



Tri-County Central Office News

Instead of complaining, why don't you be grateful that you're sober
and you even know what day it is, today.

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

STEP 11

PRAYER AND MEDITATION

Step 11 is the culmination of all the other Steps. We have taken all the other Steps to lead us to this Step. Step 1 had to be taken so we could take Step 2 – because we couldn't see the solution until we understood the problem. These two Steps gave us what we needed to make a decision. The decision was Step 3: to turn our will and our lives over to the care of God *as we understood Him*. The decision was an important turning point. Next we had to carry out the decision. There were certain things that blocked us from God, and we could not get on with turning our will and our lives over to the care of God until we removed those things that were blocking us. Therefore we took the action Steps: Steps 4, 5, 6, 7, 8, 9 and then 10, which is the continuation of Steps 4-9. As a result of the actions of Steps 4-10, we removed the things that were blocking us from God. Now we can *carry out* the decision we made in Step 3 of turning our will and our lives over to the care of God as we understood Him. Through prayer and meditation, we can receive God's will for us and the power to carry it out. If we can do that, we will have carried out the decision that we made in Step 3. Steps 3 and 11 are the pillars of the Steps. We could say that the Steps have two crucial points: the turning over of our will in Step 3 and the receiving of God's will in Step 11. This amounts to changing the direction of a human life. This is not to say the direction can be changed by these two Steps alone, because the others are necessary before we can complete these two. When we change the direction of a life, we change the life. We said in Step 3 we were willing to turn our direction over to God, who had always been there even when we were blocked from Him. Our lives will have become different as a result of this process. Anyone who can begin to use Step 11 effectively has had a spiritual awakening. He or she has *"tapped that unsuspected inner resource"* of strength. (Big Book, p.567-568, 4th Ed.) This shows the Steps have worked for this person. After that will come the Twelfth and final Step, which tells us to take the message to other people. Step 11 takes a lot of work. First, it takes the work of the first ten Steps, and then it takes continuous practice over a long period of time.

Joe McQ (of the Big Book Study Tapes)

*Everyone thinks of changing the world,
But no one thinks of changing himself*

Central Office will be closed:
November 26th, 2020 Thanksgiving Day
December 24th, 2020 Christmas Eve
December 25th, 2020 Christmas Day
December 31st, 2020 New Year Eve
January 1st, 2021 New Year Day

"Prayer and meditation are our principle means of a conscious contact with God" says the AA Twelve and Twelve. Bill Wilson writes, "There is a direct linkage among self-examination, meditation, and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life." Both the AA Big Book and the Twelve and Twelve refer to the benefits of prayer. "Almost the only scoffers at prayer are those who never tried it enough," quotes the Twelve and Twelve. "....We have found that the actual good results of prayer are beyond question. They are matters of knowledge and experience. All those who have persisted have found strength not ordinarily their own. They have found wisdom beyond their usual capacity. And they have increasingly found peace of mind which can stand firm in the face of difficult circumstances." *Our experience in Twelve Step recovery is that prayer and meditation work.* It is through prayer and meditation that we reestablish our desire to do God's will. A handy distinction that program members often make between prayer and meditation is this: prayer is speaking to God, whereas meditation is listening to God. We need to ask God to reveal His will to us, but we must also listen in order to hear the answer. Part of all prayer and meditation is self-examination. Bill Wilson writes, "As we have seen, self-searching is the means by which we bring new vision, action, and grace to bear upon the dark and negative side of our natures. It is a step in the development of that kind of humility that makes it possible for us to receive God's help." We must continually work on character defects that stand between us and serenity, between what we are and what God's will for us is. *Self-examination is a goal of prayer and meditation.* The program of prayer and meditation that the Big Book lays out in Step Eleven is rigorous. It is certainly a departure from the routine of our drinking, using, or compulsive days and even of our early recovery. Many of us will resist prayer and meditation. We tend to be a rebellious lot, and the idea of a daily effort to find humility is not necessarily appealing. We may still want our own way. We may still think we are "too busy" to take time out for prayer and meditation. Why do we resist submitting to our Higher Power even when we have convincing evidence that such submission is the only way to real power? The answer seems to lie in self-will run riot.

