



# Tri-County Central Office News

WHEN IT COMES TO SURVIVAL FOR A.A., NOTHING SHORT OF OUR VERY BEST  
WILL BE GOOD ENOUGH....BILL W. 1955

A Monthly Newsletter of the Tri-County Central Office, Inc.  
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**February, 2023**

## ALONE WITH ME

### *On the finer points of isolation*

We have all done it. Many of us isolated when we drank, and some still do in sobriety. We may dress it up as “hibernating” or “being alone,” but it is usually not a positive thing. Generally, I am not good company for myself. Being accountable to my sponsor and other AAs keeps me from staying in isolation too long.

I always choose isolation. I even plan it. Maybe I did not get what I wanted, or maybe something “unfair” happened. I am different, I think, and misunderstood. I stop calling people and quit answering my phone. I go to different meetings where I can avoid communication and advice because people don’t know me. I pray with a bit of anger and read my meditations with a sarcastic attitude. Bad thinking and isolation lead me to negativity. Neither will help get me closer to my Higher Power or help me grow.

My sponsor has helped me see that isolating is partially an act of self-pity. If I don’t think I am being treated fairly, I pout and brood as I did when I drank. I am unwilling to be honest with myself. I isolate so that no one can challenge my thinking, and because I am unwilling to see any other viewpoint. I want to think in a narrow-minded and negative way. I spent many years doing this before I came to AA. But each year sober, I isolate less. It is non-productive, destructive, and immature. After all, I’m fifty years old, and it’s time to grow up!

Isolating not only keeps people out, it shuts me out from the light. I need that light and its power in order to grow. By making myself accountable at meetings, sponsoring other women, doing service, practicing the Steps, and regularly attending my home group, I stay connected to AA and my periods of isolation are limited or nonexistent.

**Pam K., Tampa, Florida**

**Permission to Reprint: AA Grapevine / January 2007**

## **NOTICE TO A.A. GROUPS OF UPCOMING PRICE INCREASE IN APRIL, 2023**

### **General Service Conference Delegates**

### **Intergroup and Central Offices**

### **International General Services Offices**

**Date: February 15, 2023**

**Warm greetings – we hope that this letter finds you well. We are writing today to inform you of an upcoming price increase affecting our English, Spanish, and French books, booklets, and pamphlets. The new prices will go into effect on April 3.**

## GOOD MEETING INGREDIENTS

Where does AA flourish at it’s best? We’ve attended meetings at a fairly representative number of cities; in large cities and in small towns; with large groups and small groups; with old groups and new groups. Alcoholics are the same wherever you find them. In other words, each group is composed of the same raw material. The fact that different results are obtained by groups must be due to the refining process. Numerous factors determine what quality of grist will come out of the AA Grinding Mill. Offhand, we can name four important factors—group fellowship; group co-operation; group sponsorship; and group leadership. No matter how fully and ably we may explain the AA program, the candidate’s success will still depend largely on how much those four factors are in evidence. There is one more thing each group should and must have to be successful. That is interesting meetings, the kind of meetings that each member looks forward to attending. He must want to go, and he must like to go. Surely, the AA principles are the most important, but you can’t explain the principles to people who are not at the meetings. It must not be a prayer meeting, nor can it be a clambake; it must not be a discussion of theology and metaphysics, nor can it be a recitation of the lurid and unlovely episodes of our dead past. There must be neat balance at a sane level. Meetings can be serious without being depressing. They can be humorous without being offensive. They can be educational without being pedagogical. They can provide hope without promising the millennium. They can be a forum for sane and general discussion of problems without degenerating into pandemonium. **Anonymous**

My first attempt at the Steps was one of obligation and necessity, which resulted in a deep feeling of discouragement in the face of all those adverbs: courageously; completely; humbly; directly; and only. I considered Bill W. fortunate to have gone through such major, even sensational, spiritual experience. I had to discover, as time went on, that my path was my own. After a few twenty-four hours in the A.A. Fellowship, thanks especially to the sharing members in the meetings, I understood that everyone gradually finds his or her own pace in moving through the Steps. Through progressive means, I try to live according to these suggested principles. As a result of these Steps, I can say today that my attitude towards life, people, and towards anything having to do with God, has been transformed and improved. **Reprint Permission: World Services—Daily Reflections Tabletop Edition, page 57.**

**An irate girl stormed into the meeting room, threw up her hand and shared how really angry she was with her sponsor. Seems she had a certain problem that she desperately needed to talk about, and she called her sponsor only to be told that the sponsor had moved!**

