



Tri-County Central Office News

A friend is the one who comes in when the whole world goes out

A Monthly Newsletter of the Tri-County Central Office, Inc.
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May, 2020

FEAR, TERROR, OR PEACEFUL APPREHENSION

AN AA SOLUTION FOR IRRATIONAL FEAR!

The following definitions of fear, terror and apprehension are my own; probably not to be found in a dictionary—they are simply a bright idea I came up with of recent.

First let us go back to the days of when our hunter/gatherer ancestors were sometimes chased by hungry wild animals. One of these three emotions would have taken over:

Fear: Body is overcome with *extra energy* to either fight the toothy beast or take off on a fast hike—this surge is what I consider as anger. (Think about it!)

Terror: Frozen stiff and gets gobbled.

Apprehension: This emotion allowed this our cave dwelling ancestors to think clearly—maybe climb a tree, etc.

The ones who survived left an imprint on the genes* (DNA) of their offspring sapiens, e.g.: you and me! Consequently, when aroused, I automatically tend to become tense and angry and seemingly out of control. It just pops up from those genes from yore—and it ain't going anywhere! If I don't find some way to circumvent this inherited genealogical process, I will be running around town all day long like a wet hen or dry drunk. What to do?

Well, I can thank God for providing AA tools. I can now—at least at times—place those disastrous devils of **fear** and **anger** on the back burner and feel calm **apprehensive concern** instead. When I feel wronged, I can forgive the evil doer, see where I may have been at fault, or simply ask God to remove these two demons. (pages 67 and 68) Also, there is a prayer on page 552 which is not part of the Twelve Steps, but it has worked for me on several occasions (look it up!).

So now, when my emotions are under attack, I can enjoy a normal **calm apprehensive response** by following these clear-cut directions in the Big Book, so long as I rise above what my immediate emotions are shouting at me. I have a choice!

Bob S, Richmond, IN

*Gene: a unit of heredity which is transferred from a parent to offspring and is held to determine some characteristic of the offspring.

Here are the important steps you should take to protect yourself from COVID-19.

The **CDC** recommends that you:

- Stay home if possible.
- Wash your hands often.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Avoid all cruise travel and non-essential air travel.

Contact your healthcare professional if you have concerns about COVID-19 or if you are sick.

AA's Steps Lead to-Spiritual Awakening

The Twelfth Step is, in a sense, the culmination of the whole program. It wraps up all the Steps which go before it and gives us a guide for living the whole program every day of our lives. The Step breaks down into three parts—spiritual awakening, trying to practice these principles in all our affairs. I think I have heard and been a party to more disagreements, puzzlements and confusion about the term “spiritual awakening” than any other in the program—including “God.” And most of my difficulty was unnecessary. It could have been avoided just by paying more attention to what the Step itself says and less attention to my “old ideas” about spiritual awakening. First, a small point that made a big difference in my understanding. The Step does not say, “Having had a spiritual awakening as a result of these Steps:” it says, “Having had a spiritual awakening as *the* result of these Steps.” So a spiritual awakening is not just one of several results of working the Steps. It is the totality of what the Steps are all about, what they are aiming at. Therefore, to define spiritual awakening for myself in AA, all I have to do is describe the results of my work on the first eleven Steps. The work has involved: letting in the truth about my situation as an alcoholic and a loser in life; become willing to accept help, not on my terms, but on the terms offered; facing and accepting responsibility for my short-comings and misbehavior rather than blaming Mums, Dads, my First Sergeant, the boss, the Twentieth Century or fate. The results of this work have been sobriety, stability and responsibility which have, in turn, produced a degree of meaning, satisfaction and joy in my life which were never there before. I have not yet mentioned God or Higher Power in connection with waking up spiritually. This is not because I want to apologize for or leave out God. The reality of God permeates and is the essence of spiritual awakening, but in order to begin to have experience of the reality, it is *not* first necessary to come to terms with the word God or even the words Higher Power. As long as one remains open-minded and willing about the words, experience of the reality does not have to and indeed ought not to be postponed. One of the early fathers of the Christian church said, “Do you wish to know God? Learn first to know yourself.” This is the key which opens up the opportunity for recovery in AA to so many of us. Spiritual awakening can begin in the absence of much knowledge and understanding about God. It leads to such knowledge and understanding, but it begins with knowledge and acceptance of the truth about ourselves. So I am learning, when looking for signs of spiritual awakening in myself, to look, not for bright lights or emotional upheavals (although I'm sure there is a place for these too), but for sobriety, stability, responsibility, meaning, satisfaction, joy. These are the marks of the beginning of spiritual awakening, and they come as *the* result of work with the Steps. If they fail to come or, after a time, begin to disappear, the answer is no mystery; it is more work with the Steps. The “tried to carry the message

