



# Tri-County Central Office News

The AA Way Of Life Is Meant To Be Bread For Daily Use,  
Not Cake For Special Occasions

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

## WHO'S RESPONSIBLE?

The time was 7:30 PM; the date August 27, 1969. I was sitting on a barstool waiting for a cab to take me to meet a guy who was to take me to my first AA meeting. That evening was the end of a five-week drunk, which was the end of a thirty-nine year drinking career. What happened on that day to give me the one requirement for acceptance of this program of AA—a sincere desire to quit drinking—I do not know. Today, I give credit to a loving God as I understand Him. When I got out of the cab, there was the guy to take me to my first meeting. I had been wearing the same clothes for along time, had been drunk for a long time, and had smelled for a long time; my problem was obvious. Eddie did not hesitate or ask any questions as he loaded me into his car and took me to the meeting. For that, I am grateful. For the next ninety days or so, Eddie was always there to take me to a meeting. I was scared, shaking, sometimes angry; but it didn't bother him. I learned a lesson from him that I used for many years: No matter how sick or shaky a man may be, take him to a meeting. I took a lot of drunks to meetings, because that's how I was treated when I came in. Several years ago, there started a trend that continues today. A large percentage of people coming to AA come from treatment centers, hospitals, rehab houses, etc. How they get it is not important; whether they stay is. Coming here from various facilities, to my way of thinking, has several disadvantages. They miss the one-to-one concept of one drunk helping another, which is how AA started, how it grew, and how it will survive. And they sometimes miss being taken by the hand and led through fellowship, meetings, and coffee afterward, to learn to share with one another. Twelfth-stepping is a vital part of AA's program. Where does the responsibility lie? With the treatment center? With the intergroup? With the group? Or does the responsibility fall directly in my lap? I was twelfth-stepped into AA, and many of my friends were. The treatment centers do not twelfth-step, nor do they show people how. Are we old-timers passing the buck? I am guilty of this. I feel that, as an AA member and as a sponsor, I should share the experience of twelfth-stepping with the people I sponsor. How else are they going to acquire the knowledge, experience, and desire to twelfth-step on their own? I feel this is the time to get back to the basics of the program and work the fundamentals that have been successful in the past and will continue to work if we use them.

**I.P., Glendale, Ariz.**

**Permission to Reprint: AA Grapevine October 1980**

Practical experience show that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our *twelfth suggestion*: Carry the message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill. Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up around you, to have a host of friends—this is an experience you must not miss. Frequent contact with newcomers and with each other is the bright spot of our live.

**Alcoholics Anonymous page 89**

## Me and My Traditions

Most of us tend to slide over the Twelve Traditions, because we feel they have to do with "organization." Since our primary concern is our own sobriety, most of us couldn't care less about "organization." If we take a really good look at the Traditions, however, it will be revealed to us that the structure they set up has but one ultimate objective—the welfare of the individual AA member. In the past few years, I've had the feeling that for me the Traditions are really an extension of the Steps. They affect, not only my activities as a member of an AA group, not only my daily work in an AA service job, but also my efforts as an individual to relate satisfactorily with other people. In other words, I feel the Traditions are additional tools to help me fulfill the last part of the Twelfth Step: trying to practice these principles in all my affairs. Together with the Steps, they have helped me learn what little I know about staying out of the way—my own and other people's. They have taught me: **1.** To try to put the common welfare first, rather than my own—by being willing to yield, even when I may heartily disagree. **2.** To put faith in the group conscience, and try to believe that it represents God's will for us today—if not forever. **3.** To remember that the most significant experience of my life was becoming a member of AA, that Aas had room for me even before I wanted to join, and that they gave me the time to develop the desire to stop drinking, though at first I didn't have one. **4.** To remind myself that nothing is really good for me unless other people are considered, too. **5.** To take whatever extra time is needed to keep the primary purpose primary—to put first things first. **6.** Not to be beguiled into activities and involvements, no matter how worthy or how attractive, that might undermine the primary purpose. **7.** To carry my own weight in economic matters, and to support those things in which I believe. **8, 9.** To remind myself that I am simply one of many trusted servants, with no special training or talent beyond my desire to serve, responsibly and to the best of my ability, those people who have trusted me. **10.** To be aware of the fact that, as an individual, I am entitled to hold any opinions which seem right to me and to defend them in the appropriate places. **11.** To try to be prudent and not promote or oversell even my most cherished beliefs and ideas. If they are all I think they are, they will have made sufficient difference in my own life and performance to carry their weight in that way. I am reminded not to seek personal credit for anything that I may do, and not feel that I deserve it. **12.** To remember that the principal expressed is the important thing—not the person who is expressing it. The wonderful thing about our Fellowship is that we are a society of equals; the famous, the handsome, the wealthy, the articulate, the glamorous are no more representative of us than is the most obscure member. Alcoholism is no respecter of persons; it strikes the famous and the obscure, the rich and the poor, the educated and the ignorant, male and female, black and white, young and old alike. No matter what our position in life may be, in our Fellowship we participate as equals in sharing our experience, strength, and hope with one another in an atmosphere of love and caring. In my book, that is a spiritual idea, and the Traditions that keep us united therefore must be spiritual, rather than merely organization. C.L.B., Manhattan, N.Y. **Reprint Permission: AA Grapevine October 1969**