Hamilton B. "Twelve Step Sponsorship"

*Overheard at a meeting :
"One thing about AA—it shakes my disbelief."*

"SAY A PRAYER FOR ME, SISTER," SAID THE DRUNKEN ALCOHOLIC WEAVING HIS WAY PAST SISTER IGNATIA INTO ROSARY HALL. "SAY IT YOURSELF," SHE REPLIED GENTLY. "HE LOVES TO HEAR FROM STRANGERS." ☺

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.

Allan D. opened the October 17, 2020, TBAIC Zoom meeting with the Serenity Prayer. Attendees: Allan D., Scott S., Larry B., Tom F., Judi R., Tim B., Susan O., Tract B., and Sara R.
 Allan gave his chair report, with the information that he shared at the District 2 meeting. He is conducting Zoom meetings twice daily at ACTS Drew Park Amethyst at 1 PM and & 7 PM. Allan has tried to contact the women's DACCO facility to see who is conducting Zoom meetings there. Allan attended the Correction and Treatment Committee meetings at the Zoom Area 15 Assembly. Allan will serve as the secretary/treasurer for the Treatment Committee for a two-year term starting in January 2021.
 The Area 15 Corrections Workshop is Sunday, November 1st at 1 PM via Zoom.
 Scott S. presented the Treasurer's report. The Treasurer's report was approved.
 Larry B. read the minutes from the September 2020 meeting. The minutes were approved.
 Tom F. is continuing Zoom meetings at the ACTS Henry Street location. The Henry Street location may allow in-person meetings starting sometime in November. The Broken Bottle Group at the Zephyrhills C.I. has resumed meetings with limited attendance due to the meeting space available. A larger room may be available on a different day, no decision has been made.
 There was one Man on the Bed call and three calls from the Liver Transplant Department at TGH. Tom is maintaining contact.
 Bridging the Gap business cards: Tom has made a revised mockup for the new design after a review of the first draft..
 All Hillsborough County jails remain closed to all outside volunteers due to COVID-19.
 East Pasco Women's facility is still closed to volunteers due to Covid-19.
 New business: Consider the possibility of establishing a Paypal account for Pink Can contributions. Idea tabled for a later date.
 A quick review of qualifications for the positions of chair, treasurer, and secretary. A basic overview of the positions is attached.

 Meeting adjourned with the Responsibility Statement and the Lord's Prayer.

Our Next Committee Meeting
 (Format/location to be determined)
November 7th, 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 (September 13th - October 10th):
 Hide-a-Way Group—\$200.00, Keep it Simple/Pass it On Group—\$76.65, Ruskin Fellowship Group—\$62.00

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

YTD Contributions to TBAIC	\$ 11,869.42
Pink Can Balance 12/14/19	\$ 9,391.54
YTD Money Spent on Literature	\$ 10,656.13
YTD Expenses	\$3,601.33
Pink Can Balance 08/08/2020	\$7.003.50

A SUGGESTION FOR THANKSGIVING BY BILL W.

