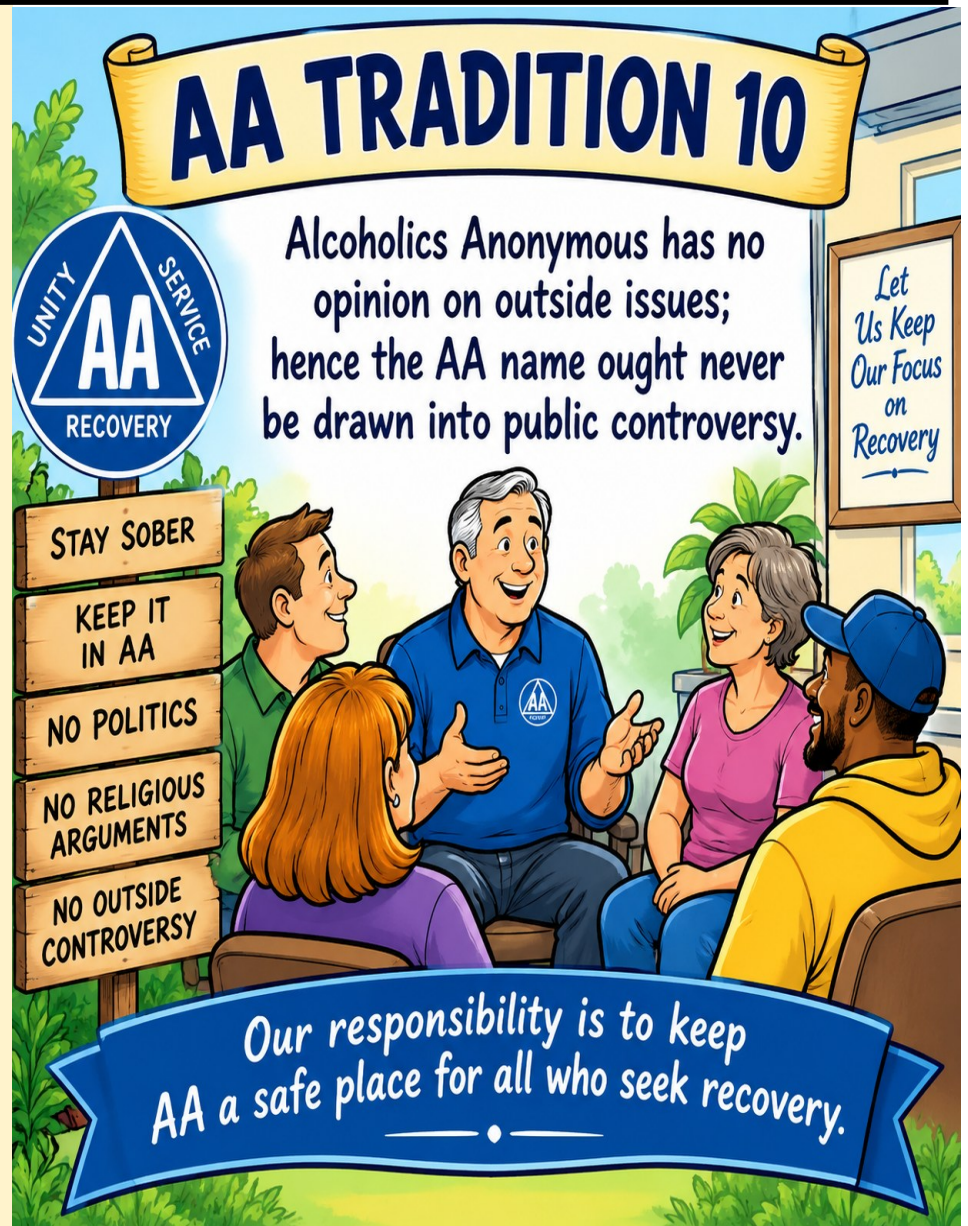




COMMUNIQUE

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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."

