



# Tri-County Central Office News

A.A. has taught me I will have Peace of mind in the exact proportion of the Peace of mind I bring into the lives of other people

A Monthly Newsletter of the Tri-County Central Office, Inc.  
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September, 2021

## Just Let Someone Cross Me

When I think I have my numerous character defects under control, when I feel I am trust-worthy, helpful, friendly, kind, cheerful, thrifty, brave, clean, and reverent, just let someone cross me! Anger quickly gives a new life to resentment. When I am resentful, I become very important in my own eyes. I decide I should not be treated in this manner, because I am me! The big ego takes over, and if corrective measures do not follow, a drink can be the end result. Have any of you ever found your own big ego again in command? If so, what did you do to reacquire that comfortable feeling of not running the show? "Let go and let God"? "Made a decision...? I've listed a few of the tools I have tried. Some are rusty from lack of use, and one or two do not work because they are not properly used. 1. "*Him that loves ain't got no time to hate.*" These words from a song I heard present a wonderful philosophy. How can you hate someone, or even resent someone, when you're busy loving them? This one I did use, and I applied the love to an object (actually a little child) which was not what or whom I was resenting. My resentment subsided. 2. *Gratitude.* It is extremely difficult to resent properly when you start being grateful. Just the act of thinking I am grateful for my sobriety reminds me of the wreck of humanity I was when I came into AA: nothing, absolutely nothing left; no self-respect, no friends, no hope. I am grateful, and therefore is harder to resent anyone. A start toward getting a proper perspective is made. Just last week, my mother gave me a lesson in gratitude. She said, "You know, I think so often of the AA talk I heard years ago by that girl who was blind, and told how her Seeing Eye dog refused to lead her when she was drinking. She said, "We are always asking God for things, but we rarely thank Him." It gave me quite a start, because I realized that I'd just finished praying deeply for two favors, and that both had been granted, and that I hadn't thanked God. How many other times have I forgotten? 3. *Getting outside myself.* Failure to do this was, and is, my biggest source of trouble. The first year I was in AA, all I could think of was myself. I'm not troubled much with this now—that is, when I'm controlling my defects. When I give way to resentment, back it all comes. All I can think about is me. The person I'm resenting has hurt me. I don't deserve this sort of treatment! How can they treat me this way? The big ego is in charge again and lose itself in a book, in a TV show, or in an AA meeting. The big ego takes full time. It smothers serenity. It discourages companionship. It shortens sleep. It affects appetite. It reduces the dimensions of life to a radius of one inch around me. This was the worst part of alcoholism for me—having nothing other than myself. And yet I can slip back into the same dreaded condition simply by allowing myself the luxury of being resentful. So, to utilize this saving tool, to get out outside myself, I first have to do some character-defect elimination. 4. *The Tenth Step:* "Continued to take personal inventory..." Am I becoming complacent? When I allow myself to be resentful, I must think I'm pretty much. Am I self-satisfied? But for God's mercy, I would be a drunken bum, in an institution, or dead. I did nothing but admit defeat. God and AA did all the rest. 5. *Dime therapy.* How often this kept

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## Solitude—A New Joy

"I'm LONELY—I'm lonely!" is the cry of alcoholics all over the face of the earth—in a lonely room, in a crowded bar, in the heart of a family gathering, walking down the street in the midst of hundreds of people. Then, in contradiction, people would get on our nerves and we would go off by ourselves to "get away from it all," but this didn't work either, for we could not endure for long the burden of our own dark thoughts. There is a place for the fish in the sea, the birds in the air, but no place—no place for me. Tillich said: "Man is alone because he is man. In some way every creature is alone. In majestic isolation every star travels through the darkness of endless space. Each tree grows according to its own law, fulfilling its unique possibilities. Animals live, fight and die for themselves alone, confined to the limitations of their bodies. Certainly, they also appear as male and female, in families and in flocks. Some of them are gregarious. But all of them are alone. Being alive means being in a body—a body separated from all other bodies. And being separated means being alone. This is true of every creature. But man is not only alone; he also *knows* he is alone. We were alone and we knew we were alone, so we tried to assuage that loneliness. Perhaps that is why so many of us had multiple marriages. We sought to remove our aloneness by the encounter of the sexes, and for a little while we did. For moments we could forget our own self in communion with another person, but after these moments our isolation was felt even more deeply than before, sometimes even to the point of mutual repulsion. We tried hard to remove our aloneness with the bottle and for a little while we could, but not for long. Even in the midst of laughing, fun-seeking crowd, we were aware, in a sudden break in our sense of the world around us, of our intense aloneness. When we hit bottom and realized we could not go on as we were, by the Grace of God we found ourselves thrust into an unbearable aloneness and separated from everything and everybody. Thus, separated, we were able to look at our life, our problem, the hopelessness of our situation. Only now could we ask questions and give answers and make decisions. Only now could we make a decision to do something about our drinking and living problem. There are two sides of man's being alone. In our language, loneliness expresses the pain of being alone. Solitude expresses the glory of being alone. What happens to us in AA that makes that possible for us not only to endure, but to enjoy moments of solitude? What changed our aloneness to solitude? The love and understanding we find in AA is a protective curtain between us and the aching aloneness of our drinking days. The first few weeks some of us spend most of our time in the AA club talking with others. Then, it becomes evident that we must go to work and somehow meet the demands and responsibilities of our daily lives. We are afraid. Will the old loneliness hit us again when we are out of the actual presence of other AA members? Sooner or later, by practicing the principles of the Twelve Steps, we find in ourselves a very precious thing, something inside that we can be comfortable with regardless of whether we are at home by ourselves or anywhere else that life takes us. AA members are not emotional cripples who need someone to hold their

