

COMMUNIQUÉ

January 2022



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My Son was lost and is Found

The busy bus terminal was a cheery place. As overture of gaiety and laughter rode the buzzing hum of noise. For this was Christmas Eve. People milled around Bill as he sat on the hard bench, but he hardly noticed. He was absorbed in his own thoughts. Memories rather-memories that seemed to move across in front of his mind, like a magic lantern show. The city, a midwest metropolis, was familiar ground. Only an hours ride from his hometown, it had been the scene of many an earlier binge. Now, in his mind's eye, Bill saw himself sitting in this same terminal possibly on the same bench, years before. That had been Christmas Eve, too, and he was trying to get the last bus home.

Early next morning, Christmas morning, Bill had awakened—in jail. “Intoxication and disturbing the peace” They picked him up in this terminal. But Bill hadn’t remembered any of it. The old Irish sergeant on the dest had said, “Look, kid, it’s Christmas.” That was the first. There had been other hails, and worse, since. Bill got an 8 o’clock bus that Christmas morning. Other pictures flung themselves across his mind then, too, during that hour’s bus ride. He saw his family up early. He saw his mother walk into his room, to find his unslept bed. He saw the tree in the corner of the living room. It had all the familiar ornaments he’d known since childhood. They glittered warmly when his father turned on the string of lights. He saw his Dad’s face.

He’d tried to go in that Christmas morning. He got as far as the next block. He could see the house, his house. But he was sick, afraid-and weary. Too weary to make that last block home. For it was the desolate, despairing weariness only an alcoholic can know-and it carried him 500 miles to the east. One short block was too far. But 500 miles wasn’t far enough. Other Christmases came and went. Bill never managed to get on his feet. He did well in his job- for awhile. Promotions. A really respectable salary. But he never came home for Christmas. Deep, down inside, he never felt up to the “triumphant return.” After all, a fellow had his pride..

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www.aahernando.org

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Central Office & Book Store

4116 Lamson Ave
Spring Hill, FL 34608
Mon – Fri 9am to 1pm
Saturdays 9am to Noon
Office Manager: JJ M.
(352) 683-4597

Monthly Intergroup Meeting

First Friday Of Each Month
January 7, 2022 @ 6:30 PM
Forest Oaks Lutheran Church
8555 Forest Oaks Blvd
Spring Hill FL

Zoom ID: 852 952 5883
Password: intergroup

Monthly District Meeting

First Monday Of The Month.
January 3, 2022 @ 6:15PM
Holy Trinity Lutheran Church
1214 Broad St.
Masaryktown FL

Zoom ID: 987 5790 9290
Password: district13

Group Donations**District 13 Treasurer**

P.O. Box 10653
Brooksville, FL 34605
(checks payable to District 13)

Hernando Intergroup Office

4116 Lamson Ave
Spring Hill, FL 34608
(352)683-4597
Office manager JJ M.
Office Hours
Mon-Fri 9am-1pm
Saturday 9am-12pm
Info @ aahernando.org
(make checks payable to Hernando Intergroup)

North Florida Assembly

P.O. Box 226
DeLeon Springs, FL 32130
(checks payable to NFAC)

General Service Office

P.O. Box 459
Grand Central Station
New York, NY 10163
(checks payable to GSO)



MEDITATION

Spiritual, mental, or physical, the object of meditation is to learn how every fiber of your person is connected within yourself and with your universe. You can lock out the world, **Concentrate**, and learn to focus the mind on a single thing; your breathing, your mantra or just your belly button.

You can invite the whole world in, **Mindfulness**, and learn to accept whatever arises in your senses. You can sit quietly, **Visualization**, and bring images to mind: shapes, colors, or mandalas, to soothe your spirit. You can move pensively, **Movement**, the wellness of the body is learned in such disciplines as Tai Chi or Yoga and in some martial art forms or just by walking.

You can cultivate a positive mood or beneficial outlook, **Loving Kindness**, through the contemplation of such feelings as compassion for all people.

