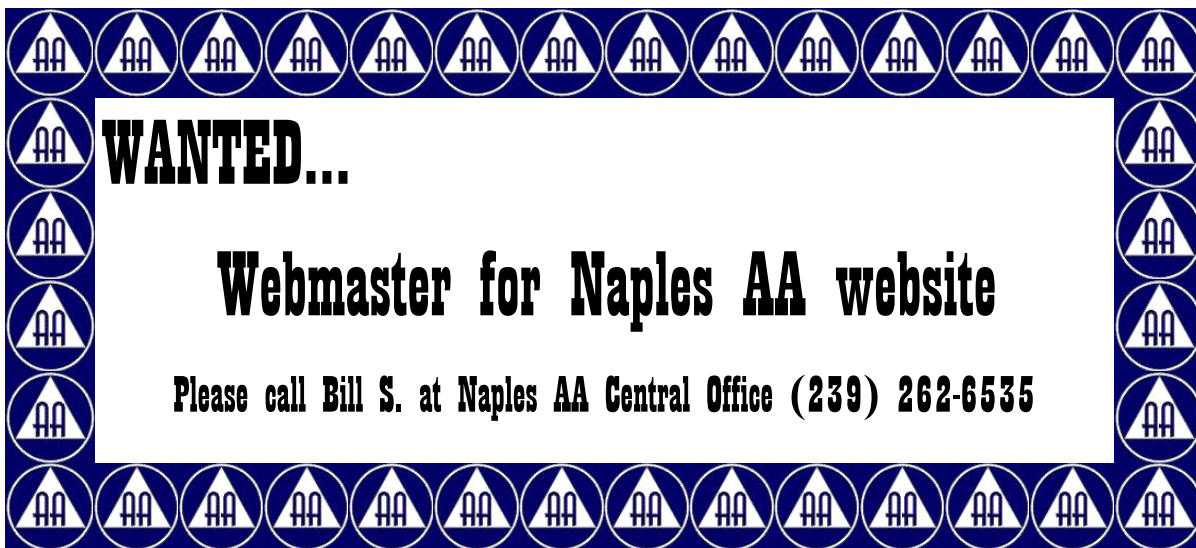


THE COURIER

Naples Area Intergroup
1509-2 Pine Ridge Road
Naples, Florida 34109

239-262-6535
naplesintergroup@yahoo.com
www.aanaples.org

April, 2021



WANTED...

Webmaster for Naples AA website

Please call Bill S. at Naples AA Central Office (239) 262-6535

Reminder: Our office is open 9-4 Monday—Saturday and closed on Sunday. Members are also asking for an update on the office financials. Currently, we are stable with a concerned eye on the future. Thank you for your continued support.

Regaining My Dignity and Self Respect

In my most desperate days, I was the guy standing around in the parking lot 15 minutes early, along with one or two other desperate souls, waiting for the bar to open. I was craving a drink, and when we heard the keys being inserted in the door from the inside, we knew the agonizing wait was almost over.

The door would open, and the bartender would greet us with a patronizing smile; we would exchange jokes and wise cracks, attempting to make a scene that was obviously pathetic seem normal.

When we sat down at the bar, the bartender would draw a glass of beer and place it in front of me, and I would sit there for about 5 minutes, just staring at the bubbles rising, before drinking it. I was already getting relief before I even raised the glass to my lips. Why the delay? If I were so desperate, why didn't I just pick it up and guzzle it down?

The answer came to me years after I was sober. It occurred to me that, in those 5 minutes, I was attempting to

me years after I was sober. It occurred to me that, in those 5 minutes, I was attempting to regain my dignity. After all, I could not be that desperate, could I?

Continued on page 3

STEP FOUR: "Made a searching and fearless moral inventory of ourselves."

TRADITION FOUR: "Each group should be autonomous except in matters affecting other groups or A.A. as a whole."

CONCEPT FOUR: "With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount."

4TH Step Prayer: "God, Please help me to be free of anger and to see that the world and its people have dominated me. Show me that the wrong-doing of others, fancied or real, has the power to actually kill me. Help me to master my resentments by understanding that the people who wrong me were perhaps spiritually sick. Please help me show those I resent the same Tolerance, Pity and Patience that I would cheerfully grant a sick friend.** Help me to see that this is a sick man. Father, please show me how I can be helpful to him and save me from being angry. Lord, help me to avoid retaliation or argument. I know I can't be helpful to all people, but at least show me how to take a kindly and tolerant view of each and every one. Thy will be done."(66:2, 66:3, 66:4, 67:0, 67:1)

TRADITIONS—CHECKLIST

This is a Checklist for Tradition FOUR. Reprinted with permission from Service Material from the General Service Office:

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 members' 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?

