

AA HOTLINE 727 847-0777

AL-ANON HOTLINE 352-697-0497



The Twelve Steps: Quickly or Slowly?

Early in my AA quest for sobriety, I was confronted by two opposing notions:

Take your time doing the Twelve-Steps; you will know when you are ready.

When do you do the steps? When do you want to get well?

I chose the slower variety because, after all, I had drank for many years and I didn't expect to get well anytime soon. I was happily amazed at how my brand-new sober life had become, as they say, *happy and joyous and free*. I was successfully surviving on the friendly and colorful southern California fellowship, along with the first three Steps. What? Me hurry? But alas, several months later the *free* part waxed debatable: I marched right into a bar and almost ordered a Gin & Tonic! Thank God I didn't, but so terrified was I that I had a Big Book thumper guy, Carl, to help me with the 12-step process right away. This was done quickly, in two sittings. God has not allowed me to drink since. Carl was thirteen years sober then, and has recently experienced his fifty-first annual celebration of love and service out in the San Fernando Valley.

I believe Dr. Bob realized the importance of emerging into the step process, *el pronto*. I like to read on page 263 how he took Earl T. through the six-step process, as it was at that time, (1937) in three or four hours. Earl became a co-founder of Chicago AA a few years later. Dr. Bob also sponsored Clarence S., who also used a speedy 12-Step method when he founded Cleveland AA in May of 1939. There were then only thirteen members, but by 1941 their membership had grown to several hundred.* Such rapid growth makes evident that those Cleveland member's Twelve-Step method was fast and furious. Well, maybe not furious. I try to help **fully sober** sponsees immerse themselves into the Twelve-Step process in two or three sittings. I explain the essentials of Steps One and Two, then go through the Third Step prayer sentence-by-sentence before praying it verbatim. Then I send the person home suggesting a method of 'automatic' writing where one asks God to reveal their selfishness, dishonesty, resentment and irrational fear and list them on paper

as they crop up. This is done spontaneously, without thinking. Additions via memory may be added later. On the next visit we actually follow the Big Book directions on Step Four; then, Steps Five, Six and Seven follow directly thereafter. Of course, the Eighth Step list is finished and it is now time to start making amends which should continue while living in the spirit of Steps Ten, Eleven and Twelve. These vital steps may be explained the next day. This method, like Dr. Bob's technique, is done in just three or four hours. So, as you can see, I am a convert to: **"When do you do the steps? When do you want to get well?"** However, I have many AA friends who took much longer going through their initial Twelve-Step process and they have also remained sober, happy, joyous and free.

Bob S.
Richmond, IN



"EACH MEMBER OF ALCOHOLICS ANONYMOUS IS BUT A SMALL PART OF A GREAT WHOLE. AA MUST CONTINUE TO LIVE OR MOST OF US WILL SURELY DIE. HENCE OUR COMMON WELFARE COMES FIRST. BUT INDIVIDUAL WELFARE FOLLOWS CLOSE AFTERWARDS."

Donation Addresses

Please make donation checks payable to: West Pasco Intergroup.

West Pasco/Tarpon Springs Intergroup

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District 15 General Service

TREASURER
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STEP SIX

"This is the step that separates the men from the boys." So declares a well-loved clergyman who happens to be one of A.A.'s greatest friends. He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults—*without any reservations whatever*—has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.

Of course, the often disputed question of whether God can—and will, under certain conditions—remove defects of character will be answered with a prompt affirmative by almost any A. A. member. To him, this proposition will be no theory at all; it will be just about the largest fact in his life. He will usually offer his proof in a statement like this: "Sure I was beaten, absolutely licked. My own willpower just wouldn't work on alco-

hol. Change of scene, the best efforts of family, friends, doctors, and clergymen got no place with my alcoholism. I simply couldn't stop drinking, and no human being could seem to do the job for me. But when I became willing to clean house and then asked a Higher Power, God as I understood Him, to give me release, my obsession to drink vanished. It was lifted right out of me."