Love yourself, God made you perfect to do his will. Love others; God gave you everyone in your life so that, good or bad, you may learn how to do the will of your Higher Power.

Have a problem, **Transformative**; seek solace or the solution to specific problems by turning negative emotions into positive energies.

These are but a few of the forms of meditation taught by different gurus over the centuries. Buddha said that there were 84,000 ways to meditate. Try the meditation that appeal to you, use as many as you like, but know that you need to learn from someone.

The secret to meditation is discipline; you must do them on a scheduled basis so that you are in practice when an emergency arises. Hold on to what you like, seek your own, but know that before you can work on yourself you must first learn who you are. Remember, that you change daily, and who you were yesterday may not be the same person that you are today. Friends and family are usually only too glad to give you advice and directions. Need more help?

The teacher, the preacher, the rabbi, the guru, the Indian chief, the banker, any human with ears that speaks the same language of the heart will do fine in a pinch. The dog and the cat are not human.

When you have learned an honest meditation, you will know if the changes in you are for the better or for the worse. Good meditation is done on a daily basis to improve your conscious contact with your soul and your Higher Power.

Need a mantra, borrow someone's until you have your own. Borrow mine: "Be Kind, Be Loving, Be Patient and Tolerant, Be Forgiving, Be Compassionate and Be the person God want me to Be."

Repeat the above five times and when you leave the house, do so with a positive attitude in your heart and smile on your face.

Write down your mantra, the one you borrowed or the one you designed specifically for you, on a piece of paper and keep it handy until you know it well in your heart. Repeat your prayer, your mantra, and your meditate as often as necessary during the day or whenever you feel your attitude slipping. Every time you repeat your mantra you are becoming closer to the God of your understanding.

"The important thing is to be able, at any moment to sacrifice what we are for what we could become." ---Maharishi Mahesh Yogi (Guru to the Beatles)

Happiness is know how to Meditate to become the best you can be. Happiness is helping someone help themselves.

Michael_e

Grapevine Quotes

"Not picking up a drink creates infinite possibilities for me...When I wake up in the morning I pray for what I need to get through the day sober. I also smile and say to myself, Who knows? This could be the greatest day of my life!"

"My group included almost every type of alcoholic that old-timers feared most...The amazing thing is most of us stayed sober, despite all the dire prediction. Why? Because the two things we had in common were more important than all our differences. We were alcoholics and we believed in the program of Alcoholics Anonymous.

Announcements & Upcoming Events

AA GRAPEVINE

Each Issue of Grapevine typically offers between 18 and 20 stories written by members of AA and, on occasion, by one of AA's dedicated friends. The stories are direct and personal, and as varied as the fellowship itself. Grapevine writers come from all walks of life and every generation and geographical area. Each month they offer an ongoing picture of our beloved fellowship. In addition to the monthly publication available in English and Spanish, there are also Podcasts and a YouTube channel.

For more information, contact our local Grapevine Rep Jennean G grapevine@aahernando.org

HEAART is still looking to have at least one representative for each Group to serve as a contact and help in relaying information during times of crisis or emergency.

Meeting Information - If your Group or Meeting makes changes (time/location, etc) please notify John K – webmaster@aahernando.org with the information. John will make the necessary changes on the online meeting list, meeting apps, "Where & When" and HEAART. - Thanks!

Service Opportunities - We are always looking for volunteers for the Hotline and 12 Step calls. Currently in need of Hotline help Saturday noon – 5PM, and Thursday 1-5PM. If you are interested, contact Johnny V. (352) 346-6096

Volunteers needed for the Intergroup office on:
Saturdays 12-5
Thursdays 1-5

The Archives position with District 13 is currently unfilled. If interested, contact Eleanor B. (DCM) by email at dcm@aahernando.org

Let us know if you would like to share an announcement or future event for your group or meeting. Email us at: Communique@aahernando.org

Anniversary information can now be submitted from our website. Look for the link "Anniversary Submissions" at the top of our homepage, www.aahernando.org
*** Please submit month, Day & Year vs total years.**

Did you know you can now attend the District 13 and Intergroup monthly Meeting by Zoom?
 Check page 2 for details.