Continued from page 1

It took about four more years of drinking to get me to the point where I had lost more than I was willing to lose—and I was about to lose a lot more. In those four years, in a last-ditch effort to regain some sanity, I reenlisted in the navy, one of the only things I was still qualified for that I had not destroyed. In a short period of time, I also got married, had a child, and was divorced by correspondence, as I was all over the Pacific, while trying to deal with all of this.

Then I started to lose the ability to show up at my ship on Monday mornings, and the reality started to set in once again. Without the discipline and structure of the navy, I would be, once more, standing in front of that bar, before it opened, and that was the last straw.

I called [Alcoholics Anonymous](#) that morning and, in military terms, did the right about-face. That part of my life was over. I spent the last thirteen years of my navy career sober and being on the cutting edge of the Navy's Alcoholism Program. I was sent to schools to learn about alcoholism in different cultures in the world and became the Collateral Duty Alcoholism Consultant, monitoring and counseling different departments aboard about alcohol use. I retired in 1982, to continue this wonderful journey as a civilian once again.

I was not much for platitudes when I was in my first year of sobriety and heard a man sharing that, *"if I surrendered to this disease, cleared up the wreckage of the past, and practiced these principles in all my affairs, I could walk out the door with my dignity and my [self-respect](#)."* He seemed to understand how worthless I was feeling about myself. I knew that I was in the right place, so I took him up on it, and things have never been the same.

I have learned about character building, respect for everyone around me, compassion, forgiveness, faith, [unselfishness](#), how to be a friend, among a list of qualities that goes on and on.

In closing, I would like to quote another old friend, who is no longer with us. He used to close his sharing at meetings by saying: *"I am sober today, I will get Weller with time, but I never want to graduate from this beautiful program."*

By Rick R.

In [Step 4](#), we're asked to take a searching and fearless moral inventory. We must find out what we've got, what we need to get rid of, and what we need to acquire. There are 20 character defects to ask about — the individual wrongs are not necessary to go over, just the defects that caused them. Going over the questions, you ask that the person be honest and admit his defects to himself, to you, and to God (where two or more are gathered in His name, there shall He be.) By admitting, the person also takes Step 5. The inventory is of our defects, not our incidents.

Here are the defects of character:

- | | |
|------------------------------------|-------------------------------------|
| 1. Resentment, Anger | 11. Jealousy |
| 2. Fear, Cowardice | 12. Envy |
| 3. Self pity | 13. Laziness |
| 4. Self justification | 14. Procrastination |
| 5. Self importance, Egotism | 15. Insincerity |
| 6. Self condemnation, Guilt | 16. Negative Thinking |
| 7. Lying, Evasiveness, Dishonesty | 17. Immoral thinking |
| 8. Impatience | 18. Perfectionism, Intolerance |
| 9. Hate | 19. Criticizing, Loose Talk, Gossip |
| 10. False pride, Phoniness, Denial | 20. Greed |

“Get a sponsor, get a home group, and get something to do at that home group,” was a continuing mantra at the treatment facility I attended in the early ‘80s.

This final item was not hard to find. Most meetings needed to be set up and later cleaned up, coffee made, cookies bought, cups and ashtrays washed (yes, china cups and metal ashtrays). We had greeters at the door. And we appointed an Intergroup rep and a [General Service rep](#) in addition to the usual secretary and treasurer.

Most long timers whom I’ve discussed this with spent years making coffee somewhere. This was all-too-often not very good coffee, but it was ready on time, nonetheless. Having a responsibility got me to my home group when I had cold, or—most importantly—a sick headache, a bad strong desire to just skip it. My contributions made the efforts I became an integral meeting better and by my part of that group. The group needed workers, but it also needed money. They passed a basket and nearly everyone tossed in a full dollar. I asked around and found that hereabouts we’d been doing that since about 1975—the thought was “*put in the cost of a beer.*” Around that time AA growth was over 10% per year fueled largely by treatment facility promotions funded by insurance payments. While inflation was also high, AA expenses grew slower due to economies of scale.