Go to page 3

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

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

Special note: TBAIC literature is available for distribution at the TBAIC meeting which is usually held the second Saturday of each month or the 4th Thursday of the month from 5:50 pm to 6:50 pm at the Tri-County Central Office.) Please use the sign-out sheet when obtaining materials.

DUE TO COVID-19, THERE WAS NO APRIL MEETING.

AA Behind Prison Walls:

I have finished reading in the January Grapevine about conventions and convention speakers. While I myself am not for or against conventions, I just don't like big crowds. Besides, the places I go they don't have conventions. I go in jails and prisons. You see, I am an alcoholic and an ex-convict, and by the grace of God, just one day at a time, I have been sober thirteen and a half years. Thirteen and a half years ago, I was behind prison walls in Lewisburg, Pa. I had used up everybody and everything that was near and dear to me. I never had a visitor. I never even knew what the visiting room looked like. There, my friends, is where I learned about AA for the first time in my life. I didn't hear any speakers, but I did hear the AA message of hope and love and understanding and a way of life without alcohol. Thank God they got their message across to me, that somebody cared about me. That's why my time is taken up in institutional AA work.

C.M.
 Reprint Permission/AA Grapevine/ May 1969

The Corrections Committee needs all types of volunteers. They need people to attend meetings in the facilities, people to help spread the word about this type of service work. It is okay if you have never been to jail yourself! You can still help. You can still carry A.A.'s message of hope to an alcoholic who is incarcerated. Let's face it: many of us who have never been arrested just never got caught!

At this time of this printing, there has been no confirmation on a May meeting. Call Central Office 813-933-9123 or the number listed at the top of the page.

YTD Contributions to TBAIC	\$ 7,958.09
Pink Can Balance 12/31/17	\$ 9,391.54
YTD Money Spent on Literature	\$ 6,293.29
YTD Expenses	\$ 1,116.18
Pink Can Balance 01/11/2020	\$ 9,940.16

Tentative Our Next Committee Meeting
My 9th, 2020 9:30 AM on at the Tri-County Central Office (near Himes & Waters). If you need more specific directions please call Tim @ 813-933-9123. 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!!!!!!!!!!!!!!**

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

Thank you to those groups who have sent in a donation last Month:

TBAIC Contributions (March 15th - April 11th): AA 101 Club - \$77.00, Anonymous - \$422.88, Barricks Brigade Group - \$13.00, Cardinal Group - \$100.00, Early Risers Group - \$158.69, Expect A Miracle Group - \$147.00, Hide-A-Way Group - \$300.00, Keep It Simple, Pass It On Group - \$71.50, New Beginnings-Our Club Group - \$184.17, Nooner's Group - \$37.24, On The Way Home Group - \$45.80, Ruskin Fellowship (Sunday) Group - \$22.00, Turning Point Zephyrhills - \$331.00.

