



Tri-County Central Office News

Practice in life whatever you pray for,
and God will give it to you more abundantly.

A Monthly Newsletter of the Tri-County Central Office, Inc.
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August, 2025

After You Know It All, It's What You Learn That Counts

Early in 1971, after another horrendous bout with booze, I called AA intergroup, told the man who answered I “thought” I had a problem and “might” need some help. Soon thereafter a local AA member called me and I agreed to go to a meeting that night. I went to the meeting and met the man who had phoned me. Like all newcomers, I was nervous and scared. This “stranger” introduced me to other newcomers, and soon the meeting began. I do not remember where the meeting place was except that it was some distance from the area in which I lived. I have no recollection of the person who led the meeting nor of what was said. I do remember that someone gave me a little white card with the Steps, Traditions, and Serenity Prayer on it. When I got around to reading the Twelve Steps, I said to myself, “Isn’t it wonderful—there is a place for people to come who do not know all these things. I *know* all these things, what I have to do is to put them into *practice*.” Having arrived at this brilliant realization, I could see no further need for AA. Needless to say, without AA what I practiced was not the Twelve Steps of recovery, but more drinking. After I done it my way for a couple more months and gotten sicker and sicker, a good friend recommended a psychiatrist who had helped someone he knew with a drinking problem. I made an appointment with this doctor and soon found out that he was AA-oriented. During my first visit he asked if I would go to an AA meeting and I agreed to go. The doctor immediately picked up the telephone and had me talk to an AA member who offered to pick me up and take me to a meeting that night. The man picked me up at the agreed-upon time and I attended my second AA meeting, of which I again have no recollection at all. I do recall that after being driven home, I did not go into the house, but went to a bar instead. I vaguely remember attending one more AA meeting at this time, though I have no trouble at all remembering that I continued to drink. The only thing I did right was to continue to see that doctor. As I was still drinking and not attending meetings, the doctor suggested hospitalization. I resisted his advice because I knew I was not “that bad.” He finally broke down my resistance and I agreed to enter the hospital. The doctor asked me if I had anyone who could take me to AA meetings during my confinement. I told him my wife or son could drive me to and from meetings as required. This then was the doctor’s prescription for me during my hospitalization: get an AA meeting every day. He prescribed no sleeping pills, no tranquilizers, no chemicals of any kind—just AA. Faithfully, I “took my medicine” as prescribed, during the two weeks of my stay. After leaving the hospital, I continued to see the doctor regularly and, more importantly, continued to take my “medicine.” I, like many others in the early days of AA exposure, compared rather than identified with the speakers I heard at these meetings. I found myself doubting that these “crazy” people could help me. I spouted off many pearls of wisdom in hopes I could salvage a few of these poor unfortunates. Despite my mixed-up mental state, I kept going to meetings and slowly but surely the cotton came out of my ears and my mind began to open up. I realized that I had very little to offer to others and instead should concentrate on *listening* to what was being said. The awareness that I was beginning to really “hear” and starting to understand some of what was being said came after a meeting when I had been a month or two in the

