

To the committee and all who helped at the founders day breakfast. We enjoyed scrambled eggs , bacon, sausage, biscuits and gravy, fresh fruit and assorted pastries. A special thanks to the group "Youth of the nation" who showed up early to help set up the hall! Our area archivist and his group put on a interesting and informative presentation of our history from Bills original concept too where we are today. Thanks for a great job! We enjoyed fellowship with some new friends and some that we had not seen in a while. A good time was had by all and we are looking forward to the next venture. District 28 and nature coast intergroup are looking at a picnic in the near future. We would appreciate suggestions and volunteers to help with this. Looking forward to seeing you at Holder on the last Sunday of the month. Rick T.

North Florida Area Conference  
Panel 63  
Orlando Marriot Lake Mary  
1501 International Pkwy  
Lake Mary, FL 32746  
407-995-7009  
Fax: 407-995-1101  
Hosts: Districts:  
27, 9, 23 & 21  
Room Rates: \$85  
(2 Doubles)

**Birthdays**

Crystal River Group:  
Curlie A 31 yrs,  
Tracy B 28 yrs,  
George B 13 yrs,  
Charlie B 12 yrs,  
Joanne M 3 yrs  
What's The Book Say:  
Renee A 19 yrs

"If God brings you to it...  
He will bring you through  
it!"  
To Thine Own Self Be True  
"It's not what I know in AA  
that keeps me sober...  
It's what I do !  
Give back..live the rest of  
your life sober...  
Let Go..and Let God  
Have Faith  
It works!

"Humility is....Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and pray to my Father in secret and be at peace, as in a deep sea of calmness, when all around us is seeming trouble." ~Inscription on a plaque Dr Bob kept on his office desk.

Want to hear God laugh? Tell Him your plans...  
Coincidence is when God chooses to remain anonymous.  
The task ahead of you is never as great as the Power behind you.

**HOTLINE REPORT**

by David N  
**June Calls: 109**  
AA: **90**  
12 Step: **8**  
Alanon/teen:**2**  
NA: **2**  
Treatment: **3**  
Misc: **4**

**Webmaster Report**  
by David B  
Visits: **1754**  
Search Engine Hits: **11,672**  
Most Visited:  
**Where & Whens**  
**Journal**  
**Meetings by Location**



**July Contributors: BVS, E Kurtz, Bernard S, Jan M, Willy T, Denis S &**

**Walking to the counter to pay for my coffee, I saw someone I knew from the program buying beer. I kept my silence. He dropped his chip. I picked it up. The clerk asked what was that, to which I replied, "that was his life."**

Every alcoholic's problem had first been, according to insight, claiming God-like power, especially that of control. But the alcoholic at least, the message insists, is not in control, even of himself; and the first step towards recovery from alcoholism must be admission and acceptance of this fact that is so blatantly obvious to others but so tenaciously denied by the obsessive-compulsive drinker. By author E Kurtz, written in 1991 on google books online titled, "Not God-A History of Alcoholics Anonymous." Hazelden Order # 1036.

**Why Do We Need a Conference?**

*The late **Bernard B. Smith**, nonalcoholic, then chairperson of the board of trustees, and one of the architects of the Conference structure, answered that question superbly in his opening talk at the 1954 meeting:*

"We may not need a General Service Conference to ensure our own recovery. We do need it to ensure the recovery of the alcoholic who still stumbles in the darkness one short block from this room. We need it to ensure the recovery of a child being born tonight, destined for alcoholism. We need it to provide, in keeping with our Twelfth Step, a permanent haven for all alcoholics who, in the ages ahead, can find in A.A. that rebirth that brought us back to life.

We need it because we, more than all others, are conscious of the devastating effect of the human urge for power and prestige which we must ensure can never invade A.A. We need it to ensure A.A. against government, while insulating it against anarchy; we need it to protect A.A. against disintegration while preventing over integration. We need it so that Alcoholics Anonymous, and Alcoholics Anonymous alone, is the ultimate repository of its Twelve Steps, its Twelve Traditions, and all of its services.

