

**DISTRICT 28**  
**Meeting Minutes**  
**April 24, 2016**

**Officers/Chairs present at meeting:**

DCM – Steve N.  
Alt. DCM – Paige B.  
Secretary - P. J. O.  
Archives Chair - Denis S.  
C.P.C. Chair – Lina R.  
Intergroup Liaison – Dean B.  
Literature Chair – Lisa B.  
Men’s Corrections – Al M.  
Public Information Chair – Janet B  
Technology Chair- Rich M.  
Treatment Chair – Rich M.  
Women’s Corrections Chair – Brenda R.

**GSRs/Alt. GSRs and Visitors present at meeting:**

Janet B. – Alt. GSR, Attitude Adjustment Group  
Lynn D. – Alt. GSR, Crystal River Group  
Sandy H. – GSR, First Thought Wrong Group  
Al M. – GSR, Holder Way of Life Group  
Rich M. - GSR, No Name Group  
Tammy P. – GSR, Rainbow Group  
David B. – GSR, Real Happy Hour Group  
John H. – GSR Sober Nooners Group  
Dean B. – GSR, Sober Sand Gnats Group  
Paige B. –GSR, What’s The Book Say Group  
Brenda R. – GSR, Women’s New Beginnings Group  
Gail K. – GSR, Won Rebos Group

**Visitors:** None.

**Welcome by DCM:**

Steve N., DCM, welcomed everyone and called the meeting to order at 5:45 p.m.  
Serenity Prayer  
Declaration of Unity  
Responsibility Statement

**Recognition of New GSRs:** David B., GSR Real Happy Hour Group

**Roll Call:** P. J. O. took roll call and Minutes.

Roll call: DCM, Alt. DCM and Secretary were present and 12 registered groups were represented by GSR or Alt. GSR. The Sign-In Sheet was circulated.

Everyone had received copies of the Minutes of the March 13, 2016 meeting. After a brief discussion regarding terminology used in one of the reports, the Minutes of the March 13 meeting were approved.

The Secretary also presented a summary of his report on the matters discussed at the Area Assembly meeting of the Growth Committee Report and Charter. His full report will be distributed as an attachment to the minutes of the April meeting of District 28.

**Treasurer's Report:** The Treasurer being absent, the final Report for March, 2016 was presented by the DCM. Copies of the Income and Expense Sheet and Contribution Report were distributed to everyone. The Income and Expense Sheet showed a beginning balance of \$1729.36, income from contributions and 7<sup>th</sup> Tradition collections in the amount of \$345.00, expenses \$375.82, and an ending balance of \$1698.54. Upon motion and second, the Treasurer's report for March was accepted. By way of preliminary report for April, Steve noted that there had been three small donations but that the account balance would go down because of expenses for the Area Assembly.

**The 7th Tradition Basket was passed.**

**STANDING COMMITTEE REPORTS:**

**Archives Committee:** Denis S.

This month I was able to meet Scott and Kevin from Area Archives at the Area Assembly. I provided them with a written summary of the Oral Histories I have been conducting in District 28. They were grateful for the input. All of the recordings I made are of people with more than forty years of sobriety.

I also submitted a piece to Lynn G. for the next Journal.

**Accessibilities Committee:** No report. Steve noted that the Chair position for this Committee was presently vacant and asked if anyone was interested in volunteering to serve in that position. John H. volunteered and was duly appointed to the position by Steve in his DCM capacity.

**CPC Committee:** Lina R.

We have completed assembling the materials for the electronic presentation to be included in the in service education for Citrus County deputies. We've included a video from the GSO website, two pamphlets: **AA At A Glance** and **AA IN Your Community**, the current **Where and When**, and an audio commentary. Currently we are in need of a source of tech support to put the class together in this or a modified form.

Agenda items for General Service Conference concerning CPC included:

- Discontinuing the pamphlet "Three Talks to Medical Societies by Bill W." The committee suggested we do so. The Area Assembly agreed.
- Adding the text language, including "No AA member should play doctor; all medical advice and treatment should come from a qualified physician." and other text lifted from the pamphlet "The AA Member – Medications and Other Drugs". This language seemed to be addressed to AA members rather than the professionals. The committee approved the change with the suggestion the language be tweaked to address professionals more explicitly. The Assembly agreed as well.
- Adding text to the pamphlet "
- "Is There an Alcoholic in the Workplace?" to offer AA as a resource for small businesses. Both the committee and Assembly agreed.

Love and service,

Lina Ricks CPC chair

**Public Information Committee:** Janet B.

Because of the longer than usual time between meetings some of the sites for meeting schedules were visited more than once. Most stacks were filled but the Center, Driver Improvement Inc. and County Probation needed additions.

At the Welcome Center in Crystal River all our pamphlets had vanished for the second time. A very reluctant gentleman did place them in an empty rack after I pleaded with him. I

have a feeling they were tossed out after I left. I think I may have to speak to the Executive Director of the Chamber of Commerce.

The first time I stopped in at the emergency Room at CMH the holder was filled; this week there were only 2 Where & Whens visible. What joy to refill that purloined holder.

I attended a very intense and informative Area 14 Assembly. I sat in on the CPC Workshop and got some good ideas. Marty C. is the Service Coordinator. He wants to promote conference calls between members and districts.