**IT WORKS, IT REALLY DOES**

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

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

**TBAIC SECRETARY REPORT**  
**September 13, 2025**

**Attendees:** Mike B, Gaby G, Nancy, Sophia, John T, Suzanne B, Vicki R, Cara Z, Tom F, Chrisie N, Mindy, Alberto, Jessica M

**Chair Report:**  
 Jessica was absent due to work schedule, Mike B substituted as chair. Jessica emailed report stated that District 2 approved TBAIC's request for a donation of \$100 for their unity event. Jessica and Gaby have been looking at venues, there are two to be considered, YANA or 3333. Both locations rent space for \$25 an hour. Jessica also mentioned that the District 2 chair suggested two speakers at the TBAIC unity event- one from TBAIC and one from District 2.

**Secretary Report:** Gaby read the secretary report for the Month of August. Motion was accepted without any changes. **Treasurer Report:** John reports that funds are in good standing. The current pink can balance is \$7,638.53. The contributions received from the last month was \$635.39. There were contributions received from the following groups: Barricks Brigade, Came to Believe, Grapevine Gals, Keep it Simple Pass it On, Living Sober as Bill Sees It, Ruskin Fellowship (Sunday), and The Promises Group. Expenses for the last month included Central Office storage for \$75.00, coffee for Zephyrhills Correctional Institution for \$72.57 for the month of June, and \$179.03 for the month of July and August combined. The report was accepted without any changes. **Treatment Centers:** John T:ACTS wraparound - low or no attendance - want to move forward in discontinuing meetings there. ACTS detox - good attendance going well Tampa hope - doing great, much support Cove (Ibis) behavioral health - high resident attendance 20 people - great outside attendance as well - new meeting on Monday nights that are not technically affiliated with TBAIC North Tampa behavioral health - going well, two meetings have been done so far. Good support Tampa General behavioral health - going well Dedicated senior health facility - this facility has acquired new management who have decided they did not want meetings there VA acute recovery center - 2 guys cleared - in progress Alberto: Northside - doing well, more attendance and lots of volunteers Patty G: ACTS juvenile - going well - low resident attendance Gaby G: ACTS Nebraska- going well but shutting down at the end of September Turning Point- going well **Corrections:** Nancy: Wednesday Falkenburg - good attendance and volunteers Vicki: Friday and Sunday Falkenburg- they have 15 volunteers, 2 new additions. Good attendance- 15-18 participants per meetings. Tom: Zephyrhills coffee pot was allowed in the prison - meeting is growing attendance to 50-60 people John: Mike P reports Falkenburg is going well and Hezekiah states that the boys juvenile facility is going well **Bridging The Gap:** Individuals who receive the bridging the gap calls report that were nine bridges out of twelve. 9/12. **Man on the Bed:** Mindy reports that there were 3 requests filled. 3/3**Old Business:** Motion to fund TBAIC chair Jessica to Nashville Corrections passed. **New Business:** The committee discussed whether the TBAIC unity event should be held at Club 3333 or Club YANA, the group decided YANA would be best.