The idea is in the air that AA might adopt Thanksgiving week as a time for meetings and meditation on the Traditions of Alcoholics Anonymous....I heartily agree...and hope you will too. Pre-AA, we alkie could sometimes achieve that dubious state called "sobriety, period." How bleak and empty this alleged virtue is, only God or a dried-up drunk can fully testify. The reason? Of course every AA knows it: nothing has taken the place of the victim's grog; he's still a man of conflict and disunity. Comes then the Twelve Steps of Recovery, bringing to him a "personality change." The shattered prospect feels reassembled; he now says he seems all one piece. We understand exactly what he means, for he describes the state of being "at oneness"; he is talking about personal unity. We know he must work to maintain it and that he can't stay alive without it. Will not the same principle hold true for AA as a whole? Isn't it also a fact that the alcoholic is in no greater peril than when he takes sobriety for granted? If vigilant practice of sound principle is a matter of life and death for him, why isn't that equally so for the AA group, and for our far-flung Society itself? Yet many of us still take the basic unity of Alcoholics Anonymous for granted. We seem to forget that the whole modern society is on a dangerous and contagious "dry bender." We evidently assume we are so different from other men and women that disintegration can't hit us. Our unity appears as a gift of Heaven; something to be perpetually enjoyed by us AAs quite without effort. Criticism is not intended, because our present attitude is natural enough. It stems from the fact that no Society in its infancy has ever enjoyed more providential protection against temptation and untoward happenings than has ours. Minor troubles we have had, but none serious enough to test our adult strength. It's not strange that we are a bit complacent and self-satisfied. Surely there need be no counsel of fear, nor lack of faith in the prediction that a far greater time of trial may yet be ours. When we think our situation through, simple prudence and foresight will tell us that. The Twelve Traditions of Alcoholics Anonymous are a distillate of our experience of living and working together. They apply the spirit of the Twelve Recovery Steps to our group life and security. They deal with our relations with the world outside and with each other, they state our attitudes toward power and prestige, toward property and money. They would save us from tempting alliances and major controversies, they would elevate principles they request that we maintain personal anonymity before the open public as a protection to AA and as proof of the fact that our Society intends to practice true humility. For the information of the general public and for the instruction of new AA members, the Twelve Traditions have just been released in a much condensed "short form" which we hope will be as widely read and understood as the Twelve Steps of Recovery. Should this happen, our current growing pains will be lessened and we shall commence to lay up a great store of insurance for the years ahead. What then could be more appropriate than to set aside Thanksgiving week for discussion of the practice and spiritual values to be discovered in our Tradition? We could thus reinforce our faith in the future by these prudent works; we could show that we deserve to go on receiving that priceless gift of "Oneness" which God in his wisdom has so freely given to us of Alcoholics Anonymous in the precious years of our infancy.

Reprint Permission/AA Grapevine/1949

INSTANT AA

Don't be misled by the title. This isn't a formula for achieving ten years' sobriety in two weeks, nor is it a substitute for the day to day practice of the AA philosophy in all its variety. It is merely a simplification that may be helpful to some newcomers who find the variety of AA confusing and even to some not so new members who have become so fascinated by the byways of AA that they forget its basic lack of complexity. We have all seen newcomers, still shaky mentally if not physically, who have been further befuddled by a host of well-meaning and in themselves perfectly sound suggestions from fellow members. A newcomer in this state of mind is ready for a slip. He may be able to avoid it by concentrating on these three phases of instant AA: **Stay away from the first drink.** Obvious as heck, but there is many a pigeon who quite honestly doesn't understand it. Sometimes the confusion comes from his being told that whether he drinks or not is his own business. (It is, of course, but not in the sense in which he may interpret the statement.) Sometimes the confusion comes from AA honesty itself, from the stories of older and successful AAs who relate many tries it took them to get the program. Such honesty is an important part of the backbone of AA, but sponsors should be alert to see that it also isn't interpreted to mean, "I have a few tries coming myself." A bearing down on **stay away from the first drink** may turn the tables to success. **Attend meetings.** Attend whether you like them or not, whether you're going through a pink cloud of confidence or a phase of boredom. Something will come to you from meetings. More will come to you from meetings if you try to participate in them, if you come to them without a drink in the last twenty-four hours, but even under all the wrong conditions constant attendance at meetings will eventually force some AA through the thickest skull. **Try consciously to practice some AA principle each day.** This doesn't mean trying to swallow the whole program at once. A beginner might best be advised, after following the first two suggestions, to play this section by ear. You will be surprised at the applications of AA slogans, of the Steps themselves, of the Serenity Prayer, the twenty-four hour philosophy and other AA adjuncts that will come up in an average day. And the more you use AA in your daily life, the more uses you will find for it. As the mind loses its load of alcohol and the attendant haze, more AA principles will fall into their proper place as helpful aids in the business of living. Stay away from the first drink. Attend meetings. Try consciously to practice some AA principles each day. If you can make room for these three small thoughts in your mind and follow them with your heart, it won't be long before you are accepting the whole program of AA and enjoying its endless benefits.

A.H., New Milford, Conn.