TBAIC 2019-2020 Committee Members
 Contact: (877) AATAMPA or (877) 228-2672
www.tbaic.org

Position	Name
Chair	Allan D.
Chair (Alt.)	Ruth N.
Treasurer	Scott S.
Treasurer (Alt.)	OPEN
Secretary	Larry B.
Secretary (Alt.)	Nancy B.
Hills Jails	OPEN
Hillsborough County Jail	Buddy H.
Hills Women's Jails	OPEN
Detox & Treatment	Ed D.
E. Pasco Jail-Women's	Ruth N.
E. Pasco Prison	Chris D.
Women's Bridge the Gap	Amanda L.
Men's Bridge the Gap	Tom F.
Pre-release	OPEN
Juvenile	OPEN

AA's Steps Lead to-Spiritual Awakening

to alcoholics” part of the Twelfth Step is pretty clear to most of us. The term “Twelfth Step work” refers to this part of the Step. The Big Book says, ‘Nothing will so much insure immunity from drinking as intensive work with other alcoholics.’ This is true for me. Reasoning my way out of old selfish habits has proven impossible, but Twelfth Step work enables me to act my way out of myself by working with the problems of others (which so often turn out to be worse than my own). I had one difficulty in doing Twelfth Step work that my sponsor helped me with. I was nervous about talking to older people or people with tough histories because I’m young and high-bottom. He said to me, “That’s ego. The Step doesn’t say, ‘carries a terrific message every time’ it says, ‘tried to carry the message.’ In relation to your recovery, Twelfth Step work has doing to do with whether you sparkle or not; it has everything to do with whether you make the attempt to communicate your experience, strength and hope in this program. As long as you do your best and are sincere, it’s good Twelfth Step work. The last part of the Twelfth Step, about practicing these principles in all my affairs, has come to mean an awful lot to me. For me it means, don’t be a two-stepper, don’t take the parts of the program you like and leave the rest out, don’t settle for half-measures in your practice of the program. It means these principles won’t work for me unless I take them out of the AA meetings and carry them over into my home, business and social life. The first 100 members of this Fellowship, who hammered out the Twelve Steps, knew what they were doing. They could have made it two steps or ten steps or twenty-five steps, but they didn’t. I don’t think they put anything in they didn’t think they needed. They were working the whole program, not because they were saints, but because they were drunks who wanted to get well. I have no reason to suppose I’m any less sick than they were; I have no reason to suppose I need any less of the program than they did. I think I want to “keep it simple” as much as the next guy, but I also think my sobriety, my sanity and my very life depend on keeping all of it.

T.P., Jr., Hankins, N.Y.

Permission to Reprint/ AA Grapevine/ May 1967

R.I.P.

Even now, it is hard to think of his little body resting somewhere on the bottom of the ocean, being encrusted by barnacles and other sea life—to lose forever his earthly shape. Tears came to my eyes as I slowly lowered him as far as I could reach over the side, and I turned my head so as not to see the tiny slash as he disappeared from human view forever. He was the best friend AA had out here. Faithfully, with never a whine nor a whimper, in fair weather and storm, he carried his message of good cheer. He wanted so little out of life—a little warmth, a little water. How can I face the world, the wondering look of my friends who know the Awful Truth? I can tell by the look, of silent contempt and pity on their faces that they *know*. One act of carelessness on my part, and I lost forever a friend, servant, and constant companion. How fragile are the things we hold dear! He fought bravely, but the searing heat was too much; without water, it was fatal. The current, which was his life-blood, became his executioner. So it was with real regret that I said goodbye, at latitude 16N, Longitude 85E, with a “well done, to my faithful coffee pot. Rest in peace! **Anonymous, Seattle, Wash**

Laughter is good Medicine



"I think I can smell your problem."



"Remember, Roger, we must maintain our aminomity throughout the meeting."



"Of course, you're the only one who can say whether or not you're an alcoholic."

And there was the little boy who became pretty well-versed in AA methods after his old man dried out. The kid greeted his father one night with "I want to show you my report card, but before I do, would you care to join me in the Serenity Prayer?"