But most other difficulties don't fall under such a category at all. Every normal person wants, for example, to eat, to reproduce, to be somebody in the society of his fellows. And he wishes to be reasonably safe and secure as he tries to attain these things. Indeed, God made him that way. He did not design man to destroy himself by alcohol, but He did give man instincts to help him to stay alive. It is nowhere on record that God has completely removed from any human being all his natural drives.

Since most of us are born with an abundance of natural desires, it isn't

strange that we often let those far exceed their intended purpose. When they drive us blindly, or we wilfully demand that they supply us with more satisfactions or pleasures than are possible or due us, that is the point at which we depart from the degree of perfection that God wishes for us here on earth. That is the measure of our character defects, or, if you wish, of our sins.

"Were Entirely Ready To Have God Remove All These Defects of Character."

If we ask, God will certainly forgive our derelictions. But in no case does He render us white as snow and keep us that way without our cooperation. That is something we are supposed to be willing to work toward ourselves. He asks only that we try as best we know how to make progress in the building of character.

(can be read in its entirety in the)

Twelve Steps and Twelve Traditions
Of Alcoholics Anonymous

TRADITION SIX

The moment we saw that we had an answer for alcoholism, it was reasonable (or so it seemed at the time) for us to feel that we might have the answer to a lot of other things. The A.A. groups, many thought, could go into business, might finance any enterprise whatever in the total field of alcoholism. In fact, we felt duty-bound to throw the whole weight of the A.A. name behind any meritorious cause.

Here are some of the things we dreamed. Hospitals didn't like alcoholics, so we thought we'd build a hospital chain of our own. People needed to be told what alcoholism was, so we'd educate the public, even rewrite school and medical textbooks. We'd gather up derelicts from skid rows, sort out those who could get well, and make it possible for the

rest to earn their livelihood in a kind of quarantined confinement. Maybe these places would make large sums of money to carry on our other good works. We seriously thought of rewriting the laws of the land, and having it declared that alcoholics are sick people. No more would they be jailed, judges would parole them in our custody. We'd spill A.A. into the dark regions of dope addiction and criminality. We'd form groups of depressive and paranoid folks; the deeper the neurosis, the better we'd like it. It stood to reason that if alcoholism could be licked, so could any problem.

Yes we of A.A. did dream these dreams. How natural that was, since most alcoholics are bankrupt idealists. Nearly every one of wished to do great good, perform great deeds, and embody great ideals. We are all perfectionists who, failing perfection, have gone to the other extreme and

settled for the bottle and the blackout. Providence, through A.A., had brought us within reach of our highest expectations, so why shouldn't we share our way of life with everyone?

Whereupon we tried A.A. hospitals—they all bogged down be-

"An AA Group Ought Never Endorse, Finance Or Lend the AA Name To Any Related Facility or Outside Enterprise, Lest Problems of Money, Property and Prestige Divert Us From Our Primary Purpose."

cause you cannot put an A.A. group into business; too many busybody cooks spoil the broth. A.A. groups had their fling at education, and when they began to publicly whoop up the merits of this or that brand, people became confused. Did A.A. fix drunks or was it an educational project? Was A.A.

Cont. page 4

A FELLOWSHIP WILL GROW

UP AMONG YOU One of the many promises that the Big Book talks about is that if you continue to Work a program of recovery a fellowship will grow up among you. That is exactly what has happened and continues to happen the longer a stick around. I was blessed to see family's reunited, broken souls mended and recovered. Mothers giving medalions to there daughters whom they surrendered to God just over a year ago, friends supporting one another, watching the unconditional love that this program promises. Who wouldn't want to be a part of such grace and beauty?

I look back 20yrs ago when I could not conceive such a relationship built with no conditions. I had conditions for everyone and everything in my life including myself. I wasn't able to believe the world I was living in could be full of grace, mercy and love. That was so far out of my view at the time. The only thing that my eyes saw was pain and misery, talk about a transformation. Today when pain comes I can see it as a time for growth, an opportunity to get closer to my creator and hold on tighter knowing there is a lesson to be learned. Don't get me wrong it still sucks and I don't always accept it gracefully but my eyes can see God's hands in the mix of the chaos that is if I actually take the time to stop and

and look.