The meeting ended at 10:50 with the Responsibility Statement and the Lord's Prayer.

**Our Next Committee Meeting**  
**October 11th, 2025 9:30 am on ZOOM.** Contact us at [www.tbaic.org](http://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
<b>Chair</b>	<b>Jessica M.</b>
<b>Chair (Alt.)</b>	<b>Mike B.</b>
<b>Treasurer</b>	<b>John T.</b>
<b>Treasurer (Alt)</b>	<b>Joe R.</b>
<b>Secretary</b>	<b>Gaby G.</b>
<b>Hillsborough County Jail</b>	<b>Buddy H. (Men's)</b>
<b>Falkenberg Women's Jails</b>	<b>Bianca H. (Women's)</b>
<b>Pasco Jail-Women's</b>	<b>Jessica M.</b>
<b>Treatment Coordinator</b>	<b>John T.</b>
<b>Bridging the Gap</b>	<b>Tracy S.</b>
<b>Man on the Bed</b>	<b>Mindy W.</b>
<b>Zephyrhills CI</b>	<b>Tom F.</b>

**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**

**CONTRIBUTIONS: August 9th, -September 13th, 2025**  
 Barracks Brigade: \$36.50, Came to Believe: \$25.00, Grapevine Gals: \$216.89, Keep it Simple/Pass it On: \$182.00, Living Sober As Bill Sees It: \$100.00, Ruskin Fellowship: \$36.00, The Promises Group: \$39.00

<b>YTD Contributions to TBAIC</b>	<b>\$16,385.64</b>
<b>Pink Can Balance 12/2024</b>	<b>\$2,924.93</b>
<b>YTD Money Spent on Literature</b>	<b>\$8,651.70</b>
<b>YTD Operational Expenses</b>	<b>\$3,020.34</b>
<b>Pink Can Current Balance</b>	<b>\$7,638.53</b>

**The Corrections Committee needs all types of volunteers. They need people to attend meetings in the facilities, and people to help spread the word about this type of service work.**

**EASY BUT HARD**

A few months ago, if someone had said to me (and someone probably did), "Well, it's easy to stay sober, but it's hard," I would have scratched my head and wondered just what the person was talking about. Yet, in the past couple of weeks, I have found myself saying just that. Yes, it was easy when I was in the hospital drying out, but it was hard when the time came to leave. It was easy that night when I shared a meeting with an AA friend, but it was hard the next day when I was alone. It was easy for a couple of days, but then I had to return to work, and that was hard. Then work became easy, because each night, as hard as it was, I got to a meeting. It was easy after twenty-nine nights to take a night off, but it was a hard night, because my thinking was still sick. It was easy to make friends, because, as hard as it was, I did say, "Hello, I'm Charlie." It was easy to get some hope, because I tried hard to listen. It was easy to get some faith, because I worked as hard as I could at the program. It is easy today to try giving away my sobriety, because now I can see how hard my life as an active alcoholic was. It is now easy to be a husband and father, because I try hard to share myself with my wife and children. It is easy to face the world, because I am no longer trying to change it; I am working hard on changing me. It is easy to accept and face my mistakes and problems, because I now realize how hard it is even to be a person, without an alcoholic problem. It is easy to like myself, for no matter how hard it is, I just do the best I am able to do. It is easy to love my wife, because I know how hard she tried to help me when I was sick. It is easy to love my children, because it was hard for them to love me, but they did. It is easy to love my God, because he knew how many hard knocks I needed before I could reach out for serenity, courage, and wisdom I now have. It is easy to share these thoughts with you, for I know that no matter how hard life is for you today, things do get better. Today, I know that no matter how hard it becomes to grow and live, it will be easy, because I have, and am a part of, the Fellowship, program, and Steps of AA.

