

THE COURIER

Naples Area Intergroup
1509 Pine Ridge Road, Unit B
Naples, Florida 34109



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

April 2022

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

ALCOHOLICS ANONYMOUS PREAMBLE:

Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or Institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics achieve sobriety. (AA Grapevine, Inc.)



APRIL ... The Fourth Month Of Alcoholics Anonymous

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."

TRADITION FOUR: (Long Form) 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.

CONCEPT FOUR: "Throughout our Conference structure, we ought to maintain at all responsible levels a traditional "Right of Participation," taking care that each classification or group of our world servants shall be allowed a voting representation in reasonable proportion to the responsibility that each must discharge."

47th 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?

Step Four Need Not be a Saga

Exposing the Root of Our Faulty Behaviors

By Rick R.

The subjects that we need to address in STEP FOUR are the faulty behaviors that caused us to damage our relationships with other people and to get down to the core issues which caused us to behave the way we did. It is not necessary to drag these episodes out Ad nauseum. On page 65 in the Big Book it starts the process with the word Resentment. This is just the first topic we will address in our inventory but not the last. Some others may deal with subjects such as: *Gossip, Dishonesty, Selfishness, Neglect, Character Assassination, etc.* These issues are our natural instincts, for protection, far exceeding their intended purpose.

More topics will be revealed as you fill in the “why we did these things” part of this step. I would have one page for each of these matters and as a new issue came up, I would open another page. I would start with the most obvious person I had a resentment for and try to determine the cause and effect of these behaviors. And, once I discovered why I felt threatened by this person or issue, I could deal with it at that level. Then I would move on to the next person on the list and so on. After going through three or four of these people I found that I was repeating myself and I would move to the next topic.

I can see that most of these fears stem from my own insecurity. For example: I was talking to a friend awhile back and I questioned how we could talk about another person without it be considered Gossip? His response was life changing for me when he said: “*All forms of Criticism and Character Assassination stem from low self-esteem.*” *The Low Self-esteem was the Defect of Character, and The Criticism and Character Assassination were the Shortcoming* (faulty behaviors). To put it in simpler terms, let’s say you just purchased a brand-new SUV and drove away from the dealership and as you approach the first stop sign you hit the brakes and the car didn’t stop properly and drifted out into the intersection. You carefully drive the car back to the dealership and explain what happened. The salesman said, the mechanic will check it out and see what went wrong. Shortly there-after, the salesman returned and explains that they put the wrong break-pads on the car, and they would have them replaced and it should be fine. You get the car back and drive off and when you reach the first stop sign it stops perfectly ... and it stops perfectly in all the other stop sign that you approach. The defect was the faulty brakes and the failure to stop was the short coming. *Once the defect was corrected, the short coming went away. The defect was the cause and the shortcoming were the effect. If we simply look at our irrational fears and insecurities as the defects in every case, we can get through step four quickly and I find it best to add any new shortcomings, as they become obvious, to an additional page and expose them to the light.*

Without a thorough fourth and fifth step I can’t see any way that a person can do the rest of the steps with those tormenting Ghosts of yesterday still rattling around in their head. They may never drink another drop of alcohol, but they may never rid themselves of those corrosive mental issues and miss out on the most important promise in the program: Peace of Mind. Ridding ourselves of the root causes of our behaviors is the solution to our mental unrest. And, in time, we will develop a life of credibility and integrity ... and above all ... a clear conscience. It gets easier as we move forward and get right with ourselves and the world around us.

“I am responsible for reporting for duty and making the effort to overcome adversity ... and in so doing ... to overcome myself.”

“Responsibility Is the Name of the Game,” Van Nuys, California, November 1966, AA Grapevine.



AA Volunteer Opportunities



*Naples Area
Intergroup*

Mornings: 9:00 to 12:30

Afternoon: 12:30 to 4:00

(One morning or afternoon each week.)

and, Telephone Helpline

After-hours, various days.

1-year continuous sobriety.