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CHECK our Events Calendar to see whatever ZOOM and online meetings we have posted. Do you have a ZOOM meeting that is not listed on our web site? Email us the info so we can list you on our site. aainfo@aatampa-area.org

NOTES FROM INSIDE THE CENTRAL OFFICE

November 10th, 2020 the Board of Directors for Central Office		REPRESENTING GROUP
BOARD MEMBERS		
ROD Q.	CHAIRPERSON	SOBER ON SATURDAY GROUP
JOHN T.	TREASURER	LIVINGSOBER/PASS IT ON GROUP
MICHELE S.	BOARD MEMBER	SAFE,SANE & SOBER GROUP
NO SHOW	BOARD MEMBER	SOBRENITY GROUP
NO SHOW	BOARD MEMBER	WESLEY CHAPEL GROUP
RITA Y.	BOARD MEMBER	OLD SCHOOL GROUP
OPEN	BOARD MEMBER	
OPEN	BOARD MEMBER	
OPEN	BOARD MEMBER	
OPEN	BOARD MEMBER	

November 10th, 2020 the Central Office Representatives met:	
COUNCIL MEMBERS	REPRESENTING GROUP
MARGARET S	CAME TO BELIEVE GROUP
SUE Z.	CLEAN AIT GROUP
BRAD W.	TAMPA NIGHTLY NEWCOMERS
KATE R.	NEW HOPE BIG BOOK GROUP
ELIZABETH S.	DISTRICT 2 LIAISON
NANCY G.	HIDE-A-WAY GROUP
CARY	SOBRENITY GROUP
MARTIN S.	CENTRAL OFFICE

On October 13th, 2020 we conducted our first ZOOM Board and Council Meeting. There were 12 members present. Rod Q. opened the meeting with the Serenity Prayer. (Because of time restraints the Board & Council meeting has been combined.) Board Members present: Rob Q. Chairperson, John T Treasurer, Michele S., Rita Y. **Secretary Report:** Tim gave a brief synopsis of where we are currently standing here at the Central Office in September. There was also a correction noted from the September report. **Treasurers Report:** Tim presented the September Treasurer's Report noting that we were \$ 2,8866.85 in the red for the month and \$ 6,824.81 in the red for the year. Tim noted that we now have a Contribution button added to our website and have received \$ 1,661.00 from online contributions that are not reflected in the Treasurer's Report. Currently at that time we had not been able to link the PayPal account to the PNC account. (This has been resolved) Martin remarked that we had been having problems with the postage service returning some contributions to sender that had been send to us but not delivered. **Old Business:** Rod had asked if the Computer situation had been resolved—Tim replied with an affirmative. **New Business:** Kara asked if many groups had opened up in spite of COVID and about groups Wearing masks or not. It was noted that it comes down to what each group decides. Several members noted if their group had live meetings or just ZOOM meetings or both. Cathy had hear it was a requirement for groups who have both live and ZOOM meetings that if they had a business meeting that they had to include the ZOOM members. Rita noted that that is not a requirement—each group is autonomous—they decide themselves. John reiterated the same thoughts and added that at the Area Assembly, they had asked for groups that were strictly ZOOM to try to be represented but nothing about half & half groups. Cary talked about the split in thought between ZOOM meetings and live meetings at his group **Announcements:** Tim asked everyone who is on ZOOM that is listed on our web site to check to make sure we have been provided the correct I.D. and Password The next Board & Council Meeting will be November 10th, 2020 at 7:00 pm on ZOOM Timothy S. Office Manager/Secretary for the Board & Council

ID & PASSWORD have been send to those o our list by email.

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. 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

We now have a Contribution button on our web site
www.aatampa-area.org

From AA Comes of Age:
“We think we should do one thing well rather than many things to which we are not called. Our society gathers in unity around this concept. The very life of our fellowship requires its preservation. Together we have found a substantial remedy for a terrible malady. As a fellowship we know we must not be diverted. It is our experience as alcoholics that makes us of unique value on our sector of the total alcoholic front. We can approach sufferers as no one else can. Therefore, the strongest kind of moral and ethical compulsion is upon us to do this and nothing more. We shall direct our energies where they count most. Most emphatically, then, AA has but one single purpose: To carry its message to the alcoholic who still suffers. This is our basic objective, our real reason for existence.” It's our only reason for existence. **Gay G. Decatur, GA**