**Charlie T., Massachusetts**  
Reprint Permission: AA Grapevine October 1976

**Your Way, My Way—or AA's Way?**

Around the tables, we seldom hear anyone saying, "Each one can do it his own way." The idea is put into practice there, but not voiced. Mostly, we hear it said aloud by those who simply don't get around the tables very often. This is not my own observation; rather, it was deftly pointed out to me. I then did some minor research. Indeed, the members giving lip service to the freedom of AA are, strangely enough, those who just don't get to many meetings and are, not so strangely, miserable. For all those you know who are out there on the fringe of happiness, I recommend the following paragraph from page 152 of *Alcoholics Anonymous*: "Yes, there is a substitute and it is vastly more than that. It is the fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry. Your imagination will be fired. Life will mean something at last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you." There is no way to find this fellowship and enjoy the multitude of benefits except to be a part of the Fellowship—be at meetings and get active in AA. How simple, how easy! And the rewards keep going on and on. For an alcoholic, there is *no* substitute for AA, but AA is clearly more than a substitute for alcohol.

Reprint Permission: AA Grapevine October 1976

**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><b>Your Central Office</b> 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><b>Your District "District Two"</b> Send to: District 2, General Service P.O. Box 20623 Tampa, FL 33622-0623 www.aatampa.org 20%</p>	<p><b>General Service Office</b> 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><b>Your Area</b> 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!"**



**ANNIVERSARY TIME**

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

GROUP	Honors To	Date	Years
SUNSHINE GROUP	SINIA P.	10/28/11	14 YRS
GRAPEVINE GALS GROUP	ANGELICA D.	10/23/10	15 YRS
BARRACKS BRIDAGE GROUP	JOSE M.	10/08/03	22 YRS
OLD SCHOOL GROUP	MARY R.	10/21/83	42 YRS
OLD SCHOOL GROUP	JUDY G.	10/31/84	41 YRS
RUSH HOUR GROUP	ROSE ANN C.	10/15/84	41 YRS
AS BILL SEES IT MEN'S GROUP	TOM F.	10/19/81	44 YRS
SISTERS HOUSE	JANE A.	10/03/81	44 YRS
FRIDAY FRIENDSHIP WOMEN'S	SUE I.	10/16/13	12 YRS
FRIDAY FRIENDSHIP WOMEN'S	MEGHAN M.	10/31/10	15 YRS
FRIDAY FRIENDSHIP WOMEN'S	DOTTY R.	10/10/10	15 YRS
FRIDAY FRIENDSHIP WOMEN'S	MAURA	10/04/04	21 YRS
KEYSTONE DISCUSSION GROUP	ED D.	10/17/05	20 YRS
KEYSTONE DISCUSSION GROUP	ALEX P.	10/11/90	35 YRS
KEYSTONE DISCUSSION GROUP	GUY S.	10/24/88	37 YRS
KEYSTONE DISCUSSION GROUP	MITCH S.	10/22/87	38 YRS
CAME TO BELIEVE GROUP	MARGARET S.	10/19/17	8 YR
CAME TO BELIEVE GROUP	LAURA A.	10/22/22	3 YRS
CAME TO BELIEVE GROUP	RICHARD A.	10/21/22	3 YRS
CAME TO BELIEVE GROUP	MIRIAM C.	10/30/19	6 YRS
SIMPLY SOBRIETY WOMEN'S	KAROL L.	10/20/76	49 YRS
LIVING SOBER /AS BILL SEES IT	CHRIS D.	10/17/08	17 YRS
LIVING SOBER /AS BILL SEES IT	JEFF B.	10/10/05	20 YRS

**A BIRTHDAY CLUB SUPPORTER TO CENTRAL OFFICE**

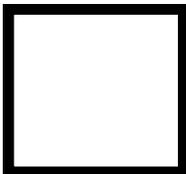
ONE DOLLAR OR **MORE** FOR EACH YEAR OF SOBRIETY

Home Group	Honors To	Date	Years
BIG BOOK BUNCH	LARRY B.	09/24/08	17 YRS
BARRACKS BRIGADE	JOSE M.	10/08/03	22 YRS

**\*That's 609 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 ☺

Hold this square up before your face and breath on it.



