



Add - A - Line

April 2016, Volume 54 Issue 4

*Northeast Florida Intergroup Newsletter
Published in Northeast Florida Since Nov. 1962*

Northeast Florida
Intergroup Services
3128 Beach Blvd.
Jacksonville, FL

Phone: 904-399-8535
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E Mail:
neflintergroup@gmail.com
Web Site: neflaa.org

Serving the Greater
Jacksonville Area
Fernandina Beach,
St. Augustine,
Orange Park,
Macclenny,
Middleburg,
Palatka,
Keystone,
Crescent City,
Starke &
Putnam County, FL.

Also including:
Folkston & Kingsland, GA.
For Flagler County go to
www.AAFLAGLER.org
or call (386) 445-4357

SCHEDULE CHANGE/UPDATE

**NOTE: THE MAY
INTERGROUP BUSINESS
MEETING WILL BE HELD
ON SATURDAY
APRIL 30, 2016
MARK YOUR CALENDARS**

NEFL INTERGROUP FREE

SPRING FLING PICNIC

May 7, 2016 10 AM to 5 PM
Lake Fretwell
(Cecil Field I-295 & 103rd St.)
13531 Lake Newman Dr, Jax, FL



Eating at Noon, AA O-D Meeting
at 1 PM, Hot Dogs and Hamburgers & Drinks
Provided Please bring, Cole Slaw, potato or
macaroni salad, or baked beans etc., Chips
and Desserts
Needed, (Covered Eating Areas)

**GAMES WITH PRIZES
COME JOIN IN THE FUN
AND ENJOY THE FELLOWSHIP**



Call Holly at 662-0646 or Linda at 608-1634

COME **rain**
OR COME **shine**

INTERGROUP OFFICE LOG

DESCRIPTION	Feb. 2016	Feb. 2015
A. A. Information	168	171
Administrative & Other Information	64	39
12 Step Calls	2	7
Visitors to the Office	109	84



Alcoholics Anonymous Celebrating 75 Years in Florida

Just four and a half years after Alcoholics Anonymous had its beginning in Akron, Ohio, Jacksonville had its first meeting at 2747 Riverside Ave. circa January 6, 1941.

A Navy commander Junius C. had been living in Pasadena, California and had a major drinking problem. He had retired from Naval Service in 1939 probably due to his heavy drinking. His wife, Maria, heard of this new organization called Alcoholics Anonymous and wrote to Ruth Hoch and Bill W. in New York and purchased a Big Book. With much resistance Junius finally read the book and may have met with some of the early AA members in Los Angeles. He achieved a few

months of sobriety at which point he was recalled to the Navy and assigned to establish Naval Training Schools at NAS Jacksonville. He arrived in Jacksonville on October 14, 1940.

Maria, fearful that Junius might start drinking again, went to the station dispensary to see if she could find an alcoholic Junius could work with. She met a Dr. Bedell, a psychiatrist, who had just been assigned to the Navy base and had a private sanitarium in Jacksonville for treating alcoholics. Marie asked him to find someone the Commander could work with to help him stay sober. Dr. Bedell picked Tom S. who he had been treating for years as a hopeless alcoholic.

Junius and Tom met in December of 1940 at Junius's base quarters. They talked for over two hours. Junius told his story to Tom and read passages from the Big Book. In Tom's words "He told me his story and read me passages from the Big Book. Immediately I had a hope I hadn't had in years, we found that we were not alone anymore. I went home and read the book until about three of four in the morning. Everything in it made sense to me then as well as it does today".

Tom and Junius stayed in contact after the first night and soon Junius said to Tom, "We have to get something started if we are going to keep this program going". Tom rounded up about five of his drinking buddies and they had a meeting in the house that Tom rented from his aunt on Riverside Ave. None of these four stayed sober. Tom later recalled that this meeting was held sometime in the first week of 1941.

On March 1, 1941, the Jack Alexander article was published in the Saturday Evening Post. As a result of reading this article J. Mack W. of St. Augustine contacted Ruth Hoch who put him in touch with Tom and he became a regular member of their weekly meetings.

In April of 1941 Tom S. went to the local evening newspaper and informed them of the AA movement and what they were doing locally. The Jacksonville Journal published an article on April 18th and this resulted in three men contacting Tom and joining the group. And so AA grew.

Today there are more than 500 AA meetings a week in the Northeast Florida area.