ANNIVERSARY TIME

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

GROUP	Honors To	Date	Years
SOBER @ 7 GROUP	TAMMY B.	11/07/13	7 YRS
SOBER @ 7 GROUP	SANDY vL	11/12/90	30 YRS
LIVING SOBER/AS BILL SEES IT	HEATHER P.	11/06/10	10 YRS
LIVING SOBER/AS BILL SEES IT	KIRK T.	11/04/08	12 YRS
RUSH HOUR SERENITY	BEVERLY W.	11/01/11	9 YRS
HIDE-a-WAY GROUP	PHIL S.	11/08/07	13 YRS
NEW TAMPA MON MEN'S	CHRIS D.	11/30/93	27 YRS
NEW BEGINNINGS GROUP	MIKE B.	11/19/06	14 YRS
ON THE WAY HOME	DAVID Y.	11/11/81	39 YRS
REFLECTIONS GROUP	CAPPY T.	11/22/74	46 YRS
MUSTARD SEED GROUP	BRADY G.	11/15/10	10 YRS
RIVERSIDE GROUP	SCOTT P.	11/01/14	6 YRS
RIVERSIDE GROUP	CLINT V.	11/18/88	32 YRS
KEYSTONE GROUP	KENNETH A.	11/27/13	7 YRS
KEYSTONE GROUP	ALEX R.	11/16/09	11 YRS
KEYSTONE GROUP	CAREY H.	11/25/77	43 YRS
CAME TO BELIEVE GROUP	JAN E.	11/04/14	6 YRS
CAME TO BELIEVE GROUP	RICK A.	11/01/10	10 YRS
CAME TO BELIEVE GROUP	LINDA R.	11/02/88	32 YRS
JUST WHAT I NEEDED	SANDY B.	11/11/94	26 YRS
FRIDAY FRIENDSHIP	JOANNE	11/16/13	7 YRS
FRIDAY FRIENDSHIP	KRISTIN	11/20/12	8 YRS
FRIDAY FRIENDSHIP	KERRY L.	11/14/11	9 YRS
FRIDAY FRIENDSHIP	MALIN	11/11/10	10 YRS
FRIDAY FRIENDSHIP	JOANN	11/19/05	15 YRS

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

Home Group	Honors To	Date	Years
Saturday Night Live	Mary R.	10/21/83	37 YRS
Keystone Group	Tom F.	10/19/81	39 YRS
Thank God It's Friday	Janice P.	12/09/90	30 YRS
SOME MEMBERS	SENT	CASH	BUT
NO INFO OR WHO	OR WHEN		

SELF-SUPPORT-October, 2020

© Today in October of 2020 we have 223 Groups with 536 meetings a week. Contributions in October totaled \$ 3,858.31. This accounts for what 39 Groups or individuals in our area have contributed in October. Included we also received \$ 642.00 from 5 members for the Birthday Club. Our total income for October was \$ 8,449.18. Our Total Cost of Goods Sold was \$ 3,397.81. Subtracting the Total Cost of Goods Sold from our October income left us with a Gross Profit of \$ 5,051.37. Our Total Expenses for October were \$ 8,906.77. Subtracting our Expenses from our Gross Profit gave us a Net Income of minus-\$ 3,855.40 for the month of October. In spite of the COVID-19 virus, our groups are still continuing to support us however they can. Many meetings are still live, but many have gone to ZOOM for the time being due to the requirements of the facility that they meet in. We thank you for your continuing support. As they say in the rooms of AA "this too shall past." And this virus will. No matter *how good or bad* it may appear that we are doing from one month to another, it takes your consistent contributions and support 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
Wear Your Face Cover**

DR. BOB

The American Weekly, March 11, 1951

(This is a magazine article about Dr. Bob Smith, AA's cofounder.)

Dr. Bob: His Only Monument Is a Plaque, but the Thousands He Helped Rescue From Alcoholism Will Never Forget Him.

By Booton Herndon

The kindly faced man lying in the white hospital bed raised his hand to the light, studied it calmly and then remarked to the nurse standing by his bed: "I think this is it."