If it turns green, you should see a doctor.  
If it turns brown, you should go to your dentist.  
If it turns yellow, you should go to a psychiatrist.  
If it turns red, you should go to your bank.  
If it turns black, you should go to your lawyer and make out a will.

*If it stays the same as it is, you are in great shape and there is no reason why you can't attend meetings regularly.*

**SELF-SUPPORT-SEPTEMBER 2025**

© Today in September, 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 September totaled \$4,226.11. This accounts for what 37 Groups or Individuals in our area have contributed in September, also included is, \$1,475.11 from 13 Groups or Individuals who made contributions through PayPal. We also received a \$88.00 from 3 Birthday Contributions. Our literature sales for September was \$3,769.48. This also includes sales from A.A material and non-A,A, material (medallions—etc.) and 1 subscription to our Newsletter. Our total income for September was \$7,995.59. Our Total Cost of Goods Sold was \$3,017.80. Subtracting the Total Cost of Goods Sold from our September income left us with a Gross Profit of \$4,977.79. Our Total Expenses for September were \$9,240.24. Subtracting our Expenses from our Gross Profit gave us a Net Income of minus-\$4,262.45 for the month of September. 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:)

**NEW OPEN MEETING  
"LEARNING TO LIVE AGAIN"**

SATURDAYS STARTING SEPTEMBER 13  
6:30-7:30 PM

**Seminole Heights United Methodist Church  
in Basement go through the second canopy  
door**

6111 N Central Ave.  
Tampa 33604

**IN SEARCH OF HOME  
GROUP MEMEBRS**

**FIRESIDE AA GROUP AT TURNING POINT**

JOIN US THE 1<sup>ST</sup> WED OF THE MONTH AT 7:45  
BEHIND THE MAIN BUILDING AT TURNING POINT

6227 SHELDON RD  
TAMPA, FL



# Red Chip DAY

## Speakers

TIM M.

&

MARIE B.

 NOVEMBER 16

 3:00 PM

BRING DESSERTS TO SHARE!

ENJOY FELLOWSHIP, SOBRIETY COUNTDOWN, RAFFLE & MORE!!

APOSTLES LUTHERAN CHURCH  
200 KINGSWAY RD. BRANDON 33510

ALL PROCEEDS GO TO CENTRAL OFFICE

## The 164 Group Fall Picnic



Saturday, November 1  
11 AM - 3 PM

7525 N. Boulevard Tampa, FL 33604  
Pavilion 115



Fellowship

Games

Food

Speaker

## Prodigal Sons V Central Florida AA Men's 12-Step Retreat, FALL 2025

The Fall Retreat is once again around the corner!

**WHAT:** 3-day, 12-Step Men's Retreat welcome to all members of AA. Based on the 12 steps of Alcoholics Anonymous, presented by recovered alcoholics for other alcoholics in recovery. **Held every Spring and Fall.** Presenters utilize only AA conference approved literature. Events include speakers for each step, study group sessions to work the steps, (5) meals, AA speaker meeting, snacks, coffee, fellowship, bonfire, lakeside morning meditation. Hotel lodging included with registration fee.

**WHEN:** Friday November 14 through Sunday November 16, 2025

**WHERE:**  
Warren Willis United Methodist Camp and Conference Center  
4991 Picciola Rd, Fruitland Park, 34731 <https://www.umccc.org/site/>

**WELCOME:** Registration begins 3:00 pm Friday, November 14th  
Retreat begins at 4:00pm  
Dinner served at 5:30pm

**COST:** \$190: Hotel room, 2 men per room  
\$225: Hotel room, single occupancy (limited availability)  
\$117: Commuter: All retreat events with no lodging

**DEADLINE:** Payment (check, money order, PayPal) **September 4, 2025**

**WHO TO CONTACT:** For the application form send an email to:  
[prodigalsonsv@gmail.com](mailto:prodigalsonsv@gmail.com)  
or call/text Daniel S. at 941-730-4274

Join our Facebook group:  
<https://www.facebook.com/groups/1238406387681590>

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