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

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

Mike B. opened the August 14, 2021, TBAIC Zoom meeting with the Declaration of Unity. Attendees: Mike B., Tom F., Sara R., Jason C., Hezekiah D. and John T and guests Kristin Hanson and Tiffany Haley from True Core Behavioral Solutions Mike B. presented the chair report. He attended the recent Area 15 quarterly meeting and gained new information related to Bridging the Gap technology used by other districts. He also attended the District 2 meeting last Sunday. He said District 2 will be hosting the next Area 15 quarterly meeting at the Tampa Airport Marriott in October. He said he will be chairing the corrections workshop and Allan D. will be chairing the treatment centers workshop. Mike said Sara R. will be sharing her experience in carrying the AA message into jails and Adam will be sharing his experience as an inmate who attended AA meetings on the inside and is still active in AA. Tom F. said he would be glad to share his experience alone with Stephen L., who is a former inmate he currently sponsors and currently serving as a GSR. John T. read the minutes from the July 2021 meeting. The minutes were approved. Mike B. presented the treasurer's report he received from Scott S. Pink Can balance is \$8,971.94 INSTITUTION MEETING UPDATES □ ACTS Henry Ave – Tom F. said all meetings are suspended due to concerns over Covid-19 delta variant □ ACTS Amethyst Drew Park – Mike B. said some meetings are face to face and at least two are still via Zoom □ River Oaks Treatment Center – Jason C. said meetings going well. □ Tom F. mentioned that he was called by someone about re-starting meeting at a transitional housing facility near Fowler Ave. He said he plans to further discuss. □ John T. mentioned that the director for the New Beginnings transitional housing facility was also interested in re-starting meetings there. Jason C. said he knew of several individuals who may be interested. John said he would provide contact information to Jason. □ Falkenburg Men's and Orient Rd Jails – Mike said Buddy H. informed him all meetings are cancelled this weekend due to expected bad weather. □ Falkenburg Women's Jail - Sara R. said all meetings are cancelled this weekend due to expected bad weather. She said the jail is accepting new volunteer applicants and the approval process is faster than in the past. □ Zephyrhills CI – Tom F. said face to face meetings going well. Last night, 14 inmates attended the meeting reading Chapter 7 of the Big Book. Tom mentioned that another volunteer, Paul R., has been dealing with pancreatic cancer and is recovering. He said he attended the meeting and inmates seemed inspired by his recovery. □ W T Edwards – Hezekiah D. said he is going every Thursday. He shared some of his recent experiences/ challenges and how he continues to feel motivated to work through them. The two visitors from True Core Behavioral Solutions shared their knowledge of issues they have encountered with juveniles with substance abuse problems. They commended not only Hezekiah but also other volunteers for continuing to carry the message to institutions dealing with adolescents. OLD BUSINESS: Mike B. said to provide John T. with updates to the contact list and institution meetings status. He added that facilitators were still needed at several locations. NEW BUSINESS: □ True Core Behavioral Solutions – The two visitors explained their request for AA meetings to be held at their facility at 9504 East Columbus Drive. They are bidding for contract to house juvenile females with substance abuse disorders. If they receive the contract, the program will start in January 2022. The proposal would be to hold at least one meeting a week at the facility and to provide their clients a pathway from the facility directly into AA meetings. Jason C. mentioned that he had some experience as a client in such a facility. He said also was aware of a female who may be interested. Mike said we would discuss further at the next meeting. □ Bridging the Gap – Mike proposed using a new system called Google Voice to handle the calls.

**Our Next Committee Meeting**  
**September 11th, 2021 9:30 am on ZOOM.** Contact us at [www.tbaic.org](http://www.tbaic.org) for more information. The meeting usually lasts about an hour and it is the best way to get involved with service work, in Detox/Treatment/Jail/ Prison facilities. If you would like to join our committee **PLEASE COME!!!!!!!!!!!!!!**

**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**

He said there was no cost to use Google Voice and up to six numbers could be used to answer calls. He also proposed buying new business cards and a new stamp to show the new phone number to call. Several comments were made about the program and possibility of retaining the current system and phone number. Mike decided to further review and to table the issue until next month. □ Quarterly Treatment Workshop – Mike mentioned that Sara will be assisting with the workshop and due to the distance from her home to the Tampa Airport Marriott he requested the committee to fund one night lodging for Sara. The committee approved the request. □ Literature – Tom indicated he wanted to buy two 24 Hour book for Zephyrhills CI. He said he would buy the book at central office and charge the committee. The request was approved. □ Man on the Bed – Tom said he received one call and he contacted the individual and he is now attending meetings. Meeting adjourned with the Responsibility Statement and the Lord's Prayer. The next TBAIC meeting will be Saturday, September 11th, at 9:30 AM via Zoom.