North Florida Area Conference
 Area 14
 Assembly Information
 January 21-23, 2020
 Sheraton Orlando North Hotel
 600 North Lake Destiny Road
 Maitland, FL 32751
 (407) 551-7624
 \$129.00 USD per night
 Agenda and Zoom Info Available at:
<https://aanorthflorida.org>

Have you considered including a copy of the Communique In your newcomers packet?

Our individual sobriety depends on the group.
The group depends on us. We soon learn
that unless we curb our individual
desires and ambitions, we can
damage the group...



My Son was lost and is Found

Continued from page one:

And that's the way it would have to be. Big! For that, he had to be sure. And he wasn't. One year, he almost made it, but at the last moment cashed in the railroad ticket to keep a party going, a "Christmas party" that had started 5 days earlier. After that the downward spiral swirled faster, stronger-and engulfed Bill completely. These were memories that hit a man in the pit of the stomach. But Bill had learned to accept his past. He could take those memories now, without trying hastily to erase them with a bottle. 6 months of A.A. had done that for him. That, and a great deal more. This Christmas, Bill was ready, really ready. Interrupting his thoughts the announcers voice over the loud speaker called Bill's bus. Bill's Dad stood in the doorway of the hometowns little bus station. Just a flicker of a smile came over the older mans face when he saw Bill. They met quietly, "Hello son." "Hi Dad." For a fleeting moment the Fathers eyes searched the sons, a hand went across Bill's shoulder and there was a suggestion of a confident squeeze on Bill's arm. "The cars over there son, Mother has breakfast waiting for us, Christmas breakfast." Mother was waiting on the porch, an apron over her new Christmas dress. There was no greeting, only a kiss and a quiet prayerful, "Thank God your home." The excitement of Christmas, the presents, the visits of old friends, carried them through the day. The strain of the morning lessened, after dinner Bill suggested a walk around the old Home Town- for old times sake. Bill's Dad understood, that Bill wanted to talk. They walked for an hour, Father and son, and Bill talked. The words came out easily, confidently. He told his Father about A.A., and of the awful years before. He talked of the meetings, of some of his 12-step work, and how he got his old job back. He spoke of himself, the down deep inside part of him and what had happened to him. It may have been the finest A.A. speech ever, but the audience was one lonely man, a man who prayed and hoped but who now listened and hearing with his heart.

Author Unknown

Intergroup Treasury Report

ALPHA	TITLE	Oct	Nov	Dec	<u>Hernando County Intergroup</u>		Savings
					11/30/2021	Checking	
A	A Desire	\$ 30.00			Beginning Balance	\$ 1,140.59	
A	Allgood Grp		\$80.00		Cash Deposits	\$ 5,032.97	\$ 3,062.73
A	Aripeka Speaker				Credit Cards	\$ 253.96	
A	AA Way of Life				Checks	\$ (1,510.16)	
A	Audio Big Book				Withdrawals/Debits	\$ (260.71)	
B	Bring Your own Big Book				Interest		\$ 0.02
F	District Archives	\$50.00	\$50.00		Ending Balance	\$ 4,656.65	\$ 3,062.75
F	DISTRICT PRINTING		\$5.00				
F	Fun And Frolic						
H	Heavy Hitters						
H	Hernando Beach	\$100.00			Income		
H	Hope Group				Group Contributions	\$ 632.97	
L	Lets Get Serious				Gratitude Seed Rent & Deposit	\$2,575.00	
L	Let Go and Let God				Office Sales	\$ 614.56	
L	Living Sober	\$100.00			Sales tax	\$ 39.95	
M	More Serenity Sisters				Gratitude Profit	\$1,347.50	
M	Monday Night Meeting rental				Misc. Gratitude Money	\$123.50	
P	P.B. P.	\$206.68	\$68.97		Archives rent	In Donations	
P	Precisely II		\$150.00		District Copies	In Donations	
R	Ridge Manor Group					-----	
R	Rough Road Group				Total Income	\$ 5,333.48	
S	Serenity Sisters						
S	Singleness of Purpose				Expenses		
S	Spring Hill Monday Night				Rent	\$ (600.00)	
S	Step Sisters				Electric	\$ (77.25)	
S	Sunset Group				Christmas Party	(\$750.00)	
T	The Steps we took		\$25.00		Spectrum	\$ (167.96)	
T	There is a Solution				Office Supplies	\$ (160.16)	
T	Together We Stand				Maintainence Fee	(\$15.00)	
T	Tranquility Group	\$37.50					
T	Thursday Night Welcome						
T	Tuesday Night B.B						
U	Unity	\$416.00	\$254.00		Total Expenses	\$ (1,770.37)	
U	Umbrella Group						
W	Wise Women						
W	Womens Serenity Group				Profit Nov 2021	\$ 3,563.11	
		=====	=====				
		\$910.18	\$632.97				