For information: 239/262-6535

A Spiritual Overhaul – The Journey Begins

Donald W. – Fort Myers, Florida

Near the end of a sunny March morning, I sat drinking coffee on my lanai. My music was interrupted by the chirp of my cell phone, I had received a text message. I smiled; it was from a friend that I had been talking with a few weeks earlier. “Are you available this afternoon? I want to come by and get started on that spiritual overhaul that you described when we last met. Can I give you a call and we can set something up?” “Sure thing, I am pretty open” I responded, and I awaited his call.

A few minutes later my phone rang, and my friend said, “Sorry for the delay in getting back to you. After we talked last time, I actually felt pretty good but lately, things are starting to pile up, I have been a little cranky as of late, or at least my wife thinks so. Anyway, she was the one who suggested I follow up with you. Can I swing by around 3 o’clock?” After confirming the time, I disconnected knowing I would have a little quiet time before his arrival. I was going to need it to prepare for the conversation with my friend.

My first thought went to his comment about his not acting after we last spoke, saying he felt pretty good after we talked. I was reminded of a comment by an old friend many 24-hours ago when he observed that “The relief one gets from sharing in a meeting or with another person is temporary. It feels good at the time, but not unlike when we used to solve our problems by taking a few drinks, in the morning the problem was still there.” The temporary relief that my friend got by talking about his problems during our last conversation was just that – temporary. My friend conceded that he was not spiritually fit, and that to successfully contend with his problem would require work, action, and effort on his part. He said that he was desperate to engage in the process, but it became apparent that his willingness was fleeting, and the bedevilements had returned.

I thought about one of the common characteristics that I have observed in myself and so many other alcoholics. We, who have once thought ourselves to be so unique, so special, gradually begin to realize that we are similar in so many ways. For me, it was not a mystery why my friend had “disappeared” after our initial conversation. He had gotten that temporary relief. That worked for him, for a time. I was familiar with that thinking, I had been there. When I was still drinking, how many times did my delusional mind tell me after my latest debauch, “Let’s not overreact to this situation, it is not that bad, you got this, you can handle it!” I thought about the line from the Big Book, “*Most alcoholics have to be pretty badly mangled before they really commence to solve their problems.*” Sure, that line is about drinking but is it possible that an alcoholic can be delusional about the quality of their sobriety too after being sober for some time?

Today I am convinced that stopping drinking for some people can result in a return to a normal, relatively happy life. Coming into AA typically results in big changes in the life of someone who has been abusing alcohol. New friends and habits, a return to health, a fresh start in many ways.

[Continued on page 6.](#)

A Spiritual Overhaul – The Journey Begins

Continued from page 4.

I am sure that I am not the first nor will I be the last person in AA who resisted doing the Steps. Again, another one of those common characteristics that many of us seem to share. “You know, I am feeling pretty good, I have a lot on my plate, seriously, I am good!”. Finally, our sponsor wears us down, and albeit reluctantly, we do the work. That was the way it was with me but in looking back now it is easy to see that my purpose in doing the personal housekeeping work was not “pure”. Because my objective was – “OK, let’s get this over with!”, I concentrated on the immediate task at hand without consideration of how the process of inventory would apply to the future.

As far as I was concerned, the “AA Way of Life” meant not drinking, which I thought at the time was a big deal. And yes, it was for someone who at the end of my drinking, could not imagine life without alcohol. But today I comprehend that the way of life that the Big Book talks about is much deeper than just freedom from alcohol. It is about living in a world without alcohol, something I never paid much attention to after separating from alcohol. An ominous warning which I failed to heed.

The journey to recovery for an alcoholic begins with personal housecleaning. It was time for me to step up. My sponsor told me that if I was honest and thorough, the process would take care of itself. As with many of us, the results were shocking. I say shocking because until I did the work, I thought I was a pretty good guy who just drank a little too much. To discover that I was selfish, self-centered, dishonest, inconsiderate, and full of fear, well, I had no clue whatsoever. My sponsor said “Yeah, I guess you are, it is all right there in black and white. What are you going to do about it?” I was humbled. This was not about drinking, this was about a fundamental change in my attitude toward life, my fellows, and establishing a personal relationship with God. I knew I couldn’t bring about these changes on my own, I needed to have God’s help. Years spent running my life on self-will would be repaired through the step process. It was only a matter of my taking action and leaving the results up to God.

