

DISTRICT 13 AND HERNANDO COUNTY INTERGROUP

# Communiqué

HERNANDO COUNTY, FLORIDA

## I AM A MIRACLE

Dottie M.

I started drinking when I was 15 years old, my 1<sup>st</sup> big drunk I passed out in the middle of the road, and a fire truck that was returning from a fire stopped to help me. Thinking fast, I told them a car had hit me. The next day, there I was on the front page of the newspaper, picture of me sitting up and leaning on the fire truck getting oxygen.

By this time I had been drinking heavily for many years and I had 3 children and 2 failed marriages. I would drink until I passed out then as soon as I woke up I would vomit so I could continue drinking. One time I woke up in a jail cell and had no idea how I got there or what I had done, I was told I had sliced my friends husbands arm. To this day I don't remember and they didn't press charges.

I also hated any mirrors when I was drinking, I didn't want to see myself, so if I saw one I usually broke it, I hated seeing myself. I went to a psychiatric hospital for a stay after drinking some poison. My counselor there gave me someone's number in A.A. to call for help, I called this man Ray I and went to my 1<sup>st</sup> A.A. meeting with him, he was chairing the meeting that night. I attended a few months but eventually stopped. They told me life would get worse if I went back out and boy did it ever.

I came from an abusive home and always found abusive relationships. This one man I was with was very abusive and after a few months I threw him out. He came back to my house and broke in and came up to my bedroom and stabbed me 23 times. One of the stab wounds put a hole in my heart. After I was stabbed the guy jumped out of the window and was on the ground below hurt. Police were called to the scene and an ambulance arrived to take care of him and transport him to the hospital.....

Continued on page 4



### Inside This Issue

District 13 Officers .....	2
Intergroup Officers .....	2
Intergroup & District Mtgs .....	2
District Committees .....	2
Group Donation Addresses .....	2
Step Nine .....	3
Tradition Nine .....	3
Upcoming Events .....	7
DCM Corner.....	4
Intergroup Treasurer's Report .....	6
Trivia.....	7
Anniversaries .....	8



**DISTRICT 13 OFFICERS**

**DCM**

Eleanor B.  
484-661-8753  
dcm@aahernando.org

**ALTERNATE DCM**

Sue S.  
413-219-5133  
altdcm@aahernando.org

**TREASURER**

Laurie C.  
207-712-5677  
dtreasurer@aahernando.org

**SECRETARY** Michael E.

325-835-1022  
dsecretary@aahernando.org

**INTERGROUP OFFICERS**

**CHAIRPERSON**

Wendy S.  
727-505-5768

**ALTERNATE CHAIRPERSON**

Ed S.  
352-428-8438

**SECRETARY**

Dee Mc  
352-442-6423

**TREASURER**

Donna M.  
352-238-9697

**INTERGROUP LIAISON**

Anthony C.  
lgLiaison@aahernando.org

**HOTLINE**

352-683-4597  
Chairperson: Johnny V.  
352-777-1575

**WEBMASTER**

John K 352-650-2324  
webmaster@aahernando.org

Please e-mail or contact Webmaster with any meeting changes or questions.

.....

4) the AA way of life

**District Meeting**  
next District meeting  
September 13, 2021  
**at 6:15 PM**  
**Holy Trinity Lutheran Church**  
1214 Broad St., Masaryktown

**Intergroup Meeting**  
First Friday of the month  
September 3, 2021  
6PM  
555 Forest Oaks Blvd., Spring Hill

**Hernando County Intergroup**  
Central Office  
& Book Store  
4116 Lamson Ave.  
Lamson Woods Plaza  
Spring Hill, FL 34608  
Office Manager:  
JJ M.  
**352-683-4597**  
Intergroup Office Hours:  
Mon - Fri 9 am -1 pm  
Saturday 9 am -12 pm  
**info@aahernando.org**  
Alternates needed for hotline,  
please contact **Johnny V**

**District 13 Committee Chairpersons**

**Accessibility Committee**  
Ashley W.

**Archives Committee**  
**OPEN**

**Literature Committee**  
**OPEN**

**PI/CPC Committee**  
Jim C.

**Treatment Committee**  
Joe C.

**Corrections Committee**  
Debby Q

**Grapevine Committee**  
Jennean G.

**Parliamentarian**  
Wendy S.

**Communique**  
Sue S

**Group Donation Addresses**

Group Treasurers:  
Please send donations to the following:

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

**Hernando Intergroup**  
4116 Lamson Ave,  
Spring Hill, 34608 ( make checks payable to Hernando County Intergroup)

**North Florida Area Assembly NFAC**  
P.O.Box 226  
DeLeon Springs, Florida 32130  
(Please make checks payable to NFAC)

**General Service Office**  
PO Box 459 Grand Central Station New York, NY 10163  
(Please make checks payable to GSO)

## Step Nine

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

Making amends may seem like a bitter pill to swallow but for those serious about recovery it can be good medicine for the spirit and the soul.

