



Tri-County Central Office News

INSTEAD OF COMPLAINING, TRY COUNTING YOUR BLESSINGS

A Monthly Newsletter of the Tri-County Central Office, Inc.
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November, 2022

DR. BOB

"Simplicity, devotion, steadfastness, and loyalty; these were the hallmarks of Dr. Bob's character which he has well implanted in so many of us." - Bill Wilson.

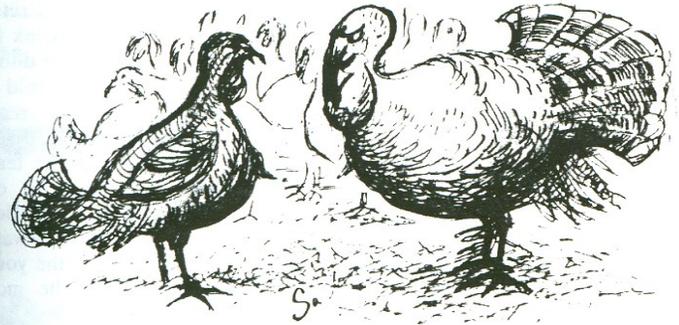
ROBERT HOLBROOK SMITH, M.D.
1879-1950

Dr. Bob was born August 8, 1879, in St. Johnsbury, Vt., the only son of Judge and Mrs. W.P. Smith, who were prominent in civic and social activities of that city. Though often rebellious against the strict authority of his parents, "Rob," as his schoolmates called him, was willing to work hard to attain whatever he sincerely wanted; by the time he was nine, he knew he wanted to be a physician. In his teens, he spent parts of his summers working on a Vermont farm and in an Adirondack summer hotel. Despite his dislike of school, he was a good student and graduated from St. Johnsbury Academy in 1898. He spent four years at Dartmouth College, graduating in 1902. It was during these school years that drinking became a major activity, though in those days he was never involved in serious trouble because of it. Three years later, having worked at various jobs in Boston and Montreal, he entered the University of Michigan as a premed student. Here, the pace of his drinking accelerated, and in his sophomore year he left school temporarily, feeling he couldn't complete his course. But he returned, took his exams, and passed them. In 1910, after further training at Rush Memorial College in Chicago, he received his medical degree and secured an internship in City Hospital, Akron, Ohio. Completing his internship in 1912, he opened an office in the Second National Bank Building in Akron, remaining there until his retirement in 1948. In 1915, he married Anne Ripley, whom he had met while attending St. Johnsbury Academy. As time went on, his alcoholism progressed steadily, yet he was able to function, and few of his colleagues knew how serious his illness was. Besides being an active member of the City Hospital staff in Akron, he often visited St. Thomas Hospital, also in Akron, where, in 1928, he met Sister Ignatia for the first time. Later, in 1934, he became associated with St. Thomas and in 1943, became a member of the active staff. In the early thirties, Dr. Bob, in desperate search for an answer to his problem, began to attend meetings of the Oxford Group, feeling he could benefit from its philosophy and other spiritual teachings. Though he continued to drink, he maintained his activity in the group, due in large part to Anne's deep interest. In May 1935, a meeting with another alcoholic, Bill Wilson, led to his own permanent sobriety and to the formation of the Fellowship of Alcoholics Anonymous. It is estimated that Dr. Bob, with the help of Sister Ignatia, guided some 5,000 fellow alcoholics to recovery during his 15 years of loving ministry to them. What manner of man was Dr. Bob? According to his son: "He had tremendous drive, great physical stamina. He was reserved and formal on first acquaintance, but as you came to know him, he was just the opposite: friendly, generous, full of fun - he loved a good joke.

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Central Office will be Closed:

**Thursday November 24th, 2022
Thanksgiving Day
Saturday December 24th, 2022
Christmas Eve
Sunday December 25th, 2022
Christmas Day
Saturday December 31st, 2022
New Year Eve
Sunday January 1st, 2023
New Year Day**



" AS FOR ME, I RELY HEAVILY ON THE SERENITY PRAYER."