The Northeast Florida Intergroup hosted a celebration of this first meeting on January 16, 2016, at the Central Group. This group is the direct descendent from that original group. Chaz H. chaired a panel of speakers. Fred H., past delegate, shared on the founding of AA. Charlie M. discussed the history of that first meeting and the early growth of AA in Florida. Ben W. talked about his experiences with Tom S. and Ron E. shared on his meetings with Bill W. The nephew of Junius C. was in attendance. Cakes were served which had pictures of that house on Riverside Ave. and of the Windsor Hotel where the group began meeting in mid-1941.

Submitted by Charlie M., Archives Committee Member

BUT FOR THE GRACE OF GOD

*Things We Cannot Change. . . . The Following Member Will Be Fondly
Remembered and Sadly Missed Pat. W. Trout River Group*

Speaker Meeting
April 30, 2016 Gateway's
Dining Room
555 Stockton St.
8:00 am All You Can Eat
Breakfast — \$4.00
8:30 am Speaker Meeting
Speaker — Mystery Speaker ????



INTERGROUP
BUSINESS
MEETING

9:45 AM

Saturday
April 30th
2016

<i>Committee</i>	<i>Time / Date</i>	<i>Location / Notes</i>
<i>Archives</i>	Noon, Mon., April 4th, 2016	Intergroup office. 1st Monday of the Month
<i>Finance</i>	5:30 pm , Tues., April 19th, 2016	Intergroup office. Please call the IG office at 399-8535 for more information.
<i>Intergroup Steering Committee</i>	5:30 PM, Tues., April 26th, 2016	Intergroup Office. All members are welcome to attend.
<i>New Intergroup Rep Orientation</i>	8:30 AM June 4th, 2016	Front Conference Room Gateway, 555 Stockton St.) To familiarize the new IG Reps with the flow of the Business Meeting, Parliamentary Procedures, Robert's Rules of Order, etc..

2015-2017 District Committee Contact and Meeting Info

	Position & Name	Phone	Meeting Time, Day & Location
District 1:	DCM - Steve H.	904-307-5518	3rd Tuesday @ 5:30pm each month at the NEFL Office
District 4:	DCM - Deb B	904-314-7155	7pm Every 3rd Thursday @The Amelia Room 906 S 7th St, Fernandina Beach, FL 32034
District 3:	DCM- Anthony S.	904-302-1907	2nd Monday 6:30pm @ Anthony's house
District 6:	DCM- Chris B	904-501-0043 412-951-6910	1st Monday of each month @ 6:00pm @Flagler Hospital in Osceola Room
District 24:	DCM-Amy W.	386-538-2028	Meets the second Wed of every month @ 6:30pm Lion's Club-318 Oseola Ave, Palatka, FL 32177
District 25:	DCM-Chris P		Neptune Beach Library 2nd Wed @ 7:00pm (3rd Street)
District 30:	DCM - Jack B.	302-668-7553 714-661-3918	3rd Friday of each month @ 6:30pm First Christian 11924 San Jose Blvd



60th Annual Florida State Convention
"New Freedom New Happiness"
August 3rd - August 7th, 2016
at Innisbrook Golf Resort, Palm Harbor, FL

SPEAKERS WORKSHOPS

PANELS

MARATHON MEETINGS

WEB SITE: 60.FLSTATECONVENTION.COM



BAYMEADOWS GROUP
MEETING LOCATION CHANGE

As of Monday March 7, 2016 the Baymeadows group will be back to our original space at Holy Family Church. Meeting starts at 8 pm and the address is 9800 Baymeadows Road, Jacksonville 32256.

INTERGROUP OFFICERSChairman:

Carl G. Phone: 904-497-9769
Email: cgian9@gmail.com

Vice Chair / Treasurer:

Dan. B. Phone 904-737-7532.

ADD-ALINE

Mike M. 904-807-8750
nefladdaline@gmail.com

All articles due to Intergroup by
the 18th of the month

ARCHIVES COMMITTEE

Chaz H. 904-568-4836
4chacon@att.net

BANQUET CHAIRS

Holly C. 904-662-0646
Linda G. 904-608-1634
Banquet Volunteers Please
Call The Intergroup Office

CORRECTIONS COMMITTEE

Mike M. (men in jail)
904-294-5064
Monique S. (women in jail)
904-210-8111

CPC/ PI

Cooperation with the
Professional Community &
Public Information.