Go to Page 3

BURNING RESENTMENTS

Resentment like alcohol, is a poison that few of us can afford to taste for long. I can easily squander a beautiful afternoon by resenting the person who couldn’t go on a picnic with me. My flares of temper and sulking over which members I wanted to have coffee with after a meeting began to lose me as many invitations as my drinking used to. I found myself keeping a mental tally of all the people who had harmed me and why—all the people who didn’t do what I wanted them to do. On top of that, I wasn’t feeling good about myself and the way I was acting, because I seemed to be angry all the time. Where was the joy of sobriety if I was still acting like a drunk? I stacked up resentments wherever I went, and was sure people were stacking up resentments against me. My own bad feelings about myself increased with each new resentment, and I got more angry and rebellious. No--w, I understood why resentment was “the number one offender” that could lead me back to drinking. I was like a time bomb, ready to explode at the slightest provocation. My resentments had me so disturbed I couldn’t think about anything else. My sponsor suggested I do a Fourth Step. I knew I wasn’t ready for that—at least, not right away—but I had to do something to get rid of these disturbances, not matter what their cause. One day, I bought a candle to burn away every resentment as it came up. I allowed only a certain amount of time for each burning before setting both the candle and the resentment aside by not allowing myself to think about them. If the disturbance crept back into my mind, I would relight the candle for a certain time and concentrate on the resentment for that time, then put it aside again. In the resentments I set fire to, I began to notice a pattern. Every resentment was connected with a self-esteem, finance, personal relationship, or ambition problem. I was burning my way into a Fourth Step. Gradually, it took less and less time to burn away each resentment. I prayed when I lit the candle and thought about self-restraint instead of the person, place, or thing I thought had harmed me. If my resentment was toward a person, I prayed for that person right before extinguishing the candle. Sometimes, of course, I had to relight the candle until my thoughts eventually became habits. By not acting on a resentment until I at least had time to burn it, I learned to postpone resentful actions, as I had postponed the next drink when I was getting sober. I discovered I could be disappointed without being rude, angry without quarreling, sad without sulking. Not all my resentments went away; but by allowing a little “burnup time,” I found I could make better decisions and not give others a reason to resent me. Finally, some of them did eventually become part of my Fourth Step. Today, I still keep a candle by my bed, but each day brings fewer resentments and more smiles.

K.S., Houston, Tex
Reprint Permission: AA Grapevine, August 1984

The Birthday Club: Contributions to the Central Office help support the local services to members and groups throughout Hillsborough and East Pasco Counties and help ensure that the A.A. message is carried around our area.

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

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

TBAIC SECRETARY REPORT

July, 2025

No meeting or report for July because it would conflict with the Area Meeting.

CARRYING THE MESSAGE

Ten Wonderful Things: From Lexington KY.: I've been sober for five weeks and a member of AA for three weeks. Now, when I get the urge to take a drink, I think of what I have heard in AA and the wonderful advice AA literature has given me, and I remember the ten wonderful things that drinking did for me:

1. It eliminated my need for nice clothing and decent means of transportation and taught me the unimportance of a good home.
2. Led me to neglect the responsibilities of my job, since it was merely my livelihood.
3. Cut down on my hunger for food, which was a great savings.
4. Gave me a great thirst in the early hours of morning, since plenty of liquids are essential for healthy living.
5. Kept me from meeting new and decent people.
6. Relieved me of having a good wife.
7. Made me nervous that I was able to take a drink at any time one was available, and so helped me to invest my money as soon as it was acquired.
8. Helped me to be admitted to a hospital for nine days of rest, with two days in intensive care.
9. Cut down on foolish and expensive trips to visit loved ones.
10. Kept me from worrying about personal appearance. After all, I was the only one that had to look at me. H.S.

BELATED AMENDS: New Orleans, La.:

The thing I have had to live with that has bugged me the most is the knowledge that I turned away from my beloved wife and children. No man in his right mind would have deliberately walked away from as wonderful and beautiful and lovable a woman as she. But I did. She did all in her power to hold that marriage together, but I got some crazy idea that she was against me, and I walked out—after I had had my last drink. When I realized what a fool mistake I had made, I was too ashamed to go to them and ask for forgiveness. This has been my own hell to live in all the years that I have been sober in AA. It has taken me fourteen and a half years of continuous sobriety to face the truth and take the last of Step Eight and take Step Nine with those I love the most. Just recently, I contacted them and have endeavored to make those amends. At last, I am free from the guilt of having procrastinated in the most important thing I had to do. The rest is in the hands of the God of my understanding. W.H.G.

Reprint Permission: AA Grapevine. August 1971

It isn't the load that breaks us down; it's the way we carry it.