We need it to ensure that changes within A.A. come only as a response to the needs and the wants of all A.A., and not of any few. We need it to ensure that the doors of the halls of A.A. never have locks on them, so that all people for all time who have an alcoholic problem may enter these halls unasked and feel welcome. We need it to ensure that Alcoholics Anonymous never asks of anyone who needs us what his or her race is, what his or her creed is, what his or her social position is."

## Mayonnaise Jar Philosophy

**When things in your life seem almost too much to handle and 24 hours in a day is a challenge, remember the mayonnaise jar and 2 cups of coffee...**

A drunk and his sponsor were discussing sobriety after the sponsee expressed having thought of drinking one day while driving home from work. The sponsor told him to come over to his home before he drove on any further. Upon arriving the sponsee found that the sponsor had some items in front of him at the table. When the discussion began, wordlessly, the sponsor picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the sponsee if the jar was full. He agreed that it was. The sponsor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the sponsee again if the jar was full. He agreed it was. The sponsor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The sponsee responded with a "hell yes". The sponsor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The sponsee laughed. "Now", said the sponsor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things — God, AA, Sobriety, family, children, health, friends, and favorite passions — things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, house, and car. The sand is everything else — the small stuff. "If you put the sand into the jar first" he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. So.... Pay attention to the things that are critical to your sobriety. Go to meetings. Work your Program. Pray. Call your sponsor. Play with your children. Take time to get medical checkups. Take your partner out to dinner, Play another 18. There will always be time to clean the house and fix the disposal. "Take care of the golf balls first — the things that really matter. Set your priorities. The rest is just sand." The sponsee then asked what the coffee represented. The sponsor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend." by Jan M

Walking through  
the woods one day  
Imagine my chagrin  
A tiny elf stared up at me  
And I stared back at him  
There we stood for oh so long  
Staring at each other  
So I put him in my pocket  
And took him home to mother  
I knew when she saw him  
She surely would be surprised  
To see a tiny forest elf  
Right before her eyes  
So I reached into my pocket  
But much to my dismay  
The little fellow vanished  
Somehow he slipped away  
Again I walked into the woods  
Searching all around  
There was the tiny little forest elf  
Waiting to be found  
He was there beside the acorns  
Standing tall as he could  
Don't take me to your home again  
For my place is in the woods  
For I will be no good there  
He went on to say  
Adults never see him  
Only children white at play  
How can it be possible  
I asked my tiny friend  
This world of mine is make believe  
And lets only children in  
For once it seems they've grown up  
They don't come back again.  
My world's imagination  
A place adults forgot  
For they are far too busy  
To remember that we met  
I blink my eyes instead  
And he was gone  
Or was it that the year went by  
It seems like just a day  
But always I'll remember  
The hours filled with joy  
The years I lived  
In make believe  
When I was just a boy



## History & Archives by Denis S

A very significant event in AA history occurred between July 28 & 30th in 1950. The 1st International Convention was held in Cleveland. It was the last public appearance of Dr. Bob and he urged us to "keep it simple". The 12 Traditions were adopted as the foundation for future growth in AA. Area Delegate Marilyn B said at the Unity Meeting, "The most consensus in AA today is reached through awareness of the first two traditions....1) Our common welfare should come first, personal recovery depends on AA unity.....2) For our group purpose there is but one ultimate authority, a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants, they do not govern.

A heartfelt thanks go out to Marilyn B, our Panel 63 Delegate who presented the contents of her visit to GSO (Alcoholics Anonymous Headquarters) in New York. She informed us of the concerns GSO has for reaching the still suffering alcoholic and how much the AA member needs to be the hand of AA. Marilyn stated, "Never forget that your sobriety is dependent of the primary purpose of carrying the AA message to alcoholics who are behind those closed doors, without help. You are the only voice he may ever hear. It is your duty to carry the message of recovery. Share your experience, strength, and hope like your life depends on it." It was the most earnest thing I have ever heard her say. Thanks Marilyn!