BE SAFE DURING THE HOLIDAYS—MAKE MORE MEETINGS—WORK WITH NEWCOMERS—PRACTICE GRATITUDE

OPPORTUNITY TO WORK WITH SOME ACTIVE ALCOHOLICS TO HELP FIND RECOVERY

There is an Open AA meeting, Wednesday 7:30pm at Tampa Hope located at 3704 East 3rd Avenue, Tampa. Tampa Hope is a homeless transitional housing facility. Access is controlled by a gate guard. For anyone wanting to attend the meeting, please call John T. at 850-855-9757 no later than 5pm on the day of the meeting **NOTE:** The first meeting at Tampa Hope was held on Saturday March 5th. Saturday afternoon meetings were held each week up to May 7th. Meeting attendees asked that the meeting day and time be changed to a weekday evening. Wednesday 7:30pm meetings were held on May 11th and 18th.

Don't just Talk the Talk—Try Walking the Walk....



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

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

Mike B. opened the October 10, 2022, TBAIC Zoom meeting with the Declaration of Unity. Attendees: Mike B., Scott S., John O., Tom F., Rich R., Sara R., Jason C., Jonathan C., Aaron M., Karen R; and John T. Mike B. presented the chair report. Mike B. said the District 2 Carry the Message event is next Saturday (October 15th). He said he will not be able to attend because of a family situation. He said John O. and John T. will attend and present information about TBAIC and solicit volunteers. Mike said he would be attending the District 2 Gratitude Dinner which is November 5 th. He said the committee display would be set up at that event. Mike said the Area 15 quarterly meeting at Sanibel was cancelled due to Hurricane Ian. He said a one-day meeting will be held on November 6th in Sebring. The morning session will be committee meetings and the afternoon session will be the area business meeting which will feature elections of new trusted servants. Mike said he had a flyer for that meeting and a list of hotels in that area. Rich R. said all the hotels rooms have been sold out. Mike said he planned to commute to the event and not to stay overnight. John T. asked if there were any questions or comments regarding the September minutes. Nothing was mentioned. The minutes were approved. Scott S. presented the treasurer's report. The current Pink Can balance is \$9,3331.12. Operating expenses totaled \$532.08. The report was approved. Scott asked that groups be reminded to put their group number on any checks sent to him and also to specify whether they want a hard copy of the thank you letter sent via US mail or an electronic copy sent via e-mail. INSTITUTION MEETINGS UPDATES Treatment facilities meetings: □ John T. said the Service Opportunities listing he sent out contains various needs for volunteers at several facilities. He said he will continue to update and disseminate the listing. He mentioned that there have been numerous people express interest in doing service work, but many are not interested in making a commitment to a specific meeting. He said he would continue to solicit volunteers and asked if anyone had suggestion. Jason C. mentioned how he has gotten volunteers for the River Oaks and True Core meetings which included asking for volunteers at various meetings he attends. John said he would try that but said he was limited since he did not attend meetings in Tampa. □ ACTS Transitional Housing and Veteran Services (Drew Park). The 164 Group in Tampa has agreed to sponsor that meeting and to use volunteers from their group. They held the first meeting this week and brought Big Books from their group to use at the meeting since there were none at the facility. The group contact said they will continue to do that and will let the committee know if they have any literature needs. □ ACTS Detox, ACTS Amethyst and Salvation Army. John T. said all three facilities have a need for Big Books. John said the supply of mini-Big Books has been depleted and none are available at the central office, and it is not known when a new shipment will arrive. John proposed buying at least 10 hard or soft copies of the Big Book for each facility. Several attendees mentioned that we should provide a case of books to each facility. John said he would buy a case of hard copy Big Books (20 books) and provide one case to each facility. He said the total cost for the 60 books would be \$553.50. No one objected to that action. □ River Oaks. Jason C. said River Oaks continues to have three meetings per week with plenty of volunteers willing to chair and/or attend meetings. He said the monthly Sponsor Jam is going well. He said names and phone numbers of individuals willing to sponsor are added to the list and the list is provided to patients. □ White Sands Tampa. John O. said an additional meeting was started on Thursday at 6PM. He said Mike A. who chairs a meeting at ACTS Detox has volunteered to chair this meeting. Corrections facilities meetings: □ True Core Behavioral. Jason C. which said 4 female volunteers have been cleared to attend meetings and 6 others have paperwork in process. He said he and one other volunteer are the only men cleared to attend meetings. Meetings are being held on Saturday at 11am and Sunday at 2pm. He said additional volunteers are welcome. □ Falkenburg Road Women's Jail -

