

0777 newsletter



VOLUME 10 ISSUE 1

AA HOTLINE 727 847-0777 January 2011

Help Wanted For District 15 Anniversary Dinner. Come to planning meeting at noon Saturday, Jan. 15, at A Club, 5650 Missouri Ave. Plan to attend the March 15 Dinner for food, fellowship, speakers.

BIG BOOK

WORK SHOP WEEKEND

JANUARY 21-23, 2011

COCO BEACH FL

FOR MORE INFO GO TO

leestapes@viafamily.com

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Al-Anon Hotline

352-697-0497

Members Share On Step One

“Powerless over alcohol. No matter what or where I drank, it always took me to where I had no scruples, a big mouth, false courage. I’d feel like crap the next day, so I picked up where I left off.”—Mary Ellen C., Happy, Joyous & Free Group

“To me, Step One means complete surrender and acceptance of my alcoholism. I cannot drink safely. One drink is one too many.”—Stephani B., Rough Road Group

“When I first came to AA, I was beat, and knew I was powerless over alcohol. After many a day-at-a-time, I realize I’m still powerless over alcohol. That’s why I continue to go to meetings.”—Gary W., How Important Is It? Group

“It took me two years, and several suicide attempts and Baker acts before I realized I am allergic to alcohol. I can no longer multi-task or drive a car, but one day at a time, I am still recovering. I wish I’d known all this when I stole my first can of beer.”—Brian, the A Club

“Attitude is a little thing that makes a BIG difference.”

“No family relationships? We had nothing in common anyway! My kids afraid to be with me? If they don’t like me the way I am, the heck with them! Locks changed on the business I managed? Hey, I was only borrowing! Homeless? I love the outdoors! I could keep adapting to the conditions that I created orrrr...I could seek help where I witnessed beautiful transformations in other lives. That surrender was the first step on the path to a fulfilled way of living.” —Doug G., How Important Is It?

“I didn’t work the steps my first time around, started drinking again and hit a new bottom. This time I’m working the steps and staying sober a day at a time.”—Tamera, Wonderful Saturday Step Group

STEP 1: We admitted we were powerless over alcohol—that our lives had become unmanageable.

TRADITION 1: Our common welfare should come first; personal recovery depends upon A.A. unity.”

0777

Newsletter

The Newsletter Committee is soliciting info about any AA Activities- group events, dances, picnics etc.

Submit all info by the 20th of the month preceding publication to:

news0777@yahoo.com

or drop off at :

West Pasco /Tarpon Springs InterGroup

6611 US 19 Suite 505

Donation Addresses

West Pasco/Tarpon Springs InterGroup

TREASURER

6611 US 19 Suite 505

New Port Richey, FL 34652

District 15 General Service

TREASURER

P.O. Box 692

Elfers, FL 34680-0692

Area 15 General Service

TREASURER P.O. Box 561715

Miami, FL 33256-1715

AA General Service Office

P.O. Box 459

Grand Central Station

New York, New York 10063

January Anniversaries

<u>NAME</u> <u>YEARS</u>	<u>NAME</u> <u>YEARS</u>	<u>NAME</u> <u>YEARS</u>	<u>NAME</u> <u>YEARS</u>
<u>HAPPY JOYOUS</u> <u>FREE</u> Mary Ellen.....24 yrs	<u>LIVING SOBER</u> Wayne G.....35 yrs Bill T.....18 yrs Nancy B..... 5 yrs	<u>3 AND 11 STEPS</u> Barbara.....20 yrs Linda.....1 yr Noreen.....25 yrs	<u>LIFE GOES ON</u> Donny M.....26 yrs Ron G.....5 yrs Doug G.....23 yrs
<u>HOOT-N-HOLLER</u> Cy K.....2 yrs	<u>MENS LETS TALK</u> Mike V.....20 yrs Carter M.....8 yrs	<u>TROPICAL ATTITUDES</u> Margie R.....29 yrs Dan C.....3 yrs Tom M.....22 yrs	<u>WONDERFUL SATURDAY STEP</u> James.....2 yrs Carter H.....8 yrs
<u>HOW IMPORTANT IS IT?</u> Steve S.....5 yrs Doug G.....23 yrs	Mark H.....6 yrs Jerry N.....6 yrs	Mike F.....1 yr	<u>PASCO BIG BOOK</u> David S.....11 yrs
<u>KIS WOMEN'S</u> Kathy M.30 yrs Dianne D.....2 yrs Eileen E.....40 yrs Ron G.....5 yrs Doug G..... 23 yrs Marilyn M.....11 yrs	<u>NPR KISS</u> Matt G.....16 yrs Michele G.....16 yrs Brian S.....7 yrs Mick V.....20 yrs Debbie P.....3 yrs Scott B.....2 yrs Mike E.....2 yrs Danny L.....2 yrs Paul K.....2 yrs	<u>NOON HIGH</u> Kent S.....8 yrs Casey D.....1 yr	Rich A.....12 yrs Robin Mc.....12 yrs Carter H.....8 yrs Vern W. 19 yrs Gord H. 32 yrs