Lina R. gave an update on her project with our Sheriff's Department. After a 15 minute break I was at the Public Information Workshop, Part I, and then after lunch attended Part II. Donna W. is the service coordinator. Most of the time was spent reviewing agenda items. There was time to review the P.I. Workbook. The review and a "Show & Tell" are on schedule for the July Assembly.

I also attended the Site & Agenda Committee. Very strange—no introductions as the roll call of those present was pre-printed. The Chair, Kelly, conducted a general discussion of several items. The main points were the renovation of the new Wyndham Gardens and "how it should be done," especially regarding accessibility. The total cost for the Assembly at the hotel was \$1943.86. Host Districts should be responsible to help the handicapped and elderly. It was suggested that FLYPAAS might do this and they could be identified by wearing leis.

We are contracted at the Wyndham through 2018. Kelly has submitted a bid for 2019 and 2012. If what has been promised really happens it could work out well.

Respectfully submitted,

Janet B.

P.I. Chair

**Men's Corrections Committee:** Al M.

We have a new Corrections officer running the show; things are going better. Attendance has gone from 10-12 to 26-28. We only missed one meeting, on Ash Wednesday. Although we have some new guys scheduled to go to training on May 3<sup>rd</sup> or 4<sup>th</sup>, we are still short handed and hope to get some more guys signed up.

**Women's Corrections Committee:** Brenda R.

In March the women were able to bring in 3 meetings to the jail averaging 23 to 25 women. 3/14/16 Kathy G. and Wendy T. brought the meeting in with an attendance of 32 women, 3/11/16 was canceled Officer Hubbard had to work the tower? ; 3/18/16 Char S. and Wendy T., 28 in attendance, 3/23/16 Brenda R. and Kathy G., 23 women.

The 1<sup>st</sup> half of the orientation was held March 12<sup>th</sup>. Char S., Lina R., Wendy T., Kathy G. and Brenda R. were in attendance. Paige B. was unable to attend. April 2, 2016 the 2<sup>nd</sup> half of the orientation was held. In attendance were Jen, Wendy T., Brenda R. Lina R., Toni T., Sandy and Kathy G. Char S was unable to attend.

Thursday 04/13/16 there was a make-up meeting for the first half of the orientation. Toni T., Sandy and Jen were in attendance.

There will be make-up meetings for the 1<sup>st</sup> and 2<sup>nd</sup> halves on May 4th and 5<sup>th</sup>.

I am working to get a schedule that will work for us all. We are in dire need of AA literature.

I was unable to attend the Area Assembly in April but I am planning to attend the next Assembly.

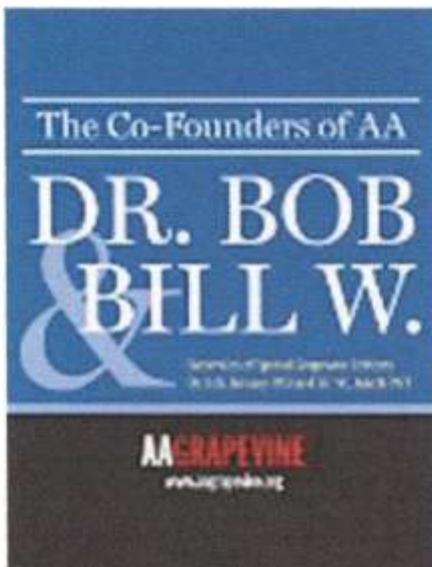
Thank you for letting me serve.

Brenda J. Roberts

Steve commended both Al and Brenda for their work.

**Grapevine Report:** Paula D. In Paula's absence, P.J. gave a summary of Paula's report. It is produced in full here:

**This Month's Featured Item**



## **Facsimiles of the magazines honoring Dr. Bob and Bill W. - item #**

### **MS15**

Newly reprinted editions of the original 1951 and 1971 Grapevines published in honor of Dr. Bob and Bill W. upon their deaths. The magazines contain the story of each co-founder's life, plus articles from their friends and early AA members reflecting on the extraordinary character of each man and their contributions to the worldwide Fellowship of Alcoholics Anonymous. The magazines come in a protective sleeve.

*This item can be ordered via [aagrapevine.org](http://aagrapevine.org)*

\$5.99 each (1-4 copies)

\$5.50 each (5 or more copies)

Thank you for allowing me to serve.

Paula D.

**Literature Committee** – Lisa B.

Thank you for the opportunity to serve Alcoholics Anonymous. My name is Lisa and I am an alcoholic. This past month, the **Literature Committee** was in attendance for the Literature Meeting led by Lori P. at the April Area Assembly in Gainesville. We reviewed the pre-conference agenda items for literature. Last month, Glen had presented background information in various locations around the area. Everyone was prepared at the Assembly for no little discussion. Regarding the “Plain Language Big Book”, a few key thoughts were reflected by a number of people. The Financial Issue – we are projected to be \$350,000 in the red for three consecutive years. With a million dollar shortfall looming, many questioned, “Can we afford to do this and how important are these pieces of literature?” In thinking of the newcomer in need of such a piece of literature, others put forth, “Can we afford not to do this?”