Maggie R. 904-707-6125

GRAPEVINE COMMITTEE

Cheryl Ann L. 904-401-6412
chilly5555@gmail.com

PHONE ARMY

Holly C. 9046620646
hollyjowhatchaknow@yahoo.com

TREATMENT FACILITY
COMMITTEE

Craig W. 904-238-3333

4 FOUR IV

STEP FOUR

"Made a searching and moral inventory of ourselves."

Reprinted with permission from the "Big Book"
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TRADITION FOUR

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

Reprinted with permission from *The Traditions Checklist*
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CONCEPT FOUR

*Throughout our Conference structure, we ought to maintain at all
responsible levels a traditional "Right of Participation," taking care
that each classification or group of our world servants shall be al-
lowed a voting representation in reasonable proportion to the re-
sponsibility that each must discharge.*

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When and where...

In Late May 2016 it will be time to update the
When and Where Meeting Schedules for print-
ing.

Please send in any additions, changes or dele-
tions of your meeting days, times location
change by **Friday, April 30th, 2016.**

Any questions or concerns please call the IG of-
fice at 904-399-8535

E Mail: neflintergroup@gmail.com

Fax: 904-399-8537

**I AM RESPONSIBLE...
DURING THE PAST MONTH WE
HAVE RECEIVED ABOUT SIX
PHONE CALLS ABOUT VARIOUS
MEETINGS NOT OPEN WHEN
MEMBERS ARRIVE. PLEASE AD-
DRESS THIS ISSUE WITH YOUR
GROUP TO ENSURE THAT THE
MEETING ROOM IS OPEN ON THE
DAY AND TIME SPECIFIED ON
OUR WEB SITE.**

Heard it through the Grapevine

APRIL, 2016

Our March, 2016 **Grapevine Magazine** carried several stories provided by AA members with long term sobriety. In the story, **Beautiful Ripples**, the author shared the following on his sobriety. "During these years, I discovered two principles that promised a happy life: love and service. I realized that character defects were merely habits that interfered with my happiness, and I took steps to alleviate them. I learned that I myself was the only person injured by my resentments and I took steps to relinquish them. I learned that I could choose my actions based on principles rather than feelings, and if I did, the feelings would change. I had become a very happy man."

Despite the length of my own sobriety, I realize I am never too old to hear new thoughts or practice new principles. I hope you too enjoy your **Grapevine Magazine** and if you aren't a subscriber, please see the information below to start.

"FORMING TRUE PARTNERSHIPS", How AA members use the program to improve relationships ", a **NEW Book** published by the Grapevine and available online at AAGRAPEVINE.ORG/BOOKS.

Please consider a personal subscription to the Grapevine for yourself or a friend. Possibly your group has more than a "prudent reserve" in funds and you may consider buying a few subscriptions for your group to share amongst members. And don't forget that the Grapevine Website also offers extensive archives on AA's history and writings as well as other books and items not available on AA's Website. To find information on Grapevine Magazine subscriptions or books please go to aagrapevine.org or 1-800-631-6025.

RESENTMENT

Resentment has been a trigger for me. My ego gets in the way often and I want everything to be FAIR. Well, life is not fair. I believe that we all must go through difficult situations in order to learn. Through the Big Book of Alcoholics Anonymous and the help of sponsors and many wise people in my network I can now recognize this demon, resentment, sooner. I can ask God to teach me what I need to learn and get out of myself. Here is my chance to say "Bless him, Change me". Seeing the issue from the other side always helps.

Page 66 of the Big Book says: " It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these (resentments), do we squander the hours that might have been worthwhile. " I must pray for the person or cause of my resentment. Submitted by Shirley J.

Step 4 Prayer When a person offended we said to ourselves,

"This is a sick man. How can I be helpful to him?
God save me from being angry. Thy will be done.

*The Step 4 Prayer from "How it Works"
page 66 of the Big Book, Alcoholics Anonymous*

Letting Go.....

I write this with an open heart to receive and bring forth what God has inspired me to say.

As a child, I wanted to be loved and cherished by any and all. I felt alone and desperate. Longing for Someone or something to fill the desolation in my soul that never developed. The language of my soul, became, if no one was there for me, then the alternative was oblivion through self- destruction.

As the wind blew and ambers caught a flame, you extinguished my fatality. My soul awoken with a new heightened awareness. The act of providence came flooding through. God you showed me so much love and sensitivity and harken my heart to a brand new day.

