



Tri-County Central Office News

Tis the Season to be Sober
Fa-la-la-la-la, la-la-la-la 

Be Grateful you're still here

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

You've Got to Be Kidding!

Last night, I leaned over the bedside table and gave my patient a pain-killer. As I did so, I spoke these words: "It's a progressive disease." You in AA who grouse and complaint that your medicine is so bitter, so hard to take—you've got to be kidding! So simple a formula for living, and yet I hear around discussion groups the grouseurs saying, "Oh, I get discouraged." Really, I think a well-placed kick in the rear for our childishness might be the best medicine for what can be described as complacency. I am more and more amazed and grateful that all I must do to stay alive and well is to follow a program for normal living! Do you remember your sponsor asking you to do without a drink *today*? Doesn't that sound easy? I am a nurse. Come on rounds with me, and you'll see how easy it is to be an alcoholic. Here is Mrs. M., an arthritic at forty-seven. This, too, is a progressive disease, crippling, confining her to a wheelchair, with no use of the hands. Do I see you hanging your head in shame? But I thought you felt sorry for yourself because you were an alcoholic. Haven't I heard you whining and complaining that you wanted an easier way? I don't know about you, but I wanted AA more than I wanted anything in my whole life. I wanted sobriety, health, happiness, and peace of mind. Did anyone say there was a price tag on those? Can I ever repay all that was given to me freely, without my asking? On rounds again, I am with a lovely lady who is diabetic, a chronic alcoholic, and a recent stroke victim. Compassion is the word. I am amazed that I was spared cirrhosis. Would to God I could give this lady what I have. Now we trek down the hall. Loneliness stalks this hall. No one in her right mind would work here, you might think. Very few patients are in their right minds. O Lord, I prayed, not that you remove my loneliness, but that you help me endure. Endurance has helped along the miles as I walk the miracle road paved by AA, enduring suffering and pain, loneliness, despair, depression, selfishness, the beads of sweat when I am tempted to reach for a drink. We continue on rounds. "To be a nurse is to walk with God, along the path the Master trod." I hold a gnarled hand, limp, useless. The eyes look up at me without comprehension, dull. Did I know that by going to work in a nursing home, I would again love my profession with a love deeper and greater than I had ever known? AA gave me that feeling—gave it all back again after "the cure"—one day at a time. So simple. So easy. I am so grateful I that I go down on my knees at night. O Lord, I am not worthy—I also resented, I who tore through the alcoholic hell at full speed. Who prayed for me? Who picked me up from the gutter? Who loved miserable me? So now I give away what I have received. I give it to my lovely daughter, to my parents. I give it with a squeeze of the hand. My home and my life are redirected, revitalized. The miracle of AA goes on each 24 hours. Easy, isn't it? No needles. Are you a diabetic? Aren't you grateful for insulin?) No kidding, isn't it great to be alive?

M.L.B., RN, Havre de Grace, Md.