Thus Dr. Robert Holbrook Smith recently passed from the world. So, finally, the story of "Dr. Bob, beloved by 120,000 members of Alcoholics Anonymous whom he had helped to find the way back to respectability and happiness, can be told. At the death of his wife, Anne, a year before, Dr. Smith's identity had been revealed, but the story of the co-founder of A.A. remained a secret. Dr. Bob was a boy in New England, 72 years ago, and his mother sent him to bed at 5 o'clock every evening. Just as regularly did he secretly arise, dress, and slip out the back way to continue the game with his boyhood pals. He learned early to revolt against authority. When he went away to college he became a steady drinker. He had always wanted to be a doctor but his strong willed mother had always opposed it, and it was three years after he graduated from Dartmouth before he got up the courage to go to medical school. He drank so continuously he just did manage to get his degree. Once he went off on such a protracted binge that his fraternity brothers had to send for his father to straighten him out. All this time Bob was corresponding with Anne, his high school sweetheart. That was as far as their courtship went. With the exception of two hard working years as an intern, he was seldom sober. Still, Anne, waiting for a miracle, married no one else. The miracle happened, apparently, after a year-long period of heavy drinking left him terrified and on the wagon. In 1915 when he was 35 years old and some 17 years after he had first met her, he married Anne and brought her to Akron with him as his bride. They were happy for several years - until the Eighteenth Amendment was passed. The Grapevine, the official magazine of Alcoholics Anonymous, explains in the weird logic of the alcoholic what happened then. Dr. Bob figured that since he'd soon be unable to get any more alcohol, he might as well drink up what there was. Despite prohibition, he never found it difficult to get more. From then on, he had a regular pattern. He began drinking every afternoon at four. Every morning he'd quite his tortured nerves with sedatives and, trembling, go to work to make enough money to buy alcohol for four o'clock. That went on for 15 years. In the meantime, a New York broker who had drunk himself out of prominence discovered that when he was trying to talk drunks into going on the wagon, he had less craving for liquor. This broker, known to A.A.'s as Bill W., went to Akron on a business deal in 1935. The deal fell through and Bill found himself once more a failure, with only 2\$ in his pocket. He knew right away that he had his choice: find a drunk to talk to, or get drunk himself. Fortunately, he found a drunk, Dr. Bob. Bill moved in with Dr. Bob and straightened him out. When he and Dr. Bob wanted a drink, they'd go out and find a drunk to talk to. They sobered up a number of habitual drinkers in Akron that way and then their fame began reaching out to other cities. Slowly, gradually, the idea spread. Almost before Dr. Bob and Bill, the co-founders, were aware of it, Alcoholics Anonymous was a going concern. The book, Alcoholics Anonymous, was written. It is now in its 13th printing. People began to write in from all over the world. Some were alcoholics themselves, some were mothers, fathers, sisters, brothers, husbands, wives or friends of alcoholics. They all got an answer. Dr. Bob, who had devoted half his life to drinking, still found himself a slave to alcohol - only now it was on the other fellow's breath. He personally visited some 5,000 in Akron hospitals, encouraging them. As his period of sobriety increased, more and more patients came to him, and it looked as though one part of his ambition, to own a convertible, might not be impossible after all. Finally he made it. Last year he got a new yellow convertible. The Grapevine pictures him, at the age of 71, speeding through the streets of Akron in it. "The long slim lines made even more rakish with the top down. No hat, his face to the sun, into the driveway he sped. Pebbles, flying, tires screeching, he'd swoosh to a stop. And, just then, before he put 150 miles on the gleaming yellow convertible, Dr. Bob's malignant disease took a turn for the worse and he had to give up driving. He died a few months later. Bill W. explained why there will be no imposing monument to this man who saved so many people from alcoholism. When it was once suggested, last year, Dr. Bob said: "Anne and I plan to be buried just like other folks." And so only a simple plaque in the alcoholic ward of St. Thomas Hospital in Akron, where Dr. Bob did so much of his work, commemorates his work as co-founder of Alcoholics Anonymous.