We had no club in the Heights area and the Central Office would not list a new group if it was on the same day, time, and format of an existing group within 5 miles. Treasuries were flush and nearly all the crowded groups and their members pledged and paid toward maintaining the Central Office. This has all changed.

We have people at the door but they’re usually smokers and not so good as greeters. AA growth has stagnated due in part to few treatment facility promotions and because [AA’s Public Service Announcements](#) (PSAs) are rarely run since the deregulation of TV stations means they no longer are required to run PSAs. New groups proliferated in part by a local club starting. Inflation is slow but persistent. Still the pseudo-traditional \$1 in the basket lingers on.

Many groups cannot afford to [send donations](#) to the central office or general service and, since they’re not sending money, they’re not putting their “*mouth*” (sending representatives) where their money is. My home group had a somewhat high rental from the church where it met since they felt they needed to keep a custodian there when we met for security and expected us to pay that cost.

The group treasurer complained to the church that we couldn’t meet it; we learned later that a partial cause was they were skimming a large part of the basket themselves. The church asked me if this was true and I explained that we could meet the rent but doing so meant we’d have nothing to give to our support services. This was NOT okay with their board, so the church cut our rent in half.

Many groups get by because their charitable landlords do not charge them the going rate for a building rental. We are part of their mission and so they give us a break. By taking it, we don’t have to get more in the basket. We survive—but are in no way “*self-supporting through our own contributions.*”

Some charities speak of sacrificial giving, a.k.a. “*give till it hurts.*” AA does not want or need this, but many of us would not miss an extra \$1 per meeting and so should be encouraged to “*give until it feels good.*” A friend started getting two-dollar bills at his bank and making a statement by tossing one of those into the basket. I’ve followed suit. I also follow our area’s suggestion to give \$5 at my home group to make up in part for those not yet able or generous enough to contribute anything to them.

By making a full contribution of both time and money to AA, I find that I less often use what my sponsor called “*them preferential pronouns*”—I, me, my—and instead speak “*we admitted*”, “*God grant us*”, “*our program*”, etc. AA saved my life; so, I cannot leave it hungry and begging when I can quite easily do my part to alleviate that through my own contributions.

I faced Step Four with some trepidation, but my sponsor did not allow time for irrational fear to take over. He had me begin "[*spontaneous writing*](#)" immediately after we prayed the Third Step Prayer. I was instructed to ask God to help me write down where I had been selfish, dishonest, resentful, or afraid. This process lasted about a week.

At our next meeting, we used cut Step Four directions from hour or so—there was no

When finished, I was amazed had received! I had learned of [*resentment*](#) and irrational (admitted) where I had and how my dishonesty was had a list of persons I had Nine.

I had asked God to relieve Three but had little Step Four provided the answer to share with my sponsor in character defects and short-Six and Seven!

These rewards were not only helpful in my daily living but also paved the path to the many powerful [*AA promises*](#). The main of which is on page 85: "*The problem has been removed. It does not exist for us.*" The "*problem*" was, of course, the mental obsession, not the physical allergy. This release from desire to drink alcohol has been with me for many years, thanks to the rewards of Step Four.

By Bob S.

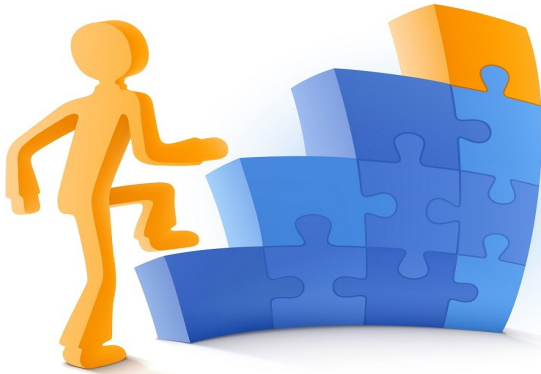


my list to follow (read and do) the clear-Big Book. This session took only an reason for my previous apprehension.

by the many unsuspected "*rewards*" I how to face and be rid fear. What great rewards! I also learned harmed others through my selfishness more prevalent than realized. Also, I harmed for upcoming Steps Eight and

me of the "*bondage of self*" in Step knowledge of what that bondage was. swer! Not only had I truthful information Step Five, but I then possessed a list of comings to ask God remove in Steps