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

**TBAIC Contributions (July 11th - August 14th): Came To Believe Group - \$50.00, Cardinal Group - \$151.00, Keep It Simple, Pass It On Group - \$230.41, Live and Let Live Group - \$10.00, Meeting Place (Land O Lakes) Group - \$132.30, On The Way Home Group - \$34.00, Ruskin Fellowship (Sunday) Group - \$80.00, Wellspring Recovery Group - \$89.00, Yana 545 Happy Hour Group - \$105.00.**

|  |                    |
|--|--------------------|
| <b>YTD Contributions to TBAIC</b>        | <b>\$ 7,629.83</b> |
| <b>Pink Can Balance 12/31/20</b>         | <b>\$ 7,339.13</b> |
| <b>YTD Money Spent on Literature</b>     | <b>\$ 4,591.06</b> |
| <b>YTD Expenses</b>                      | <b>\$ 1,417.46</b> |
| <b>Pink Can Current Balance 08/14/21</b> | <b>\$ 8,910.44</b> |

**Just Let Someone Cross Me...continued from Page 1**

me sober. But now it doesn't rid me of resentments; it only nurtures them. This is a tool that doesn't work. **6. "Look unto yourself."** When a resentment takes over, a part of inventory, for me, is asking, "Did I actually deserve this harsh treatment? Have I done something thoughtless, unkind? Did my big ego direct my thought into the wrong channels? Could I have acted in a better fashion?" A "Yes" to any of these quickly lessens a resentment. **7. Prayer.** This is my last tool, but perhaps the best of all. I can use Step Seven and humbly ask God to take this resentment from me. When He does, I hope I remember to thank Him. When the balloon of big ego deflates outside of me, I'm a lot happier. I enjoy leading a normal life. I like it when my hands don't shake, when my mouth isn't dry, when my stomach doesn't churn, when I eat and sleep well. I like liking other people.  
C.G., St. Louis, MO  
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**Solitude—A New Joy...continued from Page 1**

hands every moment of the day and night to prevent their falling. We grow up with the help of God as we understand Him, the fellowship of the group, and by applying the Twelve Steps to our life. We find as the sober weeks go by that we can enjoy and treasure the few moments of solitude we are able to find in the rush and hurry of life today. When we cease to fear loneliness and begin to cherish and use our solitude to advantage, we have come a long way. We realize a little solitude is necessary to think and try to work some of the Steps. In solitude we admit to ourselves the exact nature of our wrongs. In solitude our spirit seeks that Power greater than we are; in solitude we seek through prayer and meditation to be aware of God's will for us. Solitude can be sought and experienced in many ways—in the silence of nature, in reading poetry, listening to music, looking at pictures, and in sincere thoughtfulness. We are alone but not lonely. But these things cannot answer all the questions in our minds. So we return to the world of man. Some of us long to become creative in some realm of life. But we cannot become or remain creative without solitude. One hour of *conscious* solitude will enrich our creativity far more than hours of trying to learn the creative process. Solitude is not easy; sometimes we can find it only by remaining silent and allowing our souls to sigh without words to God. This we can do even in a crowded day and a crowded room, even under the most difficult external conditions. No one can atke these moments from us. The center of our beings, the innermost self that is the ground of our aloneness, is elevated to the divine center and taken into it. Only in a movement that rises first to God and then returns from Him to the other person can we find communion with others. Even love is reborn in solitude, for only in solitude can those who are alone reach those from whom they are separated. One hour of solitude may bring us closer to those we love than many hours of communication. We can take them with us to the "hills" of eternity.  
M.C., Houston, Texas  
Reprint Permission/AA Grapevine/September1967