**A year ago.....🙌🙏😊**

## ONE DAY AT A TIME

**District 2 - Tampa Bay Area Institutions Committee covering Hillsborough & East Pasco Counties**

**CONTACT---(877) AATAMPA or (877) 228-2672**

**TBAIC Service Opportunities as of January 21, 2023  
 CORRECTIONS MEETINGS**

- (1) Zephyrhills Correctional Institute – Gall Blvd, Zephyrhills – DIRE NEED for male volunteers to carry AA meetings into the facility – contact Tom F. at 813-205-4945
- (2) True Core Behavioral Juvenile Facility (Lake Academy) – 9504 East Columbus Dr, Tampa - female volunteers needed to carry AA meetings into the facility – contact Jason C. at 913-710-4907
- (3) Falkenburg Road Jail – 520 North Falkenburg Rd, Tampa - male and female volunteers needed to carry AA meetings into the facility – contact Buddy H. at 813-871-2514 for men’s jail or Sara R. at 916-289-8172 for women’s jail
- (4) Pasco County Jail - 20101 Central Blvd, Land O’Lakes FL 34637 – female volunteers needed to carry AA meetings into the facility – contact Tracy B. at 813-390-4404 (5) Hillsborough Juvenile Detention Facility (W.T. Edwards) – 3948 West Martin Luther King Jr Blvd, Tampa – male and female volunteers needed to carry AA meetings into the facility – contact Mike B. at 813-326-3140

**TREATMENT MEETINGS**

- (1) ACTS Amethyst (Drew Park) – 4402 North Manhattan Ave, Tampa – male and female volunteers needed to chair meetings on Tuesday and Saturday at 1:00pm and Sunday at 7pm – contact John T. at 850-855-9757
- (2) ACTS /Detox – 3107 North 50th Street, Tampa – male and female volunteers needed to chair meetings inside detox on Tuesday and Saturday at 12 noon and Friday at 7pm – contact John T. at 850-855-9757
- (3) New Beginnings – 1402 Chilkoot Ave, Tampa – day and time to be determined - male volunteers needed to carry AA meetings to transitional housing facility for men identified as having alcohol and/or other substance abuse issues – contact John T. at 850-855-9757
- (4) Salvation Army Adult Addiction Rehab Program – 13815 Salvation Army Drive, Tampa – male volunteers needed to support Big Book meeting on Monday at 7pm and to serve as sponsors for program participants– contact Allan D. at 813-789-8822. Female volunteers needed for Sunday 2pm and Tuesday 6pm meetings – contact Tracy S. at 214-551-2988
- (5) White Sands Plant City – 2011 Wheeler St, Plant City - day to be determined - volunteers needed to carry AA meetings to treatment center – preferred time 7:30pm – contact John T. at 850-855-9757

**CALL LISTS (1) Bridging the Gap – male and female contacts needed – contact John T. at 850-855-9757**

**(2) Man on the Bed – male and female contacts needed - contact Tom F. at 813-205-4945**

**The Corrections Committee needs all types of volunteers. They need people to attend meetings in the facilities, people to help spread the word about this type of service work. It is okay if you have never been to jail yourself! You can still help. You can still carry A.A.’s message of hope to an alcoholic who is incarcerated. Let’s face it: many of us who should have or never have been arrested just never got caught!**



**Our Next Committee Meeting**  
**February 11th ,2023 9:30 am on ZOOM.** Contact us at **www.tbaic.org** for more information. The meeting usually lasts about an hour and it is the best way to get involved with service work, in Detox/Treatment/Jail/ Prison facilities. If you would like to join our committee **PLEASE COME!!!!!!!!!!!!!!**

**Pink Can Drive**  
 Our committee is 100% self supporting and receives no funds from the traditional pie charts or District 2 in accordance with our group conscious. If your home group has not made a pink can donation recently or if you are able to send an additional donation this year ... We will put it to great use!

**Thank you to those groups who have sent in a donation last Month:**

**TBAIC Contributions (November 13th through December 10th):** Great Way To Start The Day Group - \$436.00, Keep It Simple, Pass It On Group - \$205.00, Monday Night Men’s St James New Tampa Group - \$399.00, Tampa Bay Young People Group - \$168.44.

**TBAIC Contributions (December 11th through January 7th):** Barracks Brigade Group - \$44.21, Came To Believe Group - \$49.50, Come As You Are Group - \$33.00, Freedom in Sobriety Group (Women’s) - \$104.00, Friday Morning Friendship Group - \$301.00, Keep It Simple, Pass It On Group - \$228.00, Living In The Solution Group - \$15.00, Mating Place Group (Land O Lakes) - \$445.72, New Beginnings Group-Our Club Group - \$33.50, Nooner’s Group-Our Club Group - \$42.50, Promises AA Group - \$32.54, Ruskin Fellowship (Sunday) Group - \$82.00, Tampa Saturday Night Speaker Group - \$20.00, We Are Not Saints (Friday Night Women’s) Group - \$283.00, Women Sobrietea Group - \$20.00.

