

COMMUNIQUE

May 2022



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Interested in sharing your story?

Contact Sue S. or submit it to:
Communique@aahernando.org



My Second Journey

I wasn't a long-term drinker. I had only been drinking for 6 years when I came into the rooms for my first time. I had destroyed my life and everyone around me. I was that person who when I showed up at a party that someone would open the door and say, "Who invited her!!!" I was a "piggy" drinker and after a few I would pick a fight with the biggest guy there. I was raised in a very dysfunctional home; I lost my Mother to wet brain. I never wanted to be like my Mother but after getting a DUI they took my 3 boys away from me. I believed my children were better off without me because they were young. They were 3, 8 and 9 at the time. The way I was living could only hurt them.

I always said I had a bad "picker" with relationships. I never went out on dates... I went on a relationship. When I went out with my drug dealer I decided he was the perfect man to move in with.

Because of my son's involvement with CPS and my DUI I was mandated to go to AA meetings. I would drink before I went to a meeting because I needed the courage to walk into the rooms of AA. I needed a drink to do almost anything. I started getting a few months together then relapse, try again and then relapse again. But I kept trying. Finally, someone said to me in order to quit you must not pick up the first drink. What a concept!!!!

Then I realized that I really couldn't drink, every time I drank something bad **happened and** every time something bad happened I had a drink. I then started going to meetings and not drinking. By doing that, I was able to put together almost 13 years.

But then I got into a bad car accident and broke my neck. I was put on pain medication and was taking it "as prescribed" for about 6 months. But I did feel judged in meetings and began keeping it a secret. One day I was looking at the prescription bottle and reading the directions. It said "DO NOT take with alcohol" WOW!!!! These would really work good with alcohol. That is all I needed. I'm considered a "garbage head" so I'll fill my body with any substance that works. I was off and running with Oxycontin and alcohol. Then I was Doctor shopping and getting whatever I could. I was playing Dr Deb and dispensing to others whatever I didn't want. What a career!!!! and I never even went to medical school.

Someone reported me to my Doctor and he refused to treat me. This was 2 weeks before Christmas of 2017 so I asked him for the name of another Doctor. I couldn't get an appointment with the new Doctor for at least 2 weeks into January of the following year. I white knuckled it for the next several weeks.

When I finally got to the Doctor in January I had all my paperwork and all the proof needed to justify my amount of medication. He looked at me and said he wouldn't give that amount of medication to a 300lb man... and what was I? About 85lbs? I lost it!!! I had really thought I would get what I needed and I was now facing the reality that it wasn't coming. He picked up the phone and called my previous Doctor who had been my Doctor for 16 years. He knew me when I had been in recovery before. My old Doctor said "put her on the phone." I got on the phone and he said "Deborah Anne, promise me you will do anything that I say and I'll put you on a morphine drip. Bing!!! the magic word "MORPHINE"... Of course, I will! He repeated it, "you have to say you **Promise** to do whatever I say,." so, I did. Around day 10 I started feeling better. I thought I could go here and there and call this person and that person and it was time to leave the hospital. I felt great. The Doctor came in and said he was able to get me into a rehab. Well, I told him I was feeling much better and just needed to go home. But he said "Deborah Anne you promised." Well, that got me. I had made that promise and I did plan to keep my word. I believe that is what saved me... I begrudgingly went to Rehab.. They told me I had to go to a Big Book meeting. What!!! In the 13 years I was in A.A. previously I had never gone to one of those.

Continued on page 5

District 13 Officers**DCM**

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

Monthly Intergroup Meeting

First Friday Of Each Month
May 6th, 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.
May 2nd, 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

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Office manager JJ M.
Office Hours
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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)



Please let your Groups know that Intergroup has open positions.



District 13 Committee Member's Corner Eleanor B.

Why is Area Assembly so important?