AA Step 10 — Continued Personal Inventory

Purpose of Step 10

Step 10 is the daily maintenance step. It keeps us spiritually balanced, emotionally sober, and free from the buildup of resentment, fear, or selfishness. After cleaning up the past in Steps 4–9, Step 10 helps us stay clean today.

We continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone.

This step turns recovery into a way of life.

What Step 10 Is

- A **daily practice** of self reflection.
- A way to **catch problems early** before they grow.
- A commitment to **honesty, humility, and accountability**.
- A tool for maintaining **emotional sobriety**.

Step 10 is not about guilt or perfection. It is about awareness and correction.

How to Work Step 10

1. Spot-Check Inventory (During the Day)

Use quick, real-time check-ins whenever you feel disturbed, irritated, afraid, resentful, or dishonest.

Ask yourself:

- What am I feeling right now?
- Is fear, resentment, dishonesty, or selfishness driving me?
- Do I need to pause and reset?
- Do I owe an apology or correction?

This takes seconds and prevents small issues from becoming big ones.

2. Evening Review (End-of-Day Inventory)

A short reflection at the end of the day helps keep your spiritual house clean.

Consider:

- Where was I helpful, patient, honest, or kind?
- Where did I fall short?
- Did fear or resentment show up?
- Do I owe an amends tomorrow?
- Did I stay spiritually connected?

This is not about self criticism. It is about clarity and growth.

3. Prompt Admission of Wrongs

When we harm someone, speak harshly, act selfishly, or are dishonest, we admit it quickly and make it right.

Prompt correction prevents resentment buildup and keeps relationships healthy.

4. Ask for Guidance

Step 10 works hand-in-hand with Steps 11 and 12.

Many members pause and ask:

- "Help me see the truth."
- "Help me respond, not react."
- "Help me stay useful today."

This keeps us spiritually aligned.

5. Optional Deep Review

Some members do a monthly or quarterly check-in with a sponsor to look for patterns. This is optional but often helpful.

What Step 10 Does for Us

- Reduces emotional reactivity
- Prevents resentment buildup
- Strengthens humility and accountability
- Improves relationships
- Supports long-term sobriety
- Helps us live the AA principles daily

Step 10 is the difference between simply not drinking and truly living sober.

Summary

Step 10 is a daily commitment to honesty, awareness, and prompt correction. It keeps us spiritually fit and emotionally balanced. Practiced consistently, it becomes a natural part of sober living and a foundation for continued growth.





Group Spotlight



*One Day at a Time
... Together!*

**The Spring Hill
Monday Night Group**

will be celebrating its

52nd

ANNIVERSARY

This Month!

The official anniversary date is

October 27th

*Grateful for
the Past...
Hopeful for
the Future!*

— AA —
**Recovery
Works!**



Bill Wilson and *Varieties of Spiritual Experience* by William James¹

In early December 1934, Bill Wilson admitted himself to Towns Hospital in New York City. It was another attempt to treat his alcoholism. This time, the diagnosis was alarming. Dr. Silkworth, the attending physician, told his wife, Lois, that there was no hope. Previous attempts had failed. There was little reason to expect that another visit would succeed.

In November, Ebby Thacher, a childhood friend, visited Bill at his home. He told him he “got religion” and was *sober* with the help of the Oxford Group, originally called the First Century Christian Fellowship.

That December, Ebby was about to leave the hospital after his visit when Bill asked him to repeat that “neat little formula” that seemed to affect his *sobriety*. With good humor, Ebby said, “You admit you are licked; you get honest with yourself; you talk it out with somebody; you make restitution to the people you have harmed; you try to give yourself without stint, with no demand for reward; and you pray to whatever God you think there is, even as an experiment.” (*Alcoholics Anonymous Comes of Age*, pp. 62-64)

Later, while in the hospital, after the onset of a severe depression, Bill experienced what he later described as a “white light” experience. The peace and security he felt afterward left him at his wit’s end. He wondered whether it was merely a hallucination. Neither he nor Dr. Silkworth could reasonably explain it.