Step Four is our vigorous and painstaking effort to discover what these liabilities in each of us have been, and are. We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a will and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach



My Experience with Step Four

When I first got to treatment, 20 years ago, this idea of working the steps was all so new and confusing to me! I could easily get the first three: 1 -- Yes, I am powerless over alcohol (and people, places and things) and my life is unmanageable by me. Yep, got that one; 2 -- There is a power greater than me. Yes, I realize that; and 3 -- That I will/must turn my life and my will over to the care of that power. But then comes step four. The young women in my tribe were agonizing over that -- the hated, feared, dreaded fourth step.

They were avoiding it like the plague. Why, I wondered? What was so fearful about it? Well, I came to the road," because this is the step that made me

examine my most uncomfortable feelings -- the feelings of fear, anger, and insecurity; not the anger itself, but the reasons why I was angry. It meant digging for the causes and conditions of my feelings. This step has been so valuable to me, probably because it is the most freeing of the steps. The first three columns suggested in our Big Book as part of working the fourth step, had me look at who I was angry/resentful with, at what specifically happened that made me so angry, and at how those things made me feel. And then there's that fourth column -- the one that had me look at my part in the situation. It's this column that makes me examine the core beliefs and issues in me that can act as triggers for resentment. It lets me see why I am resentful. With a cold, clear eye I get to see where I tripped up, where my faults and defects of character lie, why I would be triggered by what is sometimes the innocent behavior of someone else. I know in my case there are people that trigger me, and it isn't something necessarily between them and me; it's from something that might have happened long ago, way before drinking or drugs became part of my life. Maybe it's something from my childhood or adolescence -- something that got buried because it was too painful to process or even to think about. This Step gives me the chance to sweep the searchlight of memory over my past and discover what happened that feeds my bad reactions. I'm sure we all have these experiences and reactions. The step helped me to look with love and understanding upon myself, upon that inner child that got hurt way back when, and to begin to heal.

Oh! By the way -- did I mention that this sort of inventory is never over? I get to keep doing it the rest of my life, and continue to be freed from toxic and self-destructive feelings!

Stephanie V., *Conscious Contact*, Prescott, AZ, Apr. 2018

The Serenity Prayer "Way of Life"

In "Alcoholics Anonymous Comes of Age", on page 196, it says the following:

"In 1941, a news clipping was called to our attention by a N.Y. member. In an obituary notice from a local paper, there appeared these words: 'God grant us the serenity to accept the things we cannot change, the courage to change the things we can, and the wisdom to know the difference.' Never had we seen so much A.A. in so few words. With amazing speed the Serenity Prayer came into general use."

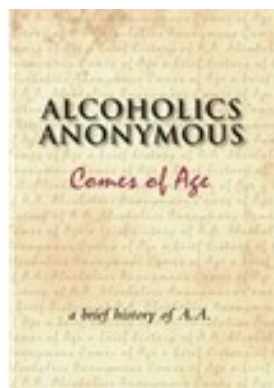
As a prayer, this is a beautiful way to talk to our Creator but if you really look at it, what this prayer says can also be used as a way of life that can bring about peace of mind in any and all circumstances that disturb us.

It opens by asking God to grant us serenity to accept things we cannot change. I have always thought that this was unusual because it seems to me that serenity doesn't create acceptance. How it's always worked for me though is that serenity comes after acceptance, but who am I to argue. More importantly, it's been my experience that most of the time, the things *continued on page 7*

continued from page 6

I CANNOT change are outside of me. In the next part, we are asking for courage to change the things we CAN change. Now, I don't know about you, but I have wasted a lot of time trying to change many things I could not change (that's where the wisdom part comes in handy). It's also been my experience that most of the time, the things I CAN change are inside of me. Then comes the difficult part - we ask God for wisdom to know the difference between when to make changes and when it might bring peace to only change our perspective of the situation.

I have come across two definitions for the word "wisdom" that I like. One is, "the perfect combination of knowledge and love", and the other is, "thinking with the end in mind". Since we cannot know the future, the only thing we can do is since our Highest Power makes His home within all of us, we can tap into that Wisdom. Our program enables us to take advantage of this because the first three Steps where we become WILLING to turn our will (which is our motivation) over to the care of through Nine are HOW we turn our actions over, and the last three Steps are how we KEEP our will and our life turned over indefinitely.