Dr Bob's story of the AA Camel

The camel each day goes twice to his knees. He picks up his load with the greatest of ease. He walks through the day with his head held high. And stays for that day, completely dry. Spiritual Principles: Prayer, Faith, Spirituality, Sobriety - One day at a time. Dr Bob, physician, and a cofounder of Alcoholics Anonymous - ". . . would explain prayer by telling how the camels in a caravan would kneel down in the evening, and the men would unload their burdens. In the morning, they would kneel down again, and the men would put the burdens back on. 'It's the same with prayer,' Dr. Bob said. 'We get on our knees to unload at night. And in the morning when we get on our knees again, God gives us just the load we are able to carry for that day.'" Dr. Bob and the Good Oldtimers (1980), page 229

CAMEL PRAYER "The tasks of the day can pass with ease when a camel or I start on our knees. One Master we serve, the camel and I, and stay for that day completely dry."

Group	OCT	Y T D	Group	OCT	Y T D	Group	OCT	Y T D
11th Step Group- Christ King		613.85	Live and Let Live Group		80.00	Sober @ 7 Group	124.00	954.10
11th Step Meeting--Sun City			Living in the Solution		493.00	Sober @ 7 Anniversary		
11th Step Retreat			LivingSober/As Bill Sees It		511.50	Sober on Saturday Group		400.00
AA 101 Group	200.00	374.52	Mad Dogs Group			Sober Spirits Group		
Alpha Group		270.00	Mainly Sober Group			Soberilla		
Anniversary Dinner 2020		7,007.81	Magnolia Group			SoberSticks Event		200.00
Housecleaning Retreat			Mapledale Group			Soberstock Committee		
Anonymous Donations	542.04	4462.84	Mid Day Matinee Group		1,200.00	Sobrietea Womens Group		
As Bill Sees It--Riverview		124.80	Monday Night Madness			Sobriety at Sunrise Group		277.00
As Bill Sees It Mens Odessa		390.00	Morning Express Group		237.01	Sobriety at Sunjet Group		130.20
Attitude of Gratitude Group	50.00	150.00	Morning Group -Zephyrhill			Sobriety Group		
Back to Basics Group		31.00	Morning Meditation Group			Solutions Group	65.00	650.00
Barracks Brigade Group		80.00	Morning Mindset Group			Southshore Men's Group		355.50
Beginners Group			Mustard Seed Group			Southside Men's Group # 1		2,123.00
Bel-Mar Group			My Turn Group		300.00	Southside Men's Group # 2		197.90
Bill D's Group		150.00	Never Too Early Group		160.00	Southside Men's Group #3		500.00
BIRTHDAY CLUB	612.00	1,752.78	New Beginnings Women's			Southside Men's Group #4		300.00
Brandon Free Thinkers		39.00	New Beginnings-(5:45)Joe's	33.87	249.00	Spiritual Development		76.00
BrandonSaturday Night		143.03	New Beginnings Brandon		41.00	Spiritual Growth Group		300.00
By the Book Men's Group		105.00	New Beginnings-(Our Club)		623.87	Spiritual Progress Goup		
BYO 12 & 12 Group	40.25	169.38	New Day Group			Step at a Time Group		
Came To Believe Group		520.00	New Hope Big Book		390.00	Step Sisters in Sobriety	130.00	750.00
Cardinal Group - Odessa		5,726.96	New Way Women's Group		174.00	Stepping Stones Group (w)		273.14
Carrollwood Blue Roof			Nightly Newcomers Group			Sun City Center Group		107.20
Carrollwood Group			Nooners Group--Riverview	56.81	617.08	Sunday Afternoon Step Mtg		175.50
Carrollwood Women's Group			Nooners Group--Tampa		342.79	Sunday Speakers - 3333		
Chancey Road Group			Noontime Celebration Gp.		650.00	Sunshine Group		910.00
Clean Air Group	25.00	45.51	Northdale Group		115.00	Swamp Meeting		
Close to Home Group		150.00	Odessa Group			Sweet Surrender Group	114.00	114.00