Bill’s struggle to find an explanation was aided by another visit from Ebby. *This time*, he gave Bill a copy of *Varieties of Religious Experience* by William James, a doctor, philosopher, and the considered father of American psychology.

Varieties of Religious Experience is a scientific study of psychology, philosophy, and religion. It is the text of twenty lectures given at the University of Edinburgh, Scotland, in 1901 and 1902 by Dr. James. By reading it, Bill gained an understanding of the mysterious experience after his state of hopelessness, complete ego deflation, and a willingness to do whatever it took to achieve the sobriety that Ebby so clearly displayed (the emergence of one drunk talking to another drunk). Bill’s “explosive...mental rearrangement” produced the sudden and *inexplicable* “spiritual experience” that William James describes in Lectures IX and X on “Conversion.” (*Varieties*, p. 157)

Lecture I by Dr. James rejects “medical materialism,” which likely comforted Bill. This term refers to an attempt, by scientific and medical thinkers, to explain (as abnormalities) profound spiritual, religious, or creative human experiences. Dr. James describes neurological explanations (diagnosis and treatment of nervous disorders), like the “discharging lesion of the occipital cortex,” as too “simple-minded” (*Varieties* p. 16). Dr. James’ critical review of medical materialists, who portray such occurrences as “hysteric” or “a disordered colon,” as “illogical and arbitrary,” must have been reassuring.

Varieties examines individual, private religious or spiritual experiences rather than religious institutions, their theology, dogmas, creeds, or ceremonies. William James introduced the psychology of pragmatism, also known as functionalism, which emphasizes the outcomes – the consequences – of an experience.

Throughout *Varieties*, Dr. James carefully avoids suggesting that *conversion* – a psychological explanation – is either proof or disproof of a divine Higher Power. Instead, he makes an observational determination based strictly on empirical evidence derived from descriptions of conversion.

For Dr. James, the “test of religion’s value is empirical: its fruits must be good for life” (*Varieties*, p. 310), whereas the fruits of obsessive or irrational behavior are chaos, destructive behaviors that practically lead to an inability to function in society. He examines these mental states in Lectures IV-VII on “Healthy-Mindedness” and “The Sick Soul.”

In the Lecture X summary, he states, “The value of conversion (a psychic change or spiritual experience) depends not on the process, but on the fruits.” Dr. James borrows from the Sermon on the Mount, writing, “By their fruits ye shall know them” (*Varieties*, p. xxxii). Here, an empirical value means *there must be a clear, observable, and beneficial outcome for both the individual and others*.

Bill Wilson’s writing in *Twelve Steps and Twelve Traditions*, “Step Twelve,” offers a wonderfully concise summary of a *conversion* or “spiritual awakening.” It occurs when one “has now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone.” This awakening represents a “new state of consciousness and being,” characterized by honesty, tolerance, unselfishness, peace of mind, and love. One has received a “gift,” yet, in some small part, has “made (oneself) ready to receive it” (12&12, pp. 106-107)

Bill Wilson’s clear, observable, and beneficial outcome from his “hot flash” was an unwavering vision and energy for helping alcoholics, along with the gift of a life-changing program of spiritual action: the Twelve Steps of Alcoholics Anonymous (*Alcoholics Anonymous Comes of Age*, p. 204). It literally is changing my life

Michel W.

A Member of Hernando County A.A.

¹ *Varieties of Religious Experience, A Study in Human Nature*, Centenary Edition, Routledge, Taylor & Francis Group, London and New York, 2004.



DISTRICT 13 *Elections*



*Many Hands
Make
Light Work*

MONDAY, NOVEMBER 2

Your Service Makes a Difference!

District 13 elections will be held at the
November 2 district meeting for the positions of

DCM



ALT
DCM



TREASURER



SECRETARY



ARCHIVIST



using the Third Legacy Procedure as outlined in the
AA Service Manual (pp. 114–115) and the District
Structures & Guidelines.