Our Next Committee Meeting
August 5th, 2025 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!!!!!!!!!!!!!!**

www.tbaic.org	
Position	Name
Chair	Jessica M.
Chair (Alt.)	Mike B.
Treasurer	John T.
Treasurer (Alt)	Joe R.
Secretary	Gaby G.
Hillsborough County Jail	Buddy H. (Men's)
Falkenberg Women's Jails	Bianca H. (Women's)
Pasco Jail-Women's	Jessica M.
Treatment Coordinator	John T.
Bridging the Gap	Tracy S.
Man on the Bed	Mindy W.
Zephyrhills CI	Tom F.

CONTRIBUTIONS: June 14th, thru July 12th 2025
 Barracks Brigade Group: \$45.00, By the Book Men's Group: \$150.00, Come As You Are Group: \$20.00, Hide-A-Way: Group: \$305.57, Living in the Solution Group: \$43.00, New Beginning Group (Our Club): \$50.00, Nooner's Group (Our Club): \$50.00, On the Way Home Group: \$17.00, Saturday Night Fever Group: \$875.00, Sisters in Sobriety Women's Group: \$11.15, Sobrietea Women's Group: \$36.25, Women's Friendship Group: \$153.00, XYZ-32 Group: \$100.00

YTD Contributions to TBAIC	\$14,506.79
Pink Can Balance 12/2024	\$2,924.93
YTD Money Spent on Literature	\$5,904.71
YTD Operational Expenses	\$2,618.74
Pink Can Current Balance	\$8,908.27

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!
TBAIC, PO Box 26242, Tampa FL 33623

After You Know It All, It's What You Learn That Counts...*continued from Page One*

program. The meeting had been on the First Step. "We admitted we were powerless over alcohol—that our lives had become unmanageable." What the leader and others had to say about the Step during the meeting did not seem to make a particularly noticeable impression on me. However, upon driving away from the meeting place, being seated in the front passenger seat, I suddenly exclaimed out loud, "Well I'll be, that's it!" The driver alongside me, somewhat startled, asked, "What's the matter, are you flipping out?" "No," I replied, "it's the First Step." It was at this moment I realized that upon my first exposure to the Steps, when "I knew all about these things," I had completely ignored the First Step because I was blind to the message as it applied to me. At last I had come to realize that complete and honest acceptance of my alcoholism, with full awareness of it's negative effect on my life, was a prerequisite for beginning a new life in the program of Alcoholics Anonymous. Without unequivocal acceptance of the First Step there is no surrender; there is no victory; there is no program—for me.

J.M., Staten Island, N.Y.
Permission to Reprint: AA Grapevine, August 1986

NOW!

When my drinking began to poison me and wound my family, many attempts were made to solve my problem. When the family doctor was consulted, he had a program. His program consisted of diet pills, vitamins, exercise, and healthy living. Then—somewhere in the nebulous future—if his program was followed, just possibly a solution to my drinking might be found. When the parish priest was consulted, he had a program. His program was called novena and consisted of nine consecutive religious rites performed conscientiously over a nine-day, or nine-week, or nine-month period. Then—somewhere in the murky future—a miracle solution might be found. When the psychiatrist was consulted, he, too, had a program. His program consisted of analysis, a process involving no time limit, with a cure somewhere in the very hazy and noncommittal future. When AA was consulted, AA said, "Now. Right now, you are one of us; all you need is a desire to stop drinking. Right now, you have all the help you need this day. Any now of the day or night, we are available. Right now, you are understood. Right now, our program works. Right now, you are cared about, supported, and on your way." I chose to believe what AA had to say. Twenty years of nows have passed, and that promise is still true—right here and now.

D.V., Santa Monica, Calif.
Drunkness and disintegration are not penalties inflicted by people in authority; they are results of personal disobedience to spiritual principles. We *must* obey certain principles, or we die. **Bill W.**



"I see a big room...full of people laughing and drinking coffee."