"I woke up one meeting and realized that I had a great future behind me."

April 14th, 2020 the Central Office Representatives met:
COUNCIL MEMBERS REPRESENTING GROUP

BRISEIDA S.	OLD SCHOOL GROUP
MARGARET S.	CAME TO BELIEVE GROUP
DF	TO IMPROVE OUR CONSCIOUS CONTACT
	SIMPLY SOBRIETY WOMEN'S GROUP
	STEP SISTERS IN SOBRIETY GROUP
BR	ONLY NEWCOMERS GROUP
KATHIE	SOBRIETY GROUP
CARLOS M.	
BRIAN G.	
A.J. C.	KEY
KARA H.	TOWN & C. NIGHT
JEFF P.	TAMPA YPG
KATE R.	NEW HOPE BIG BOOK
STEVE S.	EXPERIENCE, STRENGTH & LOVE GROUP
SUE Z.	CLEAN AIR GROUP
MICHEAL B.	VILLAGE 12 STEP GROUP
JEFF H.	IT'S IN THE BOOK GROUP
MICHEAL J.	KEEP IT SIMPLE MEN'S GROUP
RYAN C.	NEW TAMPA MONDAY NIGHT MEN'S
MARK S.	MONDAY NIGHT MADNESS GROUP
ROD R.	MIDDAY MATINEE GROUP
CHARLES C.	TTF KEEP IT SIMPLE GROUP
DAN	TTF KEEP IT SIMPLE GROUP

NOTES		INSIDE THE CENTRAL OFFICE	
April 14	BO'	Board of Directors for Central Office	REPRESENTING GROUP
ROD Q.		SOBER ON SATURDAY GROUP	
JOHN T.		WINGSOBER/PASS IT ON GROUP	
EXCUSED	BO.	WINE & SOBER GROUP	
UNEXCUSED	BOARD	GROUP	
SCOTT G.	BOARD MEM.	GROUP	
RITA Y.	BOARD MEMBER		
OPEN	BOARD MEMBER		
OPEN	BOARD MEMBER		
OPEN	BOARD MEMBER		
OPEN	BOARD MEMBER		

*Meeting Cancelled-due to COVID-19
OUTBREAK until further notice*

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OUTBREAK until further notice*

Although many meetings have closed because of the COVID-19 Virus. AA in Tampa is still thriving. Yes, many meetings still continue to meet, also. For those who choose to followed the Stay-at-Home directive, they have a nice alternative, which is the ZOOM meetings. If you go to our web site www.aatampa-area.org and click on the Events Calendar, you will see a host of ZOOM meetings conducted by local AA groups and some state and possibly world-wide. We have posted these meetings as a community service to our AA members. These meetings will be posted until we are out of this current crisis. Afterwards, they will be removed so it will be up to you to gain whatever information you can now, to continue following the ZOOM meetings after we remove them from our website. As far as how to use the Zoom app and how to lock in to meetings, that will have to be on your own determination to learn. Since I don't know how, I can't help you there, sorry, but there are plenty of people you should be able to contact that do know how. Check through the Events calendar for names and numbers or ask around. Also, many local Events have been cancelled until further notice. You can also check out District 2 General Service website for information that they may have, see www.aatampa.org They also have links to many online meetings. Check their website often for local updates.

The Central Office continues to remain open for business and answering the phones and we try to update our website as often as possible as new updates come in. We would ask, if you know what you already need to pick up, call or email us ahead of time and we can have your literature order ready to go when you get here. Many AA members have asked us about contributions...*how can we help when our meeting is not meeting and there is no 7th Tradition Basket to pass around?* Simple, if you want, just make out a check or money to the Central Office and send it in. If you want us to credit the contribution to your Home Group, let us know or you can make it as Anonymous. Whatever you decide.

The main thing to do during this virus outbreak is to keep safe and watch out for the safety of those around you.