Sara R. said . meetings are going well and there are enough volunteers to cover meetings. She said additional volunteers are welcome. □ Falkenburg Road Men's Jail - Rich R. said attendance at meetings increased since the meeting time was changed to Friday afternoon. He said a third man was added to the volunteer rotation □ Zephyrhills CI -Tom F. said he has still not been granted access to the facility. He said the denial was related to problems with the new volunteer registration system being used by the Department of Corrections. He said he will continue to work the issue to re-gain access to the facility. He said other volunteers been allowed in the facility but none of them live in District 2. He said they come from either District 1 or 15. He said additional volunteers from District 2 are needed. Bridging the Gap - John T. said Tracy S. reported that Ring Central had 5 calls in September. All calls were returned. One individual was already in a meeting, 3 others were given meeting app information. One other caller needed a ride that day - Carmen on the BTG list returned her call and discussed options. John T. said he received 2 calls. One was resulted from an e-mail sent to the central office from a female being released from Pasco Women's Jail. Tracy B. was able to contact the individual and get her to a meeting. The other call was received via Aaron M. for a female being released from ACTS Detox. The call back number was in ACTS Detox. When female volunteer returned call, facility staff member took a message for individual to call the volunteer, but no call back was received. John said it is probably a good idea to tell people to not use phones within facilities unless they are certain they will be able to answer the call back. He said the HIPAA rules prevent staff from identifying any patient in the facility. Man on the Bed - Tom F. said 5 calls from Tampa General. Contact was made with 2 of the 3 females and 1 of the 2 males. They were provided AA information. The male has started to attend meetings. OLD BUSINESS: □ Tampa Residential Reentry Center (RRC). John T. said he was somewhat certain that Tom F. purchased literature and provided it to the director. John O. said he had not had any recent contact with RRC personnel. □ Carry the Message event and Gratitude Dinner. See comments under Chair Report □ Zoom or In Person Meeting. Mike B. said some of those present at this meeting were not present at the last meeting and he asked if anyone objected to holding the committee meeting via Zoom. No one objected which means meeting will continue to be held via Zoom. NEW BUSINESS: □ Elections. Mike B. said his 2-year term as committee chair would be ending soon. He said he intends to rotate to another service position. He said elections for committee chair and other committee positions (secretary, treasurer, and meeting coordinator) will be held at the November 12th committee meeting. □ TBAIC Display Board. John O. asked for \$150 to cover the cost of making a new TBAIC display board. He said he had enlisted the help of other AA members and they decided to create a display board like the pop-up display made by the PICPC committee several years ago. He said he did not have an exact cost, but he believed \$150 to would cover it. No one objected to this. □ Updating TBAIC Website. Several comments were made about improving the TBAIC website to allow better access to individual looking for service opportunities. No definite actions were mentioned other than to engage the current website manager in discussions related to changes. The meeting adjourned with the Responsibility Statement and the Lord's Prayer. The next TBAIC meeting will be Saturday, November 12th, at 9:30 AM via Zoom.

DR. BOB....continued from Page 1

Regarding A.A., he tried to make every decision in the best interests of the group, to the exclusion of any personal advantage. He never ceased to be surprised that so many people sought him out, but felt he had only been God's agent and so was not due any personal credit." Bob and Anne lived simply; if he had any pride of possession, it was for cars. He played bridge expertly, always playing to win! An avid reader, he read for at least an hour each night of his adult life, "drunk or sober." He was a fight fan, succumbing finally to television so he could watch the fights. He held three concepts in particularly high regard. One was simplicity - in his own lifestyle and in practicing the A.A. way of life. Second, he believed in tolerance of other people's ideas, in speaking out "with kindness and consideration for others," and in "guarding that erring member, the tongue." Third, he believed that one's job in A.A. was to "get sober and stay sober" and "never to be so complacent that we're not willing to extend that help to our less fortunate brothers." Dr. Bob firmly believed that "love and service" are the cornerstones of Alcoholics Anonymous. He died of cancer at City Hospital, Akron, November 16,1950.