**CAPPY**

Colonel Clarence Arthur "Cappy" T. (Retired Army) passed away in Tampa, Florida, August 11, 2021, just shy of his 90th birthday. Cappy led an active and full life of service to others. He attended St. Paul Catholic Church, N. Dale Mabry, Tampa, served his country, and was an active member of Alcoholics Anonymous for 47 years. He was born October 28, 1931, in Schenectady, New York. Cappy served others throughout his lifetime. As a young man, he was a lifeguard in New York at the Central Park in Schenectady. He married his high school sweetheart, Alice "Ally" Simmons, and they began their family. He received a full basketball scholarship to Seton Hall University (ROTC) and was a proud teammate of Seton Hall basketball NIT champions. In 2017, Cappy was honored and inducted into Seton Hall Pirates 1952-1953 Men's Basketball Team Hall of Fame. Upon his college graduation, Cappy served in the U.S. Army. He served two tours in Vietnam as a Signal Officer with the First Air Calvary Division. He retired after 27 years of dedicated military service and was a lifetime member of the Military Officers Association. His military awards include: The Legion of Merit (two), Bronze Star, Meritorious Service (two), Air Medal (two), Joint Service Commendation (two), Army Commendation, National Defense Service, Vietnam Service (four), Vietnam Armed Forces Honor 1c, Republic of Vietnam Staff Service, Republic of Vietnam Campaign, and Republic of Vietnam Gallantry Cross with Palm. He was also a graduate of both the U.S. Army War College and the Army Command and General Staff College. Towards the end of Cappy's military career he met and married his second wife. He then began a second career with Satellite Business Systems (IBM) and retired in 1993. Cappy dedicated much of his life to Alcoholics Anonymous and person-to-person support and encouragement for recovering alcoholics. Cappy was a Board Member of the Blackstone Retreat in Virginia, Board Member of the Lake Yale Retreat, and sat on the Board of the Salvation Army in Tampa. He also served as a Chairman of the Tri-County Central Office of Alcoholics Anonymous. His home and his heart were always open to anyone that needed help. Cappy would often be heard encouraging others and saying, "Everything's gonna be alright," and "Everything is fine, fine, fine," encouragement we all can remember fondly during this difficult time of saying goodbye. He touched so many people with kindness and a listening ear that everyone who knew Cappy respected and remembered his name. His Memorial Service was held August 29, 2021. A Memorial Service to be followed in Virginia at the Quantico National Cemetery, date to be determined and announced. In lieu of flowers, donations may be made to: A.A. World Services, Inc., 475 Riverside Drive at West 120th St., 11th Floor, New York, NY 10115  
**Editor's Note:** I knew Cappy for 33 years..he was an inspiration to me when I was a newcomer and still remains an inspiration to me even to this day. We had many good chats when he was able to visit the Central Office. He will be missed.....

**The free man is not one who can proudly boast that he has never been in bondage to any person. The free man is the one who can say he is not in bondage to himself: his appetites, his comforts, his prejudices, his self-importance, his fears, his tempers, his self-pityings, his habits of worry of any kind. The Reviver**

**NOTES FROM INSIDE THE CENTRAL OFFICE**

| August 10th, 2021 the Board of Directors for Central Office |              |                               |
|---|--------------|-------------------------------|
| BOARD MEMBERS   | CHAIRPERSON  | REPRESENTING GROUP            |
| AL B.   | CHAIRPERSON  | THURSDAY NIGHT BIG BOOK       |
| JOHN T.   | TREASURER    | LIVING SOBER/PASS IT ON GROUP |
| RITA Y.   | BOARD MEMBER | OLD SCHOOL GROUP              |
| TOM F.  | BOARD MEMBER | KEYSTONE GROUP                |
| BRIAN L.  | BOARD MEMBER | BARRACKS BRIGADE GROUP        |
| LINDA B.  | BOARD MEMBER | JUST WHAT I WANTED GROUP      |
| OPEN  | BOARD MEMBER |                               |
| OPEN  | BOARD MEMBER |                               |
| OPEN  | BOARD MEMBER |                               |
| OPEN  | BOARD MEMBER |                               |

Al opened the meeting with a moment of silence followed by the Serenity Prayer. (Because of time restraints the Board & Council meeting has been combined.)

Board Members present: Al B., Rita Y., John T., Brian L., Tom F. & Linda B.

**Secretary Report:** Tim read the July Secretary report. Motion to approve & seconded.

**Treasurers Report:** Tim presented the July Treasurer's Report. Contributions in July totaled \$ 9,834.68. Our literature sales for July were \$ 4,180.26. Our Total Cost of Goods Sold was \$ 3,120.18. Subtracting the Total Cost of Goods Sold from our July income left us with a Gross Profit of \$ 10,949.20. Our Total Expenses for July were \$ 8,017.51. Subtracting our Expenses from our Gross Profit gave us a Net Income of plus\$ 2,931.69 for the month of July.


**Old Business:** None **New Business:** There was no new Business.

**Announcements :** Fall Round-Up September 3-5, 2021. It will be Virtual. Henry Street Detox-meetings suspended due to COVID--- if anyone needs literature—call or email in and we will have it ready for you to pick-up---ZOOM meetings moved from events page to meeting page

A motion to close was made, seconded and approved.

Meeting ended with the Lord's Prayer.

**The next Board & Council Meeting will be September 14th, 2021 at 7:00 pm on ZOOM**



**“How can the Grapevine keep in touch with your group if you don't have a GvR?”\***

\*Grapevine Representative

| August 10th, 2021 the Central Office Representatives met: |  |
|---|--|
| COUNCIL MEMBERS   | REPRESENTING GROUP   |
| If you attended the                                       | Meeting but not listed we didn't catch your info in the chat—follow up with an email to <a href="mailto:aaainfo@aatamapa-area.org">aaainfo@aatamapa-area.org</a> |
| ROBERT M.   | NEW TAMPA MONDAY NIGHT MEN'S   |
| DEBBIE S.   | IMPROVE OUR CONSCIOUS CONTACT  |
| KARA H.   | LANGUAGE OF THE HEART MEETING  |
| BETTY E.  | SOBER @ 7 GROUP  |
| BRAD W.   | TAMPA NIGHTLY NEWCOMERS GROUP  |
| CHRISTA   | SIMPLY SOBRIETY WOMEN'S GROUP  |
| MELISSA A.  | SOBRENITY GROUP  |
| DAVID R.  | KEEP IT SIMPLE MEN'S GROUP   |
| CHARLES McG   | NEW HOPE BIG BOOK GROUP  |
| JEFF H.   | IT'S IN THE BOOK GROUP   |
| MIKE C.   | SERENITY GROUP   |
| CRAIG O.  | PROMISES MEETING GOUP  |