**Meeting Makers
Make It!**

District 15 Opportunities

Grapevine Chair and Alternate,

Literature Chair and Alternate,

Treatment Chair,

DCM for Subdistrict 1

3rd Tuesday at 6:30 PM—see calendar on pg.4

Volunteers Needed
at
Central Office

2 shifts daily Mon.-Fri.

10:00 AM - 1:30 PM,

1:30 PM– 5:00 PM

1 shift Saturday

10:00 AM - 1 PM

Minimum one year sobriety req'd.

Bridging—the Gap

Detox/Treatment/Jails

Needs volunteers, please

Call Mary M. 727 484-0892

December Central Office

Niteline calls ... 86

Office calls93

Walk-ins 55

**Groups Represented
at InterGroup**

12/08/2010

New Hope Beginner

Wonderful Sat.

Happy Joy & Free

Back to Basics

KIS Women's

Not a Glum Lot

How Important is it

Amazing Grace

3 & 11 Steps

NPR/Kiss Mon & Fri

New meeting

***Feb 7th Victory
Worship Church***

8410 Sycamore Dr.

Mon. 7:00-8:30 PM

Call Buddy for info

727-359-4211

SoberStock 2011

Odessa, Florida

Fri.-Sun. March 18-20

Register online for free mug.

www.soberstock.com

Allergy Theory of Alcoholism Is Proven

Modern science is proving the allergy theory of alcoholism pioneered in the “Big Book,” *Alcoholics Anonymous*, 72 years ago.

At least three “defective” genes have been identified as underlying causes of alcoholism so far. That helps explain why alcoholism runs in families because genetic makeup is largely inherited, including allergic tendencies. The scientific term is “variant genes.”

One of the researchers has both a warning and note of hope for children of alcoholics.

“A person can carry all kinds of genes that predispose them to alcohol dependence, yet if they never take a drink, they won’t become an alcoholic,” said Danielle M. Dick, PhD, assistant professor of psychiatry, Washington University School of Medicine, St. Louis.

She was lead author for a study that found an association between one gene, GABRG3, and a tendency toward alcoholism. DNA samples from 10,000 alcoholics and their families were analyzed.

A laboratory study found that variant CREB genes created a preference for alcohol instead of water among lab rats, which act much like humans in studies. The rats self-medicated to reduce anxiety.

Researchers in England identified a third gene that may set the stage for alcoholism— a variant of the dopamine D2 receptor gene DRD2.

Dr. William D. Silkworth set forth his allergy theory of alcoholism in the Doctor’s Opinion chapter of *Alcoholics Anonymous*.

New Meeting

Monday Nights 8 PM

Let’s Get Better

Together

Open Grapevine Mtg

**Spirit of Life MCC
Church, 4133 Thys Road,
NPR**

Help!

Pasco Big Book needs speakers for its 8 PM Saturday Night meetings. Call Bob T., 819-9427

Big Book on Step One

“We learned we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery.”- Alcoholics Anonymous pg. 30

January
Mystery Phrase
 Puzzle
 (12 Steps, 12 Traditions)

Directions-

Find all the words listed and use the remaining letters to solve the **mystery phrase**. (Hint- circle individual letters that you find to make it easier to see the left-over letters.)

Mystery Phrase-

We say "trust God, Clean house, help others"

By Rain S.