Permission to reprint: AA Grapevine, December 1972

Celebrating Sobriety

A statement made and repeated by a million people throughout the world, now as well-known as "open sesame," goes like this: "My name is—and I'm an alcoholic." Put a name in the blank, and it becomes a personal statement of celebration. Raised eyebrows may appear at the word "celebration" in connection with alcoholics, but our ability to recognize the disease, change our lives, and accept the term "alcoholic" is indeed a reason for celebration. To go from deep despair into joy and laughter is cause enough to light the lights and dance all night. The husband or wife of the alcoholic feels like celebrating every time _____ comes home late, but clear of eye, clean of breath, and with a perfectly valid reason for being late. No shifty or bleary eyes, no sweet odor of candy mints, and no weak excuses about making a wrong turn on the interstate and driving 200 miles in the opposite direction from home. A warm feeling of peace is there, and it must be shared over coffee in a very intimate kind of celebration. As alcoholics, we celebrate every bedtime with thanks to God for another 24 hours of sobriety. Every AA birthday is a celebration. Modern society has been conditioned to associate "celebrate" and "drink," to assume you can't have one without the other. Actually, "to celebrate" means to observe." It doesn't mean "to dance on the grand piano with golf shoes on while balancing a drink on your head." It means only to observe an occasion, any occasion you want to commemorate. If you want to see a great celebration, attend an AA convention or conference anywhere, any time. Or hear the laughter over coffee and the yelps of joy at seeing someone met earlier in treatment or on a Twelfth Step call or at another conference. Watch the mingling, back-slapping, handshaking, and embracing among people happy and grateful to see one another—sober. Look at the faces of wives, husbands, and children of non-practicing alcoholics at such events, and ask them whether they have occasion to celebrate. But trust someone new in sobriety to say wistfully, "I won't be able to have fun anymore." True, we do give up such fun as hangovers, dissipated looks, blackouts—or worse, ugly memories-guilt, remorse, burned holes in clothing, vomit in cars. Remembering all that lost "fun," we have real cause for celebration when we wake up in the morning, after a party, with clear eyes and mind, looking clean, but more important, feeling clean. The smell of fresh-perked coffee gives us a sense of well-being that no morning drink was ever able to produce. Anticipation of the day begins, and then, knowing God is taking care of business, we step out into the world to live the day as whole, adjusted, and sober human beings. We celebrate every morning as many people celebrate Christmas and New Year's Day. For us, each day is a new beginning, a new life. So ring out the bells, start the music, and let's celebrate!

D.H., Harlan, Iowa

Reprint Permission: AA Grapevine, December 1976

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

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

**TBAIC SECRETARY REPORT
 December 13, 2025**

Attendees: Jessica M, Mike B, Vicki R, Patty G, Michael P, Mindy W, Adam S, and John T. Meeting was started with the Declaration of Unity. Adam S. said he is now the H&I rep for the YANA Sunday Night Speakers group Chair Report: Jessica said the TBAIC/District 2 Unity Event will be on January 17, 2026, at Club 3333. She encouraged attendees to circulate the event flyer and to invite other AA members to attend the event. Jessica mentioned several things about the Corrections Conference she attended last month. She said the conference for 2027 will be held in Florida on November 12 – 14, 2027 at the Marriott Hotel in Lake Mary, FL. **Secretary Report:** Jessica read the secretary’s report for the month of November. The minutes were approved without any changes. **Treasurer Report:** The current balance is \$5,354.49. Contributions received from 7 groups totaled \$330.38. Operational expenses included \$250 to BizGo for website and \$150 to Central Office for storage in November and December. Literature expenses were \$2,661.50. Vicki recommended updating the document for reporting and tracking TBAIC income and expenses and preparing a budget for 2026. She presented a combined budget for discussion and added that the format was successfully implemented in 2019 when she served as treasurer for District 2, Panel 69. Vicki said starting January 2026, reports will be issued in arrears for the prior calendar month (rather than based on committee meeting dates). The report provided for the January meeting will report the 2nd half of December activities. She said this change will provide more accurate monthly reporting and the ability to reconcile the monthly bank statement on a calendar-month basis, consistent with business account practices. There were no objections to these changes. Vicki said to contact her in advance for literature purchases. There were several comments made about this. The approval process needs to be clarified (see New Business). Vicki also said there had been no payment for the Zoom account since 2023. She said she will research and submit the required payment. **Treatment Centers:** John reports: - ACTS Adult Detox going well - ACTS Wraparound (Amethyst) meetings held six times a week – low attendance - - - - Tampa Hope has good attendance and is going well Ibis/Cove Housing meeting still suspended TGH Behavioral Health weekly meeting is going well. Currently two volunteers that have been cleared and several others in process. VA ARC meeting not being held yet. Several volunteers awaiting clearance. Jessica reports on behalf of Alberto: - Northside Behavioral Health is going well with good volunteer support. **Corrections:** Michael reports: - Falkenburg men’s meetings going well. No meeting on December 26th. Jessica reports: - Pasco Women’s Jail meetings still suspended due to construction Vicki reports: - Falkenburg women’s meetings going well. Jessica reports on behalf of Suzanne: - Rite of Passage girls meetings not being held yet. Point of contact is not responding to phone calls John reports on behalf of Hezikiah: - Rite of Passage boys meetings held on Saturday morning. Currently 3 volunteers. More volunteers needed. Still trying to identify the new point of contact. **Bridging The Gap:** - Individuals who receive the Bridging the Gap calls report 6 bridges out of 6 calls. 6/6. Four text messages/emails received with no response to text/call back.. **Man on the Bed:** - Mindy reports 9 calls received and 9 visits completed. 9/9. **Old Business:** - - Jessica said Alberto is still looking into using Google instead of Ring Central for Bridging the Gap calls. It still needs to be determined if the existing phone number can be used with Google.