Dr Bob was not only a supporter of the Intergroup/Central Office concept, he was an active participant in the Akron Central Committee. In "Dr Bob and the Good Old timers," his involvement was discussed in some detail by Dan K., an early Akron A.A. "Doc used to play an important part in the Central Committee. That was the steering committee for the office. We'd meet the first Monday of every month and he always attended. There'd be a member from each group. During the meetings, sometimes, the words would fly like you were in a barroom." During one meeting Dr Bob stood up, hushed the crowd and said: "Gentlemen, please. We're still members of Alcoholics Anonymous. Let's carry the principles of A.A. into these business meetings. You are servants of your group (s), here to take the ideas formulated by the committee. Let one man talk at a time, and let us conduct this business meeting as a service to the Lord and a service to our fellow members of Alcoholics Anonymous."

And one more thing: None of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to do numerous little kind and thoughtful acts in our behalf. So let us never get such a degree of smug complacency that we're not willing to extend, or attempt to extend, to our less fortunate brothers that help which has been so beneficial to us.
— Dr. Bob

Poems From Zephyrhills Correctional Institute

I'M ALONE
I'm alone, lost inside my mind. I look into this deep darkness, the light I cannot find. I'm not scared of the darkness; I'm scared of what lies inside. Look in my mind there he stands; he digs into my brain with his evil hands. I scream out loud, he hears my cries, but he digs his fingers even deeper inside. He's dragging me away, I have no choice, I can hear the mumbling of his evil voice. When I look through his eyes, I see nothing but pain. This dark beast keeps chasing me, he's driving me insane. I try to run but can't find a place to hide. I feel the blood rush through my vein, as he drags me back inside. I sit here with my hands over my ears because I know what he says is true. He goes through my most disturbing thoughts and feeds them to me like there food. I try to escape from him, but he knows everywhere I go, he is this hell fire burning inside of me, this evil monster will not let me go. When I lay my head down at night to close my eyes there, he stands in wait. He chains me down to his punching table and beats me with his whip of hate. When I'm in need of his help he says "Here take my take my hand." Then he drags me through my deepest thoughts the ones I could never understand. Who is this evil beast? The one who rushes through my mind. He screams his laughter inside my head, peace I know I will never find. When I look to find him in the mirror there he stands. When I go to grab this evil monster, I know now it's me I've grabbed. I'm alone.

*

God You're Here For Me

God you're here for me, you're everywhere, you're everything I need. Your hand of protection surrounds me each time the devil comes around me. You're the air that I breathe, you're the wind that surrounds me. You're the clouds in the sky. The ones that make beautiful pictures as they pass by. You're the food for my soul when you are hungry. You're the water that washes me clean, you're my every wonderful dream. When I'm fighting the spiritual war inside, you're the Armor the protection I need in my life.
You're the light in my darkness when I cannot see.
God you're here for me.

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

TBAIC Contributions (September 11th through October 8th):
Came To Believe Group - \$54.05, Keep It Simple, Pass It On Group - \$122.20, New Beginnings Group-Our Club - \$50.00, Ruskin Fellowship - \$51.00, Sober on Saturday - \$20.00, Town & Country Wednesday Group - 13.77.

YTD Contributions to TBAIC	\$ 11,899.55
Pink Can Balance 12/31/20	\$ 11,178.49
YTD Money Spent on Literature	\$ 11,962.94
YTD Operational Expenses	\$ 1,783.98
Pink Can Current Balance 07/12/22	\$ 9331.12

Pink Can Drive
Our committee is 100% self-supporting

NOTES FROM INSIDE THE CENTRAL OFFICE

October 11th, 2022 the Board of Directors for Central Office
BOARD MEMBERS **REPRESENTING GROUP**

October 11th, 2022 the Central Office Representatives met:
COUNCIL MEMBERS **REPRESENTING GROUP**

AL B.	CHAIRPERSON	THURSDAY NIGHT BIG BOOK
JOHN T.	TREASURER	LIVING SOBER/PASS IT ON GROUP
RITA Y.	BOARD MEMBER	OLD SCHOOL GROUP
TOM F.	BOARD MEMBER	KEYSTONE GROUP
BRIAN L.	Excused Absence	BARRACKS BRIGADE GROUP
LINDA B.	BOARD MEMBER	JUST WHAT I WANTED GROUP
CHRIS S.	Absence	RUSKIN FELLOWSHIP GROUP
OPEN	BOARD MEMBER	
OPEN	BOARD MEMBER	
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