Looking back now, I am amazed by the simplicity of the process. The steps are a guide to spiritual development, a roadmap to living life successfully, to be happy and useful to my fellow travelers along the way. But what I failed to grasp was that for many of us, working the steps is not just a one-time deal. I know, that sounds absurd but, in my mind, a trimmed-down version of the steps to apply to my daily life going forward was “optional”. Yeah, I know, like pulling the ripcord on the parachute after jumping out of the plane. What was it about me that allowed me to think, “I got it, I can take it from here!” Indeed, the directions were readily available in Steps 10 and 11 but my Big Book had been put back up on the shelf after I began making my amends. I suspected that my friend who was coming to visit shared a similar view and that was why he was not doing well. The doorbell rang, I opened it and greeted my friend. “Coffee?” I asked. *“Our liquor was but a symptom. So we had to get down to causes and conditions.”*

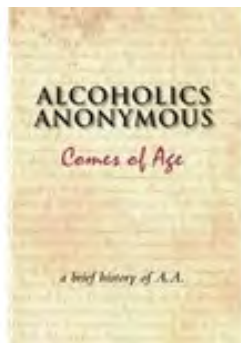
To Be Continued

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 I CAN NOT 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 know the One who does, and 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 Wisdom because the first three Steps are for bringing us to the point where we become WILLING to turn our will (which is our motivation and our thinking) and our life (which is our actions) over to the care of a Higher Power (or Love), Steps Four through Nine are HOW we turn our thinking and 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".

"As I trudge the Road of Happy
Destiny, AA holds my left hand,
God holds my right, and I have
no hands left to pick up a drink."

"Can She Bake a Cherry Pie?"

Albuquerque, New Mexico,

January 2002, AA Grapevine



**"How do I know when I'm doing God's will?
I don't ... but, I KNOW when I'm not.**

AA GRAPEVINE, February 2003

**Calling all AA
Authors !!!**

**Please submit
an article to**

The COURIER !!!

Email article to:

naplesintergroup@yahoo.com



Your Groups'

Activities

Can Be Here

Next Month.

To Highlight

Your Group,

Please Call Us:

Intergroup Office

239/262-6535

Month Four: TRADITION FOUR - Bill Wilson, AA Grapevine, 1952

AUTONOMY is a ten-dollar word. But in relation to us, it means very simply that every AA group can manage its affairs exactly as it pleases, except when AA as a whole is threatened. Comes now the same question raised in Tradition One. Isn't such liberty foolishly dangerous?

Over the years every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today.

When AA's Traditions were first published in 1945, we had become sure that an AA group could stand almost any amount of battering. We saw that the group, exactly like the individual, must eventually conform to whatever tested principles would guarantee survival. We had discovered that there was perfect safety in the process of trial and error. So confident of this had we become that the original statement of AA tradition carried this significant sentence: "Any two or three alcoholics gathered together for sobriety may call themselves an AA group provided that as a group they have no other affiliation."

This meant, of course, that we had been given the courage to declare each AA group an individual entity, strictly reliant on its own conscience as a guide to action. In charting this enormous expanse of freedom we found it necessary to post only two storm signals. A group ought not do anything which would greatly injure AA as a whole, nor ought it affiliate itself with anything or anybody else. There would be real danger should we commence to call some groups "wet," others "dry," still others "Republican" or "Communist," and yet others "Catholic" or "Protestant." The AA group would have to stick to its course or be hopelessly lost. Sobriety had to be its sole objective. In all other respects there was perfect freedom of will and action. Every group had the right to be wrong.

When AA was still young, lots of eager groups were forming. In a town we'll call Middleton, a real crackerjack had started up. The townspeople were hot as firecrackers about it. Star-gazing, the elders dreamed of innovations. They figured the town needed a great big alcoholic center, a kind of pilot plant AA groups could duplicate everywhere. Beginning on the ground floor there would be a club; in the second story they would sober up drunks and hand them currency for their back debts; the third deck would house an educational project. . .quite noncontroversial, of course. In imagination the gleaming center was to go up several stories more, but three would do for a start. This would all take a lot of money. . .other people's money. Believe it or not, wealthy townsfolk bought the idea.