12 STEP DRIVERS

DRIVERS NEEDED

**GOT A CAR? WANT TO HELP YOUR SOBRIETY?
HELP SOMEBODY GET TO A MEETING BY GIVING
THEM A RIDE.**

**Interested In Helping—send us an E-mail to:
aalinfo@aatampa-area.org**

**That person just might be your newest member of
your Home Group.**

"Helping others is the foundation stone of your recovery. A kindly act occasionally isn't enough. We must act the Good Samaritan every day, if need be. Big Book p.97

☺

TO ALL members who have been sending Contributions to Central Office through Web Site. **THANK YOU! BUT**—If you don't put down the name of your Home Group—it will be listed as **ANONYMOUS**, so don't be upset at us, if you don't see contributions from your Group on our Contributions page in the Newsletter. **Dear A.A. member pass this along during announcements at the meetings you go to.**

IF YOU ARE READING THIS—HOW ABOUT SENDING US AN UPDATED LIST OF YOUR MEMBERS TO BE INCLUDED IN THE ANNIVERSARY LIST IN THE NEWSLETTER—I KNOW YOU GOTTA HAVE NEW MEMBERS THAT WOULD LOVE TO BE INCLUDED—DON'T YA THINK??? DON'T WAIT—DO IT NOW! ☺

AAs who carry the message often carry the Grapevine



Central Office Suggested Pie Chart Distribution :

<p>Your Central Office Tri-County Central Office 8019 N. Himes Ave. Suite 104 Tampa, FL 33614 813-933-9722 33614-2759 www.aatampa-area.org 65%</p>	<p>Your District "District Two" Send to: District 2, General Service P.O. Box 20623 Tampa, FL 33622-0623 www.aatampa.org 20%</p>	<p>General Service Office Make checks payable to General Service Board P.O. Box 2407 James A. Farley Station New York, NY 10116-2407 www.aa.org 10%</p>	<p>Your Area South Florida Area Committee Send to: Area 15 Treasurer 2950 W. Cypress Creek Road Ste.333#1097 Ft. Lauderdale, FL. 33309 www.area15aa.org 5%</p>
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When someone calls for help, it's usually to the Central Office

"We're only supposed to carry the message, Joe!"

NOTES FROM INSIDE THE CENTRAL OFFICE

June 10th, 2025 the Board of Directors for Central Office
BOARD MEMBERS REPRESENTING GROUP

June 10th, 2025 the Central Office Representatives met:
COUNCIL MEMBERS REPRESENTING GROUP

AL B.	CHAIRPERSON	THURSDAY NIGHT BIG BOOK
BRIAN L.	BOARD MEMBER	BARRACKS BRIGADE GROUP
SCOTT B.	BOARD MEMBER	TAMPA SATURDAY NIGHT SPEAKERS
CATHY H.	BOARD MEMBER	SIMPLY SOBRIETY WOMEN'S GROUP
LINDA R.	BOARD MEMBER	THE MEETING PLACE GROUP
TRACI L.	BOARD MEMBER	STEPPING STONES WOMEN'S
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

BRAD W.	GUEST— TECH HOST
RANDELL D.	FOURTH DIMENSION GROUP
BRAD W.	TAMPA NIGHTLY NEWCOMERS GROUP-ZOOM
SONIA T.	STEP SISTERS IN SOBRIETY WOMEN'S GROUP
BLAIR B.	MONDAY NIGHT NEW TAMPA MEN'S GROUP
CARTER	NIGHTLY NEWCOMERS GROUP
ALEX R.	OLD SCHOOL GROUP
KITHARA L.	SET ASIDE BIG BOOK STUDY GROUP
KRISTINA E.	CAME TO BELIEVE GROUP
CAROLINE G.	FULL MOON RIVER WOMEN'S GROUP
JACOB P.	164 GROUP
TOM R.	LANGUAGE OF THE HEART GROUP
PAUL T.	TUESDAY NEWCOMERS GROUP
JESS M.	KEEP IT SIMPLE / PASS IT ON GROUP
DENISE McG.	GREAT WAY TO START THE DAY GROUP
MIKE M.	SERENITY GROUP (ZOOM)
VICTOR A.	TURNING POINT GROUP
TYLER M.	KEEP IT SIMPLE MEN'S GROUP

