



Add - A - Line

August 2016

Volume 54

Issue 8

Northeast Florida Intergroup Newsletter
Published in Northeast Florida Since Nov.

Northeast Florida
Intergroup Services
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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



MARK YOUR
CALENDARS

We Will Be Closed
Sat. Sept. 3rd
And Mon. Sept. 5th
In Observance of the
Labor Day Weekend



FIRST THINGS FIRST

My first sponsor always stressed that her sobriety came first. I don't think I bought into this at first, but, in time, came to believe it was the rock of my program. My program of sobriety includes three meetings a week, working with a sponsor and sponsees, daily morning prayers and readings, checking in with an online women's AA group daily, opening a meeting once a month, and giving out my phone number from time to time.

I've noticed a trend in meetings lately that suggest to me want I DON'T want to do -- arriving late, whispering to others, talking out of turn, leaving the meeting to answer a cell phone that goes off during the meeting, checking messages and reading. I would suggest that those who feel they are multi-tasking (the new buzz word), are really not doing anything very well. What's important here?

Meetings remind me that I'm alcoholic and I need to work on my recovery. I need to be fully present. I can be easily distracted, but I want to remember that staying sober is my number one priority. I may have to work harder to pay attention.

Another thing my sponsor told me was that G-d speaks to us through others in AA meetings. As one fellow says, "We can learn what to do and also what NOT to do.

My sobriety must come first. ---Marilyn G.

Heard at a meeting.....

Ok, here is the question. ??

First things First --

what do I put first?

**As an AA member how would YOU
answer this question?**



2016 Gratitude Banquet



Volunteers Needed —

Our First Banquet

Planning Meeting is

Monday, August 8th, at 6:00 PM

What better way is there to show gratitude than by service work! We will need many volunteers to help with ticket sales, the cake auction, decorations, set up, cooking, keeping the buffet line full (tray schleppers), beverages, and clean up.

Remember, what we cannot do alone, we *can* do together!

We try very hard to keep the cost at a minimum by relying on our own North East Florida AA members to volunteer for most of the work that has to be done. We encourage you and the people you sponsor to give back to AA what AA has given to you by continued service work for the North East Florida area.

Let's keep this banquet a continued venue of fellowship for us all.

**THIS IS YOUR
BANQUET
THIS IS AN
OPPORTUNITY
DO YOUR
SERVICE WORK**

**Please attend the
banquet committee planning
meeting at 6:00 PM,
Monday August 8th, 2016
at the intergroup office at
3128 Beach Boulevard.**

Tickets will be available at the next Intergroup Business Meeting on September 6th or at the Intergroup Office. Reserved tables that seat 10 are \$150.00 paid for in advance. Single tickets at \$15.00 each from your or from Intergroup rep or the IG office.

For further information please Call Holly at 662-0646, Co-Chair, Linda G. Co-Chair 608-1634, or the Intergroup Office at 399-8535

*Things we
cannot change.....
The following member will be
fondly remembered and
sadly missed.
Sarah M.
Dist. 6 — St. Augustine*

INTERGROUP OFFICE LOG

<u>DESCRIPTION</u>	June 2016	June 2015
A. A. Information	174	229
Admin. & Other Information	41	22
12 Step Calls	4	2
Visitors to the Office	98	212

\$ 5.00

FAITHFUL FIVERS

Charlie M. Christopher G.
Ernie K. Faith L. Fred H. Holly C.
John G. Randy O. Rick T. Ski V.
Steve H. Susan I. Tim L. Walter S.

JOIN THE FAITHFUL FIVERS

Contribute \$5.00 per month to the NEFL Intergroup. Your contribution will help carry the message. Call the Intergroup Office for more information 904-399-8535

