

0777 newsletter



Volume 8 Issue 4

AA HOTLINE 727-847-0777

April 2009

New First Five Meeting

7 Days a Week

@

2 PM

@

Dry Dock

1733 us alt.19- tpn. springs

Open
Discussion On
1st Five Steps

The AA Caravan

One of the pleasures of life to which I returned after becoming sober in AA was that of reading. Prior to the time I became an alcoholic it had been one of my great enjoyments. When I drank I still read but in the morning I couldn't remember what I had read the night before. It is a distinct pleasure now to read and to understand and to remember what I do read.

Some time ago I was reading about a subject which made me think of our meeting in AA. The subject was the caravans which existed in years gone by and which still exist in some remote parts of the world.

Travel was dangerous in some areas in those days. People traveling in groups which later became so large that they consisted of a thousand or more camels, — a caravan sometimes miles in length.

These travelers, who were mostly traders but very often religious pilgrims, assembled at a designated point to travel to another designated point. They found that by traveling with others they had the protection which those others offered to them, and in addition they lent

protection themselves by their membership in the caravan. The result was mutual protection: each traveler contributing his protection and in turn receiving the protection of the others.

I couldn't help thinking how much alike these caravans is Alcoholics Anonymous.

We come together in AA with a common problem— alcoholism.

We have a common destination— sobriety.

By our attendance at meetings, we each lend assistance to others who are going in the same direction, toward the same goal. These others, in turn, lend the same protection to us.

And so we find that, by traveling together, we have the same result of mutual protection which caravans gave to those travelers in times gone by.

I am fortunate to live in a locality where there are meetings every night of the week at some nearby point. I attend about three meetings a week and feel that I am traveling along the road to sobriety in what I now like to call my caravan in AA.

J.F.C. Quincy, Mass.

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If you find mistakes in this publication, please consider they are there for a reason. We publish something for everyone, and some people are always looking for mistakes.
Mark Twain

The Al-Anon Hotline
1-(352)-697-0497

TROPICAL ATTITUDES

Pancake Meeting
Every Saturday prior to the 7:00 A.M. meeting

Hot Dog Meeting
The last Saturday meeting of every month after the 12:00 noon meeting.

GOOD FOOD-GOOD FELLOWSHIP

Step 4

"Made a searching and fearless moral inventory of ourselves."

Tradition 4

"Each should be autonomous except in matters affecting other groups or A.A. as a whole."

Newsletter Committee

John L. Stephani B.

The Newsletter Committee is soliciting info about any AA Activities- group events, dances, picnics etc. Submit all info by the 20th of the month preceding publication to:

news0777@yahoo.com
OR

Drop off at :

**West Pasco/
Tarpon Springs
InterGroup @**
6611 US 19
Suite 505
New Port Richey, Fl. 34652
(727) 847-0777
M-F 10AM- 5 PM

DONATION ADDRESSES

WEST PASCO/TARPON SPRINGS
INTERGROUP TREASURER
6611 US 19, ROOM 505
NEW PORT RICHEY, FL. 34652

DISTRICT 15 GENERAL SERVICE
TREASURER
P.O. BOX 692
ELFERS, FL. 34680-0692

AREA 15 GENERALSERVICE
TREASURER P.O.BOX 561715
MIAMI, FL. 33256-1715

AA GENERAL SERVICE OFFICE
P.O. BOX 459
GRAND CENTRAL STATION
NEW YORK, N.Y. 10063

TREASURER'S REPORT

Feb. 1 Balance \$ 4,693.73
Income Feb. + 1,968.72
Expenses Feb. - 2,089.00

Ending Balance \$ 4,573.45

Balance should include
Prudent Reserve of \$ 2,500.00

Central Office /March

Niteline calls 146

Office calls 193

Walk-ins 94

**PASS THE BASKET
March 2009**

February Donations

(not shown in March 0777

How Important is It? \$ 80.00
Tropical Attitudes 40.00
KIS Women's 75.00
Two Or More 100.00
Not A Glum Lot 10.00
\$ 305.00

March Donations

Tropical Attitudes \$ 60.00
7&Up Group 20.00
Not A Glum Lot 10.00
AS Bill Saw It 10.00
Two Or More 100.00
InterGroup 11.00
Dist. 15 (rent) 345.00
Miracle Group 25.00
John H. 2.50
Pasco Big Book 40.00
Men Let's Talk 194.00
Anon.50

Total.. \$ 818.00

Thanks from Central Office!