July 8th, 2025

Board Members present: Al B., Chairperson, Cathy H, Secretary., Linda R. Scott B. & Traci L. **Board Meeting: 6:45 pm:** Al welcomed everyone to the Board Meeting. He then opened the meeting with a moment of silence followed by the Serenity Prayer. He then announced that we were looking for a Secretary and a Treasurer. After another moment of silence, Cathy H. asked a question concerning what would the secretary would be doing. Al replied, just reading the report. Cathy said she could do that. A motion to approve Cathy as the new Secretary was made, seconded and approved. Cathy will start at the next meeting. Scott B. brought a motion that will be voted on at the Area Assembly in July: **"Motion E:** That Area 15 submit the following proposed agenda item for the 2026 General Service Conference on behalf of Area 15. Proposed agenda item: To remove the last two pie chart graphics from the "Self Support: Where the Money and Spirituality Mix" pamphlet on page 13. This includes the second pie chart, which is divided into four sections and features the intergroup data, along with the third pie chart, which is divided into three sections and does not include the intergroup information. Please see the chart below. Background E: The pamphlet provides suggestions for how groups can allocate their contributions. While the pie chart offers examples, many groups are interpreting these suggestions too rigidly. This can lead to certain entities, which require more support, being overlooked. For example, the pie chart recommends allocating 50% of total contributions to an intergroup office while designating only 10% to the area and district. Moreover, these pie charts are obsolete – in fast fast-changing environment, groups need to be aware of the needs of all entities they would contribute to, and we should avoid a situation where “examples” are mistaken for suggestions which become mechanically repeated over time. With the rise of online literature sales, the intergroup offices no longer play as significant a role in the functioning of groups as they once did. Many AA entities have the potential to make more substantial contributions when groups direct their funds toward meaningful and essential work that benefits all groups within the district, area, and the entire AA community. A proposed agenda item will carry more weight if submitted by an area as opposed to being submitted by an individual. Respectively submitted by: Lily R. (DCM District 8)". **PLEASE NOTE:** At times there was a fade out of sound so some parts of the discussion were unheard. Some discussion followed. Al asked Scott about next years anniversary dinner. Nothing in the works for now. Scott asked if there was anything we or anyone needed to do as far as the Area motion was concerned. Tim noted that you should vote as you see fit. No matter what happens, most group are going to do their pie charts in a matter that fits their particular situation. The pie chart is a suggestion only, it's not set in stone. A question was asked about what pamphlet it was in, it was noted that it is in Money and Spirituality Mix. A little more discussion followed. **Council Meeting: 7:00 pm:** Al opened the Council meeting with a moment of silence followed by the Serenity Prayer, and then reminded everyone to make sure that you are posted in the chat so that you can receive your minutes **Secretary Report:** Tim read the June Minutes. There were no questions. A motion was made to accept the minutes. There was a second to the motion. Motion was approved. **Treasurers Report:** Tim presented the June Treasurers report. Contributions in June totaled \$10,776.85. This accounts for what 30 Groups or Individuals in our area have contributed in June, also included is, \$1,427.34 from 11 Groups or Individuals who made contributions through PayPal.

We also received a \$195.00 from 5 Birthday Contributions. Our literature sales for June was \$4,020.62. This also includes sales from A.A material and non-A.A, material (medallions—etc.). Our total income for June was \$14,797.47 Our Total Cost of Goods Sold was \$3,162.18 Subtracting the Total Cost of Goods Sold from our June income left us with a Gross Profit of \$11,635.29. Our Total Expenses for June were \$10,418.57. Subtracting our Expenses from our Gross Profit gave us a Net Income of minus-\$1,216.72 for the month of June. We are currently running \$1,210.99 in the red for the year. Last year was pretty ruff for us as far as contributions and literature sales. We netted about \$32,000.00 less from the previous year in contributions, about \$25,000.00 less in literature sales and couple that with rising expenses—electric, phone, rent, computer expenses—etc., A motion was made to accept the Treasurers report. There was a second to the motion. Motion was approved Old Business: None New Business: None Announcements: Tampa Bay Fall Roundup-registration openings are still available. Al noted that we need 12 Step Drivers to help people get to a meeting and remember to chat in to the chat so that you will be eligible for the 20% discount. A motion to close was made, seconded and approved. Meeting ended with the Lord's Prayer. The next Board & Council Meeting will be August 12th, 2025 at 7:00 pm on ZOOM Timothy S. Office Manager