BREAKFAST AND FELLOWSHIP

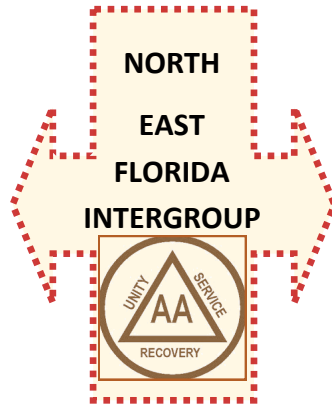
Speaker Meeting

Sept. 3rd 2016 Gateway's Dining Room

555 Stockton St.

8:00 am All You Can Eat Breakfast – \$4.00

8:30 am Speaker Meeting



INTERGROUP

BUSINESS MEETING

9:45 AM

SATURDAY SEPT. 3, 2016

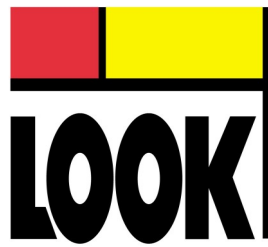
GATEWAY FRONT

CONFERENCE ROOM

<u>Committee</u>	<u>Time / Date</u>	<u>Location / Notes</u>
<i>Archives</i>	Noon, Mon., Sept. 12 2016	Intergroup office. 1st Monday of the Month
<i>Finance</i>	5:30 pm , Tues., August. 15, 1016	Intergroup office. Please call the IG office at 399-8535 for more information.
<i>Intergroup Steering Committee</i>	5:30 PM, Tues., August 23, 2016	Intergroup Office. All members are welcome to attend.
<i>New Intergroup Rep Orientation</i>	8:30 AM January 7, 2017	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

	<u>Position & Name</u>	<u>e-mail</u>	<u>Phone</u>	<u>Meeting Time, Day & Location</u>
<u>District 1:</u>	DCM - Steve H.		904-654-3784	3rd Tuesday @ 6:45 pm each month at the NEFL Office
<u>District 4:</u>	DCM - Deb B	deb_deb2@msn.com	904-314-7155	7:45pm Every 3rd Thursday @The Amelia Room 906 S 7th St, Fernandina Beach, FL 32034
<u>District 3:</u>	DCM- Anthony S.	rackmeister@bellsouth.net	904-202-1007 904-700-0010	2nd Monday 6:30pm @ Anthony's house
<u>District 6:</u>	DCM- Chris B	dcmdist6@gmail.com	904-501-0043	1st Monday of each month @ 6:00pm @Flagler Hospital in Osceola Room
<u>District 24:</u>	DCM-Amy W.	awheat567@gmail.com	386-538-2028	Meets the second Wed of every month @ 6:30pm Lion's Club-318 Oseola Ave, Palatka, FL 32177
<u>District 25:</u>	DCM-Chris P	neflaa.district25@gmail.com	352-209-1904	Neptune Beach Library 2nd Wed @ 7:00pm (3rd Street)
<u>District 30:</u>	DCM - Jack G.		714-661-3918	3rd Friday of each month @ 6:30pm First Christian 11924 San Jose Blvd



NEW MEETING

GROUP NAME: New Oceans

TIME / DAYS: 6:00 AM

Monday, Wednesday
and Friday

LOCATION: Mandarin Holiday Marina

12795 San Jose Blvd. Jacksonville, FL 32223



DISTRICT 25

Anonymity and AA Etiquette Workshop

1-3 PM August 14th
322 Penman Road, J
Jax. Beach, FL
Speaker: Dane E.
(former Dist. 17 Delegate)
Snacks will be provided

8 EIGHT VIII

INTERGROUP OFFICERS

Chairman:

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

Vice Chair / Treasurer:

Dan. B. Phone 904-737-7532.

ADD-A-LINE

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

YOUNG PEOPLE IN

ALCOHOLICS ANONYMOUS

904-712-0096

Step Eight

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

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Tradition Eight

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

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Concept Eight

The Trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

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DISTRICT 1 3rd ANNUAL 'FALL FAMILY PICNIC'

Saturday Sept 10th

12:00 PM – 4:00 PM

**Tree Hill Nature Center
(Amphitheater)**

7152 Lone Star Road, East Gate

District 1 will provide burgers & hot dogs on the grill and we are requesting everyone to bring a side dish and / or dessert.

Our fun day theme is FELLOWSHIP... And vastly more than that and will include Food, Face Painting, 50/50 and GAMES! Also, we can visit the petting zoo, trails & the botanical gardens

EVERYONE IS WELCOME!!

PLEASE JOIN US!!



AUGUST 2016

During the past few weeks my thoughts have been directed more and more toward living in a

more spiritual state of mind. I am the first to admit that one of my deepest character issues is my stubborn and consistent attitude that "I can take care of myself". To put it bluntly, I believe I can do it all without any help, I know all the right things, and of course, I know exactly what the next right thing is. Never mind that this alcoholic has been sober for 30 plus years and lived in AA rooms faithfully repeating the steps and AA language all this time. Well, something must have worn off on me because I finally get it, but just don't know how to do it.