**UNITY
MEETING**

Hosted by:

**Apr. 17th ... CANDLELIGHT
BEGINNER'S GROUP
May 16th .. NPR/KISS GROUP**

Groups wishing to sponsor a Unity Meeting, should attend a Unity Meeting on the 3rd Saturday of each month and meet with **Mary Ellen** to set up a date.

You'll be glad you did because not only will you be supporting **West Pasco/Tarpon Springs InterGroup**, but you'll be showcasing your home group at the same time.

Location:

*River Ridge Presbyterian Church
7540 Ridge Rd. — East of Little
South Side of Road.*

HOPE TO SEE YOU THERE ! !

April: Pickin' up chips

NAME	YEARS	NAME	YEARS
AA WAY		MEN LET'S TALK	
Kurt W.	9 yrs	Bob L.	24 yrs
BACK TO BASICS		Harry G.	21 yrs
Bob L.	24 yrs	Chris F.	11 yrs
CAME TO BELIEVE		Chris C.	8 yrs
Chris 1 yr		Art M.	7 yrs
Brian R. 1 yr		Jack L.	7 yrs
Karen F. 4 yrs		Kent S.	6 yrs
Vinnie B. 5 yrs		Richard S.	5 yrs
Rosemary S. 27 yrs		Robert R.	4 yrs
CANDLELIGHT BEGINNERS		NEW HOPE BEGINNERS	
COTEE RIVER YOUNG PEOPLES		NEW LIFE GROUP	
Brenda 4 yrs		Jean M.	38 yrs
Vicki M. 12 yrs		Joe F.	20 yrs
HOW IMPORTANT IS IT?		NOON HIGH	
K.I.S. WOMEN		Susan T. 1 yr	
Dory E. 22 yrs		Edward S. 1 yr	
Nancy M. 29 yrs		NPR KISS GROUP	
WONDERFUL SAT. STEP		Jim B. 15 yrs	
Emma Jean F. 27 yrs		Vinnie B. 5 yrs	
Andrea S. 2 yrs		Chris F. 11 yrs	
John F. 19 yrs		Jack F. 32 yrs	
SUN. MORN. GRATITUDE		Brett L. 24 yrs	
SURRENDER GROUP		Vicki M. 12 yrs	
LIFE GOES ON		Debbie P. 2 yrs	
Linda K. 7 yrs		Josh V. 4 yrs!	
LIVING SOBER MIRACLE GROUP		PASCO BIG BOOK	
Carol T. 19 yrs		Dean C. 4 yrs	
MON. NITE BIG BOOK		Dick D. 9 yrs	
TROPICAL ATTITUDES		Bud B. 22 yrs	
Jim B. 2 yrs		Bob L. 24 yrs	
Brett L. 24 yrs		Margaret N. 26 yrs	
Patti M. 1 yr		Rosemary S. 27 yrs	
Tom R. 31 yrs		SERENITY GROUP	
Dick B. 26 yrs		Joe F. 20 yrs	
Vinnie G. 5 yrs		3 & 11 STEP GROUP	
TRIANGLE GROUP		Dave 11 yrs	
TWO OR MORE		TRIANGLE GROUP	
Tom 1 yr		TWO OR MORE	

If your group's anniversaries are not listed here please send them to: news0777@yahoo.com or drop them off at Central Office. Deadline 20th.

FCYPAA

Florida Conference of Young People in AA
Will be held on Hutchinson Island on
Aug. 28-30

www.fcypaa.org/
fcypaa/index.htm

For more info, contact:
SARAH— (561) 628-3065
JACKIE— (561) 389-5484

WANT-AD:

THIS IS YOUR NEWSLETTER

We need to get the input of our readers into 0777 Newsletter. We are asking people within District 15 to contribute articles to this newsletter. A.A. members with one (1) or more years of continuous sobriety can reserve a month-date for their article. Please leave us your name, telephone number, or email address (with the month you would like to do your article). Messages can be left for the 0777Newsletter Committee from:

**10 am – 5 PM weekdays at
(727) 847-0777 or email us at
www.news0777@yahoo.com**

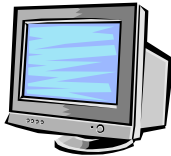
**Live Easy...
...But
Think First**

Notice

Prices for all AA literature are increasing this July from AA World Services, Inc. **Stock Up Now Beat the Increase!**