Self-Supporting

The Seventh Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions."

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose – to help the alcoholic who still suffers.

The Jokes on Us:

- 1) Why does the Alcoholic go to the Doctors Office.
Because he thought there would be shots.
- 2) My Dad was an alcoholic that wanted to be a Lawyer.
But he could never pass the Bar.
- 3) Child.. Mom! What is an alcoholic?
Mom.. Well, you see the two birds over there. An alcoholic would see four..
Child.. Mommy there is only one bird over there!!!

Tradition One

Our common welfare should come first; personal recovery depends upon A.A. unity. Our brother the noisy drunk affords the simplest illustration of this Tradition. If he insists on disrupting the meeting, we "invite" him to leave, and bring him back when he's in better shape to hear the message. We are putting the "common welfare" first. But it is in his welfare, too; if he's ever going to get sober, the group must go on functioning, ready for him. Yet he is only one rare aspect of the problem. When we do get sober in A.A. we shed a few small bits of the Big Ego: We admit, "I can't handle alcohol and I can't stay away from it on my own." Fine so far! Then we find there is plenty of Ego still left with us. It may lead us to take other members' inventories and to gossip about their supposed shortcomings. It may lure us into hogging the floor at every discussion meeting. Oh well, it's a selfish program, isn't it? After all the miseries of active alcoholism, why shouldn't we indulge ourselves a little? We all know one good reason why we shouldn't; Self-indulgence of this kind threatens the very basis of our sobriety-unity of A.A. group. For a self-righteous gossip can ruin the effectiveness of a discussion meeting---I've stopped going to that group. Nobody but Joe can get a word in edge wise."

When A.A. was very young, the first members clearly saw the preservation of its unity as a life-or-death matter for themselves and for the alcoholics still unrecovered. The First Tradition states this aim, and it is the common aim of all Twelve Traditions. When A.A. reached the age of 35, the aim was restated in the Theme of the 1970 International Convention:

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.

Each of the other eleven Traditions explain one specific way to protect the unity of the Fellowship and the A.A. group. Those early members quickly recognized power-drivers as potential group wreckers. And they're still around--the members who are always sure that they're always right--the members who are happily ready to assume all the burdens of leadership and grimly unwilling to share them, let alone give them up. But a group does not need officers. How can we cope with this dilemma? Tradition Two provides the answers.

Step One

"We admitted we were powerless over alcohol-that our lives had become unmanageable."

This step is often referred to as the only step we have to do perfectly. This is the point in which we admit that we have lost all power and control over our addiction. This is the step in which we lay the foundation for our recovery. After admitting our powerlessness we can begin our journey to successful recovery. Without this step our efforts will be in vain. You see, it is the loss of power and control over our addiction that causes the unmanageability of our lives. Many of us addicts struggle with this step because we haven't lost everything as others may have. This gives us the false sense that we may still have control. We feel that because our lives appear outwardly to be in order, how could we possibly admit that our lives had become unmanageable? It is here that step one is often misinterpreted. The step says "We admitted we were powerless over alcohol-that our lives had become unmanageable." The dash in this statement acts as a continuation of thought. It does not say "and our have become unmanageable." The dash suggest that while we may still have our "stuff" together, our addiction causes all of that to hang on a precarious balance. At any moment our loss of power over the drink or the drug can bring it all crashing down around us. The unmanageability of our lives, and our powerlessness over our addiction go hand and hand. We cannot recognize one without the other if we hope to be successful in recovery. Once we have understood and accepted these co-occurring facts, we can begin to stop fighting our disease. Taking step on is not just a matter of saying the words, rather it is an adoption of a new attitude and outlook upon life. We become willing to take the suggestions of others that have traveled the same path before us and have found recovery.