|                                   |             |
|-----------------------------------|-------------|
| YTD Contributions to TBAIC        | \$ 1,733.97 |
| Pink Can Balance 12/31/22         | \$ 8,063.62 |
| YTD Money Spent on Literature     | \$ 3,027.60 |
| YTD Operational Expenses          | \$ 482.00   |
| Pink Can Current Balance 01/07/23 | \$ 6,287.99 |

**District 2 - Tampa Bay Area Institutions Committee covering Hillsborough & East Pasco Counties**  
**Contact us at [www.tbaic.org](http://www.tbaic.org)**

***What About Members With Long-term Sobriety?***

For all the good and right reasons, we pay a lot of attention to AA newcomers. They are the lifeblood of our fellowship, and tradition says they are the primary reason we have meetings. But what about members with long-term sobriety? We're taught the seeds of relapse are found in attitudes that precede the actual picking up of that first drink. While these might be easier to spot with new people, they seem much more difficult to detect in our friends with long-term sobriety. Telling a new AA member to call us before picking up the first drink is excellent advice. But it almost never works for those who no longer have deep cravings for alcohol, because in a subtle, insidious way, they have entered into a private period (weeks, maybe even months) of irrational thinking about their lives, work, this program, loved ones, hobbies, the government or other drivers! In other words, a dangerous form of alcoholic insanity has emerged. With nothing in its path to prevent it, drinking is the natural, instinctive reaction. Fortunately, we have ways to prevent this from happening. The bond of trust we establish between each other in AA is a powerful ally. If we confront those fellow members closest to us suspected of having difficulties, and if we do this with compassion and a willingness to listen and help in a true 12th Step Spirit, the outcome may be lifesaving. Following is a checklist of relapse symptoms we can watch for - and help a troubled friend explore in a sort of short-form 4th and 5th Step process.

1. Exhaustion - Allowing oneself to become overly tired; usually associated with work addiction as an excuse for not facing personal frustrations.
2. Dishonesty - Begins with pattern of little lies; escalated to self-delusion and making excuses for not doing what's called for.
3. Impatience - I want what I want NOW. Others aren't doing what I think they should or living the way I know is right.
4. Argumentative - No point is too small or insignificant not to be debated to the point of anger and submission.
5. Depression - All unreasonable, unaccountable despair should be exposed and discussed, not repressed: what is the "exact nature" of those feelings?
6. Frustration - Controlled anger/resentment when things don't go according to our plans. Lack of acceptance. See #3.
7. Self-pity—Feeling victimized, put-upon, used, unappreciated: convinced we are being singled out for bad luck
8. Cockiness - Got it made. Know all there is to know. Can go anywhere, including frequent visits just to hangout at bars, carry out's, boozy parties.
9. Complacency - Like #8, no longer sees value of daily program, meetings, contact with other alcoholics, (especially sponsor!), feels healthy, on top of the world, things are going well. Heck may even be cured!
10. Expecting too much of others - Why can't they read my mind? I've changed, what's holding them up? If they just do what I know is best for them? Leads to feeling misunderstood, unappreciated. See #6.
11. Letting up on disciplines - Allowing established habits of recovery - meditations, prayer, spiritual reading, AA contact, daily inventory, meetings - to slip out of our routines; allowing recovery to get boring and no longer stimulating for growth. Why bother?!

**...continued**

12. Using mood-altering chemicals - May have a valid medical reason, but misused to help avoid the real problems of impending alcoholic relapse.
13. Wanting too much - Setting unrealistic goals: not providing for short-term successes; placing too much value on material success, not enough on value of spiritual growth.
14. Forgetting gratitude - Because of several listed above, may lose sight of the abundant blessings in our everyday lives: too focused on # 13.
15. "It can't happen to me." - Feeling immune; forgetting what we know about the disease of alcoholism and its progressive nature.
16. Omnipotence - A combination of several attitudes listed above; leads to ignoring danger signs, disregarding warnings and advice from fellow members.