Step nine is another one of the 12 steps, that initially appears most difficult, but the rewards of putting this principle into practice can be immense. The spiritual principle involved is that of forgiveness, not from others but forgiveness of self, which can bring healing to both parties.

## IT'S SIMPLY BUT NOT EASY

But those making the amends find many times that the person to whom they have harmed is more than willing to forgive and forget. Regardless, spiritual progress for those in recovery depends on doing their part right and making direct amends.

This step does carry a condition-except when doing so would injure them or others. The benefit of making amends to the recovering person does not outweigh the need to do any more harm,(if the act of making amends will open old wounds or create new harm, then making direct amends should be avoided).

What does making amends have to do with Sobriety? If your goal is to remain sober, then it's important to take this step to make amends when possible, because if you fail to do so, it could come back to cause you harm later. If you know that you caused harm to others during your drinking days or you borrowed money and never paid it back, and you don't try to set the situation right, then there is a very good chance the issue will arise again and again and when it does it could be a trigger for a relapse. On the other hand, if you deal with the situation from the past then there is no way for it to come back and bite you later. You have to deal with it properly, you've kept your side clean and you've put the mistake from your past behind you. Alcoholism is a fatal disease, don't let putting off making an apology or paying a debt you owe become a bigger problem in the future that could cause you to pick up a drink.

## HEART UPDATE

Please check if your meeting is listed correctly on Nature Coast, on the website aahernando.org or in the meeting list.

Please contact John K. Webmaster @ (352)650-2324 or Nancy E. @ (352)232-5207. They will make sure all info is updated and correct.  
3)yes, until his death

## Tradition Nine

The least possible organization, that's our universal ideal, No fees, no dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it? But how shall this simple ideal best be realized? Often a question.

We have, for example, the kind of AA who is simplicity. Terrified of anything organized, he tells us that AA is getting too complicated. He thinks money only makes trouble, committees only make dissensions, elections only make politicians, paid workers only make professionals, and clubs only coddle slippers. Says he, lets get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, lets look after them. But that's enough.

Simplicity is our answer.

Quick opposed to such halcyon simplicity is the AA promoter. Left to himself, he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great AA hospitals, batteries of paid organizers, and publicity experts wielding all the latest paraphernalia of sound and script; such would be a promoter's dream. "Yes, sir" he would bark "My two year plan calls for one million members by 1950!"

For one, I'm glad we have both conservatives and enthusiasts, they teach us much. The conservatives will surely see to it that the AA movement never gets overly organized. But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of AA.

We shall naturally, take firm and safe middle course. AA has always violently resisted the idea of any general organization. Yet, paradoxically, we have ever stoutly insisted upon organizing certain special services; mostly those absolutely necessary to Twelfth Step work.

The Communique is a monthly publication of District 13 and Hernando County Intergroup. It is about, by and for our members of A.A. Opinions expressed herein are not to be attributed to Alcoholics Anonymous. Publication of an article does not imply endorsement by AA or District 13 or the Intergroup, except where indicated. To submit an article, e-mail to:

**[communique@aahernando.org](mailto:communique@aahernando.org)**

Items need to be submitted by the 20th of the month for publication in the following month's edition. However, articles will be placed in the publication only as space and time allow.

**GSR Favorites:****All or Nothing?**

Acceptance and faith are capable of producing 100% sobriety. In fact, they usually do and they must, else we could have no life at all. But the moment we carry these attitudes into our emotional problems, we find that only relative results are possible. Nobody can, for example, become completely free from fear, anger, and pride.

Hence, in this life we shall attain nothing like perfect humility and love. So we shall have to settle, respecting most of our problems, for a very gradual progress, punctuated sometimes by heavy setbacks. Our oldtime attitude of "all or nothing" will have to be abandoned.

**District corner:**

Know your District Highlight for this month:

Rough Roads and Serendipity Sisters.

Rough Roads is a medium size group with oodles of long term, solid sobriety. The topic of the meeting I attended was "Easier, Softer Way".

Most of us have tried and failed, until we became honest with ourselves. For some reason, we choose to fight our disease, rather than surrender. We have to learn how to live with the changes we have to make in order to be happy, joyous and free. We need to watch our triggers-changing playgrounds and playmates- our Serenity depends on our degree of willingness to thoroughly work the AA program.