The Big Book promises that after doing the work of the first eight Steps and also some Ninth Step work that we now have the ability to begin tapping into this Wisdom when it says, *"We will intuitively know how to handle situations which used to baffle us"*. The Eleventh Step also says that we then can, *"ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind. Being still inexperienced and 2 having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it"*.

Also, something that you may not have noticed is that contained in the Serenity Prayer are the ONLY two healthy options that we have when presented with difficulties. Sure, we could complain, get friends to co-sign our misery or do nothing at all, but these are old behaviors and bring about no solution.

Our emotions are nothing more than an inner barometer. When our calm is disturbed, the only two reasonable alternatives that can get us back to our peace of mind is to either do something to change the situation or get a better perspective toward it. THAT'S IT. And the sooner we realize that, the sooner we can get back to our being comfortable within ourselves. That's why it says, *"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action"* (Big Book, page 87. Please note that agitation comes WELL before anger & rage, and doubtfulness comes WELL before being in deep trouble).

It's important to realize that we need to make being comfortable on the inside a priority because the more uncomfortable our inner experience is, the more drinking becomes an option.

When an alcoholic is *"restless, irritable and discontented, they can again experience the sense of ease and comfort which comes at once by taking a few drinks"* (Big Book pages xxvi & xxvii). But of course drinking for the alcoholic has negative consequences.

Working the Steps and practicing the principles in all of our affairs ALSO bring about ease and comfort, but the results are beyond our wildest dreams! The effect produced by alcohol needs to be replaced by the effect produced by our continual conscious contact with, and followed guidance from, our Inner Guide.

So use this prayer during your morning time with God, when needed or not needed throughout the day, and as part of your "search for serenity".

FINANCES**Mar****YTD****Income**

Literature/Merchandise	\$3,574	\$8,466
Group Contributions	728	4,505
AA Birthdays	420	472
Faithful Five	65	95
Individual/Anonymous	571	1,728

Total Income

5,359 15,266

Expenses

Bank/Credit Card Fees		112
Travel/Licenses/Permits		61
Office Supplies	166	283
Office Improve/Repair		
www Hosting		
Payroll Net	1,711	5,133
Payroll Tax		1,113
Postage		37
Printing		
Purchases/Lit./Merch.	2,605	4,655
Insurance		
Rent	500	1,500
Sales Tax	155	474
Telephone/www	263	669
Utilities	100	300
Computer Equipment		
Computer Software	13	180
Computer/Maintain		

Total Expenses

5,514 14,518

Net Ordinary Income

-155 748

Other Income

Other Expenses

NET OTHER INCOME**NET INCOME**

-155 748

Thank You to all who contributed to Naples Intergroup/Central Office

Spirituality and Money

"While the work of the group treasurer often involves many details, it is important to remember that the money the treasurer oversees serves a spiritual purpose: it enables each group to fulfill its primary purpose of carrying the A.A. message to the alcoholic who still suffers. This is the fundamental work of A.A. and to continue it the group must keep its doors open. The group treasurer is an important part of this Twelfth Step work."

SELF-SUPPORT:

Where Money and Spirituality Mix

Naples Area Intergroup

1509-2 Pine Ridge Road
Naples, FL 34109
(50%)

District 20

District 20 Treasurer
P.O. Box 2896
Naples, FL 34106
(10%)

General Service Office

P. O. Box 459
New York, N. Y. 10163
(30%)

Area 15

Wayne H.
P.O. Box 1311
Safety Harbor, FL 34695
(10%)

Disbursement of a Group's Funds

"After the group's basic needs are met, such as providing for rent, literature, refreshments, and insurance, the group can participate in the financial support of the Fellowship as a whole by sending money to various A.A. service entities: 1) their local Intergroup or Central Office, 2) Area 15 and District 20; and 3) the General Service Office in New York. Many groups provide financial support for their G.S.R.s attending service functions. These entities use contributions in a number of ways, always with the aim of carrying the A.A. message to the alcoholic who still suffers. *The A.A. Group Treasurer, F-96,*