**Excerpted from Akron Intergroup News, December 1998**

**A MEANING BEYOND WORDS**

In a way, Step Two has not been a problem to me, and in another way it has been very sticky. When I first staggered into AA, my powers of comprehension were shot. I looked at the Steps and just saw words—it was a good meeting if I managed not to drool. It took me a week to learn the difference between the Big Book and the Bible. Neither of them made very much sense and both had an awful lot of about God. After three weeks I got too busy to go to meetings, and darned if I didn't get drunk again. A couple of months later, in a treatment center, I took a more sober look at the Steps. Powerless, yes. Unmanageable, kinda. "Power greater than myself," "restore to sanity"—OK. Actually, I could have been reading about little green men from Mars, and it wouldn't have mattered to me. I was hurting; theological precision was not a priority. Then one day, during an AA meeting, a voice in the back of my head said, "John, you are alive today in spite of all the insane, destructive things you did over twenty-eight years of drinking. It's not your own strength or wisdom or virtue that got you here. Don't worry about Step Two." This was quite a jolt. After treatment, I stayed dry two weeks and slipped for four more. But I was still going to meetings, and I read in the "Twelve and Twelve" that some of us have to be bludgeoned into humility. And I was praying for the strength or the courage or whatever to stop drinking. Praying to whom? To what? Who knows? I didn't. My idea of Step Three was, if I didn't turn my will and my life over to God, I would soon turn it over to the law enforcement of Oklahoma or to the medical profession. Then something told me to start on a Fourth Step. Progress was slow and painful for months. And then a flash of reality showed me that something was working. I wasn't drinking. I didn't want to drink. Sure, I was crazy as hell and miserable, but I was sobering up. The program of Alcoholics Anonymous and the Twelve Steps were working in my life. God was doing for me what I could never do for myself. It was the most powerful experience of my life. The rest of the Steps aren't easy. Living is hard work. The spirituality of the program has affected everything about my life. Marvelous things are now possible that were unthinkable before. My idea of God is as foggy as ever, but my feeling of awe and delight at the mystery and power of creation, reality, truth—it's wonderful.

**John S., Guthrie, Okla., Reprint Permission/AA Grapevine/Feb.1991**

**NOTES FROM INSIDE THE CENTRAL OFFICE**

**January 10th, 2023** the Board of Directors for Central Office  
**BOARD MEMBERS** **REPRESENTING GROUP**

**January 10th, 2023** the Central Office Representatives met:  
**COUNCIL MEMBERS** **REPRESENTING GROUP**

|          |              |                          |
|----------|--------------|--------------------------|
| AL B.    | CHAIRPERSON  | THURSDAY NIGHT BIG BOOK  |
| TOM F.   | BOARD MEMBER | KEYSTONE GROUP           |
| BRIAN L. | BOARD MEMBER | BARRACKS BRIGADE GROUP   |
| LINDA B. | BOARD MEMBER | JUST WHAT I WANTED GROUP |
| CHRIS S. | BOARD MEMBER | RUSKIN FELLOWSHIP GROUP  |
| OPEN     | BOARD MEMBER |                          |

If you attended the Meeting but not listed below, we didn't catch your info in the chat—follow up with an email to [aainfo@aatamapa-area.org](mailto:aainfo@aatamapa-area.org)

|             |                                    |
|-------------|------------------------------------|
| BARNEY F.   | IT'S IN THE BOOK MEN'S GROUP       |
| KARA H.     | LANGUAGE OF THE HEART GROUP        |
| NANCY H.    | KINGSWAY GROUP                     |
| CAROLINE G. | SPEAK EASY GROUP                   |
| BRAD W.     | TAMPA NIGHTLY NEWCOMERS GROUP-Z    |
| MIKE C.     | SERENITY GROUP—ZOOM                |
| JACKI F.    | OLD SCHOOL GROUP                   |
| CARL L.     | KEEP IT SIMPLE MEN'S GROUP         |
| ANNIE L.    | KEEP IT SIMPLE GROUP-RUSKIN        |
| NANCY G.    | HIDE-A-WAY GROUP                   |
| DAVID S.    | SOBER @ 7 GROUP                    |
| FRANK L.    | SOBRIETY GROUP                     |
| PHIL M.     | NIGHTLY NEWCOMERS GROUP            |
| DEBBIE S.   | TO IMPROVE OUR CONSCIOUS CONTACT   |
| DOTY        | CAME TO BELIEVE GROUP              |
| MIRIAM      | CAME TO BELIEVE GROUP              |
| EMMA D.     | NEXT DOOR GROUP                    |
| JOHN T.     | LIVING SOBER/AS BILL SEES IT GROUP |
| ROBERT M.   | NEW TAMPA MONDAY NIGHT MEN'S       |
| CATHY H.    | SIMPLY SOBRIETY WOMEN'S GROUP      |
| CHAVA       | SOBRIETEA WOMEN'S GROUP            |

Al opened the meeting with a moment of silence followed by the Serenity Prayer. He then asked a show of hands of the Board Members present and asked them to stay after the meeting for some Board business. (Because of time restraints the Board & Council meeting has been combined. ) Board Members present: Al B., Tom F. , Linda B. & Chris S.