Our Next Committee Meeting
January 10th, 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!!!!!!!!!!!!!!**

Jessica asked about meetings at Sterling Sober Living. John said he talked with someone about those meetings and would find out more details. **New Business:** - - Jessica said she spoke with the TBAIC web master (Sylvia) about setting up a PINK CAN contribution button at the web site to facilitate groups/individual contributions. No one objected to doing that. Jessica said she will work with Sylvia and Vicki to get that accomplished. Literature purchase approval process needs to be clarified. - Adam asked if Grapevine magazines were being used to carry the message. Several people said they are very effective and more would be helpful Meeting closed at 11:00 AM with the Responsibility Statement and the Lord’s Prayer.

www.tbaic.org

Position	Name
Chair	Jessica M.
Chair (Alt.)	Mike B.
Treasurer	Vicki R.
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	Michael P.
Man on the Bed	Mindy W.
Zephyrhills CI	Matthew R.

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

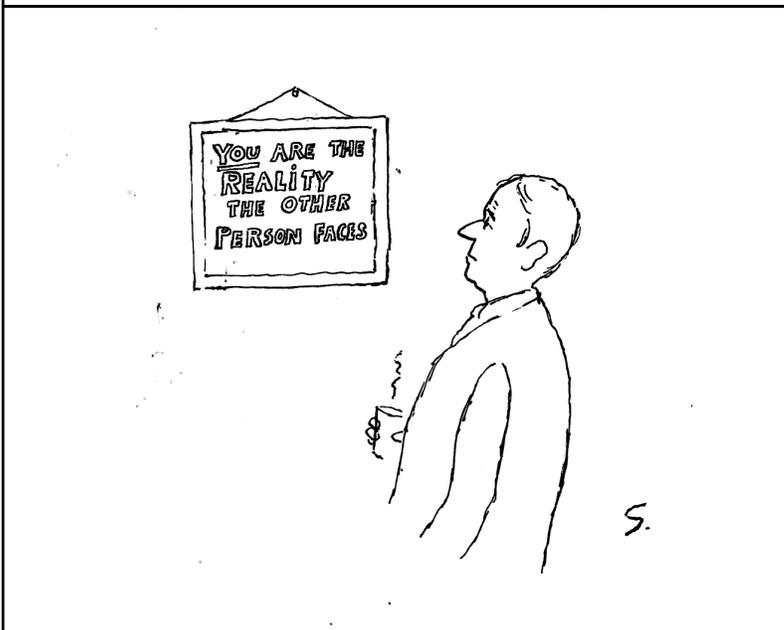
CONTRIBUTIONS: No updated info received

YTD Contributions to TBAIC	\$16,824.44
Pink Can Balance 12/2024	\$2,924.93
YTD Money Spent on Literature	\$9,773.83
YTD Operational Expenses	\$3,606.65
Pink Can Current Balance	\$6,368.89