The Role of Sponsorship – when a newcomer doesn’t easily understand the Big Book, then the sponsor has the significant opportunity of going through the book line by line. In that fashion, the door is open to in-depth sharing of experience, strength and hope. Our recovery is based on one alcoholic sharing with another. On the same topic of sponsorship, but with another perspective, one may not have a sponsor for any number of reasons. Our decision to put a nix on developing an easy read for the Big Book, may diminish someone’s chance of recovery by not offering Alcoholics Anonymous in a readable form.

Misunderstandings – this plain language version of the Big Book would not replace our current 4<sup>th</sup> edition. It would be a separate publication with its own specific part to play as a piece of conference approved literature. Comments were impassioned on both sides. This tone of deep engagement continued on into Sunday’s voting at the business meeting. Ultimately, our area did not endorse it. We are all looking forward to hearing Glen report what actions were taken on the proposal.

The Role of Sponsorship had a similar position in our discussion of a proposed “conference approved 4<sup>th</sup> Step workbook.” A.A. is a “we” program – it is highly suggested one work in tandem with a sponsor. Many folks felt that a 4<sup>th</sup> Step Workbook would open the door to a self-help / do-it-yourself recovery. The quality, however, of the workbook developed by a member of Area 14, is very impressive. A number of members thought that it actually could be a great tool for a sponsor to use *with* a sponsee. As there was a lot of interest, as well as many opposing views, it was decided that more feedback from groups was in order. ***THE FOLLOWING IS A PROTOTYPE TO CONVEY THE IDEA OF WHAT AN A.A. 4<sup>TH</sup> STEP WORKBOOK COULD BE. THIS IS NOT AN A.A. CONFERENCE APPROVED PIECE OF LITERATURE. Please read through it and share it with your group and solicit feedback over the next few months. I will take it with me to the next assembly. Thank you.*** [Only a summary of the Workbook prototype was presented at the meeting.]

**A FOURTH STEP INVENTORY WORKBOOK** Intended for use by members with their sponsors. This workbook is a companion to pages 63-71 in our basic text,

Alcoholics Anonymous

This workbook is intended for use AFTER reading the first 164 pages of the text Alcoholics Anonymous (Big Book) and whenever a member is ready to begin work on a 4<sup>th</sup> step. This workbook is not intended as a substitute for reading the Big Book. This is important as not every sentence on page 63-71 is included here. This workbook is simply a TOOL to assist members

and their sponsors in proceeding through a 4<sup>th</sup> step thoroughly and as outlined in the Big Book. It is intended to accompany the process outlined in that text.

The directions for taking the Fourth Step are written in NARRATIVE (or paragraph) form in the text Alcoholics Anonymous.

This workbook attempts to take those same directions and put them in LINEAR form (i.e. line after line), which some members have found easier to follow. The directions remain the same. Only the formatting of them has been changed. Additionally, space is allowed for writing to be done--something our textbook could not possibly include.

The words in *ITALICS* are directly from the Big Book. These are the specific directions handed down to us since 1939.

The BOLD print words are instructions that break down the process into smaller, easier to digest pieces.

The basic components of the Fourth Step outlined in our Big Book are: A CONSIDERATION OF OUR CHARACTER FLAWS and an ANALYSIS OF OUR RESENTMENTS, FEARS and SEX CONDUCT. It is suggested that we talk with our sponsors daily as we proceed through these pages.

### **CONSIDERATION OF CHARACTER FLAWS**

*“Though our (3<sup>rd</sup> step) decision was a vital and crucial step, it could have little permanent effect unless AT ONCE followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a SYMPTOM. So we had to get down to CAUSES and CONDITIONS.” (p.64)*

We needed to look at the real reasons we were miserable and turned to alcohol. We started reflecting on those things as soon as we took a 3<sup>rd</sup> step.

*“First, we searched out the FLAWS in our make-up which caused our failure. Being convinced that SELF, manifested in various ways, was what had defeated us, we considered its common manifestations.” (p 64)*

Below you will find a list of some character FLAWS mentioned in the first 164 pages of the Big Book. These are LIABILITIES. We want to get rid of any we have. We can ADD any others we see in ourselves to this list.

**Resentful** Unreasonable-Cocky-Bitter-Selfish-Unjust-Inconsiderat-Fanatical-Afraid-Gossip, Self-seeking-Angry-Self-Sufficient-Dishonest-Suspicious -Overbearing-Jealous-Hysterical-Egocentric

### **RESENTMENT**

*“Resentment is the “number one” offender. It destroys more alcoholics than anything else.” (p.64)*

It is stressed in the Big Book on page 64 that, of all our character defects, RESENTMENT is the most serious to consider. For this reason, we focus FIRST on our RESENTMENTS.

*“In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry.” (p.64)*

People- mother, father, sibling, child, friend, co-worker, etc.

Institutions- workplace, church, town, school, agency, business, etc.

Principles- statements we hear or read or have been taught that others live by (example: Honesty is the best policy)

*“We asked ourselves why we were angry.”(p.64)*

ON THE NEXT FEW PAGES THERE ARE CHARTS SIMILAR TO THE ONE WE SEE ON PAGE 65. WE USE THEM TO COMPLETE THIS PART.