Everyone spoke with elegance and ease, and I felt so comfortable at Rough Roads. I was left with this thought, "I will accept the struggles on the road to sobriety-anything I get is worth keeping". AA is not for people who need it, its for people who want it. What a GREAT meeting!! Come and listen to the message of this small yet mighty meeting; I guarantee you will walk away grateful and wiser. **Continued on page**

**I AM A Miracle (Continued from page 1)**

During all that no one knew I was upstairs in my bedroom critical. After he had been taken away, one of my daughters came into my room and found me, she went screaming outside and was able to get police and an ambulance for me. I was in critical condition and was brought into a local hospital that didn't have critical care, but fortunately for me there was a heart surgeon on call for another patient and was called in for me to perform emergency surgery. Today I believe I am truly a miracle!!!

I would love to say I got sober after this but I continued for several more months to drink. On one of those occasions I hit a cop while drunk and went to jail. While in jail I tried to kill myself and was sent back to the hospital that had saved my life months before. This time I was praying for God to help me and save me from this hell.

On November 23, 1986 my journey began and I started going to meetings and listening. I began getting involved and helping. I found a sponsor and began my journey.

I was 3 months sober when I faced this man in court with the support of my sponsor, I was able to make it through. He got 7-15 years for what he did to me.

I would love to say I stayed sober but years later after shoulder surgery I started abusing pain pills, I never stopped going to meetings or being involved so when I was confronted on what I was doing I looked up and there was a sign that said "The truth will set you free" I fessed up and changed my sobriety date. I struggled several more times, but have remained sober now for years. In my daily readings I added "Came to Believe" and "Footprints" Today I truly believe I am a miracle.

**"THE TRUTH WILL SET YOU FREE"**

**DISTRICT CORNER continued:  
Serendipity Sisters**

Serendipity Sisters is a small group of women with huge hearts! I received a heartfelt and warm welcome. Dim lights and LED candles set the tone for this enchanted meeting. The topic for this meeting was, "Open Mindedness". Our lives are always shifting, always changing, we, as Alcoholics, need to be focused on the here and now. When we are "close-minded", we tend to be judgmental, our ego creeps in taking our will back with denial and justification. The purpose of this meeting is to re-tune and remind ourselves that we are never cured of Alcoholism. We absolutely need to open minded so we may respond with appropriate behavior at that moment. We cannot have "contempt prior to investigation". We should be aware of the connection between ourselves and the world. We suggest all members remain willing, able, and ready to step into action. Being open-minded does not imply that one is indecisive, wishy washy or incapable of thinking for one's self. Instead it could possibly lead to authentic happiness.

This is a lovely women's meeting flowing with love, caring and kindness. They left me with the thought of the "Set Aside Prayer". God, please help me to set aside everything I think I know about myself, the 12 steps, the Big Book, the meetings, my disease and you God, so I may have an open mind and a new experience with all these things. Please let me see the truth.

In humble service,  
Eleanor B  
DCM Distirct 13

**Grapevine Daily Quotes**

"By admitting where I was at fault, I was given the ability to forgive.....With forgiveness came the freedom that I had not anticipated. The amends had required nothing but courage, and a faith that my Higher Power would carry me where I had been too afraid to walk alone."

"My past sobriety is not a ticket to future sobriety. I have to pay that fare and make the decision to recover daily.

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

"I don't need to project the future or cry about the past. Just live to the best of my ability, one day at a time."

**Did you Know???**

Alcoholism in the 1700s and 1800s  
Nearly two centuries before the advent of Alcoholics Anonymous, John Wesley established Methodist penitent bands, which were organized on Saturday nights, the evening on which members of these small groups were most tempted to frequent alehouses. The hymns and teaching provided during the penitent band meetings addressed the issues that members faced, often alcoholism. As a result, penitent bands have often been compared to Alcoholics Anonymous is scholarly discourse.