That life of misery had to get pretty bad for me before I could actually surrender to what I know today to be a design for living. I had to exhaust all my own resources, hit every brick wall before this stubborn woman could admit to myself either God was everything or he was nothing? What was my choice to be? I'll never forget that moment for the rest of my life when the walls came crashing down and the weight of the world was lifted off of my shoulders. It talks about a new Triumphant Arch to freedom in our literature which means I can walk freely through each and every day as long as I surrender my will and my life over to the care of God he will take care of the rest.

Thank God for that day, a day of complete defeat of my broken soul, the day my Triumphant Arch was found and I walked to freedom.

Gina D.

MEDITATION FOR RECOVERING MINDS

We hear a lot about meditation and prayer in 12-step communities. Few people are comfortable with meditation and fewer still practice it in a formal manner. Some in long-term abstinence have become familiar with meditation as a means of quieting their busy mind and find meditation very helpful. What is not discussed in meetings are the many ways that meditation benefits recovery for

those with addictions. Western culture is unfamiliar with these practices and promotes the daily insanity of multitasking and multi functioning to the extreme of being completely stressed out, overwhelmed with panic and anxiety. All of these diseases are just that...dis-ease. We are running at full throttle for too many hours a day to acquire, achieve, overcome, overspend, and putting ourselves on treadmills to nowhere, except a hospital bed at a too-early age. Wellness in the Western world is coming very late to the consciousness of everyone.

Recovering individuals are susceptible to stressors. These are the day-to-day irritants that we are not able to find ways to cope with. In early recovery, it is indeed challenging for most addicts to honestly identify their feelings and talk about them. They are full of both fear and rage, but cannot talk knowledgeably about their feelings from moment to moment, as they occur. This is an important step in the process of long-term addiction recovery. Identifying emotions is important, so there is no buildup of feelings to be dealt with "down the road." Yet, how do those struggling with addiction begin to know when they are becoming derailed emotionally and need to get back on track?

The best way is to learn to practice mindfulness on a daily & consistent basis. This can be for as few as 10 minutes initially, once or twice a day. Most of those who have become comfortable with this practice know the benefits of self-awareness and inhabiting their own skin. This is an essential piece of becoming emotionally present to oneself.

Many will draw back from this practice because it is uncomfortable to sit quietly alone without distraction or noise. They have practiced the art of "checking out" with substances over a period of many years and do not care for the idea of "checking in"; because it may be overwhelming emotionally to feel everything at once. They will talk about the "committee" meeting in their head and how loud it gets when they try to get quiet. What makes beginning meditation easier is learning that meditation is not about quieting the committee, but letting the committee talk until they have exhausted what they have to say. All told, this takes only a few minutes, and then peace and quiet do occur. Addicts are so used to drowning out all emotions and thoughts with drugs and alcohol that they are afraid to listen. But once this practice is learned and utilized they will see the results are the opening of the door to true peace.