ONCE OVER LIGHTLY

News Headline: “Barroom Therapy goes Legit.” Many of us, in our days of wine, roses, and associated fun and games, treated the keepers of jugs in the local pubs as combination dispensers—of hooch and advice. Apparently, the latter is so common, at least in Milwaukee, that a group of bartenders has completed an experimental program to give them the essence of elementary counseling. If the barroom conversations we took part in, and have overheard more recently, are any criteria, we wish we knew the new barkeeps-cum-counselors the best of luck in unraveling the inane profundities that usually make up the bulk of any barfly’s speeches. Seems these public servants actually *want* customers to speak up and unload any troubles. A fine example is the bartender who, in a move to make taciturn tipplers open up, has brought his pet fox to his bar. Obviously, a fox is unusual enough (he thinks) to make most anyone ask, “What’s that?” When the question has been asked and answered, the conversation ought to go along under its own steam. But we can’t help but wonder how many times a sodden wretch flounders into the bar and peeks from time to timeout of the corner of his eye to see whether the fox is real or whether it’s just one more furry hallucination to add to the zoo-ful of creatures that have already haunted him. **Another News Note** comes from one of the nation’s great and growing number of research houses. This group has proven beyond a shadow of doubt that people drink more in saloons with mirrors. Evidently, winsos enjoy drinking in company. **Heard at a Meeting:** “My slip was a sobering experience.” **The Lord will Provide Dept:** A preacher was forced off the road one night by a driver deep in the weeds of boozeland. The drunk stopped and rushed over to the preacher, who was dragging himself out of his thoroughly demolished car. “Are you all right?” the drunk said. “Yes, my good man,” the padre replied. “The Lord was driving with me.” “With all due respect, father,” the sot said, “ don’t think you ought to let Him ride with me before you kill Him?. **Permission to reprint: AA Grapevine December 1972**

In a story from Lee L. of Florida, a hard drinking atheist was telling a friend about a harrowing experience he once had when lost in the woods. “Finally I got so cold, hungry, and scared that I even prayed to the guy you call God,” he admitted. “Did he help you?” asked the friend. “Naw!” said the atheist. “A couple of minutes later, two hunters found me and led me out.”
Permission to reprint: AA Grapevine December 1977



Central Office Suggested Pie Chart Distribution :

<p>Your Central Office Tri-County Central Office 8019 N. Himes Ave. Suite 104 Tampa, FL 33614 813-933-9123 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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CENTRAL OFFICE WILL BE CLOSED



Wednesday-December 24th for Christmas Eve
Thursday-December 25th for Christmas Day
Wednesday-December 31st for New Years Eve
Thursday-January 1st, 2026 for New Years Day

DRIVERS NEEDED

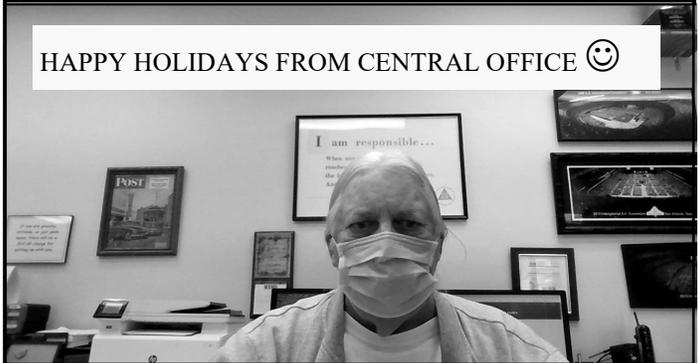
**GOT A CAR? WANT TO HELP YOUR SOBRIETY?
HELP SOMEBODY GET TO A MEETING BY GIVING THEM A RIDE.**