ANNIVERSARY TIME

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

GROUP	Honors To	Date	Years
OLD SCHOOL GROUP	LARRY G.	02/29/80	45 YRS
NEW WAY WOMEN'S GROUP	KATHY A.	08/28/98	27 YRS
WEDNESDAY KEEP IT SIMPLE	CATHY C.	08/23/79	46 YRS
STEP SISTERS IN SOBRIETY	SANDY M.	08/12/17	8 YRS
KEYSTONE DISCUSSION	JOE ERD	08/31/14	11 YRS
KEYSTONE DISCUSSION	GREG L.	08/17/82	43 YRS
RIVERSIDE GROUP	KIRK	08/05/13	12 YRS
ON THE WAY HOME GROUP	SANDI K.	08/01/96	29 YRS
ON THE WAY HOME GROUP	MILLAINE W.	08/01/83	42 YRS
HIGH-NOONER'S PLANT CITY	RANDY C.	08/14/17	8 YRS
CAME TO BELIEVE GROUP	RANDY K.	08/21/85	40 YRS
JUST WHAT I WANTED WOMEN'S	BARBIE P.	08/08/17	8 YRS
SIMPLY SOBRIETY WOMEN'S	LINDA S.	08/20/09	16 YRS
SOBER @ 7 GROUP	EDDIE M.	08/16/16	9 YRS
SOBER @ 7 GROUP	JOHNNIE MAC	08/14/95	30 YRS
LIVING SOBER/AS BILL SEES IT	PAUL D.	08/13/23	2 YRS
FRIDAY FRIENDSHIP WOMEN'S	DEBORAH K.	08/07/10	15 YRS
FRIDAY FRIENDSHIP WOMEN'S	ASYA	08/04/07	18 YRS
FRIDAY FRIENDSHIP WOMEN'S	KATHIE G.	08/18/88	37 YRS
FRIDAY FRIENDSHIP WOMEN'S	DARLENE H.	08/31/87	38 YRS

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

Home Group	Honors To	Date	Years
KNUCKLEHEADS	KEVIN K.	06/16/93	32 YRS
?	VINCE S.	07/10/07	18 YRS

That's 534 Years of Sobriety!

Someone is definitely doing something right !Search out these people and find out their secret. I'm sure they would be Happy to share it with you ☺

DIAMOND IN THE ROUGH

Alcoholics Anonymous has been changing since it's very beginning. For example, Bill and Bob changed from self-centered individuals into men who could feel the pain of others and participate in life. I am changing, and there are more like me starting this process every day, so Alcoholics Anonymous must be changing. Yet the process and direction in which we are moving is the same. The more it changes, the more it stays the same. From time to time, I attend a Big Book discussion meeting, and there are always parts of the first five chapters that seem new to me. This Fellowship is like a diamond whose message flashes toward me every time I hold it up to the light and turn it around. B.H

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Continue to watch for selfishness, dishonesty, resentment, and fear.

When these crop up, we ask God at once to remove them.

SELF-SUPPORT-JULY 2025

© Today in July, 2025 we currently have 191 Groups in the Hillsborough-East Pasco area with around 498 meetings weekly. Also we have 128 Zoom meetings weekly. Contributions in July totaled \$7,876.93. This accounts for what 43 Groups or Individuals in our area have contributed in July, also included is, \$1,958.26 from 13 Groups or Individuals who made contributions through PayPal. We also received a \$135.00 from 3 Birthday Contributions. Our literature sales for July was \$4,892.07. This also includes sales from A.A material and non-A,A, material (medallions—etc.). Our total income for July was \$12,769.00. Our Total Cost of Goods Sold was \$3,661.18. Subtracting the Total Cost of Goods Sold from our July income left us with a Gross Profit of \$9,107.82. Our Total Expenses for July were \$9,578.19. Subtracting our Expenses from our Gross Profit gave us a Net Income of minus-\$470.37 for the month of July. We are currently running \$1,728.72 in the red for the year. That equals out to a lost of \$246.96 per month from January to July. We just need to keep moving forward. Currently, 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 Thank you for your support . Thank You!!!O.M. tws:)