Design for Living Group			Old School Group		3,925.18	Tampa Bay Fall Roundup		
District Two General Service		313.51	Old School Group All Groups			Tampa Bay Institutions	50.00	450.00
Dover Group		86.71	Oldtimer's Group - JC			Tampa Bay Speakers Gp.		30.00
Druid Hills Big Book Group		219.05	On the Way Home Tpa 5:30	94.25	238.55	Tampa Bay Young Peoples		
Early Risers Group - Joe's		81.63	One Day at a Time Group		202.15	Tampa Bid for FCYPAA		
Expect a Miracle Group		337.00	Palma Ceia Group		0.36	Tampa Group		150.00
Experienc, Strength & Hope	25.00	195.00	Palma Ceia 12 Step Study			Tampa Nightly Newcomers		157.37
Fear Not Group			Palma Ceia Big Book Group		200.00	Tampa Nightly Newcomers-zoom	123.03	366.78
Fireside Group		222.74	Pathfinders Group			Tampa Palms Big Book		240.00
Follow Our Path Group			Pilgrim Group -St Leo's		208.98	Tampa Palms Monday Men's		481.54
Freedom in Sobriety Group		195.69	Plank Owners Group		330.00	Tampa Recovery Group		
Fresh Start Group		100.00	Plant City Keep it Simple			Tampa Sat Night Speakers		0.11
Friday Freedom Group			Primary Purpose Group		11.08	TGIS Group		142.58
Friday Night Lights Group		171.85	Promises Meeting Group		594.86	Thank God it's Friday Group		190.81
Friday Night Big book		200.00	Recovery Bootcamp Group			The 164 Group		582.00
Friday Night Women's Group			Red Chip Day			The 164 Group Wesley Chapel		293.00
Friday Women's Friendship	290.23	863.50	Reflections Group-Lake Mag		100.00	The 164 Group USF		
Gifts of Sobriety Group			Riverside Group	61.10	111.10	The Meeting Place Group		975.00
Grapevine Gals Group		318.03	Riverview Mens Blackbelt			The Next Door Group		
Happy Hour Group			Rule 62/Keep it Simple		138.00	T & C Sisters in Sobriety		
Hard Knox Group		66.30	Rush Hour Serenity Group		305.42	To Improve Conscious		
Helping Hands Gp.-P.C.		250.00	Ruskin Fellowship Group		300.00	Town & Country Wed. Group		300.00
Hide-A-Way Group	244.08	1091.96	Ruskin 11th Step Meditation	48.00	93.00	Tues Big Book Study Gp.		
High Nooners Group		800.00	Safe Haven Group		50.00	Tuesday Book Club Group		
High Nooners Group Plant City		150.00	Safe, Sane & Sober Group		513.85	Turning Point Group -Z-H.	195.00	540.00
Hope Floats Group			Saturday Night Fever Gp.		384.00	Valrico/Brandon Wed Night		220.25
HOW Group			Saturday Night Live Group			Valrico Fri. Morning Group		
In the Wind Group			Saturday Serenity Group	85.00	150.00	UptownDowntown Group		
It's in the Book Men's Gp.		636.40	Seekers of Serenity II Group		68.54	UT 717 Group		50.00
Just What I Wanted Big Book		4.25	Simply Sobriety Women's		306.89	Wed Night Step Workshop		55.00
Keep It Simple - YANA			Singleness of Purpose			Wed Keep it Simple Group		
Keep It Simple/Pass It On		674.20	Sisters in Sobriety Group	116.90	116.90	Weedpatch Group		
Keep it Simple Group Dade City	282.75	646.43	Sisters in Sobriety TRICO Raffle			Wellspring Group		285.00
Keystone Group		767.45	Sisters in Sobriety Group 50/50			Wesley Chapel Group		830.39
Keystone All Groups			Sober @ 6 Group		690.73	With Room to Grow Group	250.00	250.00
Kingsway Group		215.00				Women's Big Book Tampa		80.70
Kingsway Group						Women's Big Book Ruskin		103.25
Lemon Tree Group						Women's Friendship Group		138.50
Life Enrichment Group		504.13				YaYa Sisterhood of Sobriety		
Little Harbor Grapevine Group		175.00						
Total	2,311.35		Total	495.93		Total	1,051.03	
YTD	Total	31,592.31	YTD Total	15,259.84		Monthly Total	15,705.82	
							YTD Total	
						Grand Total	62,782.97	