What I'm talking about here is "Living In Faith" and yes it is very easy and simple to do in the company of other alcoholics for a period of 60 minutes when AA talk the talk and walk the walk are clearly shared. But you put me out in the real world and I revert to my very poor set of personal survival tools and I become totally interdependent. Time and time again I prove to myself that I really do need help, that I don't know all the answers and that I usually end up making bad choices when I rely only on myself.

I want to share a quote from the story "You're In For A Ride" in the July Grapevine magazine. The author reflects back on his life in sobriety and writes "Did I "earn" all this fun and happiness? I don't know. I do know that, as the Big Book says, "When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned." Once again the example of a simple life centered in grateful spirituality has rewarded the author and countless recovering alcoholics with peace, joy and happiness.

I appreciate your company as I wonder how to make my life more spiritually centered, how I can truly turn my will and life over to the care of a Higher Power as I understand him, and where I can gather the strength to sit quietly and listen for the answers. So too I hear this phrase which is repeated in practically every AA meeting. "The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection." Practice makes for progress and progress for me is one step farther away from myself and one step closer to a spiritually guide life. Wishing you joy in your sobriety!

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 achieves 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.



Please save the date!

The Florida Unity Roundup is our annual roundup to strengthen and unify our area AAs and AFGs. All of the recovery community is invited to join us in Jacksonville for our annual event this September 23, 24 & 25, 2016. We will celebrate our recovery with outstanding AA and Al-anon speakers, panels, a Saturday night banquet, entertainment, great fellowship and more!

For More Information and registration the web site is: [www.http://floridaunityroundup.com/](http://floridaunityroundup.com/)

**3RD ANNUAL
KICK-OFF EVENT
SAT. AUGUST 27th**
3845 Spring Park Road
(JABA Club)



- ◇ 6:00 PM Silent Cake Auction
- ◇ 6:30 PM Desserts & Fellowship
- ◇ 7:00 PM Bingo

Prizes, 50/50 Pot of Gold, plenty of desserts for auctions, & more!

\$10.00 Donation for Six Games

Cakes Still Needed For Auction or for more information call Evonne at 904-307-2279

WESTSIDE GROUP FOUNDERS DAY



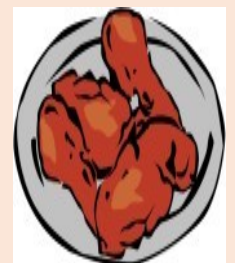
AUGUST 20TH.

11 AM—2 PM

PULLED PORK

SANDWICHES

AND CHIPS
\$4.00



DINNER AT 5 PM BOSTON BUTTS AND CHICKEN \$7.00

SPEAKERS AFTER THE DINNER.

For More Information Call. 904-389-9439

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JUNE
GROUP

DISTRICT 6 /
ST. AUGUSTINE

Peter B. 38 yrs.
Craig V. 26 yrs.
Amy C. 24 yrs.
Bridgid M. 9 yrs.
Susanne L. 3 yrs.

JULY
GROUP

ALEXIS

Ron B. 4 yrs.

BEACHES UNITY

Tom W. 45 yrs.
Nancy A. 38 yrs.
Cecil 25 yrs.
Katie S. 26 yrs.
Teresa H. 25 yrs.
George D. 24 yrs.
Buffy A. 6 yrs.
Stephen K. 4 yrs.
Bill M. 2 yrs.
Musa 2 yrs.
Branden A. 1 yr.
Katrina 1 yr.

DISTRICT 6 /
ST. AUGUSTINE

George K. 40 yrs.
Paul Mc. 36 yrs.
Marty C. 30 yrs.
Kimberly H. 24 yrs.
Bill H. 17 yrs.
Brian S. 14 yrs.
William M. 11 yrs.
Joel E. 2 yrs.
Bee F. 1 yr.

EASTSIDE

Eugene S. 26 yrs.
Anita F. 22 yrs.
Felix W. 6 yrs.