For all those who attend the Board and Council meetings we will continue to keep you informed by email on any updates concerning the Central Office. Until it's decided differently, we may possibly cancel our May meeting. Whatever happens, we will try to inform you, well ahead of time, so sit tight and relax. Make your AA meetings often, either at the ones that are still meeting face-to-face or those online. Keep in touch with your sponsor and your AA friends. Remember, our Higher Power is in charge. This too shall pass.... ☺🙌

Why collect 7th Tradition for an online meeting?
Our regular meeting locations still have operating expenses...
Central Office and the General Service Office still have operating expenses such as... Websites – which we may now rely on more than ever! Phone lines, rent and insurance on office space, Utility and other ongoing expenses, Paid Special Workers who deserve our continued support. Their compensation is crucial to their ability to serve us. We realize that even though the immediate need for virtual connections is relatively inexpensive, the real expenses of our fellowship continues. aasfmarin.org

ANNIVERSARY TIME

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

GROUP	Honors To	Date	Years
SOBER @ 7 GROUP	CHRISTA G.	05/24/87	33 YRS
SOBER @ 7 GROUP	TOM C.	05/22/80	40 YRS
HIGH NOONERS PLANT CITY	MAGGIE F.	05/10/18	2 YRS
RUSH HOUR GROUP	BILL D.	05/18/86	34 YRS
BARRACKS BRIGADE	BRIAN L.	05/30/93	27 YRS
12 STEPS TO GROWTH	JOANNE A.	05/24/82	38 YRS
RIVERSIDE GROUP	EMMA W.	05/29/14	6 YRS
RIVERSIDE GROUP	KATIE	05/18/14	6 YRS
RIVERSIDE GROUP	ROBERT B.	05/05/14	6 YRS
RIVERSIDE GROUP	TINA	05/13	7 YRS
RIVERSIDE GROUP	TODD S.	05/23/13	7 YRS
RIVERSIDE GROUP	LEONA	05/13/13	7 YRS
RIVERSIDE GROUP	JAMES S.	05/25/07	13 YRS
RIVERSIDE GROUP	MARLOWE	05/20/06	14 YRS
RIVERSIDE GROUP	JOHN M.	05/14/89	31 YRS
KEYSTONE GROUP	JACKIE B.	05/13/14	6 YRS
KEYSTONE GROUP	KELLY P.	05/12/13	7 YRS
KEYSTONE GROUP	DOUG T.	05/01/11	9 YRS
CAME TO BELIEVE GROUP	DEE H.	05/18/14	6 YRS
JUST WHAT I WANTED	KARLA O.	05/01/10	10 YRS
JUST WHAT I WANTED	FELICIA K.	05/31/08	12 YRS
JUST WHAT I WANTED	SUSAN Y.	05/20/00	20 YRS
JUST WHAT I WANTED	MARILYN A.	05/01/98	22 YRS
JUST WHAT I WANTED	CANDY J.	05/20/86	34 YRS
FRIDAY FRIENDSHIP	TRACY B.	05/28/11	9 YRS
FRIDAY FRIENDSHIP	DRUM	05/09/11	9 YRS
A BIRTHDAY CLUB SUPPORTER TO CENTRAL OFFICE ONE DOLLAR FOR EACH YEAR OF SOBRIETY			
Home Group	Honors To	Date	Years
Experience Strength Hope	STEVE S.	04/29/11	9 Yrs
Experience Strength Hope	RAY G.	04/24/09	11 Yrs
SIMPLY SOBRIETY	CINDY L.	04/21/07	13 Yrs
ANONYMOUS	ANONYMOUS	1993	27 Yrs