ANNIVERSARIES IN JUNE

PASCO BIG BOOK

GEORGE M. 35
 CHARLIE W. 28
 RICK MC 15
 RON L. 3
 LORI A. 1

3 & 11 GROUP

LORI A. 1

COTTEE RIVER

JOHN R. 18

HOOT N HOLLER

ERIC L. 6
 PATRICK MC. 7

SERENITY GROUP

ED. N. 21
 MARK 10

HAPPY JOYOUS AND

FREE

JOHN F. 23

TROPICAL ATTITUDES

SUE S. 6
 CHRISTINE L. 5
 JACK H. 5

LIFE GOES ON

ROY T. 38
 RON 35
 SEAN 21

KEEP IT SIMPLE WOM-

EN'S

ELEANOR G. 40
 LUAN H. 21
 DONNA E. 11
 ELLIE M. 8

TWO OR MORE

ALDEN 31
 JEFF C. 10

WHY IT WORKS

KEVIN W. 5
 MIKE L. 1

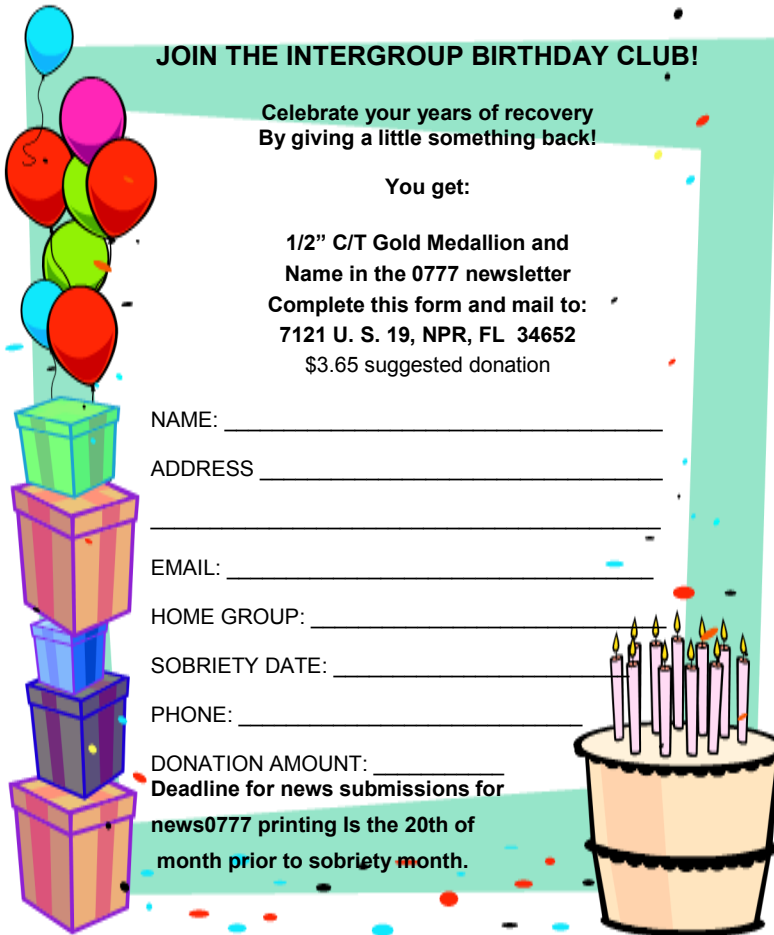
Researchers Link Alcoholism and Impulsivity

In a new brain imaging study on alcoholism and impulse control, alcoholics scored high on measures of impulsivity, were less able to delay gratification, and were less able to inhibit responses, according to Eric D. Claus, first author of the study. The study was designed to examine the ability to delay immediate gratification and instead choose rewards in the future. The study showed that alcoholism was associated with a greater tendency to discount future rewards suggesting that alcoholics may be more impulsive because their brains are aversive to delaying gratification, not because it is rewarding to be impulsive.

Grapevine July 2011

spiritual or was it medical? Was it a reform movement? In consternation, we saw ourselves getting married to all kinds of enterprises, some good and some not so good. A.A.'s commenced to thump tables in legislative committee rooms and agitated for legal reform. That made good newspaper copy, little else. These adventures implanted a deep-rooted conviction that in no circumstances could we endorse any related enterprise, no matter how good. We of alcoholics anonymous could not be all things to all men, nor should we try. Concerning endorsements we saw as never before that we could not lend the A.A. name to any cause other than our own.

"Twelve Steps and Twelve Traditions"



JOIN THE INTERGROUP BIRTHDAY CLUB!

Celebrate your years of recovery
 By giving a little something back!

You get:

1/2" C/T Gold Medallion and
 Name in the 0777 newsletter
 Complete this form and mail to:
 7121 U. S. 19, NPR, FL 34652
 \$3.65 suggested donation

NAME: _____
 ADDRESS _____

 EMAIL: _____
 HOME GROUP: _____
 SOBRIETY DATE: _____
 PHONE: _____
 DONATION AMOUNT: _____

Deadline for news submissions for
 news0777 printing is the 20th of
 month prior to sobriety month.