*Service material prepared by the
General Service Office*

GROUP*/MEETING CONTRIBUTIONS

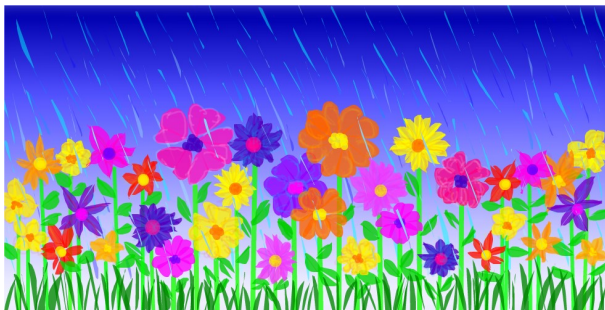
The six digit number next to the meeting name is their unique AA Registration Number assigned by the General Service Office in New York. This number signifies they are a "Registered Group"...Those meetings listed without a six digit number are **NOT registered with G.S.O.** and therefore not a "Group" (by AA definition), but is a "meeting".

**Please see A.A. pamphlet: "The A.A. Group...where it all begins" P-16*

<u>Group/Meeting</u>	<u>MAR</u>	<u>2021</u>
11th Step Prayer & Med., 715482.....	21.....	41
12 Steps By Paragraph.....	0.....	150
24 Hour Solution.....	0.....	0
Anchor.....	0.....	0
Aprendiendo A Vivre, 176467.....	0.....	0
Back To Basics.....	0.....	0
Beach Bums 641645.....	0.....	90
Big Book Steppers, Bonita, 698101.....	0.....	63
Big Book Steppers, Naples, 654630.....	58.....	84
Big Book Study, 662395.....	0.....	0
Bonita Awareness, 124788.....	0.....	0
Bonita Banyan, 176463.....	0.....	0
Bonita Beginnings.....	0.....	100
Bonita Friday Night.....	0.....	0
Bonita Happy Hour, 670997.....	0.....	377
Bonita Men, 654428.....	0.....	0
Bonita Morning.....	0.....	0
Bonita Saturday Night.....	0.....	0
Bonita Springs Morning, 678493.....	0.....	349
Bonita Springs Women's 169127.....	325.....	325
Bonita Springs Step, 134588.....	0.....	0
Bonita Unity.....	0.....	0
Bring Your Own Big Book.....	0.....	50
Brown Bag, 163924.....	0.....	726
Cake Meeting, 701813.....	25.....	25
Came to Believe, 615490.....	0.....	0
Candlelight, 606877.....	0.....	0
Comes Of Age.....	0.....	0
Common Solutions, 179613.....	0.....	0
Early Reflections, 653770.....	0.....	0
Early Riser, 161795.....	0.....	650
East Trail, 150873.....	0.....	0
Easy Does It, 156979.....	0.....	0
FCYPAA.....	0.....	0
Free 2 Be, 670930.....	0.....	0
Friday Big Book.....	0.....	0
Go To Any Length, 305375.....	0.....	0
Golden Gate, 123819.....	0.....	0
Good Orderly Direction, 642330.....	0.....	0
Gratitude Hour, 134223.....	0.....	0
Happy Hour, 172923.....	0.....	0
Jaywalkers, 634271.....	0.....	0
Keep It Positive, 650541.....	0.....	0
Keep It Simple, 651598.....	0.....	0
Ladies Night, Bonita, 672950.....	0.....	450
Living Sober, 605904.....	0.....	0
Living Sober Isle of Capri.....	0.....	0
Men Of Naples, 634030.....	19.....	51
Men's Big Book.....	0.....	0
Monday Night Men Step 724529.....	0.....	0
Monday Noon Big Book.....	31.....	31
Monday Noon Daily Reflections.....	0.....	18
Morning Reflections, 660700.....	0.....	0
Naples Group, 103609.....	0.....	0
Naples Men's, 694322.....	0.....	0
Naples South, 130210.....	0.....	0
Naples Young People, 699130.....	0.....	0
New Dawn, 632504.....	0.....	0
New Women (Thursday noon).....	0.....	0
Newcomers Coming Together, 684199.....	0.....	0
No Compromise, 681260.....	0.....	0
Not A Glum Lot.....	0.....	0
Nueva Vida.....	0.....	0