Steering Committee

2 years sobriety

Business Committee

2 yrs sober, 2 yr term

Nightline Co-ord.

1 yr sobriety, 1 yr term-

(Call Vinnie G. @ 727-247-8334

Or Central Office @

727-847-0777)

Nominations accepted at InterGroup

Meeting 2nd Wednesday, 6:30 PM

At Central Office

BE THERE !

R D R C O N S C I O U S W E S
 E E E L B A E G A N A M N U A
 M M T L Y E A W A K E N I N G
 O R C A L T L R S S X U N D N
 V A A E E I Y I S S A S O E I
 E H R S T R W A E E C D I R H
 G A A S R I G R L V T N S S C
 C Y H A G E N E R I E E I T R
 O D C D R N C V A L L M C O A
 E A M A N E O O E H O A E O E
 H E E S U S S R F N T L D D S
 U R D S E S N T W N T C D O G
 M S I E N V T O O E H O E E N
 A L T L T P L C S R U H R O I
 N G A R I T E E E R E O U Y M
 R N T E R M I L S F E L T L O
 U I I W E E O M B R E P A T C
 T L O O L H W R D I U D N P T
 C L N P Y T T O A A S O H M R
 E I E R E Y A R P L R S S O O
 R W H U M B L Y T S I L O R H
 I N J U R E L A U T I R I P S
 D E K S A S A N I T Y T H A T

Word List

admitted asked awakening believe entirely exact
 fearless god greater harmed moral nature
 our ourselves over persons sanity searching
 shortcomings spiritual that them care carry
 character conscious contact decision defects direct
 human humbly injure inventory list lives
 meditation message possible power powerless prayer
 promptly ready remove restore turn understood
 unmanageable will willing wrongs

January Calendar

Jan 1

District 15 PI/CPC Comm & Special Needs Comm.
Noon—A Club, 5650 Missouri Ave, NPR

Jan. 3

District 15 Agenda—6:30 PM Central Office, 6611
US 19 Suite 505, NPR

Jan. 8

District 15 Treatment Comm. Noon—A Club

Jan . 12

Intergroup Meeting—6:30 PM Central Office

Jan. 15

Planning Meeting for March 15 District 15 **Anni-**
versary Dinner. Noon—A Club. Volunteers please
attend meeting.

District 15 Corrections Comm. Noon—A Club

UNITY MEETING—7 PM Redeemer Community
Church, 7540 Ridge Rd. Sponsor: Saturday Morning
Big Book Study Group, A Club

Jan 18

District 15 Committee—6:30 PM, Community
Congregational Church, 6533 Circle Bl, NPR

Jan 22

District 15 Archives Committee—Noon, Central
Office

Jan. 29—History of Archives. See time at right.

2nd Annual Florida Women's Weekend

Friday-Sunday Feb. 18-20, Lake Placid Confer-
ence Center & Campground, 2665 Placid View
Dr, Lake Placid, FL 33852. \$110 pre-registration
includes food, lodging. Day rates available. Call
Lori A. for details. 402-651-1974



Archive Corner

Here's a chance to learn some AA **his-**
tory and have a little friendly competi-
tion, too. Each month the **Archive Cor-**
ner will ask a question and post the
name and group of the first to email me with the
right answer.

My email address is nauxier@verizon.net . You may
also ask a question and perhaps see it in this corner
next time.

Since the month of January highlights the First Step,
my question has to do with Bill W.'s First Step. In
the Big Book, Bill talks about his friend, Ebby, who
came to see him. The question is: Who was Ebby's
sponser and how did Ebby get sober?

Email me with your answer or your question for next
month.—Nancy A., District 15 Archives Chair.

Archives presents:

The History of District 15

Join us for an afternoon of history, complete
with all the funny stores that made us a dis-
trict of our own. There will be a panel of
people who know and/or were there to an-
swer questions.

Date/Time: 2 PM, Saturday, Jan. 29

Spirit of Life Church

4133 Thys Road

New Port Richey, FL 34653

**The Archives are on display at the Central
Office. Stop in the see them & have coffee.**

Group Contributions 2010

Please keep in mind the seventh tradition: Every A. A. group ought to be fully self supporting, declining outside contributions. That means Central Office is supported by your group contributions. Thanks for your support!