Every A.A. member has a voice in the Fellowship's present and future. As stated in Concept 1, "The A.A. groups today hold ultimate responsibility and final authority for our world services - those special elements of over-all service activity which make it possible for our Society to function as a whole." Thus, one of the most important items for an assembly program (or District meeting) is a good look at the agenda of every General Service Conference. Assemblies and District meetings provide an ideal time to find out problems and solutions that are shared by A.A. groups everywhere. (AA Service Manual pg.21)

In Humble Service,
Eleanor B.
DCM District 13

G.S.R. Committee Corner Agenda Items for the Conference and G.S.R. votes for the Area

COMMITTEE	AGENDA ITEM	YES	NO	Pass or Fail	67% Majority						
						Policy & Admissions	F. Consider request to restore a paragraph in the story "Freedom From Bondage" in the Big Book.	91	6	Pass	64.67
CPC	D. Consider creating a new pamphlet designed to help CPC committees reach as many doctors as possible.	102	8	Pass	73.34	Policy & Admissions	G. Consider request to revise the pamphlet "Q&A on Sponsorship" to reflect shared experience on service sponsorship?	61	35	Pass	64.00
CORRECTIONS	B. Reconsider the use of the term "person in custody" in AA literature.	37	70	Fail	71.34	Report and Charter	D. Consider request to include a GSR preamble in the pamphlet "GSR: Your Group's Link to AA as a Whole"	84	14	Pass	65.34
CORRECTIONS	C. Consider requests to limit changes to the book Alcoholics Anonymous.	100	18	Pass	78.67	Report and Charter	E. Consider requests that the chapter titled "The Doctor's Opinion" be returned to page 1, as it was in the First Edition.	34	66	Fail	66.67
CORRECTIONS	D. Discuss request to make AA literature changes slowly and with AA's primary purpose in mind.	93	14	Pass	71.34	Treatment	F. Consider request to revise the pamphlet "The AA Group" to reflect the importance of the Group as a spiritual entity, as stated in the long form of Tradition 5.	54	28	Pass	54.67
Finance	B. Consider adding a historical disclaimer to the 12 and 12.	62	56	Pass	78.67	Treatment	G. Consider request to revise the text in the chapter "Getting Plenty Of Rest" in the booklet <i>Living Sober</i> .	30	57	Fail	58.00
Finance	C. Consider request that all proposed changes to the 12 and 12 be handled in footnotes.	92	40	Pass	88.00	Trustees	F. Consider revising the text highlighting service roles at the group level in the pamphlet "The AA Group"	52	18	Pass	46.67
Grapevine	D. Reverse last year's change to the Preamble	33	80	Fail	75.34	Trustees	G. Consider request to revise the pamphlet "Do You Think You're Different?" to include stories reflecting greater diversity"	83	15	Pass	65.34
Literature	K. Stop translation of Big Book into Plain and Simple Language/EZ English	20	88	Fail	72.00						
Literature	L. Does your Group think we should publish study guides or work books for AA.	77	19	Pass	64.00						
Literature	R. Reverse last year's changes to 12&12	14	90	Fail	69.34						

UNITY MEETING

May 14th, 2022

Doors open at 6:30 for food and fellowship Please bring a desert.

Meeting @ 7:00

Hosted by:

Step Sisters/Wise Women

Nativity Lutheran Church

6363 Commercial Way

Weeki Wachee, Fl

June's Host will be:

All Good Group

Founder's Day 2022June 18th 4 - 8 PM

Limited number of 50 tickets

Still available

\$8 per person

available from

GSR committee members.

Theme & Entertainment will be

A Mad Hatter's Tea.

Crazy Hat competition with prizes.

First United Methodist

Church 109 S. Broad St.

AAGRAPEVINE

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

Did you know The Big Book of Alcoholics Anonymous and The 12 Steps & 12 Traditions are available in American Sign Language for the deaf and hearing impaired? Each book is packaged as a DVD and includes english subtitles. You Can order from A.A. World Services at Onlineliterature.aa.org or view free of charge at the A.A. World Services YouTube page.

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

* **Intergroup Treasurer,**
Intergroup office in need of
volunteers.

* **Alternate Intergroup Chair**

* **District 13 Archives**

* **District 13 Literature**

Corrections is in desperate need of
volunteers, If interested please
contact Debbie Q for more
information:

(314)607-4670

Anniversary information can now be submitted from our website. Look for the link "Anniversary Submissions" at the top of our homepage, www.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

Story continued:

When I got to the meeting, the story was the Doctors opinion. I was hooked. There it was it was in big bold print; all about me. I had a glimmer of hope that God had reached down and touched me and just maybe I could do this.