**TO ANY INTERESTED GROUPS**

Because of the current COVID crisis we are conducting our Board and Council Meetings on ZOOM. It will be on the second Tuesday of each month at 7:00 pm. For the time being the Board and Council will both be meeting at the same time because we currently only have one hour to conduct our business. For those group representatives who attend the meeting.....we offer a 20% discount once a month for all literatures, coins—etc. So, if you need to purchase literature for your group elect someone to be your Central Office Representative and have them attend the meeting. The meeting is usually less than an hour and they can attend from the comfort of their own home. Once they have attended the meeting, then if you need literature-etc.....call or better, yet--email your requests to [aaainfo@aatampa-area.org](mailto:aaainfo@aatampa-area.org) and we will pack up your items and send you an invoice of the cost (20% discount included) and then all you have to do is come by and pick it up and make your payment. If you decide to elect a COR, have them either call (813-933-9123) or email me [aaainfo@aatampa-area.org](mailto:aaainfo@aatampa-area.org) and I will give them the I.D. and Password in order for them to attend the meeting. There is no time requirement for a Central Office Representative. Just that they be sober and have the willingness to serve.

Through-out the years our 12 Step list has dwindled down and it's gotten harder and harder to contact AA members to help out to the cry coming in from the still suffering alcoholic. Some of the reasons for this are simple. Some have moved away, or changed phone numbers, some may have physical ailments from keeping them from helping out like they used to do, or they have passed away, or others unfortunately have just gotten drunk. I'm reaching out to you for your help in updating and/or renewing our 12 Step list. **Imagine** if no one had taken the time to help you....**would you still be here???????**

**ANNIVERSARY TIME**

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

| GROUP                   | Honors To  | Date     | Years  |
|-------------------------|------------|----------|--------|
| KEYSTONE GROUP          | ADELMO D.  | 09/20/95 | 26 YRS |
| JUST WHAT I WANTED      | CHERYL H.  | 09/06/92 | 29 YRS |
| RIVERSIDE GROUP         | JEREMY C.  | 09/20/11 | 10 YRS |
| RIVERSIDE GROUP         | AIDA       | 09/23/87 | 34 YRS |
| FRIDAY FRIENDSHIP       | JESSICA O. | 09/29/13 | 8 YRS  |
| FRIDAY FRIENDSHIP       | JUNE W.    | 09/18/86 | 35 YRS |
| FRIDAY FRIENDSHIP       | NANCY      | 09/17/85 | 36 YRS |
| MONDAY NIGHT MADNESS    | KIRK J.    | 09/01/09 | 12 YRS |
| HIGH NOONERS PLANT CITY | DAVE S.    | 09/05/17 | 4 YRS  |
| FRIDAY NIGHT BIG BOOK   | CAROL C.   | 09/08/88 | 33 YRS |
| CAME TO BELIEVE GROUP   | JOE C.     | 09/21/07 | 14 YRS |
| CAME TO BELIEVE GROUP   | NANCY F.   | 09/17/85 | 36 YRS |
| SOBER ON SUNDAY         | TOM W.     | 09/16/10 | 11 YRS |
| SOBRENITY GROUP         | MIKE M.    | 09/28/74 | 47 YRS |
| SOBER @ 7 GROUP         | MIKE C.    | 09/25/11 | 10 YRS |
| SOBER @ 7 GROUP         | DARLENE M. | 09/10/07 | 14 YRS |
| SOBER @ 7 GROUP         | CAROL C.   | 09/07/93 | 28 YRS |
| SOBER @ 7 GROUP         | PATTI M.   | 09/28/76 | 45 YRS |
| 164 GROUP               | LARRY B.   | 09/28/09 | 12 YRS |
| ON THE WAY HOME         | BARBARA B. | 09/22/15 | 6 YRS  |
| ON THE WAY HOME         | WADE W.    | 09/25/08 | 13 YRS |
| ON THE WAY HOME         | LISA M.    | 09/23/07 | 14 YRS |
| ON THE WAY HOME         | KAY R.     | 09/01/86 | 35 YRS |
| ON THE WAY HOME         | JORENE S.  | 09/24/84 | 37 YRS |

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

| Home Group               | Honors To | Date     | Years  |
|--------------------------|-----------|----------|--------|
| 11th STEP MEITATION      | LOIS M.   | 07/09/95 | 26 YRS |
| JUST WHAT I WANTED       | JACKIE W. | 07/03/87 | 34 YRS |
| STEP SISTERS IN SOBRIETY | SANDY M.  | 08/12/17 | 4 YRS  |

**That's 613 Years of Sobriety! ☺**

Want your group members anniversary listed in the Newsletter—send your list of names and anniversaries. We'll be glad to post them in the newsletter to celebrate their sobriety.