- We WRITE the name of our FIRST resentment in the first column.
- Next to it we WRITE the CAUSE of our anger. What was done to us?

*“On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, our sex relations, which had been interfered with?” (p.65)*

NEXT TO THE CAUSE OF OUR ANGER WE WRITE ONE OR MORE OF THE FOLLOWING WORDS DESCRIBING HOW THE BEHAVIOR AFFECTED US.

Self-esteem: how we feel (example: afraid, hurt, unimportant, used)

Security: how safe we feel emotionally and financially

Ambitions: what we wanted to happen

Personal relations: threat to a friendship or work relationship

Sex relations: threat to my relations with my spouse, lover

WE CONTINUE WITH THIS PROCESS FOR OUR NEXT RESENTMENT ON OUR RESENTMENT LIST UNTIL ALL 3 COLUMNS ARE COMPLETE FOR EVERY RESENTMENT

*“When we were finished (with our grudge list) we considered it carefully. (p.65)*

Use a blank paper to cover all the statements below. Slide down to reveal the first one.

READ THE FIRST STATEMENT. READ IT A SECOND TIME SLOWLY.

STOP. REFLECT ON IT.

DISCUSS WITH YOUR SPONSOR. CHECK IT OFF WHEN YOU AGREE WITH IT.

SLIDE THE PAPER DOWN TO REVEAL THE NEXT STATEMENT AND REPEAT THE PROCESS.

     *“The first thing apparent was that this world and its people were often quite wrong.” (p.66)*

I could easily see how I had been a victim of others’ bad behavior from a very early age. I didn’t want to stop there. Knowing that others had treated me badly didn’t help solve my drinking problem.

\_\_\_ *"The usual outcome was that people continued to wrong us and we stayed sore." (p.66)*

Over and over I found myself in the same situations with different people. My anger festered. I didn't want to be stuck in the blame game any longer.

\_\_\_ *"Sometimes it was remorse and then we were sore at ourselves." (p.66)*

I realized how angry I was at myself for mistakes I made or for not standing up for myself in so many situations. I was my own worst enemy.

\_\_\_ *"It is plain that a life which includes deep resentment leads only to futility and unhappiness. To the precise extent that we permit these, do we squander the hours that might have been worthwhile." (p.66)*

I wanted to live "happy, joyous and free." I could see that when I wasted a day nursing a grudge, I accomplished very little that day and lost out on chances to enjoy my life.

\_\_\_ *"But with the alcoholic, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die." (p.66)*

I could see that the grace of God could not enter a hardened heart. I believed that if I stayed miserable, I would eventually seek out alcohol for relief. I believed that, if I drank again, I may not have another chance at recovery.

\_\_\_ *"If we were to live, we had to be free of anger." (p.66)*

I had to think about the meaning of the word LIVE. What kind of living did I want? Why did I need to be "free of anger" to live?

*"We turned back to the list, for it held the key to the future. We were prepared to look at it from an entirely different angle." (p.66)*

**Follow the same process for each of these statements. CHECK each as you accept and then move on to the next:**

\_\_\_ *"We began to see that this world and its people really dominated us." (p.66)*

Can we see the power that we have given other people (or things) over us?

\_\_\_ *"In that state, the wrong-doing of others, fancied or real, had power to actually kill." (p.66)*

If we stay focused on others' bad behavior (fancied or real), can we see how it will rob us of our chances to be happy? Eventually we will turn to alcohol for relief again.

\_\_\_ *"We saw that these resentments must be mastered, but how? We could not wish them away any more than alcohol." (p.66)*

Can we see that all our attempts to avoid dealing with how we felt didn't work?

\_\_\_ *"This was our course: We realized that the people who wronged us were perhaps spiritually sick. Though we did not like their symptoms and the way these disturbed us, they, like ourselves, were sick too."* (p.66-67)

Can we see that as humans, we are all "spiritually sick" at times? Do we see that, just as others have wronged us, so we too often wrong others? Can we see that we cannot expect to be FORGIVEN if we will not FORGIVE?

\_\_\_ *"We asked God to help us show the same tolerance, pity and patience that we would cheerfully grant a sick friend."* (p.67)

Are we willing to pray for our enemies? Do we understand what tolerance, pity and patience really mean?

\_\_\_ *"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.'" (p.67)*

When we get angry, are we willing to immediately turn to God for help? Are we willing to ask Him for understanding and compassion in place of our anger? (In the story "Freedom from Bondage" on page 551-552 in the third edition, there is a suggestion worth considering.)

\_\_\_ *"We avoid retaliation or argument."* (p.67)

Are we willing to try PRAYER instead of arguing or seeking revenge? (Serenity Prayer)

\_\_\_ *"If we do (argue or retaliate), we destroy our chance of being helpful. We cannot be helpful to all people, but at least God will show us how to take a kindly and tolerant view of each and every one."* (p.67)

Do we want to grow in LOVE and TOLERANCE?