There were, though, a few conservative dissenters among the alcoholics. They wrote the Foundation, AA's headquarters in New York, wanting to know about this sort of streamlining. They understood that the elders, just to nail things down good, were about to apply to the Foundation for a charter. These few were disturbed and skeptical.

Of course there was a promoter in the deal. . .a super-promoter. By his eloquence he allayed all fears, despite advice from the Foundation that it could issue no charter, and that ventures which mixed an AA group up with medication and education had come to sticky ends elsewhere. To make things safer, the promoter organized three corporations and became president of them all. Freshly painted, the new center shone. The warmth of it all spread through the town. Soon things began to hum. To insure foolproof, continuous operation, 61 rules and regulations were adopted.

But alas, this bright scene was not long in darkening. Confusion replaced serenity. It was found that some drunks yearned for education, but doubted if they were alcoholics. The personality defects of others could be cured maybe with a loan. Some were club-minded, but it was just a question of taking care of the lonely heart. Sometimes the swarming applicants would go for all three floors. Some would start at the top and come through to the bottom, becoming club members, others started in the club, pitched a binge, were hospitalized, then graduated to education on the third floor. It was a beehive of activity, all right, but unlike a beehive, it was confusion compounded. An AA group, as such, simply couldn't handle this sort of a project. All too late that was discovered. Then came the inevitable explosion. . .something like that day the boiler burst in Wombly's Clapboard Factory. A chill choke-damp of fear and frustration fell over the group.

When that lifted, a wonderful thing had happened. The head promoter wrote the Foundation office. He said he wished he'd paid some attention to AA experience. Then he did something else that was to become an AA classic. It all went on a little card about golf-score size. The cover read: "Middleton Group No. One. Rule No. 62." Once the card was unfolded, a single pungent sentence leaped to the eye: "Don't take yourself too damn seriously."

Thus it was that under Tradition Four an AA group had exercised its right to be wrong. Moreover, it had performed a great service for Alcoholics Anonymous, because it had been humbly willing to apply the lessons it learned. It had picked itself up with a laugh and gone on to better things. Even the chief architect, standing in the ruins of his dream, could laugh at himself. . .and, that is the very acme of humility.

WHAT'S THE DIFFERENCE BETWEEN OPEN AND CLOSED A.A. MEETINGS?

Closed Meeting

This is a closed meeting of Alcoholics Anonymous. In support of A.A.'s singleness of purpose, attendance at closed meetings is limited to persons who have a desire to stop drinking. If you think you have a problem with alcohol you are welcome to attend this meeting. We ask that discussing our problems, we confine ourselves to those problems as they relate to alcoholism.

Open Meeting

This is an open meeting of Alcoholics Anonymous. We are glad you are here — especially newcomers. In keeping with our singleness of purpose and our Third Tradition which states “The only requirement for AA membership is a desire to stop drinking,” we ask that all who participate confine their discussion to their problems with alcohol.

Lead and Discussion Meetings

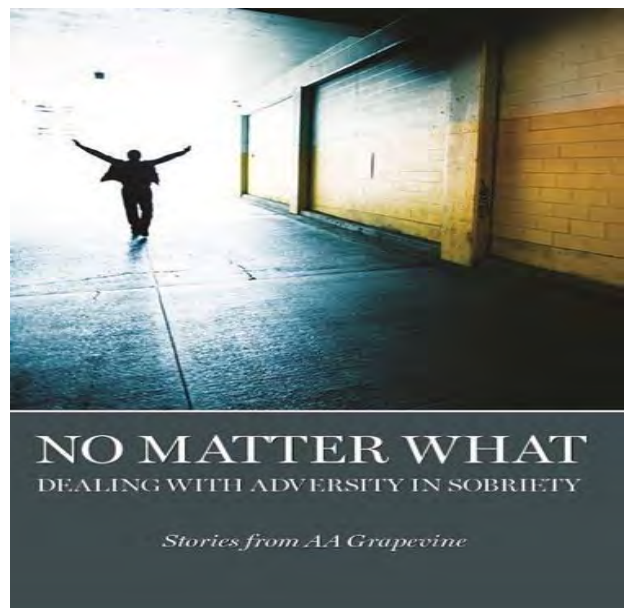
There are also difference kinds of Meetings. Lead meetings one person tells their story of what life was like while drinking, how they found AA had how applied AA principles has made life better.