Through various tools and instruments you whispered, "You are not alone, my daughter!" God you have carried me through times of struggles and self-deprivations. God you have fortified, engulfed, my soul and drenched me with your goodness and mercy. You taught me what love was, is, and always meant to be. Through an understanding, knowledge of who I thought you were, I was reborn. Giving me a life more than I ever dreamed, hope for or prayed.

I Let Go! Monique S.



MARCH BIRTHDAYS GROUP

Arlington

- Kelli B. 23 yrs.
- Steve E. 21 yrs.
- Mr. Bill 20 yrs.
- John Mc. 16 yrs.
- Alex T. 13 yrs.
- Tom S. 10 yrs.
- Jennifer G. 6 yrs.
- Kalene B-L. 4 yrs.
- Brian K. 1 yr.
- Terry B. 1 yr.

Central

- Dan W. 58 yrs.
- Jerry W. 34 yrs.
- Bonnie P. 34 yrs.
- Beverly 30 yrs.
- Jules 26 yrs.
- Gary S. 26 yrs.
- Monique S. 21 yrs.
- Brian 8 yrs.
- Jeff W. 5 yrs.
- Milton 4 yrs.

Eastside

- Ossie N. 1 yr.

Fernandina Beach

- Marcia B. 32 yrs.
- Robert H. 14 yrs.
- Drue A. 10 yrs.
- Julia M. 9 yrs.
- Dan V. 8 yrs.
- Sherry S. 7 yrs.
- Vance W. 6 yrs.
- Hank Z. 6 yrs.
- Bob J. 4 yrs.
- Andi R. 3 yrs.
- Pam S. 2 yrs.
- John V. 2 yrs.
- Kristin F. 1 yr.
- Banks P. 1 yr.

Free To Be

- Kate L. 31 yrs.
- Gwen D. 9 yrs.
- Synthia R. 3 yrs.
- Tony H. 1 yr.

MARCH BIRTHDAYS GROUP

Mandarin Women

- Monique S. 21 yrs.
- Sherry 3 yrs.

Orange Park

- Cyndi B. 17 yrs.
- Jack M. 13 yrs.
- Mark Y. 6 yrs.
- Reb C. 6 yrs.
- Mike L. 5 yrs.
- Jackie B. 4 yrs.
- Steve S. 4 yrs.
- Cody C. 2 yrs.
- Keith M. 2 yrs.
- Kristina D. 2 yrs.
- Charlotte H. 1 yr.
- Jackie M. 1 yr.

Sojourn

- Mike Y. 28 yrs.
- Easel H. 27 yrs.
- Alice H. 11 yrs.
- Tim L. 11 yrs.
- Keith M. 9 yrs.
- Karen D. 9 yrs.
- Neil B. 7 yrs.
- Brian K. 4 yrs.
- John H. 1 yr.
- Heather K. 1 yr.

St. Nicholas

- Bonnie P. 34 yrs.
- Maxine R. 34 yrs.
- Chris N. 3 yrs.

Trout River

- Ted B. 23 yrs.
- Joe P. 8 yrs.
- Tim M. 4 yrs.

Westside

- Twila J. 33 yrs.
- Leo Y. 19 yrs.
- Tony T. 5 yrs.

SHARING FROM THE MANDAIN YOUNG PEOPLES GROUP

"When she comes in, just tell her the truth. There is nothing wrong with admitting you are an alcoholic if you truly want to recover." The nurse said to me as I waited patiently for my wife of six years to enter the room.

"Besides," she continued, "what's the worst that could happen?"

I smirked at the thought. She was right. I could finally see a way out of this drinking purgatory

"Oh, speak of the devil." The nurse cheerfully announced as she buzzed in the diamond of all gems, the mother to my beautiful daughter.

"We were just saying how wonderful and kind it was of you to take time out of your busy work schedule to visit with us today."

The nurse guided my wife to the seat across the table from where I was sitting.

"Your husband has something very important to tell you."

I lifted my head and caught sight of an empty expression that rested deep within my wife's eyes.

"After talking it over with a couple of doctors and nurses, I came to the conclusion that my life had become unmanageable and I am an alcoholic"

My wife interrupted my very rehearsed speech.

"I'm taking our daughter," my wife's face grew emotionless. "And I have already met with a divorce lawyer. I don't want you around us anymore."

For the first time in years, a single tear fell from my eye. What's the worst that could happen, echoed in my mind.

I no longer had a purpose. -----

Over eleven months ago, my heart was ripped out of its' chest with little to no hope of sanity.