Source-(AA Big Book 2<sup>nd</sup> edition)

### *Intergroup Treasury Report*

Item #	Product	Number	"each"	"Subtot"	Sales Tax	Total
0	Acceptance Booklets	2	1.5	3	0.195	3.195
B-12	Chips	47	0.7	32.9	2.139	35.039
0	Daily Reflection			0	0	0
0	Daily Reflection LG			0	0	0
0	Dictionary			0	0	0
	District Copies	100	0.1	10	0	10
B1	HC Big Book	3	9.5	28.5	1.853	30.353
B2	HC 12 and 12	5	9	45	2.925	47.925
B7	Living Sober Books	4	5	20	1.3	21.3
0	LG 12 and 12			0	0	0
P-35	LG Daily Reflections	1	10.75	10.75	0.699	11.449
0	Medallions	32	1	32	2.08	34.08
P-8	Medallions	3	2.5	7.5	0.488	7.988
0	Pamphlet	80	0.25	20	1.3	21.3
B-15	Pamphlet			0	0	0
0	Pamphlet			0	0	0
0	Beginner Packets	3	1	3	0.195	3.195
B35	Pocket Big Book	6	5	30	1.95	31.95
	Recovery Cards	7	2.5	17.5	1.138	18.638
	SC 12&12	2	10.75	21.5	1.398	22.898
	Unity			0	0	0
	SC Living Sober			0	0	0
	HC As Bill sees it		1	9.5	0.618	10.118
	LG As Bill sees it			0	0	0
	District Archives rent			0	0	0
	Gpld marker Medallion	1	5	5	0.325	5.325
	75 year medalion	1	1.5	1.5	0.098	1.598
	Little Red Book	1	10.5	10.5	0.683	11.183
	Womens Recovery Coin	1	15	15	0.975	15.975
	Spanish Big Book	2	10	20	1.3	21.3
	Beginner Packets	5	1	5	0.325	5.325
	0			0	0	0
	0			0	0	0
	0			0	0	0
	0			0	0	0
	0			0	0	0
	0			0	0	0
	0			0	0	0
	0			0	0	0
	0			0	0	0
	0	-----		-----	-----	-----
	0	306		348.15	21.98	370.13
	0					

# Gratitude Dinner

**Saturday November 6<sup>th</sup>, 2021**

**Doors open 4pm  
Event starts 5pm**

**\*Guest Speaker  
\*Raffle  
\*Baskets**

**At the Jerome Brown Center  
99 Jerome Brown Place,  
Brooksville, Florida 34601**

**Have your group donate a  
picnic basket!**

**Ideas:** Spa, Lottery, Gift Cards,  
Electronics, Garden, Beach, Pet  
supplies, Chocolate/Coffee lovers,  
cash..

**Bring your basket to Gratitude  
Dinner**



Trivia Corner

Find the answers somewhere in this addition.

- 1) What is deep down in every man women and child?
- 2) What is the only chapter in the Big Book not written by Bill W.
- 3) Did Ebby Thatcher get royalties from Big Book sales?
- 4) What was the former title of As Bill Sees It?
- 5) Dr. Paul O. wrote a story that has been included in the story section of the Big Book. He talks of a concept that was the answer to all his problems. What was the concept?

\*Answer to last months trivia was:

B. give to others what they had found

## September anniversaries

### September Anniversaries

#### GROUP ANNIVERSARIES

All Good Group	30
Living Sober	34
Sat Night Beg	25

#### MEMBERS ANNIVERSARIES

##### All Good Group

Chyna T.	11
Wayne B.	12
John H	21
Luis	35

##### Aripeka Open Speaker

Robert	7
John G	11

##### Hope Group

Mick W

##### Let Go Let God

Tattoo Bill	22
Michael P	2

##### Singleness of Purpose

Peggy G	33
---------	----

##### Lunch Bunch

Sue S	32
-------	----

##### Promises

Caryl M	41
Donna I	12
Nina V	33

##### Ridge Manor Big Book

Jessica N	5
Jackie J	6
Tina	7
Catherine B	9
David S	12
Jackie J	5

##### Rough Roads

Steve T	9
John H	21
Christine B	15
Julie B	2

##### Serenity Sisters

Nina V	33
Valerie W	29
Robbin R	25
Melissa L	14
Virginia G	11
Laura J	2

##### Spring Hill Monday Night

Eric A	1
--------	---

##### More Serenity Sisters

Nina V	33
Jeannette	1

##### Corrections from August

Syd	33
Brian	7
Fern	35
Kelly B	6

*Next Unity  
Meeting  
Saturday*

*September 11th*

*Doors open at 6:30,*

*Meeting at 7:00*

**Nativity Lutheran Church**  
6363 Commercial Way,  
Weeki Wachee, FL.

The September host will be  
**Let Go Let God**

October 9<sup>th</sup>

Heavy Hitters

1)Is the fundamental idea of God

Please send all Group and members anniversaries to  
[Communique@aahernando.org](mailto:Communique@aahernando.org)

*If you find mistakes in this  
newsletter, please consider  
that they are there for a  
purpose. If you find a  
mistake, you are the perfect  
person to join our committee,  
we would love to have you.  
5)acceptance*