**SELF-SUPPORT-AUGUST 2021**

© Today in August of 2021 COVID has changed the way many groups contribute to the Central Office. Some groups have remained steady in their contributions, some groups have gone to ZOOM, A few ZOOM groups have made some contributions and other groups have folded for a lack of a space to have their meeting and some new groups are starting up.. It's certainly a time to renew our efforts and practice the meaning of the Serenity Prayer a little bit more. We currently have 208 Groups in the Hillsborough-East Pasco area with 522 meetings weekly. Contributions in August totaled \$ 2,923.82. This accounts for what 37 Groups or individuals in our area have contributed in August. 10 of those contributions were for \$ 3.00 or less and we had 8 contributions made on Paypal. Included we also received \$ 64.00 from 3 members for the Birthday Club. Our literature sales for August was \$ 5,727.59 and \$ 7.00 for a Newsletter subscription. This includes sales from A.A. material and non-A,A, material (medallions—etc.) Our total income for August was \$ 8,294.89. Our Total Cost of Goods Sold was \$ 4,516.82. Subtracting the Total Cost of Goods Sold from our August income left us with a Gross Profit of \$ 3,778.07. Our Total Expenses for August were \$ 8,481.39. Subtracting our Expenses from our Gross Profit gave us a Net Income of minus-\$ 4,703.32 for the month of August. As a friendly reminder, we now have a contribution button on our web site [www.aatampa-area.org](http://www.aatampa-area.org). 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 too. 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, despite the COVID pandemic, the demand for more and more material and services has started to expand and so 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 !!!

**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. Ask your Treasurer if they have any Birthday envelopes available. Call or email your Central Office. **933-9123 or [aainfo@aatampa-area.org](mailto:aainfo@aatampa-area.org)**



# MORE NEWS AROUND THE TOWN & THE AREA



**Sober @ 7 Group presents**

**ALL GROUPS MEETING**

**&**

**19th ANNIVERSARY**

**SPEAKER MEETING & DINNER**

(All Proceeds to benefit Tri-County Central Office)

**\$5.00 Donation per person**

**TUESDAY, OCTOBER 5<sup>th</sup>, 2021**

**ST. ANNE'S CATHOLIC CHURCH**

**106 11<sup>TH</sup> Avenue, NE (Rt. 41 in Ruskin)**

**Ruskin, FL 33570**

**POTLUCK DINNER: 6:30 P.M.**

**SPEAKER MEETING: 7:00 P.M.**

**Speaker: Pete S.**

**Ruskin, FL**

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**WE ASK YOU TO PLEASE BRING A COVERED DISH (WITH FOOD IN IT) TO THE CHURCH BY 6:00 P.M. SO WE CAN SET-UP THE FOOD.**

**FOR IDEAS ON WHAT TO BRING PLEASE JOIN US AT ONE OF OUR OPEN DISCUSSION MEETINGS WHICH MEETS EVERY TUESDAY AT 7:00 P.M.**

## 2021 Sobersticks

October 8th - 10th

Fun & Fellowship all weekend with camping & Kayaking

8pm campfire Meetings!

Join in on Open Mic-Night/Karaoke Fri & Sat



For More Info Call:  
Stewart @813.455.7260  
Matt @813.433.3588

Little Manatee Canoe Outpost  
18001 U.S. Hwy 301 S.  
Wimauma, Fl 33598

Kayak/Canoe & Cabin Rental  
813.634.2228

\$10 per night per person  
(if renting a campsite/RV outside of group site \$10 fee is still required)

Well Be-Haved pets are Welcome

Group rates on Canoe/Kayak are available under sobersticks name.

# For AA / Al-Anon

## September 24-26, 2021

DaySpring Conference Center-(Map on Reverse) Ellenton, FL

The Center is in compliance with CDC guidelines

**In person retreat for those who are vaccinated**

**Online Registration: <http://11thstepretreat.org>**

Come get away from it all and enjoy the fellowship of an AA / Al-Anon spiritual retreat in peaceful, country surroundings. The retreat will center on God, as we understand Him "The spiritual life is not a theory, we have to live it." (Big Book pg. 83) The discussion will center on Steps 2, 3, 7, 10, 11, & 12, complying with the suggestion of step 10 of AA: "Many of us go in for annual and semi-annual house cleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation." (12 & 12 pgs. 89, 91)

Sleeping accommodations are air-conditioned, cabin & dorm style with shared bathrooms; 12 comfortable bunk beds per room. We suggest you bring a lawn chair or campstool for outdoor relaxation and meditation. Also bring your Big Book, 12 & 12, a flashlight, and bug spray is optional. Cost includes meals, coffee, water, and snacks. Smoking permitted ONLY in designated area. The center provides nature trails along the river for reflection and meditation.