Resumes will be read at the October district meeting, with additional candidates able to stand on election day.

Service Keeps Us Sober

The strength of our fellowship is built on members who give of themselves. Your willingness to serve helps carry the message of recovery and ensures that our District and our meetings continue to thrive.



**Step Up
and Get Involved!**

"Each member of Alcoholics Anonymous is but a small part of a great whole." – AA Service Manual, p. 17

DISTRICT 13 MEETINGS

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

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

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

Mon, 07 Dec, 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, 1 Oct, 6:30 PM - 7:30 PM

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

Thu, 3 Dec, 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.
(361) 522-2391**



WE ARE NOT A GLUM LOT

My sponsor told me to take it one day at a time. So I stopped making my bed—I'll do it tomorrow.

I came to AA to stop drinking. I stayed because everybody here knows my name.

My Higher Power has a great sense of humor. Just look at who He gave me for a sponsor!

I used to have a drinking problem. Now I have a meeting attendance problem.

They say AA changes your life. I used to lose my keys drunk—now I lose them sober!

My sponsor said, "Pray about it." I said, "Can I pray for a 12-pack?" He hung up.

I told my sponsor I was having trouble with Step One. He said, "Admitting you're stubborn is a good start."

Sobriety has given me a new outlook on life. Unfortunately, I still have the same windshield.

I finally found the secret to staying sober. I don't drink between meetings!

My old friends asked if I missed drinking. I said, "Only when I remember what it was like."

I asked my sponsor how long I have to stay in AA. He said, "Until you stop asking stupid questions."

I came into AA looking for a quick fix. They gave me 12 Steps and told me to walk.

My sponsor said I needed to work on my character defects. I said, "Can I work on them after lunch?"

I used to drink to forget my problems. Now I go to meetings and hear about them from someone else!

What's the difference between an alcoholic and a magician? A magician makes the drink disappear. An alcoholic makes the paycheck disappear.

I told my sponsor I was thinking about having a drink. He said, "Good. Thinking is progress."

AA taught me patience. Mostly because the coffee pot is always empty when I get there.

My sponsor says I should be grateful. I'm grateful he doesn't know everything I did.

They told me AA would give me a new life. They forgot to mention I'd have to clean up the old one first!

History & Heritage of DR. BOB'S HOME Workshop



Featuring Gail L.

— ARCHIVIST, Dr. Bob's Home

- The History of Dr. Bob's Home
- The History of the Writing of the Big Book

**Alcoholics
Anonymous**

THE STORY OF
HOW MANY THOUSANDS
OF MEN AND WOMEN
HAVE RECOVERED



Tickets \$32 Per Person

Includes Box Lunch and Drink

(From Honey Bake Ham Co., choose Ham, Turkey, or Veggie)



**Register and Pay with QR Code or
Contact Andy D.**

352-933-6353 | swccd7@gmail.com



Saturday, October 17, 2026

10 AM-3 PM — Doors Open 9:30 AM



Graceway Church

10200 Morningside Drive
Leesburg, FL 34788

*Faith,
Fellowship,
Service*

*A Benefit for the Preservation of
Dr. Bob's Home in Akron, Ohio*

EVENT CALENDAR

UNITY MEETING SCHEDULE



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 Aug-26

Checking

Beginning Balance	\$ 2,863.87
Total Withdrawals	\$ 925.54
Total Deposits	\$ 1,573.62
Ending Balance	\$ 3,511.95

Expenses

Grapevine	\$ 36.00
Gratitude Tickets	\$ 87.15
Lamson Rent	\$ 775.00
Recovery Accounts (medallions)	\$ 21.25
Service fee (bank)	\$ 2.54
Square credit card fees	\$ 3.60