**Secretary Report:** Tim read the December Secretary report. Motion to approve & seconded & accepted.

**Treasurers Report:** Tim presented the December Treasurer's Report. Contributions in December totaled \$10,092.81. This accounts for what 36 Groups or Individuals in our area have contributed in December, also included is \$5,696.29 from 7 Groups or Individuals who made contributions through PayPal. Included, also, \$110.00 from 3 members for the Birthday Club. Also included is \$417.95 from the Red Chip Day Event. Our literature sales for December was \$7,535.92. This includes sales from A.A. material and non-A,A, material (medallions—etc.) Our total income for December was \$17,649.73. Our Total Cost of Goods Sold was \$5,600.19. Subtracting the Total Cost of Goods Sold from our December income left us with a Gross Profit of \$12,049.54. Our Total Expenses for December were \$8,192.25. Subtracting our Expenses from our Gross Profit gave us a Net Income of plus+\$3,857.29 for the month of December.

**Old Business:** None  
**New Business:** None

**Announcements :** Brian announced the SFA Quarterly in January. He also announced a workshop for GSR's, DCM's & ACM's also a Hybrid workshop for GSR's, DCM's & ACM's at The CLUB.

A motion to close was made, seconded and approved. Meeting ended with the Lord's Prayer.

After the Board & Council Meeting, the Board remained to discuss the yearly Evaluation for the Office Manager, Tom said that he didn't get his paperwork. A discussion whether to continue paying his insurance was brought up. Al noted that he thought it went up \$120.00. After some discussion the Board decided to continue to pay his insurance. (NOTE: Tim's insurance actually **Only went up \$9.10 not \$120.00**) Discussion about a raise for the O.M. was brought up. Tim hasn't had a raise since January 20218. Al wanted to wait and see if this would put Tim in a different tax bracket so this was tabled until further discussion from Tim.

**Please remember:** when you attend the meeting—please leave your name—Home Group & email in the chat. That way, we can list you as attending the meeting and you can receive the minutes and your group can take advantage of the 20% discount on the literature you purchase (one time only) during that month.

**You can be a Central Office supporter by participating in the Birthday Plan.** Send in your Name, Sobriety Date, name of Home Group and \$ 1.00 for each Year you have been sober and we will post your name in our special column reserved for Central Office supporters. It's probably no real big deal in the larger scope of life but your dollars do help us to be able to sometimes give away free literature, pamphlets, pay our staff, keep the lights and telephone on and a multitude of other things that help us to carry the message.

**NOTE: New Mailing Address for contributions to New York General Service Office**  
Post Office Box 2407  
James A Farley Station  
New York, NY 10116-2407

**NOTE: New Mailing Address for contributions to South Florida Area 15**  
Area 15 Treasurer  
Post Office Box 590835  
Fort Lauderdale  
Florida 33359-0835

**ANNIVERSARY TIME**

**It Works-It Really Does—Ask them how they did it!!!**

| GROUP                    | Honors To    | Date     | Years  |
|--------------------------|--------------|----------|--------|
| SOBER ON SATURDAY        | RICK L.      | 02/16/89 | 34 YRS |
| KEEP IT SIMPLE DADE CITY | NANCY P.     | 02/25/80 | 43 YRS |
| MIDDAY MATINEE           | DANIEL H.    | 02/15/86 | 37 YRS |
| MIDDAY MATINEE           | PATTI L.     | 02/08/77 | 46 YRS |
| RUSH HOUR SERENITY       | HALA LaP.    | 02/04/02 | 21 YRS |
| FRIDAY FRIENDSHIP        | PEGGY D.     | 02/10/13 | 10 YRS |
| FRIDAY FRIENDSHIP        | BARBARA N.   | 02/12/09 | 14 YRS |
| FRIDAY FRIENDSHIP        | DIANE S.     | 02/10/88 | 35 YRS |
| MUSTARD SEED GROUP       | BILL F.      | 02/12/06 | 17 YRS |
| KEYSTONE GROUP           | MATT M.      | 02/26/15 | 8 YRS  |
| KEYSTONE GROUP           | RICK D.      | 02/04/13 | 10 YRS |
| KEYSTONE GROUP           | BRIAN B.     | 02/10/05 | 18 YRS |
| RIVERSIDE GROUP          | MIKE P.      | 02/26/15 | 8 YRS  |
| RIVERSIDE GROUP          | LAURA S.     | 02/21/11 | 12 YRS |
| RIVERSIDE GROUP          | STEVE H.     | 02/13/07 | 16 YRS |
| RIVERSIDE GROUP          | CHRISTINA D. | 02/14/00 | 23 YRS |
| RIVERSIDE GROUP          | WILLOW       | 02/09/99 | 24 YRS |
| FRIDAY NITE WOMEN'S      | PAULA B.     | 02/03/81 | 42 YRS |
| ON THE WAY HOME          | JEFF H.      | 02/06/14 | 9 YRS  |
| ON THE WAY HOME          | PATTY L.     | 02/11/90 | 33 YRS |