That was before I entered the room's of Alcoholics Anonymous.

I learned kindness. I learned patience. I learned to love. I learned how to set appropriate boundaries. I learned how to apologize I learned the importance of being a selfless person. But most importantly, I learned how to not let the stigma of being an Alcoholic define who I am today.

People have entered the rooms and have fallen. But I'm not anybody. My name is _____ and I am a grateful recovering Alcoholic.

I now know my purpose. Do you know yours?

I AM AN ALCOHOLIC.

	Feb 16	Jan - Feb 16
Ordinary Income/Expense		
Income		
4000 · Contribution Income		
4002 · Groups	\$4,260.79	\$11,703.14
4003 · Pink Can Contribution	\$58.92	\$228.61
4005 · Faithful Five	\$25.00	\$180.00
4006 · Birthdays		\$26.00
4008 · Anonymous	\$62.51	\$366.51
4010 · IG Breakfast	\$136.50	\$217.50
Total 4000 · Contribution Income	\$4,543.72	\$12,721.76
4020 · Retail Income	\$4,723.13	\$9,254.91
4060 · Income - Special Events		
4062 · Banquet	\$2,580.00	\$2,580.00
Total 4060 · Income - Special Events	\$2,580.00	\$2,580.00
Total Income	\$11,846.85	\$24,556.67
Cost of Goods Sold		
4510 · Cost of Retail Sales	\$3,475.12	\$6,571.74
4540 · Cost of Event - Banquet Expense	\$1,855.00	\$1,910.00
Total COGS	\$5,330.12	\$8,481.74
Gross Profit	\$6,516.73	\$16,074.93
Expense		
Total 5100 · Office Expense	\$215.97	\$431.61
5110 · Telephone	\$193.43	\$386.86
5120 · Telephone Answering Service	\$80.00	\$160.00
5130 · Postage - Freight	\$34.00	\$51.20
5140 · Utilities	\$150.33	\$283.25
5145 · Advertising	\$51.00	\$102.00
5195 · CC Fees	\$112.00	\$203.50
5210 · Building Rent	\$900.00	\$1,800.00
5220 · Dues/Fees/Licenses		\$61.25
5265 · Security	\$27.40	\$54.80
5290 · IG Breakfast Expense	\$70.22	\$112.80
5300 · When & Where Cost	\$210.02	\$401.92
5500 · Committees Expense		
5520 · Archives	\$215.83	\$215.83
5540 · Corrections	\$567.74	\$1,046.83
5560 · Newsletter	\$229.00	\$572.49
5595 · Website	\$134.91	\$134.91
Total 5500 · Committees Expense	\$1,147.48	\$1,970.06
Total 6555 · Wages Total	\$2,929.81	\$5,689.56
Total Expense	\$6,121.66	\$11,708.81
Net Ordinary Income or (Loss)	\$395.07	\$4,366.12
Total Interest Income	\$31.71	\$58.05
Net Income or (Loss)	\$426.78	\$4,424.17

Account Balances as of February 29, 2016	
Petty Cash	\$100.00
Checking Account	\$15,507.23
Saving Account	\$10.00
Total	\$15,617.23
CD 12 Month 51	\$20,273.61
CD 18 Month 52	\$11,734.83
CD 18 Month 42	\$10,130.31
Total Prudent Reserve	\$42,138.75
Inventory Asset Value	\$14,070.86

Corrections Committee Meeting

If you are interested in bringing meetings into the Jails

WE NEED YOU

To help bring meetings into the Duval County Correctional Facilities



1 Year of Sobriety and
5 Years of NO INCARCERATION required.

11:00 AM TO 1:00 PM
Saturday, April 16th, 2016

At the Intergroup Office
3128 Beach Blvd, Jacksonville, FL 32207

For more information,
Please call Call Mike M. 904-294-5064

FAITHFUL FIVERS

<i>Christopher G.</i>	<i>Faith L.</i>	<i>Fred H.</i>
<i>Holly C.</i>	<i>John G.</i>	<i>Michael H.</i>
<i>Rick T.</i>	<i>Ski V.</i>	<i>Steve H.</i>
<i>Susan I.</i>	<i>Tim L.</i>	<i>Walter S.</i>

