

**4 District 28 Event**  
**“Home Group:**  
**The Heartbeat of AA”**  
**October 19 (Saturday)**  
**Our Lady of Fatima**  
**550 U.S. Hwy 41 Inverness**  
**Workshop Begins at**  
**10:00 a.m.**

North Florida Area Conference Panel 63  
 October 4, 5, 6, 2013  
 Orlando Marriot Lake Mary  
 1501 International Pkwy  
 Lake Mary, FL 32746  
 407-995-7009  
 Fax: 407-995-1101  
 GSR’s please try to attend the business meeting on Sunday ( 8 a.m. to register)

**Treasury Report**  
**\$2225.18**  
**Website Report**  
**by Dave B**  
**7110 Hits**  
**Hotline Report**  
**by David N**  
**Total Calls**  
**78**  
**AA**  
**61**  
**12 Step**  
**8**  
**Treatment**  
**2**  
**Alanon/Alateen**  
**2**  
**NA**  
**2**

Change is the law of life. And those who look only to the past or present are certain to miss the future.  
**John F. Kennedy**

Eloquence provides only persuasion, but truth buys loyalty

Count not what is lost, but what is left.

**Birthdays**

**Crystal River Group**  
 Rita Marie 32 yrs John S 26 yrs  
 Bill Mc 25 yrs Dick R 15 yrs  
 Bruce C 10 yrs Ernie O 4 yrs

**Women’s Friendship Group**  
 Mary B 8 yrs Carol S 10 yrs  
 Rose Ann N 36 yrs

**What’s The Book Say Group**  
 Paige B 26 yrs Toni T 30 yrs

**Rainbow Group**  
 Bob F 33 yrs Gail K 27 yrs  
 James O 3 yrs Donna H 6 yrs

**Happy Belated Birthdays**  
**Inverness Monday Night**  
**Patti C 17 yrs—(August)**  
**Rainbow Group—(September)**  
**Keith I 10 yrs Jack L 5 yrs**  
**David A 21 yrs Brian P 1 yr**

**A faith that cannot survive collision with the truth is not worth many regrets.**  
 Arthur C. Clarke

**Once we choose hope, everything is possible.**  
 Christopher Reeve

**Harsh words and poor reasoning never settle anything.**

Peace only comes when reason rules  
 Chinese Proverb

**2013 Gratitude Dinner**  
 When: **Sunday, November 10, 2013**  
 Where: **Crystal River United Methodist Church**  
**4801 N. Citrus Avenue, Crystal River, FL 34428**  
 Suggested donation is \$2.00 per person.  
 Groups are encouraged to donate a main dish. Individuals are encouraged to donate the side dish indicated on their ticket.  
**Doors Open at 4:pm - Dinner at 5:pm - Speaker at 6:pm**  
 To **Donate** a Dish or **Volunteer**...Sandy H. at (352) 628-3981  
 Toni T. at (352) 382-7578 Paige B. at (352) 422-3189.  
 All proceeds from the event will go to GSO.

**Sponsors should never attempt to control our lives or encourage an unhealthy dependence.**

No Twelve Step Fellowship ever tells a member what he or she has to do. The only requirement for membership is a desire to stop drinking, using, or engaging in compulsive behavior. Even AA’s original Twelve Steps are merely “suggested.” Whether or not to work the Steps is left entirely up to us. In the same way, it is not up to our sponsor to control our lives.

Advice is a tricky thing because we never really have enough data about someone else to make a decision for him or her. Nor is it our responsibility to do so even if we could. Twelve Step programs emphasize sharing experience, strength, and hope with one another—not offering advice.

In a sponsee’s early days of recovery, a sponsor may wish to make strong suggestions to his or her sponsee about what to do and what not to do. For example: don’t drink or use, go to meetings, read the Big Book or equivalent, call your sponsor, and so on. But these suggestions are still suggestions. We are better off when our sponsor leaves the actual decision to us while describing the program principles and experience that are relevant to that decision.

As sponsees, each of us should retain the responsibility for making the basic decisions about our lives, including the decision to stay in recovery.

A sponsor should not permit, much less encourage, a sponsee’s unhealthy dependence. A sponsee’s only dependence should be on the Fellowship and, ultimately, on a Higher Power. A healthy *interdependence*, however, always exists between a sponsor and his or her sponsee.

***Our only real dependence should be on our Fellowship and a Higher Power.***

**A sponsor should not take advantage of us or exploit us in any way.**

The most fundamental responsibility a sponsor has toward a sponsee is *never to exploit* him or her in any way. In practical terms, it means that sponsors should not try to use their sponsees as a way to borrow money, make money, have sex, advance their careers, or do anything else that harms their sponsees or puts them at risk. A sponsor has a sacred trust toward his or her sponsee.

This is an excerpt from the Hamilton B’s 12 Step Sponsorship book.

Hamilton B has been a member of Alcoholics Anonymous for many years. Moved by his assessment of the sponsorship relationship, I recommend you read this book. For many who have been in the program for years, and have not had the opportunity to sponsor anyone, this is a great guideline to follow. It has not deviated from anything I know to be on target and accurate with my experience.