**A BIRTHDAY CLUB SUPPORTER TO  
CENTRAL OFFICE**

**ONE DOLLAR OR MORE FOR EACH YEAR OF SOBRIETY**

| Home Group     | Honors To | Date     | Years  |
|----------------|-----------|----------|--------|
| Cardinal Group | MIKE S.   | 02/04/89 | 34 YRS |

**That's 494 Years of Sobriety!  
Someone is definitely doing something right !  
Search out these people and find out their  
secret. 😊**



**“How can the  
Grapevine keep in  
touch with your  
group if you don't  
have a GvR?”\***

**\*Grapevine Representative**

**SELF-SUPPORT-JANUARY, 2022**

© Today in January of 2023 still COVID has changed the way many groups contribute to the Central Office. Some groups have remained steady in their contributions, some groups have gone to ZOOM, A few ZOOM groups have made some contributions and some groups are Hybrid (in-person & ZOOM), other groups have folded for a lack of a space to have their meeting and some new groups are starting up, and now many groups are getting back to normal pre-pandemic live meetings. Things are looking up and getting better. It's certainly a time to renew our efforts and practice the meaning of the Serenity Prayer a little bit more. We currently have 198 Groups in the Hillsborough-East Pasco area with around 520 meetings weekly. Also we have 38 Zoom Groups with 113 meetings weekly (If I counted correctly). Contributions in January totaled \$ 10,215.30. This accounts for what 65 Groups or Individuals in our area have contributed in January, also included is \$ 2,126.37 from 13 Groups or Individuals who made contributions through PayPal. Included, also, \$34.00 from 1 member for the Birthday Club. Our literature sales for January was \$ 9,062.78. This includes sales from A.A. material and non-A.A. material (medallions—etc.) Our total income for January was \$19,278.08. Our Total Cost of Goods Sold was \$6,729.86. Subtracting the Total Cost of Goods Sold from our January income left us with a Gross Profit of \$12,548.22. Our Total Expenses for January were \$8,325.96. Subtracting our Expenses from our Gross Profit gave us a Net Income of plus+\$4,222.26 for the month of January. We still have a good Prudent Reserve, all our bills keep getting paid, the lights are on, we have a decent amount of literature available, the phones are working and it looking like 2023 just might be a better year to look forward to. Thank you for your support of the Central Office. Thank You!!!O.M. tws:)

**CHEAP SAM offers these unusual BARGAINS**

- PREJUDICES—of no use to me
- RESENTMENTS—still in gross containers
  - ENVY—large stock
  - GLOOM—ample supply
- JEALOUSY—slightly shopworn
  - WISHES—outgrown
- OLD BELIEFS—many foolish
- PRIDE—owner hates to part with
- MISFIT GRIEFS—a bulky line
  - ILL WILL—large assortment
  - BAD FAITH & DOUBT—job lot

**Rx for Sobriety**

**Smith & Wilson, AA**

**12 Steps practiced in all our affairs -- Pages 59-60  
Trust Higher Power & Clean House. -- Page 98  
Share Experience, Strength and Hope.  
Stay Active in Service.**

**1 Day At A Time for the rest of our life.  
A handshake, smile and hug as often as possible.**

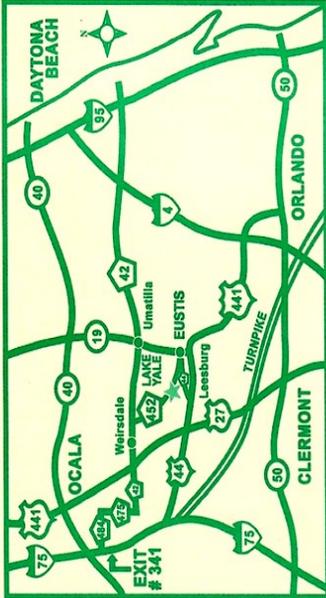
**Recovery Guaranteed**

**Dr. Bob S.  
Bill W.**

# MORE NEWS AROUND THE TOWN & THE AREA

Lake Yale Baptist  
Conference Center  
39034 County Road 452  
Leesburg, FL 34788