2013 BIRTHDAY CLUB CELEBRANTS

<u>NAME</u>	<u>HOME GROUP</u>	<u>SOBRIETY DATE</u>
DOUG G.	How Important Is It	JAN. 29, 1988
TOM C.	Miracle Group	Oct. 16, 1999
DOTTIE I.	New Hope Beginnings	May 26, 1988

Activity at Central Office

Nightline calls.....	30
Office calls.....	87
Walk-ins.....	83

Treasurer's Report

Beginning Balance	\$2,643.96
Income	2,026.21
Expenses	1,552.44
Ending Balance	\$3,117.73

REPRESENTED AT INTER-GROUP MAY 2013

NEW HOPE BEGINNINGS
 HOW IMPORTANT IS IT
 4TH DIMENSION
 HAPPIER HOUR
 LIFE RECOVERY
 TWO OR MORE
 JAMES GANG

Groups are needed to
 host unity meetings,
 please contact Unity Coordinator,
 Vinney B. at 727-534-5646.

Note:

Our email has changed to 0777news@gmail.com

CALENDAR OF EVENTS

Non AA Events listed here are presented solely as a service to readers, not as an endorsement by the Newsletter Committee or General Service Office. For any additional information, please use the addresses/phone numbers provided.

Items and Ideas on Area Gatherings for A.A.s—

Jun 1: Hernando Unity Meeting 7:30-9 pm, Nativity Lutheran Church, 6363 Commercial Way (US 19), Spring Hill. Doors open at 6:30 pm.

Jun 1: Special Needs Committee, 12:00 pm, 7119 U. S. 19, New Port Richey.

Jun 4: Corrections & Public Info/-CPC Committees both meet at Central Office, 7121 US 19, NPR. 6:30 pm. Members are needed.

Jun 8, 2013: Founder's Day, noon to 4 pm, Speaker Steve R. past archivist, bring a side dish or desert, hot dogs and coffee provided, water and soft drinks available to purchase, 7119 U.S. 19, NPR

Jun 11: Treatment Committee meeting 6:30 pm , 7119 U. S. Hwy. 19, New Port Richey.

Jun 12: WPTSAA Intergroup meeting, 6:30 pm, Central Office, 7121 US 19, NPR. Send a representative of your group.

Jun 15: Unity Meeting, 7 PM Redeemer Community Church, 9230 Ridge Rd. NPR, 1 mile E. of Little Rd., S. side. Host: How Important Is It Group. Two speakers, fellowship, snacks. Doors open at 6:30.

Jun 18: District 15 Committee meeting, 6:30 pm, Central Office, 7121 U. S. 19 NPR. Come & learn. Each group should be represented. All AAs welcome.

June 21-23, 2013: A Spiritual Weekend, 78th Anniversary of Alcoholics Anonymous with Sandy B., Tampa, FL and Bob B., St. Paul, MN, Hilton Airport West shore, 2225 N. Lois Ave, Tampa, FL 33607. Call Lee Y. 407.333.4330 or email: gyeldell@cfl.rr.com

Jun 24-27, 2013: Summer Kickoff Classic, St. Petersburg, FL. Speakers, workshops, entertainment, Hilton St. Petersburg Carillon Park. Info & updates summerkickoff-classic@verizon.net

Jun 29: Pasco Big Book monthly Eating Meeting at 7 pm, followed by member anniversaries speakers meeting at 8 pm. Edna Ave. Club, 7137 Edna Ave., Hudson. "Bring a dish if you can."

Jun 29: Archives Committee meeting, 12:00 pm 7119 U. S. 19, New Port Richey.

July 24-28, 2013: 57TH FLORIDA STATE CONVENTION "Carry This Message" Love and Service, Activities include 10 speakers, 2 banquets, ice cream socials, entertainment, fitness run/walk, golf tournament, workshops, Al-anon, Alateen, meetings, and much more. Visit <http://57.FLSTATECONVENTION.COM> for more details!