SELF-SUPPORT-APRIL, 2020

© Today in April of 2020 we have 223 Groups with 536 meetings a week. Contributions in April totaled \$ 2,774.91. This accounts for what 40 Groups or individuals in our area have contributed in April. Included we also received \$ 177.00 from 4 members for the Birthday Club. Our total income for April was \$ 4,737.27. Our Total Cost of Goods Sold was \$ 1,498.62. Subtracting the Total Cost of Goods Sold from our April income left us with a Gross Profit of \$ 3,238.65. Our Total Expenses for April were \$ 7,830.78. Subtracting our Expenses from our Gross Profit gave us a Net Income of minus—\$ 4,592.13 the month of April. We took a big hit in April due to the COVID-19 virus but as they say in the rooms of AA “this too shall past.” No matter *how good or bad* it may appear that we are doing from one month to another, it takes your consistent contributions to keep us operating on a steady level. As our AA membership continues to grow in the Tampa Bay area, the demand for more and more material and services continue to expand and we continue to try and strive to keep up with the demand. That is only possible with your continued support . Thank you for all of your support !!!

AAs who carry the message often carry the Grapevine



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. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety. Ask your Treasurer if they have any Birthday envelopes available. We usually send one out when a group sends in their contribution to Central Office or call or email your Central Office. **933-9123** or aainfo@aatampa-area.org

STAY SAFE STAY SOBER

**That's 475 Years of Sobriety!
Congratulations for your Sobriety
One Day at a Time!**

MORE NEWS AROUND THE TOWN & THE AREA

ENVY

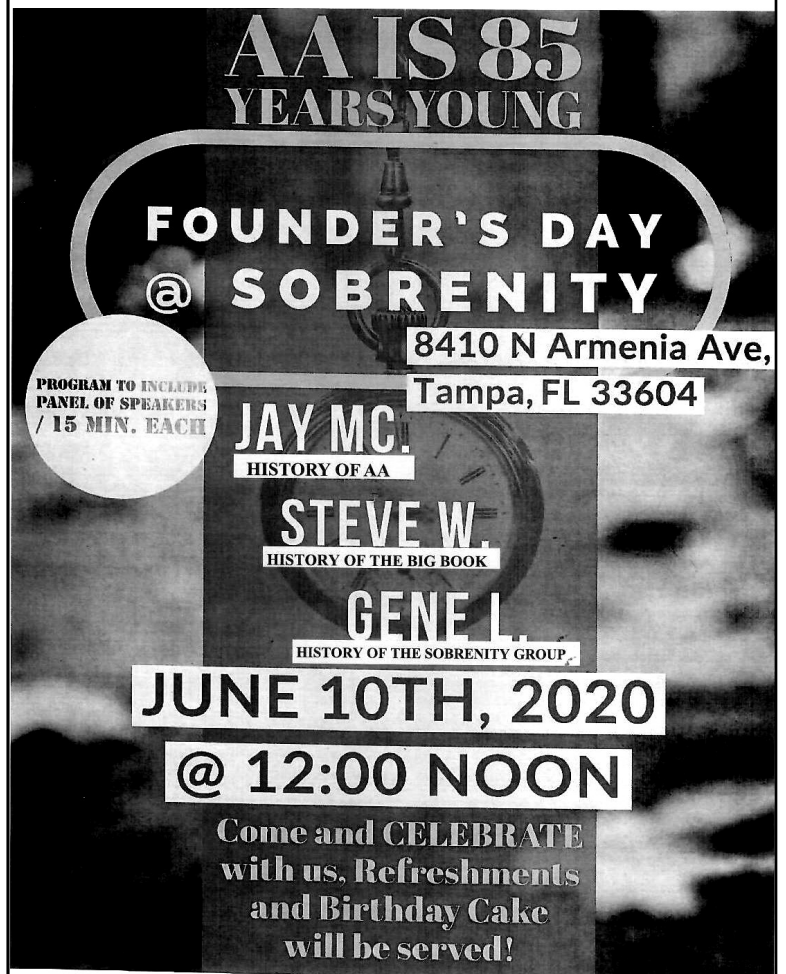
No one would argue if you said at a meeting that resentments are among our worst enemies. But resentments, like alcoholism, are a symptom. When you go looking for the cause, envy will often be dug out of the woodwork. Yet most people think of envy as a mild flaw, easily skipped over in the Fourth Step. The truth is that envy has long since earned a high place among character defects. Like many an insidious foe, it has a way of throwing sliders that can fool anyone. As long as our defects go unrecognized, they have a way of growing; they aren't likely to fade away and get lost without real effort by the victim. And envy can sour the thinking process like sauerkraut in a milkshake. The victim would never admit this. (Guilty ones rarely confess anything. Ask any judge, lawyer, or jury.) To envy means "to feel annoyed or aggrieved at the superior possessions or advantages of another person." Any time an alcoholic gets annoyed in this way, there is danger ahead. What shows first as irritation grows quickly into resentment. Emotions may merely simmer; but as in a kettle with the lid jammed on, pressure rises, and resentment can burst into rage. So what started as a touch of mild envy may eventually boil into something lethal and end in tragedy (which for us means a drink). Suppose someone remarks here, "Why worry about it? Remember, *Easy Does It.*" There is a strong answer. It comes from Bill W., AA's co-founder, who noted in the Grapevine (November 1960) that alcoholics have three choices in seeking sobriety: (1) "A rebellious refusal to work upon our glaring defects can be an almost certain ticket to destruction"; (2) "for a time, we can stay sober with a minimum of self-improvement and settle into a comfortable but often dangerous mediocrity"; or (3) "we can continuously try hard for those sterling qualities that can add up to fineness of spirit and action—true and lasting freedom under God." If we take the third course, we'll begin with a "searching and fearless" look into ourselves. Do I envy John or Jane Doe, recently promoted while I sat still? Or their new car while mine is old and rusty? Or the fact that his son made MIT while mine took a low-level job? The list will be long; for each, it will vary; but honesty will show that envy warps countless minds. Envy has a long arm; its fingers touch many sides of our thinking, and therefore influence our actions. Is this a human frailty that can't be helped? No! Once anyone uses the Fourth Step without reserve and begins to see exactly what is wrong, a start can be made. Only that is needed. Perfection isn't in reach. But willingness will open many gates, and the road ahead can be upward, if we so choose, one day at a time.