<u>Group/Meeting</u>	<u>MAR</u>	<u>2021</u>
One Day At A Time.....	0.....	0
Our Common Welfare.....	0.....	0
Out To Lunch Bunch, 147323.....	0.....	0
Pay It Forward, 704772.....	0.....	0
Primary Purpose Marco, 146715.....	0.....	675
Saturday Morning Girlfriends 678117.....	0.....	0
Saturday Night Live.....	0.....	0
Spiritual Solutions, 720796.....	0.....	0
Start Where You Are.....	0.....	0
Step By Step.....	0.....	0
Step Into Life.....	0.....	0
Sunday Night Speakers, 665079.....	0.....	0
Sunlight Of the Spirit, 647959.....	0.....	0
Sunset Serenity, 654981.....	100.....	100
Survivor's, 157268.....	0.....	0
SW 239 BID.....	0.....	0
Swamp Group, 672733.....	0.....	0
Tables Of Naples.....	150.....	150
The Solution Big Book Study Group 632503.....	0.....	0
Third Tradition, 143298.....	0.....	0
Three Legacies, 679400.....	0.....	0
Thursday New Women.....	0.....	0
Unity Monday Noon Step.....	0.....	0
Unity Step.....	0.....	0
Veranda.....	0.....	0
Walk The Steps With Women, 701923.....	0.....	0
Wanderers, Ave Maria.....	0.....	0
We Care, Bonita, 617011.....	0.....	0
Wednesday Step St. Johns.....	0.....	0
Where Are We.....	0.....	0
Women's Spirit.....	0.....	0
Women's Step, 159957.....	0.....	0
YANA, 270553.....	0.....	0
ZOOM Noon.....	0.....	0

AA Groups/Meetings listed here are those which are either registered as a Group at the AA General Service Office in New York, or, have contributed financially to the Naples Area Intergroup.



Online Meetings

<http://www.aa-intergroup.org/directory.php>

AA-Alive.net
An Online AA Group.
Online Meeting and Chat Room
<http://www.aa-alive.net/>

AA Chat Meetings
<http://www.stepchat.com/aa.htm>

AA Online.net
Conducts open topic meetings
online very much like face-to-face meetings
<http://www.aaonline.net/>

AA Online Meeting.net
English speaking Skype based online
Alcoholics Anonymous meeting
<http://www.aaonlinemeeting.net/>

Alcoholics Anonymous Online Group
AA Beginner / Newcomer OPEN to th
Public Discussion Forum Meeting
Online <http://www.onlinegroupaa.org/>
is mobile device friendly.

Grateful Recovering Online Women's
(GROW) Group
<http://www.g-r-o-w.com/>

Lamplighters Group of AA
We share our experience,
strength and hope with each other over
the Internet, and via email
<http://www.aa-lamplighters.org/>

Staying Cyber
AA Meeting for the WWW
<http://www.stayingcyber.org/>

Step Four is a “moral” inventory, meaning that it pertains to the concept of right and wrong, “good” and “bad.” It instructs you to answer such questions as: “Is my current way of life good for me or bad for me?” “Is it helping me or hurting me?” “Is it helping people I love or hurting them?” “Are my actions making me stronger or weaker in the long run of my life?”

1. We recognize the need to complete a personal inventory of both strengths and weaknesses (character defects).
2. We recognize and overcome the denial and excuses that blocked us from completing this inventory.
3. We pick a knowledgeable and experienced person, such as our Sponsor) to assist in the inventory process.
4. We develop a list of questions about our strengths and weaknesses to be used in completing the inventory.
5. We complete the inventory by writing a list of our strengths and weaknesses.

When working on a “moral inventory”, our goal is to identify “the exact nature of our wrongs,” not to make a list of every indiscretion we have committed in our life. We don’t write that we had an affair with Joe or Sue. We should say: “there is something inside of me that is driving me to be promiscuous.” We write the nature of the wrong, NOT the specific details.

The Birthday Club

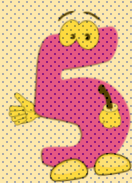
Did you know you can share your sobriety and gratitude in a practical way by joining the AA Birthday Club? Sign up today and be featured in the *Courier*. Show your support for your Central Office. A donation of only one dollar for every year of your sobriety will help carry the message to alcoholics who still suffer. Envelopes available at Central Office or from your Intergroup Representative.