*"Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes."* (p.67)

WE GO BACK TO OUR CHART AND COMPLETE THE 4<sup>TH</sup> COLUMN. AT THE TOP WE WRITE THE WORDS :

### **MY MISTAKES**

FOR EACH OF OUR RESENTMENTS IN THE CHART, WE ASK OURSELVES THESE QUESTIONS:

*"Where had we been selfish, dishonest, self-seeking and frightened?" (p.67)*

*"Though a situation had not been entirely our fault, we tried to disregard the other person entirely. Where were we to blame?" (p.67)*

*"The inventory was ours, not the other man's. When we saw our faults we listed them."* (p.67)  
(We can refer to the list of LIABILITES on Page 1 for help in naming these faults.)

*"We admitted our wrongs honestly (to our sponsor) and were willing to set these matters straight."* (p.67)

Some members find that reflecting on the following was also helpful:

Did I do anything BEFORE that might have contributed to this person's behavior?

What did I do AFTER? What was my immediate AND long term response?

## **FEAR**

*"We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them." (p.68)*

*"We asked ourselves why we had them." (p.68)*

## **WE LIST ALL OUR FEARS BELOW. NEXT TO EACH, WE WRITE A LINE OR TWO DESCRIBING HOW IT ORIGINATED.**

Examples: Fear of losing someone I love- my brother was killed when I was 17

Fear of not having enough money- I grew up poor.

## **REPEAT THE PROCESS OF COVERING THE STATEMENTS BELOW, READING ONE AT A TIME, AND REFLECTING ON IT BEFORE MOVING ON TO THE NEXT ONE.**

\_\_\_ In asking ourselves why we had our fears, *"Wasn't it because self-reliance failed us?" (p. 68)* I got honest with myself that I was really afraid because I was relying solely on myself in all circumstances. I depended only on me to find a solution to all my problems and concerns. I knew I couldn't possibly control it all so I worried and was filled with anxiety. I found that the origin of my fear was only a justification for holding on to them. They were "bogeysmen".

\_\_\_ *"Perhaps there is a better way- we think so. For we are now on a different basis: the basis of trusting and relying upon God." (p.68)* This was new for me. Instead of agonizing over my fears, struggling to come up with solutions on my own, I now began turning to my Higher Power for help in dealing with them. I told myself that God would give me everything I needed to meet any difficulty that came my way.

\_\_\_ *"We trust infinite God rather than our finite selves". (p.68)* As I grew in humility I learned to admit and accept my limitations and turn matters beyond my control over to my Higher Power to handle.

\_\_\_ *"We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity." (p. 68)* I saw that if I just kept doing the next right thing, God would give me the power to replace my disastrous thinking with serenity.

\_\_\_ *"We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength." (p.68)* My resentment toward others, for not seeing things the way I do, is no longer an issue. I have an attitude of 'Live and Let Live.' I am amused that others think they can go it alone. I've done that. It didn't work for me. I am confident of the path I am on. I know that God will replace my weakness with strength.

\_\_\_ *"The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God." (p. 68)* I thought of people I knew who have trusted in God. I could see the great courage they possessed. If it worked for them, I knew it would work for me.

\_\_\_ *"We never apologize for God. Instead we let Him demonstrate, through us, what He can do." (p. 68)* My sponsor told me that my example would show others a better way of living. Others would see the change in me. They did!

\_\_\_ *"We ask Him to remove our fear and direct our attention to what He would have us be." (p. 68)* I was told not to "romance my fears". When fear comes, I immediately ask God to remove it and ask that He direct my thinking. I do not keep secret fears to myself. I talk about them with my sponsor giving God an opportunity to work through other people to help me. I remind myself that God didn't bring me this far to abandon me. I remind myself that nothing can happen today that I can't handle with the grace of God to support me.

\_\_\_ *"At once, we commence to outgrow fear."(p. 68)* I saw what I called "little victories" in myself as I practiced turning to God in all matters. As time went on, matters I used to fret about no longer caused me concern. I will have moments that challenge me to return to a fearful place but I have a new way of dealing with those challenges when they come. I keep growing in faith and courage. I now know that this is a lifetime practice.

## SEX

*"Now about sex. Many of us needed an overhauling there... We do not want to be the arbiter (judge) of anyone's sex conduct. We all have sex problems. We'd hardly be human if we didn't. What can we do about them?" (p. 68-69)*

The Big Book explains on page 69 that we want to avoid getting into any controversy on the subject of sex. We don't tell others what they should do in this area.

*"We review our own conduct over the years past." (p. 69)*

- *"Where had we been selfish, dishonest, or inconsiderate?" (p. 69)*

- *"Whom had we hurt?" (p69)*

- *"Did we unjustifiably arouse jealousy, suspicion or bitterness?" (p. 69) Explain.*

- *"Where were we at fault, what should we have done instead?" (p. 69)*

*"We got this all down on paper and looked at it. In this way we tried to shape a sane and sound ideal for our future sex life." (p. 69)* I found it helpful to think especially of what I should have done instead to shape my ideal for a future sex life.

To shape our IDEAL for our sex life, we did the following:

*"We subjected each relation to this test- was it selfish or not?" (p. 69)*

*"We asked God to mold our ideals and help us live up to them." (p. 69)*

*"We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed." (p 69)*

IN A FEW LINES DESCRIBE YOUR IDEAL FOR YOUR FUTURE SEX LIFE.

## SUMMARY

Re-read pages 63-71 in the text Alcoholics Anonymous to check for thoroughness.