BVS

## 2 50 Years, "One day at a time" AA Is Savior for Alcoholics

by Kay Bartlett—AP

Bill Wilson was an incorrigible drunk. He had great schemes and great determination, but somehow alcohol always got in the way. He's been hospitalized, he'd sought psychiatric help, he'd tried everything, but he just couldn't stop drinking.

On May 12, 1935, Wilson, a New York stockbroker, was in Akron, Ohio, on business when he realized he wanted a drink in the worst way. He knew if he could just talk to another drunk, he would not have to drink.

Wilson found an Akron physician, Dr. Robert Holbrook Smith, on the verge of losing his practice, but the doctor kept drinking. One June 10 Smith sobered up and then two talked for the first time about their experience, strength, and hope.

That is the day Alcoholics Anonymous was born 50 years ago. Today, AA numbers its members at more than a million, has meetings in 114 countries and is generally lauded by the medical community as the one organization that has had remarkable success with one of the most enigmatic of all diseases.

"AA is a program for those who want it, not those who need it." A Member There are no rules, no dues, no permanent leadership, no promotion effort, no Chiefs, only Indians. And all the Indians remain anonymous. The primary slogan of AA is "One Day at a Time," because that is how members learn not to drink. They don't vow never to drink again. The collective experience shows that doesn't work. They simply don't drink on Monday is it happens to be Monday.

The suggested program of recovery is based on 12 steps, which include an admission that alcoholics are powerless over alcohol and the belief that only a surrender to a higher power of one's choosing will bring recovery. There are atheists who call their higher power the AA group. Others choose to call their higher power God.

The 12<sup>th</sup> step involves helping still-suffering alcoholics. Members will go to great lengths to help, taking middle-of-the-night phone calls from AA acquaintances who want to be talked out of taking a drink. But they don't evangelize now as they did in the beginning.

"AA is a program for those who want it, not those who need it," explained one member. "Alcoholics Anonymous is listed in most telephone books, if an alcoholic will just make that first telephone call, he'll get all the help he needs."

The only requirement for membership is a desire to stop drinking. In the beginning, the wording was a "sincere" desire to drop drinking. Wiser heads decided that desire was good enough.

AA is entirely self-supporting through members' contributions and has refused money from non-members. A basket is passed at meetings, and members toss in what they can afford, usually a dollar, to pay rent to the church basements where most meetings are held.

Many have debated how AA works. It's part group therapy, part fellowship, part spiritual, and members say, part miracle. Wilson, who died sober in 1971, always had the same answer when he was asked to explain how AA worked. "Just fine, thanks."

## From Your District 28 Archivist Denis S.....

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Recently at a Big Book meeting in our District one of the old stories from the back of the Book was read. It was remarked that there were a lot of war stories but very little recovery. Then it dawned on us all that this story was written when AA was very young. We noted that the disease was just as bad then as it is now but that there really was little hope. Today we are blessed that we can enter an AA meeting and find a history of Recovery, Unity and Service that has been tried and tested. We can find that kit of Spiritual Tools that was developed over time. We can observe as well as hear the prospect of survival. We can pick up the feeling very quickly that we might finally be in the right place at the right time.

### Unanswered Prayer by Ernie P

Last night I was watching the ball game. As the pitcher approached the mound I saw he prayed and kissed his cross. When the batter approached the plate he also prayed and kissed his cross. I imagine the pitcher said, "Let me strike this guy out." And the batter, "Let me hit a home run." God probably said, "Just do your best and accept what happens."

Often I've asked for things without a reply because they were things I didn't need. For instance, "Let me win the lottery." As you can see I have not. If I had, I would surely be dead by now simply because I am an alcoholic. With all that money, my alcoholic mind would say, "Maybe you can take a drink and stop." You see alcoholics are very good at conniving, scheming, and lying.

My wife told me I was devious. She was right. The minute I doubt something the devil gets on my shoulder and tries to take control. He looks for our times of weakness.

When I prayed to God and ask Him to take control of my life and help me stop drinking, He did. He showed me a program to give up drinking. I go to meetings just about every day. If you have a problem call the hotline number. When you get to a meeting, have a cup of coffee, talk to someone, and listen. You might be surprised to hear your story told by someone else. Give it a try. It doesn't cost you anything and it could save your life.

Ernie P. Resentment Group at Club Recovery

### Please enjoy this very classic drunk joke.....

A guy is at the bar, just staring at his drink, when a big truck driver steps up next to him, takes the guy's drink, and gulps it down. The guy starts crying. The truck driver says, "Come on, man, I was just joking around. Here, I'll buy you another drink."

The guy says, "You don't understand. This has been the worst day of my life. First, I sleep late, and when I get to my office, my boss fires me. When I get to the parking lot, I find out my car is stolen. I get a cab home, and when I get there, I remember I left my wallet and credit cards in my desk at work. The cab driver doesn't believe me, and beats me up. When I finally go in the house, I find my wife in bed with the gardener. So I come to this bar, and just when I'm thinking about ending it all, you show up and drink my poison.

Anonymous Joke from Recovery World