Ron P.	50 years
Ron L.	42 years
Don M.	41 years
Jim B.	39 years
Dennis F.	35 years
Rad W.	35 years
Jackie T. F.	36 years
Judy W.	34 years
Steve K.	28 years
Peter F.	25 years
Eileen D.	22 years
Bill S.	19 years
Mary B.	18 years
Laura T. F.	4 years
Bree F.	3 years



Faithful Fivers Needed



2020 Faithful Fiver Club

***Ron L., James B., Theresa R., Judy W., Kathryn Mc., Bill S.,
Jim B., Tim A., Wendy T.***

We are members of A.A. who want the hand of A.A. always to be there in the Naples, Florida area.

It's easy to join!

Use a Check or Credit Card to contribute monthly, or one time.

Stop by the Central Office or Telephone the Central Office for a one time Credit Card charge.

\$5.00 per month or \$60.00 per year!

Your membership directly supports 12Step work in District 20 and Central Office Operations.

District 20

(Collier County, the portion of Monroe County bordered by Collier and Miami-Dade Counties, and the portion of Hendry County below the northernmost boundary of Collier County.)

District 20 Officers:

Chairman:

Jerry E., 776-6767

jerryeddleman@gmail.com

Alt. Chair:

Peter C., 784-7725

pete.curtner@yahoo.com

Treasurer:

Maria M., 370-2034

mmetchear@aol.com

Registrar:

Opportunity

Secretary:

Jill M., 309-3879

diannamusse@gmail.com

Service Committees:**Treatment/Accessibilities**

Denise L., 249-4514

blackbelt52005@gmail.com

Business meeting the first Thursday of each month at 7 p.m., 24 Hour Club

Corrections

Jeff K., 776-5673

kepkajeffery@yahoo.com

Business meeting the second Tuesday of each month at 5:30 p.m., 24 Hour Club

Public Information/CPC

Opportunity

Business meeting the second Wednesday of each month at 7pm, 24 Hour Club

Grapevine/Literature

Peter C., 784-7725

Business meeting the third Tuesday of each month at 5:30p.m., 24 Hour Club

Archives

Laurel B., 451-0095

naplesboff@hotmail.com

Business meeting 3rd Saturday @ 24 Hour Club at 11am

Current Practices

Jerry E., 776-6767

jerryeddleman@gmail.com

The Courier is published monthly by the *Naples Area Intergroup of Alcoholic Anonymous* with an office located at 1509-2 Pine Ridge Road, Naples, FL 34109-2198. This publication is by, for, and about the Fellowship of AA. Opinions expressed herein are not to be attributed to AA as a whole, nor does publication of information imply any endorsement by either Alcoholics Anonymous or The *Naples Area Intergroup*. Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc., and/or The AA Grapevine, Inc..

Contributions from our readers are encouraged.

Submissions are edited for space and clarity only.

District 20**Business Meeting:**

Last Thursday of the Month, 7pm

New Attitudes Club
4133 Tamiami Trail E.
(Lakewood & E 41)
Behind Speedway Gas

Treatment Commitments**DAVID LAWRENCE CENTER**

Every day except
Wednesday
7:00 p.m.

Jon B., 537-5862

NAPLES COMMUNITY HOSPITAL

Tim C., 778-5150

WILLOUGH

Sunday, Monday and Thursday
7:30pm

Joe S., 845-554-8721

HAZELDEN

Monday, 7:00pm
Tom H., 777-1430
tomhigh@me.com

BRIDGING THE GAP

239-206-3284

**MONTHLY
NAPLES
INTERGROUP
MEETING
Central Office
1509-2 Pine Ridge Rd.
(next to 24 Hour Club)**

**First Wednesday of
month at 7:00pm**

Area 15; Panel 69

(South Florida, Bahamas, US and British Virgin Islands, Antigua, St. Maarten, and Cayman Islands)

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delegate@areal5aa.org

Alternate: Cary W.
altdelegate@areal5aa.org

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chair@areal5aa.org

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Secretary: Karen V
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Fax (239) 262-0560
www.aanaples.org

Office Hours:

Monday 9am to 4pm
Tuesday 9am to 4pm
Wednesday 9am to 4pm
Thursday 9am to 4pm
Friday 9am to 4pm
Saturday 9am to 4pm
Sunday CLOSED

Office Volunteers:

Opportunity, Haven H.
Dave K., Eric S.
Ken H., Tona W.
Nikki E., Andria C.
Ivan B., Pat S.
Peggy G., Bonnie, Pete H
...and loyal Substitutes