Bill C., Hull, Mass.

Reprint Permission/ AA Grapevine/ May/ 1976

"Are you an alcoholic? The best person to ask is your wife and, if you're living alone, you already have the answer.

From a sign in a Japanese bar: When you reach for another drink, remember you have a wife and kidneys.



AA IS 85 YEARS YOUNG

FOUNDER'S DAY @ SOBRENITY

8410 N Armenia Ave, Tampa, FL 33604

JAY MC!
HISTORY OF AA

STEVE W.
HISTORY OF THE BIG BOOK

GENE L.
HISTORY OF THE SOBRENITY GROUP

JUNE 10TH, 2020

@ 12:00 NOON

Come and CELEBRATE with us. Refreshments and Birthday Cake will be served!

DISTRICT II MEETING HAS BEEN CANCELLED
SOUTH FLORIDA AREA QUARTERLY IS CANCELLED
AA INTERNATIONAL CONVENTION IS CANCELLED
CENTRAL OFFICE BOARD & COUNCIL MEETING CANCELLED UNTIL FURTHER NOTICE

CHECK OUR EVENTS PAGE FOR MANY ONLINE MEETINGS DURING THIS COVID-19 OUTBREAK

Central Office provides a number of services acting as a clearing house for the convenience of members and groups, provides phone service for twelfth step calls and other inquires, helps with the coordination of group activities and keeps track of meeting times and changes and the printing of the schedules. We also edit and print our monthly newsletter. In addition we sell all Alcoholics Anonymous General Service Conference Approved Literature and some other materials requested by our AA members. Thanks to everyone for your continued support!! Become a part of Central Office....volunteer to be a Central Office Representative for your Home Group.