At YOUR Central Office

**The Web Site
Now has
current
issues of the**



**Newsletter &
Where & When List**

www.wptsaa.org

WORD SEARCH STEP 4

WORD LIST

- | | |
|-------------|-------------|
| BASIC | LIABILITIES |
| BLAMING | MADE |
| CONFIDENCE | MISGUIDED |
| DISCOVER | MORAL |
| EFFORT | OTHERS |
| EXCEED | OURSELVES |
| EXTREME | PROBLEM |
| FEARLESS | PROPER |
| FUNCTION | SEARCHING |
| GRANDIOSITY | |
| GUILT | |
| INSTINCTS | |
| INVENTORY | |

Directions-
Find the above words in the puzzle- forwards, backwards, up, down, diagonal.

By Rich F., NPR KISS Group

L	D	E	E	C	X	E	R	G	P	U	S
D	I	P	R	O	P	E	R	R	N	C	E
S	O	A	E	K	V	D	B	A	O	E	V
C	S	D	B	O	V	L	J	N	I	X	L
Y	A	E	C	I	A	M	F	D	T	T	E
M	R	S	L	M	N	I	A	I	C	R	S
E	I	O	I	R	D	I	B	O	N	E	R
D	F	N	T	E	A	A	T	S	U	M	U
T	G	F	N	N	S	E	W	I	F	E	O
L	H	C	O	I	E	S	F	T	E	F	T
I	E	P	C	R	I	V	H	Y	X	S	H
U	N	I	N	S	T	I	N	C	T	S	E
G	D	E	D	I	U	G	S	I	M	R	R
G	N	I	H	C	R	A	E	S	X	F	S
L	A	R	O	M	P	R	O	B	L	E	M

Challenge: What was Dr. Bob's medical specialty? Last Month's challenge answer is the Saturday Evening Post.

Beating Anxiety Through the STEPS

For years after I joined AA, I was still plagued by anxiety and its by-product depression. I finally found relief in our great fellowship's 12 Steps.

Today the three most powerful words in my life are the slogan "Turn It Over". The moment a worry thought enters my mind, I "Turn It Over" and thus stay positive. "Turn It Over" is the shortest version of Step 3.

I began to find relief when I was able to take Step 3 at a deep emotional level. Step 3 was not easy for me. The thought of turning my will and my life over to the care of the God of my understanding sent lightning bolts of fear through me. Fear gripped me when I thought "Let Go and Let God", and "Thy will not mine be done".

In doing the 4th Step I saw that my deepest emotion was FEAR. Fear was causing anxiety and anxiety was causing depression. Also, I saw that my incendiary temper was another face of fear. I began to work on my own thinking.

I developed the habit of monitoring my thoughts every waking moment. I challenged every thought that represented anxiety, fear or anger by instantly turning it over. Other AA slogans, all shorthand versions of Step 3, joined "Turn It Over" as my mantras: "Let Go and Let God, Trust God and Relax, and Easy Does It".

Depression has ceased to be an issue for me. I now believe it arose from anxiety, which lost its power over me when I realized such thoughts are not real and can be changed. I suspect I'll never be cured of anxiety, that it will always be a matter of turning over anxiety thoughts as they occur. It gets easier and easier as time goes by.

A member of the 3 & 11 Step Group, Port Richey, Fl.

WEST PASCO/TARPON SPRINGS INTERGROUP

Minutes of Meeting

March 11, 2009

Ralph O. opened the meeting with the Serenity Prayer.
The Traditions were read.
Those present recited the Responsibility Pledge.
The attendance sheet was passed.
Roll call.

Secretary's report: The minutes from the February 11, 2009 meeting were distributed. A motion to accept the minutes was made, seconded and approved unanimously.

Treasurer's Report: The Treasurer's report was distributed. A motion to accept the Treasurer's report was made, seconded and approved unanimously. Pete M. noted that each month this year, there has been a small deficit which is not a great concern at this point however, it is hoped that increased donations from the groups and sales at Central Office will offset this deficit in the future.

Office Coordinator's Report: Stephani B. reported that all is going well at Central Office. The snowbirds who help staff Central Office will be leaving soon so new staffers will be needed to take their places. Reps were asked to take this back to their meetings. Also, "Self-Support: Where Money and Spirituality Mix" pamphlets are available for reps to take back to groups. In order to cover the cost of printing the "Where and Whens", their price is now \$2.25 for 20.