Phone: 352-483-9800  
Web Site: <http://www.lybcc.org>



## SOUTH FLORIDA AREA 15 GENERAL SERVICE ASSEMBLY April 14-16, 2023

Hosted by Districts 8 & 9 Palm Beach County & Broward County  
Registration Friday 6:00 PM - 8:30 PM, Saturday 8:00 AM - 8:30 PM, Sunday 7:00 AM - 9:00 AM

|   |                                |
|---|--------------------------------|
| <b>Friday, April 14</b>                     | 8:30-9:30pm Speaker Meeting    |
| 10:00-11:00pm Night Owl Meeting             |                                |
| 10:00-11:00pm Spanish Night Owl Meeting     |                                |
| <b>Saturday, April 15</b>                   | 7:00-8:00am Early Bird Meeting |
| 7:00-8:00am Spanish Early Bird Meeting      |                                |
| 8:00-9:00am Traditions Workshop             |                                |
| 8:00-9:00am Spanish Traditions Workshop     |                                |
| 8:30-10:50am Treatment Facilities Committee |                                |
| 9:00-10:50am Remote Communities Committee   |                                |
| 9:00-10:50am State Convention Committee     |                                |
| 9:00-10:50am Archives Committee             |                                |
| 9:00-10:50am Current Practices Committee    |                                |
| 9:00-10:50am Grapevine/La Vina Committee*   |                                |
| 9:00-10:50am Literature Committee           |                                |
| 9:00-10:50am PI/CPC Committee               |                                |
| 9:00-10:50am Accessibilities Committee**    |                                |
| 11:00-12:30pm Spanish Linguistic Committee  |                                |
| 11:00-12:00pm Concepts Workshop             |                                |
| 12:00-1:30pm Website Committee              |                                |

|  |  |
|--|--|
| <b>Saturday, April 15</b>                        | 12:30-1:30pm District Chairpersons Meeting |
| 12:30-1:30pm District Treasurers Meeting         |  |
| 12:30-1:30pm District Secretaries/Registrars Mtg |  |
| 1:00-1:50pm Spanish Concepts Workshop            |  |
| 1:30-3:50pm Corrections Committee                |  |
| 2:00-3:50pm Finance Committee                    |  |
| 2:00-3:50pm Intergroup/Central Office Meeting    |  |
| 2:00-3:50pm GSM Sharing*                         |  |
| 2:00-3:50pm DCM Sharing                          |  |
| 2:00-3:50pm Quarterly Coordinators Meeting       |  |
| 4:00-6:00pm Conference Agenda Review             |  |
| 6:00-7:00pm Outreach Committee                   |  |
| 7:00-8:30pm Banquet                              |  |
| 8:30pm-9:30pm Speaker Meeting***                 |  |
| 10:00-11:00pm Night Owl Meeting                  |  |
| 10:00-11:00pm Spanish Night Owl Meeting          |  |
| <b>Sunday, April 16</b>                          | 7:00-8:00am Early Bird Meeting             |
| 7:00-8:00am Spanish Early Bird Meeting           |  |
| 9:00am Area 15 Business Meeting***               |  |

\*Spanish language interpreter provided; \*\*ASL interpreter provided (if requested); \*\*\*ASL (if requested) and Spanish language interpreter provided.

Arrangements for Accessibilities accommodations at any meeting, workshop or interpreter for the hearing impaired for the Sunday morning business meeting can be made by contacting the Area Accessibilities Chair at [accessibilities@area15aa.org](mailto:accessibilities@area15aa.org) by 03/18/23. Wheelchair accessible rooms need to be booked directly with the hotel.

### SATURDAY NIGHT BANQUET

No. of Chicken \_\_\_\_\_  
 No. of Steak \_\_\_\_\_  
 No. of Vegetable Steak (Vegan) \_\_\_\_\_  
 Total Tickets @ \$44 each \_\_\_\_\_  
 Total Amount Enclosed \_\_\_\_\_  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Cell Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 District \_\_\_\_\_  
 Guests with Special Dietary Needs (state needs): \_\_\_\_\_

Make checks payable to District & Mail in (with coupon & note "banquet" on check) to:  
 General Service District 8 Attrs: Treasurer, PO Box 18, West Palm Beach, FL 33402  
 Venmo payments also accepted: @GeneralserviceDistrict8  
 If paying with Venmo, include your meal choice and names pick up your tickets at the April 2023 Quarterly.  
 If paying by CASH please email Gerry @ [gerrygms06@yahoo.com](mailto:gerrygms06@yahoo.com)  
 Request "PRE-Ticket Sales" Cut-off: March 31st, 2023

## SOFL ANNUAL HOUSECLEANING



## Spiritual Retreat for A.A. & Al-Anon



LAKE YALE  
CONFERENCE CENTER, FL  
OR ZOOM/PHONE  
MARCH 10-12, 2023

Unity • Service • Recovery

# 17th Annual SOBERSTOCK 2023



17TH ANNUAL

## Soberstock

MARCH 17-19, 2023 BROOKSVILLE, FL



Soberstock is a 3-day weekend AA/Al-Anon/Alateen event featuring speakers, meetings, bands, food & fellowship. This festival is open to all members of AA/Al-Anon and their families.