*"We hope you are convinced now that God can remove whatever self-will has blocked you off from Him. If you have already made a decision, and an inventory of your grosser handicaps, you*

have made a good beginning. That being so, you have swallowed and digested some big chunks of truth about yourself.”

---

Following Lisa’s summary presentation of the proposed Workbook at the meeting, the DCM commented that he was proud of the number of our Committee Chairs at the Assembly and the work they had done. There was a question from the floor by Lina R. as to whether we could publish our own Workbook, to which the DCM answered in the affirmative. However, he pointed out that we might not want to take on such a project due to lack of financial and personnel resources. John H. pointed out that a group can publish its own literature and this has been done in Akron, Minneapolis and other places.

**Treatment Committee:** Rich M.

It appears that The Centers in Lecanto is in a transition into a women’s or girls inpatient facility although this is hard to verify as it is difficult to connect with the right person about restarting our AA meeting. I’ve left messages but no one has returned my calls. There have been a lot of personnel changes. All the people we used to work with are gone. I’ll keep trying.

Respectfully submitted,

Richard McDonald

**NCI Liaison Report** – Dean B.

Chairperson Rick T. opened the meeting with a moment of silence followed by the Serenity Prayer.

New Representatives: we welcomed Dave from the Real Happy Hour Group.

Steve N. took roll and the following groups were represented: Attitude Adjustment Group, Crystal River Group, Freedom House Group, Holder Way of Life, Monday Night Men's Step, No Name Group, Old Firehouse Group, Real Happy Hour Group, Sober Sand Gnats, and What's The Book Say. A total of 10 groups were present with 11 members in attendance.

Steve N. read the minutes from the March 13, 2016 meeting and was accepted as amended.

Treasurers' Report: the March 2016 report was reviewed and accepted.

Trustees: Denis spoke briefly on the budget, mentioning that Events have not really lost money in the past and is very important to the newcomer. He expanded on what an Intergroup does worldwide. Janet talked about the busy time she had at the Area Assembly going to the Workshops and was impressed on how well Area works. Bill asked about how long NCI has been meeting at the Holder location. Rick and Janet figure at least 10-15 years that they know of. Bill was curious on past attendance. A good general discussion followed. Sandy was absent.

Hotline: Jim M. has the Hotline for the past 2 months. No report was present at this time. The Sober Sand Gnats will have the Hotline for the month of May.

Website: Steve N. reported 430 visitors reached [ncintergroup.com](http://ncintergroup.com) this month for 559 sessions. The average visitor went to 2.89 pages. The bounce rate was once again good at 56.53%. The number one reason people visited was meeting information. 211 visitors went to that page. 100 went to meeting by day and 66 meeting by location. The days researched

by visitors in order were Monday, Thursday, Saturday, Friday and Sunday tied, Wednesday and last Tuesday. Beyond the meeting pages, the next 9 pages visited in order were contact information, NCI calendar, resource links, NCI minutes, Young People in AA, Newcomers, audio links, Is AA for Me, and the Journal.

Journal: it was mentioned that there will be a Journal out on May 1st.

Events: Lynn states that plans are in place for the Spring Fling. We have a trailer available to haul supplies and 2-3 grills from members. It is possible that SunTrust Bank may have a nice double grill that it loans out to customers and we will look into this.

Chairperson: no report.

Alternate Chairperson: Steve N. spoke of his experience at Area and other Intergroups; Events being a big part of AA so all members of AA can attend events. Other areas don't have the representation that NCI does.

There was no Old Business.

There was no New Business.

A motion to close was accepted and we closed with the Lord's Prayer.

Grateful to be of service,

Dean B.

There was then a discussion regarding the Founder's Day Breakfast, initiated by Lynn D., who is the Event Chair for the breakfast. Lynn wanted a Group Conscience response to decide whether the breakfast should be prepared by a cook, as was the case last year, or should it be a potluck event. Several considerations came into play. Having the breakfast prepared by a cook adds some expense because all of the food would be purchased, whereas with a potluck it is all donated. However, it is true that the food was good and everyone enjoyed the breakfast last year, but the food expense could be avoided if we had a potluck. Denis pointed out that the name could be changed to brunch instead of breakfast, as it would not begin until 10:00 a.m. Paige pointed out that to offset the cost of food if we had a cook, we could raise the price from \$7 to \$8. Some concern was voiced about raising the price, but perhaps the small increment would not make a difference. The event lost money the first year, we made a little money the second year, which was the first year we used a cook, but lost a little last year, not because we had a cook but because we brought in a speaker from Jacksonville and reimbursed his expenses. Having a local speaker this year, which we will do, would eliminate that expense. We receive a lot of compliments on the quality and taste of the food when prepared by a cook. Having a potluck is problematical because you don't know what you will be serving until the last minute. Since there was not enough time to take this issue back to the home groups for input, an advisory group conscience vote was then taken, offering the options of cook, no cook, and raising the price. However, there was no conclusive outcome. [Note: Since the time of the meeting, the issue has been resolved by the Events Committee and the NCI Chair. The event will be a Brunch, and will begin at 10:00 a.m., on Saturday, June 4<sup>th</sup>. It will be a potluck but fruit and similar sides will be provided. The price will remain the same as last year, \$7. The event will be held at the 1<sup>st</sup> Baptist Church in Crystal River.]