Total \$ 925.54

Outstanding Checks

#1048 - \$61.00

#1050 - \$365.00

Income for Gratitude to date - \$640.00

Expenses for Gratitude to date - \$487.15

Corrected Copy

Prudent Reserve

Beginning Balance	\$ 6,000.43
Total Deposits	\$ 0.05
Ending Balance	\$ 6,000.48

Donations

Anonymous	\$ 7.49
Gratitude donation	\$ 100.00
All Good Group	\$ 100.00
Arip. Step/right direction	\$ 50.00
AA Way of Life	\$ 25.00
Let's Get Serious	\$ 25.00
Principles B/4 personalities	\$ 90.00
Wise Women	\$ 50.00

Total \$ 447.49

Other Income

Archives Rent	\$ 50.00
Sales cash, cks	\$ 218.54
Sales, Credit Cards	\$ 114.59
Unity	\$ 203.00
Ticket sales	\$ 540.00
Total	\$ 1,126.13

Grand Total \$ 1,573.62



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

District 13 August 2026 Treasurer's Report

District	
Beginning Balance	\$5,893.18
Total Expenses	\$222.02
Total Deposits	\$396.15
Ending Balance	\$6,067.31

Corrections	
Beginning Balance	\$1,571.39
Total Expenses	\$34.08
Total Deposits	\$0.00
Ending Balance	\$1,537.31

Combination Dist+Corrections	
Beginning Balance	\$7,464.57
Total Expenses	\$256.10
Total Deposits	\$396.15
Ending Balance	\$7,604.62

District Expenses		YTD
Archives Rent	\$50.00	\$400.00
DCM Rm Area Assembly	\$0.00	\$943.16
GSR Rm Area Assembly	\$0.00	\$471.58
Bank Surcharge	\$5.00	\$40.24
Founder's Day Seed \$	\$0.00	\$400.00
Pre/post Conference	\$0.00	\$170.00
PC/CPC	\$135.80	\$214.40
Grapevine	\$0.00	\$71.00
Treasurer Expense	\$0.00	\$21.01
DCM Expense	\$31.22	\$31.22
Church Rent yearly	\$0.00	\$300.00
Total	\$222.02	\$3,062.61

Corrections Expenses		YTD
General Expenses	\$34.08	\$228.58
Corrections Contributions		
Hope Group	\$0.00	\$39.00
Intergrp (fm 2022) Pink can	\$0.00	\$15.20

Reserve Fund	
Beginning Balance	\$1,120.03
Interest	\$0.01
Total	\$1,120.04

District Contributions		YTD
AI Good	\$50.00	\$100.00
Aripeka step	\$50.00	\$50.00
Anpeka BB	\$78.00	\$78.00
Brooksville Grp	\$0.00	\$300.00
Founder's Day	\$0.00	\$751.70
Fun and Frolic	\$0.00	\$100.00
Hernando Beach	\$0.00	\$150.00
Heavy Hitters	\$0.00	\$720.00
Hope Grp	\$0.00	\$203.00
Hope & Light	\$0.00	\$160.00
Let's Get Serious	\$0.00	\$25.00
Lunch Bunch	\$0.00	\$100.00
More Serenity Sisters	\$0.00	\$50.00
PB4P	\$18.15	\$152.45
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
Sunset	\$100.00	\$100.00
The Steps we took	\$0.00	\$50.00
Tranquility	\$0.00	\$25.00
There is a Solution	\$50.00	\$50.00
Young Men's Group	\$0.00	\$100.00
Welcome	\$0.00	\$52.50
WISE Women	\$50.00	\$90.00
Women Into Action	\$0.00	\$30.00
Total	\$396.15	\$3,603.09



Random Thoughts

Recovery is like autumn: letting go isn't loss — it's clearing space for what's meant to grow next.

The leaves don't cling when it's time to fall. I can release old habits the same way: quietly, naturally, without drama.

October reminds me that change can be beautiful, even when it feels uncomfortable.

I don't have to fix everything today. I can simply take the next right action and trust the season I'm in.