JEFF P.	TAMPA BAY YOUNG PEOPLE'S GROUP
MARGARET S.	CAME TO BELIEVE GROUP
CATHY C.	SIMPLY SOBRIETY WOMEN'S GROUP
CAROLINE G.	TAMPA GROUP
EMMA D.	NEXT DOOR GROUP
BRAD W.	TAMPA NIGHTLY NEWCOMERS GROUP-Z
MIKE C.	SERENITY GROUP—ZOOM
DEBBIE S.	TO IMPROVE OUR CONSCIOUS CONTACT
DAVID S.	SOBER @ 7 GROUP
CARL L.	KEEP IT SIMPLE MEN'S GROUP
FRANK L.	SOBRENITY GROUP
NANCY A.	OLD SCHOOL GROUP
MAY H.	THE 164 GROUP
CORINNE B.	WOMEN'S FRIDAY FRIENDSHIP GROUP

Al opened the meeting with a moment of silence followed by the Serenity Prayer. (Because of time restraints the Board & Council meeting has been combined.) Board Members present: Al B., Rita Y., John T., Tom F. , Linda B. **Secretary Report:** Tim read the September Secretary report. Motion to approve & seconded & accepted. **Treasurers Report:** Tim presented the September Treasurer's Report. Contributions in September totaled \$5,058.44. This accounts for what 25 Groups or Individuals in our area have contributed in September, also included is \$729.04 from 7 Groups or Individuals who made contributions through PayPal. Included, also, \$150.00 from 4 members for the Birthday Club. Our literature sales for September was \$2,641.68. This includes sales from A.A. material and non-A,A, material (medallions—etc.) Our total income for September was \$7,700.12. Our Total Cost of Goods Sold was \$1,914.65. Subtracting the Total Cost of Goods Sold from our September income left us with a Gross Profit of \$5,785.47. Our Total Expenses for September were \$8,413.09. Subtracting our Expenses from our Gross Profit gave us a Net Income of minus-\$2,627.62 for the month of September. **Old Business:** None **New Business:** David noted that the Sober @ 7 Group had their annual Anniversary & Fundraiser and it was a really good success. Should be sending Central Office a nice contribution from the event. **Announcements :** Tim gave a shout-out for the Tampa Bay Fall Roundup. We received \$745.73 from literature sales and \$700.00 from a First Edition Big Book Raffle. The book was auctioned off for \$1000.00. Nancy noted that the upcoming District 2 Gratitude Dinner was sold out. Frank announced that the FCYPAA Committee was putting in a bid to try and bring the Young People's Conference to Tampa. A motion to close was made, seconded and approved. Meeting ended with the Lord's Prayer. **The next Board & Council Meeting will be December 13th, 2022 at 7:00 pm on ZOOM**

The Promises Group 12th Annual Anniversary Dinner

Thanks for all you participated in the 12th Annual Anniversary Promises Dinner. This year it was held at Kings Ave Baptist in Brandon on August 26, over 275 people attended. A Big shout out to Robin and the Step Sisters in Sobriety that raised the highest amount (\$1500) thanks to all the precious Cake Makers (64). As well as Michelle D. that made and donated the beautiful wreath. We had the Count down n Count up that was incredible.. Ralph H (50 yrs) gave a donated BB to Kathy with 12 days. We enjoyed catered food from Riverview Fresh Market. Our speakers Hugh & Diane B. from Spring Hill did a fantastic job. Overall, we raised over \$4000.00 for Tri-County Central Office. Thanks to all you came out to set up and stay to clean up. Blessings.....The Promises Group

IN REMEMBRANCE:

'The point of the first step, quite frankly, is to convince you that your situation is a lot worse than you think it is. Consequently, it is the only step you have to take 100 percent. ' "Almost" doesn't cut it," "Almost getting sober is very much like almost having a parachute after the plane gets blown up and you're up in the air." Sandy B. 1931-2014

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.

You don't get in shape by exercising only when you "feel like it" and you won't be successful by working these Steps only when you "feel like it." You have to use them consistently - ideally every single day.