I got the name of a great meeting, I got a sponsor and started my new journey. I was also able to get a pain management Doctor who helped me stay off narcotics and manage my own pain.

My sponsor began showing me how to find a God of my understanding, (something I never had before), go home and start building my Higher Power. I was to write an sentence, a paragraph, or a story; whatever I needed as a Higher Power.

At this time, I was living with my sons. I had been lucky to get them back in the previous years of sobriety. They had grown and were gone when I had relapsed. Now that I sober they did want me living with them and in there lives. As I got on my feet I was able to move out on my own. But I did move several times in my first year. I began to address my own issues and my Sponsor took me through the steps. She encouraged me to reach out to newcomers and always be there to help. When I celebrated my 2nd anniversary I asked my son to give me my chip, he had everyone there in tears. He was so proud of who I had become in the last 2 years.

I have all 3 of my sons in my life today and I love them. I moved to Florida to be near my granddaughter. I love my life here. My youngest son is now in rehab and I am able to help him invest in his recovery from this disease.

Deborah-Anne

QUOTES

“For the wise have always known that no one can make much of his life until self-searching has become a regular habit, until he is able to admit and accept what he finds, and until he patiently and persistently tries to correct what is wrong”. Bill W

“I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one’s heartbeat must surely result in outgoing love, the finest emotion we can ever know.” Bill W

Intergroup and District now have a Facebook page. Find us on Facebook, Like us and ask to join group. On our page we have current meeting list, upcoming events an AA Birthdays.

The 12 Traditions Illustrated

Based on a series that first appeared in Grapevine in the 1960s, this classic pamphlet retains its retro, light-hearted illustrations as well as its clear and plainly spoken language. Taken together, the text and images convey both the spirit and the practical application of our Traditions.

The Fifth Tradition

*Each group has but one primary purpose
...to carry its message to the alcoholic
who still suffers.*

No matter how different our own personal concerns,
we are all bound together by one common **RESPONSIBILITY** ...
to carry the message
to the suffering alcoholic.



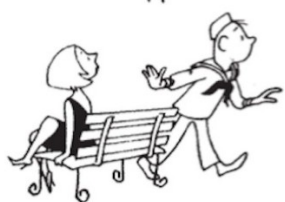
HELP!



HELP!



HELP!



HELP!



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.

Step Five

5) Admitted to God, to ourselves, and to another human being the exact nature of our wrong.

This is perhaps difficult, especially discussing our defects with another person. We think we have done well enough in admitting these things to ourselves. There is doubt about that. In actual practice, we usually find a solitary self-appraisal insufficient. Many of us thought it necessary to go much further. 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.'s 12 step program is built on a foundation of spiritual principles, including surrender, williness, courage, trust and honesty. Step 5 strengthens this foundation and reaffirms your commitment to recovery.

Fear is a natural reaction to confession. Although you may want recover desperately, confronting the nature of your wrongs and admitting long-held secrets to God and to another human being may be terrifying. If you allow these feelings to stop your progress at Step 5, you stop moving forward in your recovery and the disease of alcohol addiction will take over once more. A.A.'s step 4 has prepared you for step 5, and by finding the courage to overcome that fear of rejection or the shame of your confession, you experience honesty on a deeper level than in your 1st step of admission, and you break the pattern of denial that often plagues those suffering with alcoholism.

The admission of your exact wrongs in the 5th step is part of the spiritual awakening that is the basis of A.A.'s 12 Steps. Your willingness to approach God or your H.P. honestly is critical to your recovery.

Step 5 requires not only that we admit to ourselves the exact nature of our wrongs, but that we embark on an honest self-evaluation of our faults. This part of the 5th step helps to remove your egoism and helps to minimize your fear. The person you select to share your 5th step confession with should be someone who understands the process of recovery and someone who wants to help you get through it. A sponsor will help you maintain perspective as to the exact nature of the wrongs you are confessing and will not allow you to slip into denial by blaming others for what you have shared.

Tradition Five

Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.

Every newcomer learns (some of us the hard way) that the business of staying sober must have top priority. If we fail at that, we can't succeed at anything else. The Fifth Tradition tells us that groups should remember their "one primary purpose." Often, unthinking enthusiasm puts a group off the main track. One, for instance, offered an "expanded A.A. program" that included helping newcomers to find jobs. Tradition Five doesn't frown on the individual A.A. who tells another about a good opening. But when the group turns itself into an employment agency, newcomers may get confused about their primary purpose. A.A.'s function is to help them get sober—then they can find work for themselves.