**Technology Committee:** Rich M.

Rich had no new developments to report on but did remark that his strength in the Technology area is hardware, not software, especially in the area of presentations. He said could

use some help in that area and that it would benefit many of our events. Denis agreed it would be helpful, especially as he could use Power Point for Archive presentations.

**Website Committee:** Steve N.

District 28 Web Report - April 2016

475 unique visitors reached aadistrict28.org this month for 667 visits. The average visitor went to 1.8 pages. The pages visited in order of visits are contact, calendar, legacies, archives, meetings by day, meetings by location, where and when, Links, redirect to Grapevine, re-direct to NFAC. The top documents downloaded were where and when, minutes, Legacies, and Holder meeting info.

Thank you for allowing me to serve,  
Steve N.,

District 28 Webmaster

**Alt. DCM Report:** Paige B.

My name is Paige and I am an alcoholic who has the privilege of serving District 28 as an Alternate DCM.

The April Assembly was very well attended. I went to many committee meetings. My focus was on Finance.

Area 14 is now approximately \$23,000.00 above its prudent reserve. In light of the surplus, Area 14 voted to fully fund the delegate's trip to the 2016 General Service Conference in New York.

GSO is projecting a deficit of \$350,000 for each of the next three years, in total, a \$1 million shortfall over a three year period. On Sunday, at the Area 14 Assembly, there was a motion from the floor to shorten the annual General Service Conference by 2 days, which failed but was in the nature of sending a message. It costs the GSO about \$1 million for the week-long conference. If they cut off two days theoretically it would save about \$280,000 annually. The message was clear, we need to take a closer look at how we are handling our finances, at the local level and in New York.

A proposed simplified version of the Big Book of Alcoholics Anonymous was discussed at length. It is highly controversial for many reasons not least of which is how to afford a project of this size. Additionally, there is a highly controversial proposed Fourth Step inventory workbook. Area 14 and GSO need our feedback! Please run these proposals by your groups and contact Steve or me at [floridadistrict28@gmail.com](mailto:floridadistrict28@gmail.com) with your feedback.

District 17 plans to sponsor a post-conference review. District 28 has been asked to co-sponsor this event along with District 13. A date has yet to be announced. I will report more on this later.

We have plenty of Where and When's. We are publishing less often and in larger quantities, in order to cut costs. Currently, there is only one change. The most up to date meeting schedules are always available online. There seems to be no need to print again until at least July. Anyone with change information may send it to me at [floridadistrict28@gmail.com](mailto:floridadistrict28@gmail.com).

A date for our next workshop needs to be set.

Thank you for all you do!

Paige B.

**DCM Report:** Steve N

Thank you for allowing me to serve. A special thanks to Paige B. for her leadership in putting on the tri-district workshop for pre-agenda item review. Thanks also to the other officers

and service coordinators (chairs) who have put forth so much effort and produced so many good results for District 28.

I had the pleasure and honor of attending the Area 14 Conference and went to the DCM workshop, Ad Hoc Inventory Committee work session and the Website Committee meeting as well as the agenda items workshops. I am pleased to report that the Ad Hoc Inventory committee is implementing the suggestion that came out of District 28 that the meetings and workshops rotate ballroom B where the translating equipment is housed in order that a wider variety of workshops and meetings can be translated so our Hispanic members can participate. The website committee is working with the webmaster through me to develop a more modern up to date website using the current coding standards.

I really want to thank the following people who attended the Area 14 Assembly in April. We were well represented at the business meeting and at all service workshops. Representing District were Paula D, Grapevine chair, Denis S., Archives chair, Lina R., CPC Chair, Janet B., P.I. Chair, Lisa B., Literature Chair, Dean B., Intergroup Liaison, Al M., Corrections Chair and on Sunday we had a total of nine votes with 1 from me as DCM, one from Paige B as a GSR, one from Lina R as GSR, One from Bruce P. as GSR, one from Al M as GSR, one from Dean B as GSR, one from Sandy H as GSR, one from Rick T. as Alt. GSR, one from P.J. O. as Alt. GSR. Also sitting at the table Sunday morning were two visitors, James H., Alt. GSR and Patti P.

I have reviewed the current financial situation of District 28 and want each member of A.A. to think about what District 28 does and without additional contributions from the groups, what you are willing to give up as the activities of District 28. We can either raise contributions or reduce services to reduce costs. This means looking at things like participation by our leaders at Area Assemblies, printing of Where and Whens, Workshops, monthly meetings to learn the desires of groups, storage space for records and archived materials, sponsorship of Founder's Day Breakfast and Gratitude Dinner, post office box for contributions, and many other activities of District 28. We must remember that we are self-supporting through our own contributions and without the support of the groups we cannot continue to provide all the current services to the groups and to individual members of AA in our District.

Again, thank you for allowing me to serve,  
Steve N., DCM

**Old Business:** None.

**New Business:**

1. Financial Concerns and Possible Activity Cutbacks. The DCM had covered this topic pretty thoroughly in his Report, and he added that if things don't change, the time will come when we must decrease services if we do not receive additional contributions. We cannot continue spending at this level. We really need more financial support from the home groups.