Elsewhere Around the Globe

Sep. 5-8, 2013 : Seniors in Sobriety 8th International conference, San Diego, CA, more info sandie-gosis2013@gmail.com or 855-713-2300.



Sept. 6-8, 2013: Sisters by the Sea, Waldorf Astoria, Naples, 475 Seagate Drive, Speaker Meetings, Open Discussion Meeting, Workshops, Ask It Basket, featuring Polly P. from Jacksonville, FL. Info: Peggy 239-269-7654.

Want to submit a story for our newsletter:

SEND EVENT AND STORY SUBMISSIONS TO:

0777news@gmail.com

If you find mistakes in this newsletter, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes.

Please Support

Your Central Office

Sunday Hotline Office Staff for:

2 shifts daily Mon.-Fri.

10 AM - 1:30 PM

Or

1:30 PM- 5 PM 1 shift Sat.

10 AM - 1 PM

Contact Central Office for more information.

727-847-0777

Please keep in mind the seventh tradition: Every A. A. group ought to be fully self supporting, declining outside contributions. That means Central Office is supported by your group contributions. Thanks for your support!

GROUP DONATIONS	JAN	FEB	MAR	APR	MAY	TOTAL
24 Hour Group		5.00	10.00			\$15.00
1001 Reasons			20.00			\$20.00
3 & 11 Group	20.00		30.00	30.00	20.00	\$100.00
4th Dimension				200.00		\$200.00
7 & Up Group	100.00				130.00	\$230.00
A Club Saturday AM Big Book				50.00		\$50.00
A Club Sunday AM Gratitude	100.00					\$100.00
Amazing Grace			141.31			\$141.31
Anonymous		80.00			6.00	\$86.00
As Bill Saw It		25.00				\$25.00
Birthday Club				38.00	29.00	\$67.00
Black Book	13.00					\$13.00
Brown Baggers		20.00				\$20.00
Came to Believe				40.00		\$40.00
Central Office Meetings	38.85	7.00				\$45.85
Committee Meetings				10.00		\$10.00
Daily Reflection	20.00	20.00	28.00	10.00	32.00	\$110.00
Discover the Truth					20.00	\$20.00
District 15	474.00					\$474.00
Each Day a New Beginning				30.00		\$30.00
Easier Softer Way					50.00	\$50.00
Friday 12X12	30.00	16.00	30.00		10.00	\$86.00
Happier Hour			200.00			\$200.00
How Important Is It	180.00					\$180.00
Intergroup AA Meeting	27.00	16.00	18.00	21.00	11.00	\$93.00
Let's Get Better Together			104.00			\$104.00
Living Sober Group	20.00					\$20.00
Meeting Room 12 & 12				10.00	10.00	\$20.00
Meeting Room Big Book			5.00	7.00	20.00	\$32.00
MISC.		11.50				\$11.50
New Beginnings			8.00			\$8.00
New Hope Beginners	35.00			30.00		\$65.00
New Life Group			20.00			\$20.00
Noon High	48.32					\$48.32
NPR KISS Group	10.00		10.00			\$20.00
Primary Purpose	30.00	20.00	20.00	40.00	40.00	\$150.00
Pasco Big Book	120.00					\$120.00
Serenity Group		75.00				\$75.00
Sober Sisters					31.00	\$31.00
Sober Not Dead		62.25				\$62.25
Tropical Attitudes	60.00		60.00	60.00		\$180.00
Tuesday's Children	52.00	28.00	10.00	51.00	45.00	\$186.00
Two or More	61.00		53.00	44.00	74.00	\$232.00
Unity Meeting	22.50	28.00				\$50.50
Why It Works		50.00				\$50.00
Wonderful Step Group			110.00			\$110.00
Young Sobriety	20.00	22.00	30.00	30.00	17.25	\$119.25
TOTAL:	\$1,481.67	\$485.75	\$907.31	\$701.00	\$545.25	\$4,120.98

Due to space limitations, only groups contributing will be posted in the newsletter. If you do not see your group listed or have any questions, please contact Roberta 727-645-3271 or dantico18@gmail.com. Thank you for your understanding and patience. Love and tolerance is our "code".