Committee Reports

Outreach Committee: Due to the large area that needs to be covered, the committee needs more volunteers to go to the groups. Reps were asked to take this request back to their groups. Only about 1/3 of the District's groups are supporting Central Office. The break-even point for Central Office operations is between \$700-\$800 per month.

Steering Committee: No report.

Finance Committee: No report.

District 15 Liaison: A chair and alternate chair are needed for the Archives Committee. The chair of Corrections Committee would like his committee to start pre-screening volunteers for the jails so they can notify any volunteers who cannot pass the jail application before they actually take it. The chair of the Grapevine Committee would like all grapevine reps to contact her at 326-2415. Donna E. was approved as the Chair of the Special Needs Committee. There remains only 1 DCM position open. Nancy will co-chair the Gratitude Dinner with either the District Alt Chair or Kevin. An ad-hoc committee has been set-up to re-distribute the groups into more evenly-divided sub-districts.

Unity Committee: The 2 for 1 Women's Step Study Group is hosting the March 21st Unity meeting. The Candlelight Group is hosting the April meeting. A group is needed to host the May Unity meeting. The Unity Meeting coffee pot is missing. Despite good attendance, donations at the Unity meeting are down. It was suggested that a dish for donations be put out by the refreshments and coffee at future Unity meetings.

Hot Line: No report.

Newsletter: All is going well with the newsletter.

Old Business: None.

New Business: None

Motion to adjourn was made, seconded and approved.

Respectfully submitted,
Jeanne T.

Recovery on the Web

Bill W. called the Grapevine,"... the voice of the Alcoholics Anonymous movement." Today you can download and hear all the stories, the Editor's Note, PO Box 1980, & "Ham on Wry" from each current issue. Go to: www.aagrapevine.org/gv/current

Also, a new publication, "Emotional Sobriety; The Next Frontier" is now being published by the "AA Grapevine" . You can read a selection from the magazine, as well as the articles above, www.aagrapevine.org AND...

For a lot of AA information, online meetings, world wide AA news, other GSC approved resources, as well as downloads & links to various speakers, newsletters, recovery merchandise and literature, downloads (CDs, DVDs, screensavers, wallpaper), on-line meetings and chat rooms, and lots of other neat stuff, much of it

.....**FREE**.....
www.aa.org

AudioGrapevine Subscription Price Reduction

The international monthly journal of Alcoholics Anonymous, also known as "Our Meeting in Print," announces a price reduction for AudioGrapevine subscriptions beginning February 1, 2007.

\$20.00 for (12 issues)
\$3.95 for a monthly subscription
Each month, AudioGrapevine, the audio version, offers two months of the Grapevine magazine to download and listen to anytime, anywhere. From a desktop, MP3 player or CD, you can hear new stories of hope, personal recovery, and spiritual growth from A.A. members. AudioGrapevine is entirely portable. Members can listen to it on the road, in the gym, or when making a meeting isn't possible. It's also helpful to A.A.'s who have difficulty reading or simply don't have enough time to read. It doesn't cost anything to try it. There is always a free sample from the current issue available to download and hear at www.aagrapevine.org/gv/current/

I am responsible

Whenever anyone, anywhere, reaches out for help, I want the hand of AA to be there...

DIST. 15 TREATMENT COMMITTEE

Will meet March 14th Noon @ the AClub
(2nd Sat . Ea. Month)

Unity Meeting Sponsors Needed

A group is needed to sponsor the Unity Meeting. If your group is interested see MaryEllen@ the Unity Meeting
Or call Central Office at 847-0777

District 15 Agenda Meeting

The first Monday of every month. The Agenda Meeting takes place at the Central Office at 6:30 PM. Any AA member who wants to put an item on the agenda for the District Meeting, they are welcome to attend and place their item on the agenda; they must do so at this meeting.

BRIDGING THE GAP

for Basic 12th Step Work taken to a new dimension in Pasco and Pinellas Counties.

The hand of A.A. will reach out to the alcoholic newcomer upon their discharge from treatment and correction facilities. Please announce at all meetings & post on all Clubroom Bulletin Boards. Intergroup, & General Service Rep's Please get your group a sign up sheet from your GSR Rep or at the Central Office. For more information leave message for Kathryn @

(727) 847-0777