ANNIVERSARY TIME

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

SELF-SUPPORT-OCTOBER, 2022

GROUP	Honors To	Date	Years
NEW BEGINNINGS GROUP	MIKE B.	11/19/06	16 YRS
HIDE-A-WAY GROUUP	PHILIP S.	11/08/07	15 YRS
NEW TAMPA MONDAY MENS	CHRIS D.	11/30/93	29 YRS
CAME TO BELIEVE	MIRIAM C.	10/30/19	3 YRS
CAME TO BELIEVE	MARGARET S.	10/19/17	5 YRS
SOBER @ 7 GROUP	TAMMY B.	11/07/13	9 YRS
SOBER @ 7 GROUP	SANDY VI.	11/12/90	32 YRS
FRIDAY FRIENDSHIP WOMENS	JOANNE	11/16/13	9 YRS
FRIDAY FRIENDSHIP WOMENS	KRISTIN	11/20/12	10 YRS
FRIDAY FRIENDSHIP WOMENS	KERRY L.	11/14/11	11 YRS
FRIDAY FRIENDSHIP WOMENS	MALIN	11/11/10	12 YRS
FRIDAY FRIENDSHIP WOMENS	JOANN S.	11/19/05	17 YRS
LIVING SOBER/AS BILL SEES IT	HEATHER P.	11/06/10	12 YRS
LIVING SOBER/AS BILL SEES IT	KIRK T.	11/04/08	14 YRS
MUSTARD SEED GROUP	BRADY G.	11/15/10	12 YRS
JUST WHAT I NEEDED	DONNA A.	11/27/19	3 YRS
JUST WHAT I NEEDED	MARIE	11/17/84	38 YRS
KEYSTONE GROUP	DOREEN S.	11/30/15	7 YRS
KEYSTONE GROUP	ERIC J.	11/10/15	7 YRS
RIVERSIDE GROUP	SCOTT P.	11/01/14	8 YRS
RIVERSIDE GROUP	CLINT V.	11/18/88	34 YRS
ON THE WAY HOME	DAVID Y.	11/11/81	41 YRS

© Today in October of 2022 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 October totaled \$13,591.52. This accounts for what 55 Groups or Individuals in our area have contributed in October, also included is \$678.72 from 5 Groups or Individuals who made contributions through PayPal. Included, also, \$574.00 from 4 members for the Birthday Club. Also included is \$700.00 from the Tampa Bay Fall Roundup and \$4000.00 from the Promises Meeting Group's Annual Anniversary Dinner and Fund-Raiser Our literature sales for October was \$7,753.07. This includes sales from A.A. material and non-A,A, material (medallions—etc.) Our total income for October was \$21,344.59. Our Total Cost of Goods Sold was \$5,840.18. Subtracting the Total Cost of Goods Sold from our October income left us with a Gross Profit of \$15,504.41. Our Total Expenses for October were \$6,933.89. Subtracting our Expenses from our Gross Profit gave us a Net Income of plus+\$6,933.89for the month of October. 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 looks like 2022 just might be a better year to look forward to. Thank you for your support of the Central Office. Thank You!!!O.M. tws:)

WHAT IS A CENTRAL OFFICE REPRESENTATIVE

The Central Office Representative is elected by their Group. They attend the monthly meeting, which keeps a two-way flow of information going on between the Central Office and the Groups. They then attend the business meeting (Group Conscience) of their Group and ask for suggestions, comments, and opinions, if any, to take to the next Central Office meeting. The Central Office Representative is the Groups link to those elected (Board of Directors) to maintain and operate the Central Office. The monthly Central Office meeting might be compared with a shareholder's meeting. It is here that your Group's wishes can be known through you, their elected representative. The Central Office Representative's meeting known as "The Council Meeting", has the authority and the responsibility to review all actions of the Board of Directors and to amend and/or rescind such actions should they deem it necessary. Such changes may be effected by a simple majority vote of the Council members present at the meeting. Only members of A.A. may attend Council meetings and may be heard through their Group Representatives. Each Group shall have one vote in the proceedings. An individual can only duly represent one Group at a Council meeting. For more info: aainfo@aatampa-area.org

**A BIRTHDAY CLUB SUPPORTER TO
CENTRAL OFFICE
ONE DOLLAR OR MORE FOR EACH YEAR OF SOBRIETY**

Home Group	Honors To	Date	Years
NOONERS GROUP	JANICE F.	07/22/11	11 YRS
SUNSHINE GROUP	SINIA P-R	10/28/11	11 YRS
KEYSTONE GROUP	TOM F.	10/19/81	41 YRS
PINELLAS	CARMEN L.	1970	52 YRS

**That's 459Years of Sobriety!
Someone is definitely doing something right !
Search out these people and find out their
secret. 😊**

**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**

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?!
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