JANUARY ANNIVERSARIES

Group Anniversaries

A Desire/Friendship Group - 44 yrs
 Aripeka Open Speakers - 41 yrs
 Hope Group - 42 yrs
 Rough Road - 27 yrs
 Step Sisters - 8 yrs
 Sunset Group - 17 yrs
 Tranquility Group - 33 yrs

Member Anniversaries

A Desire Group

Grace H. - 1 yr
 Sam M. - 5 yrs
 Robert N. - 20 yrs

All Good Group

Dan V. - 5 yrs
 Norm A. - 37 YRS
 Tom G. - 42 yrs

Aripeka Open Speaker

Patty P. - 8 yrs
 Fredrick - 33 yrs
 John C. - 42 yrs
 Tom G. - 42 yrs

Happy Hour

Cheryl B. - 5 yrs
 Scott P. - 8 yrs
 Joey H. - 12 yrs
 Carol R. - 16 yrs
 Debbie B. - 16 yrs
 Bonnie T. - 32 yrs
 Bud S. - 43 yrs

Hernando Beach

Deborah C. - 14 yrs
 Audrey R. - 19 yrs
 Jack J. - 48 yrs

Heavy Hitters

Kevin W. - 4 yrs
 Diane S. - 4 yrs
 Tony A. - 9 yrs
 Lisa F. - 9 yrs
 Joey H. - 12 yrs
 Sandy S. - 30 yrs

Hope Group

Samantha - 2yrs

Ladies Big Book

Andi S. - 10 yrs
 Nettie - 61 yrs

Let Go & Let God

Lisa F. - 9 yrs

More Serenity Sisters

Jane F. - 4 yrs

Principles B4

Personalities

Jane F. - 4 yrs
 Marianne M. - 2 yrs
 Charlotte - 45 yrs

Promise

Mary M. - 37 yrs
 Mike P. - 42 yrs

Ridge Manor Big Book

Ed C. - 18 yrs

Rough Roads

Julie T. - 7 yrs
 Dianne M. - 17 yrs
 Bill R. - 17 yrs
 Murray J. - 45 yrs

Singleness of Purpose

Sunshine - 2 yrs

Serenity Sisters

Katrina - 14 yrs

Steps We Took

Randy S. - 7 yrs
 Leo L. - 10 yrs
 Tim D. - 16 yrs

Spring Hill Monday Night

Mark P. - 1 yr
 Ken L. - 11 yrs
 Lou W. - 12 yrs
 Jack B. - 47 yrs

Step In The Right Direction

Patty P. - 8 yrs
 Leo L. - 10 yrs

Step Sisters

Gina - 7 yrs
 Andi S. - 10 yrs
 Lisa T. - 34 yrs

Sunset Group

Nick S. - 15 yrs

There is a Solution

Robbie S. - 2 yrs
 Cheryl B. - 5 yrs
 Judy D. - 52 yrs

Tranquility

William C. - 10 yrs

Women's Serenity Group

Deborah Ann - 14 yrs
 Karen A. - 27 yrs
 Wendy S. - 29 yrs

Young Mens

Dan V. - 5 yrs

Correction for December Communique: Karen M. of Hernando Beach Group Celebrated 33 years (not 32).

Congratulations to all of those celebrating! Have you ever considered sharing your story? Let us know. We are always looking for stories to feature and we will come to you.

Submit Anniversary information for your group at www.aahernando.org Look for the "Submit Anniversaries" link at the top of the home page. Please submit month, day and year of sobriety date vs total years. Thanks!