JULY
GROUP

FERNANDINA BEACH

Chris D. 43 yrs.
Paul F. 29 yrs.
Prudence H. 19 yrs.
Buddy H. 18 yrs.
Margo D. 14 yrs.
Jo Anne M. 12 yrs.
Sara E. 12 yrs.
Tammy R. 10 yrs.
Colette 8 yrs.
Tim H. 7 yrs.
Bill B. 5 yrs.
Tammy B. 1 yr.

FIESTA

Bradley 23 yrs.
Doug S. 20 yrs.
Samantha 6 yrs.
John 16 yrs.
Jeff 8 yrs.
Richard 8 yrs.
Amy C. 5 yrs.
Dana 5 yrs.

FREE TO BE

Theresa B. 11 yrs.
Holly C. 10 yrs.
Katy A. 7 yrs.
Justin M. 3 yrs.
David P. 1 yr.
Stefanie H. 1 yr.

MANDARIN HIGH NOON

Jodi S. 1 yr.

MANDARIN WOMEN'S

Sherrie W. 20 yrs.
Lynn E. 6 yrs.
Barbara B. 5 yrs.
Rachel L. 2 yrs.

JULY
GROUP

ORANGE PARK

Bill 29 yrs.
Mike S. 29 yrs.
Chris S. 19 yrs.
Anthony P. 17 yrs.
Grady K. 12 yrs.
Geoff S. 9 yrs.
Meredith R. 6 yrs.
Brooklyn 6 yrs.
Joe W. 4 yrs.
Allison R. 4 yrs.
Walter H. 4 yrs.
Steve H. 2 yrs.
Deborah W. 2 yrs.
Nikki H. 2 yrs.
Marshall 1 yr.
Tim B. 1 yr.
Cash 1 yr.
Stephen M. 1 yr.

TROUT RIVER

Paul D. 27 yrs.
J B 13 yrs.
Drew M. 7 yrs.
John D. 3 yrs.

WESTSIDE

George H. 34 yrs.
Leigh P. 26 yrs.
Patrick B. 22 yrs.
Gloria P. 18 yrs.
James E. 16 yrs.
Butch J. 15 yrs.
Mike E. 15 yrs.
Terry G. 3 yrs.
Lori P. 3 yrs.
Sally H. 3 yrs.
Stuart S. 2 yrs.

WINNER'S

Patrick B. 22 yrs.
Kathy F. 20 yrs.
Don P. 18 yrs.
Pat G. 15 yrs.
Joey M. 8 yrs.
Anne A. 7 yrs.
Shirley J. 7 yrs.
Teresa F. 7 yrs.
Jen 6 yrs.
Susan T. 6 yrs.
Amy L. 2 yrs.
Tom D. 2 yrs.
Michael 1 yr.

BIRTHDAY CLUB —

Steve V. 40 yrs. Carl L. 15 yrs.

Amy C. 5 yrs. Ernie K. 3 yrs.

	Jun 16	Jan - Jun 16
Ordinary Income/Expense		
Income		
4000 - Contribution Income		
4002 - Groups	\$3,623.46	\$30,807.90
4003 - Pink Can Contribution	\$834.06	\$1,399.28
4005 - Faithful Five	\$85.00	\$505.00
4006 - Birthdays		\$29.00
4007 - Other Contributions		\$202.20
4008 - Anonymous		\$454.51
4010 - IG Breakfast/Speaker Mtg	\$150.55	\$681.55
Total 4000 - Contribution Income	\$4,693.07	\$34,079.44
4020 - Retail Income	\$4,763.43	\$25,945.69
4060 - Income - Special Events		
4062 - Banquet		\$6,810.00
4065 - Cake Auction		\$3,224.00
4067 - Raffle Tickets		\$841.00
4069 - Spring Picnic		\$80.00
Total 4060 - Income - Special Events		\$10,955.00
Total Income	\$9,456.50	\$70,980.13
Cost of Goods Sold		
4510 - Cost of Retail Sales	\$3,551.09	\$18,953.92
4540 - Cost of Event - Banquet Expense		\$5,529.87
4550 - Cost of Event - Spring Picnic		\$1,160.00
Total COGS	\$3,551.09	\$25,643.79
Gross Profit	\$5,905.41	\$45,336.34
Expense		
Total 5100 - Office Expense	\$62.61	\$3,699.30
5110 - Telephone	\$193.42	\$1,160.55
5120 - Telephone Answering Service	\$80.00	\$480.00
5130 - Postage - Freight	\$38.55	\$199.29
5140 - Utilities	\$204.71	\$987.51
5145 - Advertising	\$51.00	\$306.00
5195 - CC Fees	\$82.74	\$594.94
5200 - Professional Fees		\$350.00
5210 - Building Rent	\$900.00	\$5,400.00
5215 - IG Business Meeting Expense	\$47.55	\$248.05
5220 - Dues/Fees/Licenses		\$61.25
5265 - Security	\$27.40	\$164.40
5280 - Pink Can Expense	\$798.26	\$999.60
5290 - IG Breakfast Expense	\$16.62	\$97.08
5300 - When & Where Cost	\$132.00	\$1,368.09
5500 - Committees Expense		
5520 - Archives		\$334.92
5530 - CPC/PI		\$215.31
5540 - Corrections	\$593.78	\$3,125.37
5560 - Newsletter	\$229.00	\$1,602.98
5590 - Treatment	\$37.85	\$198.38
5595 - Website		\$134.91
Total 5500 - Committees Expense	\$860.63	\$5,611.87
Total 6555 - Wages Total	\$3,045.05	\$19,834.27
Total Expense	\$6,540.54	\$41,562.20
Net Ordinary Income or (Loss)	(\$635.13)	\$3,774.14
Total Other Income	\$33.25	\$186.04
Net Income or (Loss)	(\$601.88)	\$3,960.18