The Twelve and Twelve on Happiness.. some extracts

“Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built. We know that little good can come to any alcoholic who joins A.A. unless he has first accepted his devastating weakness and all its consequences. Until he so humbles himself, his sobriety-if any-will be precarious. Of real happiness he will find none at all. Proved beyond doubt by an immense experience, this is one of the facts of A.A. life.” p 21 “These people often throw to the winds every chance for legitimate security and a happy family life. Whenever a human being becomes a battleground for the instincts, there can be no peace.” p 44 “Indeed, the attainment of greater humility is the foundation principle of each of A.A.'s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.'s have found, too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven't much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.” p 70 “Our answer is in still more spiritual development. Only by this means can we improve our chances for really happy and useful living. And as we grow spiritually, we find that our old attitudes toward our instincts need to undergo drastic revisions. Our desires for emotional security and wealth, for personal prestige and power, for romance, and for family satisfactions - all these have to be tempered and redirected. We have learned that the satisfaction of instincts cannot be the sole end and aim of our lives. If we place instincts first, we have got the cart before the horse; we shall be pulled backward into disillusionment. But when we are willing to place spiritual growth first-then and only then do we have a real chance.” p 114

Reprint Permission: A.A. of Ireland: The Road Back

Barracks Brigade LABOR DAY LUNCHEON

Monday 09/01/2025

12 PM



381418 Second Ave
Zephyrhills, FL, 33542

SOBRENITY ITALIAN FEAST

8410 N ARMENIA AVE
TAMPA, FLORIDA
(LOCATED IN THE SHOPPING PLAZA BEHIND THE
MCDONALD'S)



Saturday, September 13, 2025
Festivities @ 7pm
Stay for the 8:15 Speaker Meeting
Bring your appetite and a dish
All contributions fund future Sobrenity events

FAMILY FRIENDLY EVENT

HALLOWEEN

DANCE PARTY!

SATURDAY
NOVEMBER 1ST
@ 8:00 PM

301 House 8601 Bowels Rd Tampa FL

MUSIC
POTLUCK
50/50 RAFFLE
COSTUME CONTEST
POOL TOURNAMENT

\$5 DONATION AT DOOR
\$10 POOL TOURNAMENT



38th Tampa Bay Fall Roundup

Sheraton Tampa Brandon Hotel
10221 Princess Palm Ave, Tampa



Double or King \$159.00

Jr Suite \$189

Last Date for Hotel Rate July 29, 2025

LABOR DAY WEEKEND — FRIDAY, AUG 29 — MONDAY, SEPT 1

"A FLIMSY REED"

\$45 REGISTRATION INCLUDES

- 11 Speakers
- 12 Step Studies
- Tradition Workshop
- Concepts Workshop
- Young at Heart Dance
- Karaoke



- *PACKAGE DEAL = \$155
- Conference T-Shirt
- Friday Ice Cream Social
- Saturday Banquet
- Sunday Poolside BBQ

SPEAKERS

- Janice P, Tampa, FL
- Danny B, Spring, TX
- Rose E, Springhill, FL
- Chet P, Orlando, FL
- AFG Sue L, Ridgeport, PA
- Steve L, Redondo Beach, CA
- Karl M, Covina, CA
- Cyndi M, Louisville, KY
- Paulette R, Miramar, FL
- Holly D, Jacksonville, FL
- YPAA Thomas P, Sugar Hill, GA

*Package saves \$35 over a la carte

TAMPABAYFALLROUNDUP.COM