**When: September 24-26, 2021 - Dinner 6 PM Friday to Lunch Sunday Noon**

| Group                                   | AUG   | Y T D    | Group                                     | AUG      | Y T D    | Group                                      | AUG       | Y T D    |           |
|---|-------|----------|---|----------|----------|--|-----------|----------|-----------|
| 11th Step Group- Christ King            |       |          | Live and Let Live Group                   |          |          | Sober @ 7 Group                            |           | 323.59   |           |
| 11th Step Meditation                    |       | 34.00    | Living in the Solution                    |          | 212.90   | Sober @ 7 Group                            |           | 440.00   |           |
| 11th Step Retreat                       |       | 100.00   | Living Sober/As Bill Sees It              |          | 30.00    | Sober on Saturday Group                    | 160.00    | 860.00   |           |
| AA 101 Group                            |       | 200.00   | Lunch Bunch Group                         | 200.00   | 200.00   | Sober on Saturday                          |           | 100.00   |           |
| Alpha Group                             |       | 240.00   | Lutz @ Noon                               |          |          | SoberSticks Event                          |           |          |           |
| Alpha Group Anniversary Challenge       |       | 107.58   | Mad Dogs Group                            |          |          | Sobrenity Group                            |           | 390.96   |           |
| Anniversary Challenge 2021              |       | 295.00   | Mid Day Madness Group-Zoom                | 25.00    | 55.00    | Sobrenity Group Anniversary Challenge      |           | 87.00    |           |
| Annual Housecleaning                    |       | 200.00   | Mid Day Matinee Group                     |          | 1,200.00 | Sobrietea Women's Group                    |           | 65.25    |           |
| Anonymous Donations                     | 75.75 | 4730.07  | Morning Express Group                     | 204.00   | 438.10   | Sobriety at Sunrise Group                  |           |          |           |
| As Bill Sees It--Riverview              |       | 128.05   | My Turn Group                             |          | 1,200.00 | Social Distancing Group of AA              |           | 250.00   |           |
| As Bill Sees It Mens Odessa             |       | 191.99   | Never Too Early Group                     |          | 215.00   | Sobriety at Sunset Group                   |           |          |           |
| Attitude of Gratitude Group             |       | 200.00   | Never Too Early Group(Zoom)               |          | 160.00   | Solutions Group                            |           | 130.00   |           |
| Back to Basics Group                    |       |          | New Beginnings-(5:45)Joe's                | 158.35   | 444.22   | Southshore Men's Group                     |           | 422.00   |           |
| Barracks Brigade Group                  | 20.00 | 63.00    | New Beginnings Brandon                    |          |          | Southside Men's Group # 1                  |           | 875.00   |           |
| Beginners Group                         |       | 321.00   | New Beginnings-(Our Club)                 | 208.14   | 522.66   | Southside Men's Group # 2                  |           | 40.00    |           |
| Bill D's Group                          |       | 120.00   | New Hope Big Book                         |          | 258.39   | Southside Men's Group #3                   |           |          |           |
| BIRTHDAY CLUB                           | 64.00 | 1,258.00 | New Tampa Monday Men's                    |          | 520.99   | Southside Men's Group #4                   |           |          |           |
| Brandon Free Thinkers                   |       |          | New Way Women's Group                     | 50.00    | 50.00    | Spiritual Development                      |           |          |           |
| BrandonSaturday Night                   |       |          | Next Door Group                           |          | 25.00    | Spiritual Growth Group                     |           |          |           |
| By the Book Men's Group                 |       |          | Next Door Group                           |          | 127.00   | Staying Alive @ 5:45 Group                 |           | 600.00   |           |
| BYO 12 & 12 Group                       |       | 125.00   | Nightly Newcomers Group                   |          | 188.40   | Staying Alive @ 5:45 Anniversary Challenge |           | 500.00   |           |
| Came To Believe Group                   |       | 809.30   | Nooners Group--Riverview                  | 95.25    | 589.62   | Step Sisters in Sobriety                   |           | 260.00   |           |
| Cardinal Group - Odessa                 |       | 1,025.76 | Nooners Group--Tampa                      |          | 890.07   | Stepping Stones Group (w)                  | 64.00     | 64.00    |           |
| Clean Air Group                         |       | 125.00   | Noontime Celebration Gp.                  | 5.42     | 855.42   | Sun City Center Group                      |           | 65.90    |           |
| Close to Home Group                     |       |          | Northdale Group                           |          |          | Sunday Afternoon Step Mtg                  |           |          |           |
| District Two General Service            |       | 667.00   | Odessa Group                              | 312.00   | 1,312.00 | Sunday Speakers - 3333                     |           |          |           |
| Dover Group                             |       |          | Old School Group                          | 50.00    | 3,553.00 | Sunshine Group                             | 10.00     | 105.00   |           |
| Druid Hills Big Book Group              |       |          | Old School Group                          |          | 200.00   | Sweet Surrender Group                      |           | 171.00   |           |
| Early Risers Group - Joe's              |       | 108.25   | On the Way Home Tpa 5:30                  |          | 364.31   | Tampa Bay Institutions                     | 50.00     | 386.00   |           |