February 2016 Group Contributions

GROUP	MONTH	YTD	Att.	GROUP	MONTH	YTD	Att.	GROUP	MONTH	YTD	Att.
A Design for Living		\$20.00		Living In The Light		\$200.00		Serenity at Noon		\$292.75	
A Way Out Group	\$75.00	\$75.00	X	Mandarin Big Book Group	\$150.00	\$150.00		Sober Sisters		\$126.00	
Alexis Group	\$15.00	\$30.00	X	Mandarin Hi-Noon		\$956.26		Sojour Group			X
Amethyst Group	\$55.00	\$55.00	X	Mandarin Monday Night BBS			X	Solutions Group		\$120.00	
Arlington Group	\$288.65	\$288.65	X	Mandarin Sunset Group			X	Sons of the Spirit			X
Beaches Agnostic & Free Think.			X	Mandarin Women in Recovery		\$100.00	X	St Nicholas			X
Beaches Unity Group	\$360.00	\$720.00	X	Mandarin YPG			X	Step A Month Group		\$50.00	
Beachside Step Study				Men's Blackeye			X	Stepping Stones			X
Central Group		\$1,350.34	X	Men's Red Eye		\$239.00		Stepping Up	\$65.00	\$195.00	
Clean & Free			X	Middleburg Group	\$100.00	\$100.00	X	Student Group		\$108.89	
Conscious Contact Group	\$403.90	\$403.90		Morning After Group		\$25.00		Surrender To Win		\$100.00	X
Coyote Mens Group		\$450.00		New Beginnings Group			X	Switzerland Group	\$250.00	\$250.00	X
Eastside Group	\$30.00	\$60.00		Nocatee Sobriety		\$190.40		The James Gang		\$500.00	
Fernandina Beach Group	\$660.96	\$660.96		On the Way Home Group		\$147.32		Thirsty Thursday			X
Fiesta Group	\$337.45	\$337.45		Orange Park Group	\$300.00	\$300.00		This Too Shall Pass			X
Free Men's Gropu	\$225.00	\$225.00		Orange Park Step Sisters	\$125.00	\$125.00	X	Timiquana Ladies of Grace			X
Free to Be			X	Ortega Group		\$85.00		Tradition Group	\$300.00	\$300.00	
Green Cove Springs		\$200.00	X	Phoenix Men's Group		\$233.80		Trout River			X
Greenland Road Mandarin				Ponte Vedra Mens Group			X	Villagers Group		\$47.70	
Half Way Through		\$28.14		Primary Purpose Group			X	We Agnostics Free Thinkers		\$85.00	
Happy Destiny Group				Q Branch Group		\$350.00		West Jax Men's Group			X
Happy Hour Group		\$25.00	X	Riverside/Ortega Group		\$23.00		Westside			X
I Am Responsible		\$150.00	X	Riverside YPG		\$105.00	X	Winners Group			X
It's Come to This		\$86.25		Riverside Study Group			X	Winning Game Group		\$230.00	
Keep It Simple (Fern. Bch.)			X	San Pablo Sober	\$52.29	\$52.29	X	Women Enjoying Sobriety		\$267.50	
Language of the Heart	\$278.54	\$278.54	X	Seascape Group	\$189.00	\$189.00		Women Speak		\$15.00	
Liar's Paradise Group			X					Total Contributions	\$4,260.79	\$11,703.14	

Represented at the February 2016 IG Business Meeting: IG Reps=41, Total Signed In=50
 Groups Contributing in February 2016=20, Year To Date February 2016=52

Live and Let Live

People just won't do what I think they should. They won't ACT how I think they should. They won't SAY the rights things. They don't THINK the way I do and GOSH, DARN IT, why not? After all, I know it all.

I've learned through the steps and the teachings of Alcoholics Anonymous how to live right, how to love right, and the right way to think.

It's no wonder I begin to get a little bit angry when I don't get my way. My anger turns to resentment, and that resentment begins to fester. I try harder to convince you that I am right. I begin to "hate" the way you behave. HATE. What a despicable word - one I don't care to have in my vocabulary, my emotions, or in my heart. So, negative and down the drain I go. "Wrapped in cellophane," I try to fight myself out and it doesn't work. I am miserable. I must "let go," but this is hard.

As I write this article, God has provided me with first hand difficulties of trying to let others live the life God has for them and to look at myself. When I become willing to practice love and tolerance, the answers, the peace, and the serenity come. If only momentarily.

Through my sponsor, and loved ones, and my Higher Power, my eyes are being opened to the true course of life. My life, not yours.

Setting it straight before me - **to LIVE AND LET LIVE.** By Laura C. Baymeadows Group