2. Pink Can for Corrections. Steve explained that there had been a custom in AA wherein some groups would periodically pass a pink can at meetings to collect money for literature to be purchased for alcoholics that were incarcerated. There is no longer an actual pink can, but Steve understood that there were still a couple of groups in District 28 that still did a separate collection occasionally for that purpose. Steve encouraged everyone to take the idea back to our home groups for consideration. This would have to be done on a strictly voluntary basis. It is important because the literature is many times the closest thing to a meeting that incarcerated alcoholics will get. We can't vote on this item.

3. Workshop Committee Chair (Service Coordinator) vacancy. This position is still open and we need a volunteer to serve. Service work is an important component of our sobriety.

4. Steve had handout sheets available for those who needed information regarding the new District website and how to retrieve email.

5. Need for candidates for District 28 officer and service coordinator positions to submit resume for September elections, which must be held before the Area Assembly in October. All of the officers, DCM, Alt. DCM, Secretary and Treasurer, will be rotating out of those positions. Service Coordinator positions will also be open. Please let Steve know if you are interested in serving.

#### **Announcements.**

1. The Archives Service Coordinators at the District and Area levels are again asking that home group histories be prepared and sent to the Area Archivist. Steve asked that we talk to the senior people in our groups to get information and prepare a history.

2. Steve asked that the home group treasurers be reminded to put District 28 and the home group registration number on contribution checks to Area 14 and the AA General Service Office in New York. It can be difficult to identify the home group without this information.

The meeting was adjourned upon motion and second at 6:53 p.m. followed by the Lord's Prayer.

---

### **The Principles of AA**

AA gives us thirty-six Principles which, when practiced in all our affairs as a way of life, will enrich our lives far beyond our fondest dreams. These thirty-six Principles are grouped into three sets of twelve each. The Twelve Steps of Recovery awaken us to a Higher Power, a higher self with the ability to both give and receive love. The Twelve Concepts of Service are guidelines and tools for our passing on this love through Service. The Twelve Traditions of Unity teach us how to relate lovingly to others, ever reminding us to place principles before personalities.

**Tradition Four: "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."**

According to Bill W., wherever two or more alcoholics are gathered together to practice A.A. principles, it is an A.A. group if they say it is as long as they have no other affiliation. Tradition 4 says every group manages its affairs as it pleases, except when A.A. as a whole is threatened. In each neighborhood in every part of the world reached by A.A., the local group is to work out its own customs. Is such liberty dangerous? The group, like the individual, must eventually conform to principles that guarantee survival.

As always, freedom brings responsibility. Because each group is autonomous, it's up to each group to avoid any action that might harm AA. And there have been such actions—or this Tradition would be unnecessary. "Implicit throughout A.A.'s Traditions," Bill W. wrote, "is the confession that our Fellowship has its sins. We admit that we have character defects as a society and defects threaten us continually." Two storm signals—a group ought not do anything which would injure A.A. as a whole, nor affiliate if a group is to work out its own customs.

Tradition 4 suggests that the A.A. group should take honest inventory of itself, asking about each of its independently planned actions, "Would this break any Tradition?" Like the individual member who chooses to make the Steps his or her guide toward happy sobriety, the wise group recognizes that the Traditions are not hindering technicalities—they are proved guides toward the chief objective of all A.A. groups....

According to Chet P., the sacrifice for Tradition 4 is we cannot “go to another group and tell them how they ought to do it.” It is up to the group to run itself.

The questions we must ask ourselves for Tradition 4 are:

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of loners in Alaska? Of internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other member’s behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths - his lengths, not mine - to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?

**Concept 4:** 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 allowed a voting representation in reasonable proportion to the responsibility that each must discharge.

The Fourth Concept of World Service provides that "At all responsible levels, we ought to maintain a traditional 'Right of Participation,' allowing a voting representation in reasonable proportion to the responsibility that each must discharge." The A.A. Service Manual, Combined with Twelve Concepts for World Service, by Bill W., 1997-8 Ed. In this Concept, AA provides that all groups within AA should be given a right to participate in the affairs of AA. This Concept provides not only that groups of alcoholics be permitted to participate, but also that staffs that include non-alcoholics should also be permitted the right to vote in proportion to the responsibility they discharge. This insures that every skilled element needed to make informed decision have a right to participate and provides a voice for people with knowledge of how things operate day-to-day.

There is another good reason for "participation," and this one has to do with our spiritual needs. All of us deeply desire to belong. We want an AA relation of brotherly partnership. It is our shining ideal that the "spiritual corporation" of AA should never include any members who are regarded as "second class." Deep down, I think this is what we have been struggling to achieve in our world service structure. Here is perhaps the principal reason why we should continue to ensure "participation" at every important level. Just never include any members who are regarded as "second class."

Checklist for Concept 4:

1. Do we understand the spiritual principles underlying the “Right of Participation”?
2. What does “in reasonable proportion” mean?
3. Do we understand when it is appropriate for A.A. paid staff to have a vote at the General Service Conference or in our local service structure?
4. Do we expect that, because we are A.A. members, we should be allowed to vote at any group, even if we are not active members of that group?