Account Balances as of June 30, 2016

Petty Cash	\$100.00
Checking Account	\$13,571.41
Saving Account	\$10.00
Total	\$13,681.41
CD 12 Month 51	\$20,321.64
CD 18 Month 52	\$11,761.07
CD 18 Month 42	\$10,155.99
Total Prudent Reserve	\$42,238.70
Inventory Asset Value	\$15,261.01



In The Event of
Inclement Weather—
Your Safety , The Safety of
our Office Staff
and Volunteers are
Very important to us.

The closing of the office may be done in advance of any serious inclement weather. We want you, the office staff and the volunteers to be safe. During inclement weather or severe power outages, please call the Intergroup office to make sure we are there. Avoid traveling during a storm and be safe.

Thank you!"

(Power outages will cut off our phones)

JUNE 2016 Group Contributions

GROUP	MONTH	YTD	Att.	GROUP	MONTH	YTD	Att.	GROUP	MONTH	YTD	Att.
A Design for Living		\$45.00		James Gang II		\$50.00		San Man Group		\$100.00	\$200.00
A Way Out Group		\$75.00		Jax Bid for FCYPAA			X	San Pablo Sober Sisters			\$52.29
Alexis Group	\$15.00	\$90.00	X	Jax Beach YPG			X	Sawgrass Dutch Group			\$50.00
Amethyst Group		\$164.00		Joy Group		\$75.00		Seascape Group	\$99.00	\$288.00	
Arlington Group	\$140.11	\$978.39		Keep It Simple (Fern. Bch.)		\$200.00		Serenity at Noon		\$292.75	X
Azalea City Group		\$450.00		Language of the Heart		\$691.65	X	Sober Sisters		\$272.00	X
BAA	\$200.00	\$800.00		Lest We Forget		\$75.00		Solutions Group		\$210.00	
Baymeadows Group		\$50.00		Living In The Light	\$500.00	\$1,130.00	X	St Nicholas		\$220.00	X
Beaches Agnostics & Free Thinkers		\$103.00		Los Lobos Men's Group		\$250.00		Step A Month Group		\$50.00	
Beaches Unity Group	\$360.00	\$2,160.00	X	Macclenny Group		\$75.00		Step Sisters Grace Group		\$324.50	
Beachside Step Study		\$85.24		Mandarin 11th Step Meditation		\$66.00		Stepping Stones (PV)	\$50.00	\$50.00	
BLIS		\$93.38		Mandarin Big Book Group		\$225.00		Stepping Stones (St Aug)	\$47.68	\$115.18	
Central Group	\$659.66	\$3,153.46	X	Mandarin Hi-Noon		\$1,233.46		Stepping Up	\$19.02	\$378.06	
Clean & Free		\$20.00	X	Mandarin Monday Night BBS			X	Student Group		\$347.39	
Conscious Contact Group		\$403.90		Mandarin Sunset Group				Surrender To Win		\$100.00	X
Contentment Group		\$50.00		Mandarin Women in Recovery		\$200.00	X	Switzerland Group		\$450.00	
Coyote Mens Group		\$450.00		Men's Red Eye		\$564.00		The James Gang	\$400.00	\$1,300.00	
District 6: St Augustine		\$300.00		Middleburg Group		\$200.00		Thirsty Thursday	\$20.00	\$20.00	
Drop the Rock Group			X	Morning After Group		\$50.00		This Too Shall Pass		\$30.00	X
Dutch Group		\$50.00		Neptune Beach Book Study		\$85.00		Timiquana Ladies of Grace			
Eastside Group	\$30.00	\$170.00	X	New Beginnings Group				TLC Group		\$50.00	
Fernandina Beach Group		\$660.96	X	Nocatee Sobriety		\$275.41		Tradition Group		\$300.00	
Fiesta Group		\$1,072.38	X	Oldest City Men's Group		\$281.96		Triangle Group (Dist 6)	\$45.00	\$105.00	
Florida Unity Roundup		\$500.00		On the Way Home Group		\$339.41		Trout River			X