| Expect a Miracle Group                  |       |          | One Day at a Time Group                   |          | 400.00   | Tampa Bay Speakers Gp.                     |           | 1,326.21 |           |
| Experience, Strength & Hope             |       | 150.00   | Palma Ceia Group                          |          |          | Tampa Group                                |           | 1.34     |           |
| FCYPAA Committee                        |       | 343.00   | Palma Ceia Big Book Group                 |          | 100.00   | Tampa Nightly Newcomers-Zoom               | 85.76     | 784.50   |           |
| Fireside Group                          |       |          | Pathfinders Group                         |          | 100.00   | Tampa Palms Big Book                       |           | 165.64   |           |
| Freedom in Sobriety Group               |       | 190.80   | Pilgrim Group -St Leo's                   |          | 218.00   | Tampa Sat Night Speakers                   |           | 400.00   |           |
| Fresh Start Group                       |       | 67.00    | Plank Owners Group                        |          | 440.00   | TGIS Group                                 |           |          |           |
| Friday Night Lights Group               |       | 42.99    | Primary Purpose Group                     |          |          | Thank God it's Friday Group                | 308.00    | 563.00   |           |
| Friday Night Big book                   |       |          | Promises Meeting Group                    |          | 138.00   | The 164 Group                              |           |          |           |
| Friday Women's Gp Anniversary Challenge |       | 175.00   | Reflections Group-Lake Mag                |          |          | The 164 Group Wesley Chapel                |           |          |           |
| Friday Morning Women's Friendship       |       | 1,106.40 | Riverside Group                           |          | 183.30   | The Meeting Place Group                    |           |          |           |
| Grapevine Gals Group                    |       |          | Rule 62/Keep it Simple                    |          | 194.25   | T & C Sisters in Sobriety                  |           | 151.20   |           |
| Grupo Solo por Hoy                      |       | 3.00     | Rush Hour Serenity Group                  |          |          | To Improve Consious Contact                |           | 0.54     |           |
| Grupo Un Milagro En Tampa               |       | 3.00     | Ruskin Fellowship Group                   |          | 365.48   | Turning Point Group -Z-H.                  | 130.00    | 455.00   |           |
| Happy Destinty Group                    | 52.00 | 243.40   | Ruskin Womens Big Book                    | 124.00   | 124.00   | UT 717 Group                               |           |          |           |
| Helping Hands Gp.-P.C.                  |       |          | Ruskin 11th Step Meditation               |          | 42.00    | Wed Night Step Workshop                    |           |          |           |
| Hide-A-Way Group                        |       | 295.71   | Safe Haven Group                          |          |          | Wed Keep it Simple Group                   |           | 160.00   |           |
| High Nooners Group                      |       | 500.00   | Safe, Sane & Sober Group                  |          | 199.50   | Wellspring Group                           |           | 418.81   |           |
| Hi Nooners Group Plant City             |       | 300.00   | Safe, Sane & Sober Anniversary Challenge  |          | 300.00   | Wesley Chapel Group                        |           | 57.68    |           |
| Hope Floats Group                       |       | 178.57   | Saturday Night Fever Gp.                  |          |          | With Room to Grow Group                    |           | 600.00   |           |
| It's in the Book Group                  |       | 392.80   | Saturday Night Live Group                 |          | 188.86   | Women's Big Book Tampa                     |           | 70.00    |           |
| It's in the Book                        |       | 100.00   | Saturday Serenity Group                   |          | 243.00   | Women's Big Book Ruskin                    |           |          |           |
| In Loving Memory                        |       |          | Seekers of Serenity II Group              |          | 42.77    | Women's Friendship Group                   |           | 465.00   |           |
| Just What I Wanted Big Book             | 39.00 | 44.40    | Serenity Group--ZOOM                      | 239.15   | 595.32   |  |           |          |           |
| Keep It Simple/Pass It On               |       | 438.94   | Simply Sobriety Women's                   |          | 548.67   |  |           |          |           |
| Keep it Simple Group Dade City          |       | 865.70   | Simply Sobriety                           |          | 175.00   |  |           |          |           |
| Keeping It Real Group                   |       | 183.75   | Sisters 12 n 12 Group (Zoom)              |          | 223.00   |  |           |          |           |
| Keystone Group                          |       | 698.00   | Sisters in Sobriety Group                 |          | 630.67   |  |           |          |           |
| Kingsway Group                          |       | 390.00   | Sisters in Sobriety Anniversary Challenge |          | 2,168.97 |  |           |          |           |
| Life Enrichment Group                   |       | 866.45   | Sober @ 6 Group                           |          |          |  |           |          |           |
| Little Harbor Grapevine Group           |       | 404.00   | Donations thru PayPal                     | 205.00   | 3,875.52 | Total                                      | 807.76    |          |           |
|   |       |          | Total                                     | 1,876.31 |          | Monthly Total                              | 2,934.82  |          |           |
|   | Total | 250.75   |   |          |          |  |           |          |           |
|   | YTD   | Total    | 19,031.91                                 | YTD      | Total    | 25,108.39                                  | YTD       | Total    | 11,754.62 |
|   |       |          |   |          |          | Grand Total                                | 55,894.92 |          |           |