Using discretion, a member may lend a few dollars needed for a meal or a hotel room, or may even invite a broke alcoholic to be a temporary houseguest. But the A.A. group as a whole is not a friendly finance company, nor a welfare department, nor a housing bureau.

Even when acting on their own, as individual members, A.A. lay people certainly shouldn't award themselves honorary medical degrees and hand out diagnoses and prescriptions and amateur analysis of other people's neuroses. Exactly because this personal failing is so common, the A.A. group in all its dealings should be extra careful to emphasize that it is not invading the medical field. Through the personal experiences of its members, it is qualified to carry only one message: how an alcoholic can recover in A.A. That's all.

Yet one group recently felt itself equipped to set up an "alcoholism information center." The temptation is understandable; it was even stronger at the time this Tradition was written, because public ignorance about alcoholism as an illness was more widespread than it is now. Since then, other agencies have sprung up to assume the task of educating the general public on alcoholism. That is not A.A.'s purpose, but these agencies also are trying to help the active alcoholic. They are our friends and Tradition Six marks the boundaries of the relationship.

MAY ANNIVERSARIES

<p><u>Groups:</u> Hernando Beach – 28 Years</p> <p><u>Members:</u></p> <p><u>A Desire</u> None Reported</p> <p><u>All Good</u> Danny E – 6 Years</p> <p><u>Aripeka</u> None Reported</p> <p><u>Brooksville Group</u> None Reported</p> <p><u>Fun and Frolic</u> Ernie P – 22 Years</p> <p><u>Happy Hour</u> Chrystal C – 5 Years</p> <p><u>Heavy Hitters</u> Dee Mc – 6 Years Joanie E – 9 Years Kurt D – 6 Years Robin H – 17 Years</p> <p><u>Hernando Beach</u> Jimmy G – 2 Years</p> <p><u>Hope Group</u> None Reported</p> <p><u>Ladies Big Book</u> Sandy C – 8 Years</p>	<p><u>Let Go Let God</u> Richard – 2 Years Johnny V – 14 Years Al B – 41 Years Joanne E – 27 Years</p> <p><u>Lets Get Serious</u> None Reported</p> <p><u>Life Goes On</u> None Reported</p> <p><u>More Serenity Sisters</u> None Reported</p> <p><u>Principles B4 Personalities</u> Geof G – 2 Years Bob H – 1 Year Richard L – 7 Years</p> <p><u>Promises</u> Earnie P – 23 Years Eileen H – 9 Years</p> <p><u>Ridge Manor Big Book Group</u> Linda S – 21 Years Brian McB – 6 Years Gail L – 3 Years</p> <p><u>Rough Roads</u> Mary P – 41 Years Susan G – 6 Years Tom D – 45 Years</p> <p><u>Spring Hill Monday Nite</u> Ben M – 18 Years Mitch V – 15 Years</p> <p><u>Serendipity Sisters</u> None Reported</p>	<p><u>Serenity Sisters</u> Amanda G – 2 Years</p> <p><u>Singleness of Purpose</u> None Reported</p> <p><u>Step in the right direction</u> None Reported</p> <p><u>StepSisters</u> None Reported</p> <p><u>Steps We Took</u> Chuck G – 6 Years Tom A – 7 Years Tom D – 45 Years</p> <p><u>Sunset Group</u> Jeff B – 34 Years Jon Paul – 35 Years</p> <p><u>There is a Solution</u> Joanie E – 9 Years</p> <p><u>Thursday Night Step</u> None Reported</p> <p><u>Tranquility Group</u> Candy S – 18 Years Randy S – 30 Years</p> <p><u>Women's Serenity Group</u> Mary M – 44 Years Eileen B – 9 Years</p> <p><u>Young at heart</u> None Reported</p> <p><u>Young Mens</u> Singh – 8 Years</p>
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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.

Send us Anniversary information for your group at www.aahernando.org Look for the "Submit Anniversaries" link at the top of the home page. There is full member list for anniversaries we currently have. You only need to provide any updates or changes necessary for your Group. Thank You!