Just for today, I choose progress over perfection — steady steps, like the slow turn of fall.

When I feel restless, I remember: calm isn't found, it's practiced. One breath, one moment, one choice.

Sobriety gives me clarity to see the small miracles I used to rush past.

I don't fear the cold ahead when I'm grounded in the warmth of fellowship.

DISTRICT 13 OFFICERS**DCM**

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Mikey G. 410-726=1099

mikeyg@aahernando.org

**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**

Intergroup Officers**CHAIRPERSON**

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brucep@aahernando.org

ALTERNATE CHAIRPERSON

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andreww@aahernando.org

UNITY MEETING

Ann M.

annm@aahernando.org

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.**

OCTOBER ANNIVERSARIES

Heavy Hitters

Gary B. - 15
 Gary J. - 26
 Gary K. - 40
 Christy B. - 8
 David A. - 23
 Nancy L. - 17
 Mimi J. - 37
 Stephanie C. - 9
 Pam H. - 9
 Happy Jack - 13
 Mark M. - 27
 Randy B. - 9
 John H. - 51

Hernando Beach

Ray D. - 36
 Patricia L. - 1 (September)

Hope

Jeff M. - 16
 Patrick D. - 4

Ladies Big Book

Denise - 16 (August)
 Brittany - 2 (September)

Ridge Manor

Kevin B. - 34
 Bob M. - 29
 Desiree F. - 9
 Kandy C. - 3
 Brandie R. - 24

Rough Roads

Eddie - 33
 William - 36
 Maggie - 1
 Steve - 1

Serenity Sisters

Jenlean G. - 7

Singleness of Purpose

Sean T. - 25

Step Sisters

Jeannie C. - 30

Tranquility

Rob B. - 23

The Promises

Sean T. - 25

Wise Women

Jamie M. - 10

Women Hope & Light

Barbara - 36
 Celeste J. - 7
 Gina C. - 4



Congratulations

Poem:

born with his brain on backward
 his negative thinking was never forward
 he inherited an addictive personality
 becoming a drunk was just a formality
 he loved to experiment with all of the isms
 every promise was subject to conditions
 if you do this for me, I might do this for you
 he rarely awoke, he usually came to
 eventually, body, mind and soul became diminished
 the shrink and the doc said that he was finished
 he was completely estranged from family and friends
 the preacher suggested that he start making amends
 God stuck him dumb, said you have one last chance
 ignore this and you will have had your last dance
 the rooms of A A was were he was told to go
 it was said they had a program he needed to know
 the disease and the ego had a tremendous fight
 in a fog, he could not figure it out quite right
 keep coming back was all he could hear
 a prayer might help the cravings to disappear
 the miracle happened, he chose to submit
 he had a problem, he had to admit
 they first suggested one day at a time
 then showed him the steps that he needed to climb
 the fog lifted, he learned to listen
 he knew there was no cure for the terrible addiction
 he enjoyed the paradox of helping others
 he was happy to be a part of the band of brothers
 he made the amends, he made the change
 his attitude and thinking he did rearrange
 staying out of trouble was no longer boring
 doing the next right thing kept him soaring
 a poster child for it can be done
 a happy soul he has become .
 ME and the Boss

AA Tradition 10

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”

What Tradition 10 means

Tradition 10 helps protect **AA unity and our primary purpose**—helping alcoholics recover. AA does not take positions as a Fellowship on outside controversial matters, particularly **politics, alcohol reform, or sectarian religion.**

Important distinction: Individual AA members are free to have their own opinions and participate as private citizens. The key is not to represent those opinions as **“the AA position.”**

Simple ways to practice Tradition 10

- **AA has no political party.**
- **AA does not endorse candidates or legislation.**
- **AA does not take sides in religious controversies.**
- **AA members can disagree without bringing AA into the disagreement.**
- **In an AA meeting, we focus on recovery—not winning arguments.**

When speaking publicly, we should be careful not to imply that we speak for AA.