**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

😊



ANNIVERSARY TIME

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

SELF-SUPPORT-NOVEMBER, 2025

GROUP	Honors To	Date	Years
THANK GOD IT'S FRIDAY	JANICE P.	12/09/90	35 YRS
NEW WAY WOMEN'S GROUP	ANN K.	12/12/05	20 YRS
NEW WAY WOMEN'S GROUP	ELLIE C.	12/14/86	39 YRS
NEW WAY WOMEN'S GROUP	SUSAN G.	12/23/84	41 YRS
AA 101 GROUP	KAY M.	12/08/01	24 YRS
LIVING SOBER AS BILL SEES IT	MARIE B.	12/27/11	14 YRS
SIMPLY SOBRIETY WOMEN'S	LORI B.	12/14/21	4 YRS
SIMPLY SOBRIETY WOMEN'S	CHRISTA C.	12/10/18	7 YRS
SIMPLY SOBRIETY WOMEN'S	LISA M.	12/06/11	14 YRS
RUSH HOUR GROUP	PAUL H.	12/07/10	15 YRS
RUSH HOUR GROUP	MARK L.	12/17/00	25 YRS
JUST WHAT I WANTED WOMEN'S	HEATHER H.	12/22/13	12 YRS
JUST WHAT I WANTED WOMEN'S	BETHANY H.	12/18/13	12 YRS
JUST WHAT I WANTED WOMEN'S	PHYLLIS	12/13/05	20 YRS
JUST WHAT I WANTED WOMEN'S	ANGELA P.	12/02/05	20 YRS
CAME TO BELIEVE GROUP	DODY H.	12/23/09	16 YRS
CAME TO BELIEVE GROUP	BOBBY B.	12/31/07	18 YRS
CAME TO BELIEVE GROUP	BRIAN A.	12/02/94	31 YRS
KEYSTONE DISCUSSION GROUP	BART S.	12/31/12	13 YRS
KEYSTONE DISCUSSION GROUP	DONNIE L.	12/01/11	14 YRS
KEYSTONE DISCUSSION GROUP	BETSY B.	12/18/02	23 YRS
KEYSTONE DISCUSSION GROUP	AL G.	12/02/86	39 YRS
FRIDAY FRIENDSHIP WOMEN'S	DEBBIE S.	12/12/11	14 YRS
FRIDAY FRIENDSHIP WOMEN'S	TERRI P.	12/23/09	16 YRS
FRIDAY FRIENDSHIP WOMEN'S	BETH P.	12/09/09	16 YRS
FRIDAY FRIENDSHIP WOMEN'S	PATTI H.	12/31/99	26 YRS
RIVERSIDE GROUP	NICK C.	12/12/11	14 YRS
RIVERSIDE GROUP	ROB S.	12/26/07	18 YRS
RIVERSIDE GROUP	BOB C.	12/28/90	35 YRS

© Today in November, 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 November totaled \$8,344.60 This accounts for what 26 Groups or Individuals in our area have contributed in November, also included is, \$1,198.42 from 25 Groups or Individuals who made contributions through PayPal. We also received a \$538.00 from 3 Birthday Contributions and \$750.00 from the ticket sales for our upcoming Anniversary Dinner in 2026. Our literature sales for November was \$4,448.13 and 1 Newsletter Subscription for \$7.00. This also includes sales from A.A material and non-A,A, material (medallions— etc.) Our total income for November was \$12,799.73. Our Total Cost of Goods Sold was \$3,420.01. Subtracting the Total Cost of Goods Sold from our November income left us with a Gross Profit of \$9,379.72. Our Total Expenses for November were \$10,635.47. Subtracting our Expenses from our Gross Profit gave us a Net Income of minus-\$1,255.75 for the month of November. 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:)

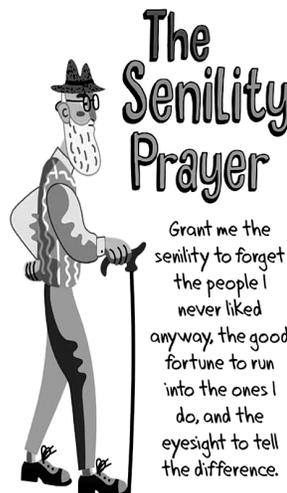
The Birthday Club: Contributions to the Central Office help support the local services to members and groups throughout Hillsborough and East Pasco Counties and help ensure that the A.A. message is carried around our area. your Treasurer if they have any Birthday envelopes available. Call or email your Central Office. **813-933-9123** or **aainfo@aatampa-area.org** To the Treasurer or Contact Person of a Group—if you receive a Birthday envelope with the Thank You letter that we sent you—you can use it for yourself or hand it out to someone celebrating an Anniversary or use it to celebrate someone's Anniversary-Anonymously.

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

Home Group	Honors To	Date	Years
AS BILL SEES IT MEN'S	TOM F.	10/19/81	44 YRS
HIDE-A-WAY GROUP	PHIL S.	11/08/07	14 YRS
NEW WAY WOMEN'S GROUP	ANN K.	12/12/05	20 YRS

That's 699 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 ☺



The Senility Prayer

Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

To all patrons of the Central Office who have been receiving our Newsletter. I apologize for this year getting the Newsletter out so late. I'm not going to try and make any excuses. My bad! I will try and be more prudent in getting the Newsletter out in a more timely fashion. I appreciate all of you who help support our Newsletter and I wish all of you everywhere Happy Holidays and a Happy New Year. Timothy S.