Proceeds of this function will purchase Big Books and other AA literature for District 2 Jails & Institutions. The remaining profits go to the area pie chart.

- Speaker Meetings!
- Campfire Meetings!
- Live Bands!
- Outdoor Meetings!
- ALL Food & Drinks provided!
- Tent Camping!

When: Friday, March 17th, 2023- Gates open at Noon on Friday! Event ends on Sunday at noon.

Where: "Sand Hill Scout Reservation" - 11210 Cortez Blvd, Brooksville, FL 34613

What to bring: Tents, blankets, coolers, chairs, lanterns, bug spray, snacks, NO PETS, NO cabins at this facility.

What we provide: Refreshments, Camp Style Meals - Fri. dinner, Sat. breakfast, lunch and dinner, & Sunday breakfast.

## online orders [www.soberstock.com](http://www.soberstock.com)

Be a part of with "Soberstock Memorabilia" - All SoberStock orders are on a "Will Call" basis, which means we do not mail any products or tickets. After orders are received, we simply have you on our list and you will pick up all of your items at the gate. Online orders are safe & secure and we take most major credit cards with the PayPal payment processing system. Please visit our website at [www.soberstock.com](http://www.soberstock.com) for the schedule of events, credit card payment, flyers, t-shirt ordering and so much more than we can fit on this flyer!



### ONLINE PRICING vs GATE PRICING:

1 DayPass - \$40.00 per person/\$50 Gate

Weekend - \$75.00 per person/\$90 Gate

Child under 12-1 DayPass - \$5.00/\$10 Gate

(CHILDREN ALLOWED ONLY IF ACCOMP. BY PARENT/GUARDIAN)

Child under 12-Weekend - \$10.00/\$15 Gate

Tent Pitching: \$15 per tent (We don't supply tents)

T-Shirts: \$20/ea (Sizes: S, M, L, XL, 2XL)

NOTE: WE ONLY TAKE CASH OR CHECKS AT THE GATE  
NO CREDIT/DEBIT CARDS AT THE GATE!



Soberstock attendees, in light of the ongoing COVID, if you are sick, or think you are sick, please do not attend the event. Masks will be encouraged, especially in inside facilities. Should conditions around Covid change, Soberstock reserves the right to put into place additional safety measures the committee may deem necessary. We will keep you posted on our website about any changes to safety measures leading up to the event. Your love and tolerance of such is greatly appreciated.

All sales are final, and non-refundable. This is a Rain Or Shine Event. When ordering online, we will not ship any items to you. We will have all items for you (INCLUDING TICKETS!) at the front gate day of the event on a Will Call basis. Please remember, pets are NOT allowed (Service pets with paperwork only). Thank you so much for your cooperation!

## 2023 Spring Sobersticks April 7th-9th

Fun and Fellowship all weekend with Camping, Kayaking  
Campfire Meeting @ 7:00pm  
Both Friday and Saturday

\$10.00 per day per person, if you rent a campsite, cabin or RV outside group campsites you will still be required to pay the \$10.00.  
Well Be-Haved pets are welcomed.  
Group rates on canoe or kayak rentals.



FOR MORE INFORMATION CALL  
Stewart 813-455-7260

Call for Canoe/Kayak rental  
Little Manatee River  
Canoe Outpost  
18001 U.S. hwy 301 S.  
Wimauma, FL 33598  
813-634-2228  
Tell your with Sobersticks Group

Little Manatee River  
Canoe Outpost  
18001 U.S. hwy 301 S.  
Wimauma, FL 33598  
813-634-2228

### BOGA RATON MARRIOTT AT BOGA CENTER 5150 TOWN CENTER CIRCLE, BOGA RATON, FL 33486

Hotel Room Reservations:  
Call (800) 228-9290 or (561) 392-4600  
Room Rate: \$163.00 per night + tax

Reference: "South Florida General Service Conference"  
HOTEL RESERVATIONS OPEN ON JANUARY 16, 2023 @ 9:00 AM AND  
MUST BE RECEIVED BY MARCH 14, 2023

For hotel room cancellations OR to be placed  
on a hotel room wait list, please contact:  
Quarterly Hotel Liaison, at:  
[hotelinfo@area15aa.org](mailto:hotelinfo@area15aa.org)

FROM I-95, EXIT PALMETTO PARK ROAD (EXIT 44) AND GO WEST.  
TURN RIGHT (NORTH) AT MILITARY TRAIL.  
TURN RIGHT AT TOWN CENTER CIRCLE & FOLLOW ROAD TO HOTEL  
ENTRANCE.

QUESTIONS? Please contact  
Quarterly Assembly Chair at:  
[garygm06@yahoo.com](mailto:garygm06@yahoo.com)