Freedom Group		\$20.00		One Step at a Time		\$88.00		Truly Blessed		\$100.00	
Free Men's Group		\$1,223.99		Orange Park Group		\$650.00	X	Tuesday Night Step Group		\$75.00	
Free to Be			X	Orange Park Step Sisters		\$190.00		Villagers Group	\$45.00	\$129.06	
From the Heart	\$150.00	\$150.00		Ortega Group	\$115.00	\$294.00		We Agnostics		\$85.00	X
Green Cove Springs	\$5.99	\$205.99	X	Phoenix Men's Group		\$233.80	X	Wesconnett Group	\$200.00	\$363.69	
Greenland Road Group		\$145.00	X	Ponte Vedra Mens Group		\$100.00		West Jax Men's Group			X
Half Way Through		\$79.40		Primary Purpose Group			X	Westside			X
Happy Destiny Group		\$283.45		Q Branch Group	\$300.00	\$1,600.00		Winners Group			X
Happy Hour Group		\$50.00		Riverside/Ortega Group		\$39.00		Winning Game Group		\$230.00	
I Am Responsible		\$300.00		Riverside (Tom S) Group	\$42.00	\$86.00		Women Enjoying Sobriety		\$496.00	
It's Come to This		\$160.75		Riverside YPG		\$105.00	X	Women Speak		\$38.00	
It's in the Book	\$60.00	\$60.00		Riverview Study Group	\$20.00	\$30.00		Total Contributions	\$3,623.46	\$30,807.90	

Represented at the July 2016 IG Business Meeting: IG Reps=28, Total Signed In=38

Groups Contributing in May 2016 = 24 (YTD June 2016=99)

(YTD Groups Contributing May # incorrect)

When I was drinking alcoholically and before my Higher Power changed me, I was very dishonest. I would lie to you and swear to it. I would steal from you and help you look for it. Then I read that Honesty is the spiritual principle behind the First Step of Alcoholics Anonymous " We admitted we were powerless over alcohol- that our lives had become unmanageable."

Honesty

I had trouble accepting the first step and as a result, I relapsed several times. I must be honest and take this step perfectly every day. BB How It Works, p.58 They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty.

Nothing counted but thoroughness and honesty. BB pg 65 Belief in the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements. BB pg 13

When I had about 1 year of sobriety I heard an "Old Timer" share that he must continuously maintain rigorous honesty. He realized, doing a 10th step inventory ,that he was taking extra sweetener to use later for his cup of coffee from a fast food location. He found that he was actually stealing.

I was very surprised to hear this. I figured everyone did this. I took extra napkins to store in the car when I ordered food, extra sweetener,... and never really thought about it. I had to become rigorously honest in ALL of my dealings if I wanted success.

What I thought were small details were actually large defects that grow into even larger problems. I talked to my sponsor. The answer is always in the readings: 12&12 Step Seven, p.72 With a proper display of honesty and morality, we'd stand a better chance of getting what we really wanted.

I pray each morning to be honest in ALL of my dealings. Honesty is still the best policy. Sobriety is a GIFT I treasure. See you at a meeting soon. Shirley J (Winners/ Westside)