Please join us for

Old School Group's Holiday Potluck

Thursday 25 December
1-3 PM

18125 US-41 N. Lutz, FL 33546

ENTRANCE IS IN THE BACK OF THE BUILDING
PARKING IS IN THE LOT TO THE NORTH
BY THE TACO STAND

Please contact Kaitlyn 813-385-8661
with any questions!

Old Time A.A.

Presents: A benefit for Dr. Bob's Home 

January 24, 2026
9:30 AM to 4:30 PM
Tickets \$30
Breakfast & Lunch Served
St. Jerome Catholic Church
10895 Hamlin Blvd
Largo, FL 33774
oldtimeaa.com

Gail L. - Oxford, FL
"Who was the Oxford Group?"
Christina G. - Brecksville, OH
Her Story
Paul G. - Brecksville, OH
4th Edition Big Book Author of "Gutter Bravado"
Sheryl R. - Tampa, FL
State and History of Dr. Bob's Home

**ASK ME
ABOUT
DR. BOB'S
HOME**

In order to reserve your spot, please go to www.oldtimeaa.com to register or clip and mail form below.

If preferred, make check payable to Old Time AA and mail to: 21632 State Rd 54, Lutz, FL 33549
For more information call (352) 556-7711 or email oldtimeas@gmail.com

Name _____ Telephone _____
Email _____

Like to make a contribution to Dr. Bob's Home? Zelle @ 352-556-7711; Venmo @ Stephen-Ryan-56

I wish to volunteer at Old Time A.A.

TRI-COUNTY CENTRAL OFFICE PRESENTS

51st ANNIVERSARY DINNER

Lunch served
50/50 raffle
Speakers
Sobriety Countdown
Cakewalk



\$25 per ticket



All proceeds go to Central Office

**SATURDAY
FEBRUARY 21, 2026
2-6PM**

PALMA CEIA PRESBYTERIAN CHURCH
3501 W SAN JOSE ST, TAMPA, FL 33629

We are not a glum lot!

If your home group is interested in being a part of the success of the event please contact Scott B. (727) 612-7233 Cakewalk info call Darien W. (561) 846-0311

For tickets, scan the QR code above or go to <https://meetings.aatampa-area.org/event/tri-county-central-office-51st-anniversary/>

164 GROUP PRESENTS SOBERILLA.ORG



12 Step Workshop
From Struggle to Structure
From Pain to Freedom

\$15 (advance) - \$20 (door)
Proceeds Benefit Central Office
Dinner Provided

EVENT QR



January 31st, 2026
2AM - 8PM

Location
Seminole Heights UMC
6111 N Central Ave
Tampa, FL 33604



2026

MARCH 13-15



2026

BROOKSVILLE, FL



2026

BROOKSVILLE, FL

Soberstock is a 3-day weekend AA/AI-Anon/Alateen event featuring speakers, meetings, bands, food & fellowship.

Soberstock is open to all members of AA/AI-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! Motorcycle Run!
Outdoor Meetings! ALL Food & Drinks provided! Tent Camping! Karaoke!

When: Friday, March 13th, 2026 - Gates open at Noon on Friday! Event ends on Sunday at noon.
Registration: Friday: Noon-7:30 pm Saturday 8:00am - 7:00 pm
Everyone must stop at registration and complete a liability form before entering event
Where: "Sand Hill Scout Reservation" - 11210 Cortez Blvd, Brooksville, FL 34613
What to bring: Tents, blankets, coolers, chairs, lanterns, bug spray, snacks, NO PETS (except service animals) NO RV's
What we provide: Fri. dinner, Sat. breakfast, lunch and dinner and Sunday breakfast.

www.soberstock.com

All SoberStock orders are processed on a "Will Call" basis, meaning no products or tickets are shipped. Once your order is received, your name is added to our list, and you can pick up everything at the registration office upon entering the gate. Online orders are secure, and we accept most major credit cards through PayPal.