In a discussion meeting someone brings up a topic such as how do I not drink at by friend's wedding reception where I'm the best man? How do it toast the couple? How did you work a certain step? Or anything related to alcoholism. Then those attending share their experience, strength and hope on how they solved the problem.

There are also Big Book and 12 & 12 meetings where a chapter of one of those books are read and discussed.

“I still don't have answers for all the eternal questions, like why bad things happen to good people, or why babies die. But I have found that life works better when I focus more on how I am contributing to God's world than musing about what he is or is not doing in mine.”

*“The Scoop,” Woodinville, Washington,
November 2013, AA Grapevine*



A Memorial Day Weekend Celebration of our Basic Text!



It's in The Book!
May 27-29, 2022



Big Book Workshop Weekend



DOUBLETREE
BY HILTON™

WORKSHOP SCHEDULE:

Friday

6:15 p.m. - 8:45 p.m. - Big Book Workshop

Saturday

8:45 a.m. - 5:00 p.m. Big Book Workshop

5:00 p.m. - 7:00 p.m. Private Banquet Dinner

7:00 p.m. - 8:00 p.m. AA Speaker Meeting:

Henry M. (Miami, FL)

8:15 p.m. - 10:00 p.m. DVD Presentation of
"Bill W." (104 minutes) ~ Page 124 Productions

Sunday

9:00 a.m. - 11:30 a.m. - Big Book Workshop

An Optional Saturday Night Banquet!

Food, Fun & Fellowship!

Saturday Night Banquet!

Conference Registration
(Register online at www.serenityclubswfl.org)

\$43.00 Per Person

NAME _____
ADDRESS _____
CITY _____ STATE _____
ZIP _____ PHONE _____
EMAIL _____

Registration Per Person \$43.00

Optional Saturday Night Banquet \$38.00
[Only 75 banquet tickets available]

TOTAL _____

Make Checks Payable To:
and Mail To:

The Serenity Club
12435 Collier Blvd., Ste. 107
Naples, FL 34116

DOUBLETREE ORLANDO EAST - UCF

12125 High Tech Avenue, Orlando, FL 32817

407-275-9000

ask for Group Code: **SBB**

Conference Rate Only \$99

(FREE Parking & FREE Wi-Fi)



21st Spring Into Sobriety Women's Conference

June 10th to June 12th

sisconference.com

Hotel Venezia

425 US 41 Bypass North Venice, Florida 34285

Please call hotel for accommodations: **941-308-7700**

Ask for the SIS Conference room rate of \$89 per night

Registration begins January 1, 2022 • Register Early • First 100 will receive a special gift

Registration on-line (pay securely with credit, debit or PayPal) sisconference.com

Or mail registration form below along with check made payable to SIS Conference Inc. to:

SIS Conference • 433 Padova Way, North Venice, FL 34275

****Please note you will not be able to register at the conference****

For further assistance email us at: womensis@gmail.com or call 941-218-7095

REGISTRATION and ORDER FORM – please print

Name: _____ Sobriety Date: _____
 Address: _____ City: _____ State/Zip: _____
 Email: _____ Contact Phone #: _____

Checkmark your choices (Please write legibly):

_____ \$ 35.00 Registration ****REQUIRED**
 _____ \$ 17.00 Friday Night: Taco Buffet
 _____ \$ 17.00 Saturday Lunch: Soup / Salad Bar / Assorted Wraps
 _____ \$ 35.00 Saturday Banquet: _____ Prime Rib _____ Chicken Florentine _____ Zucchini Spiral over Rice
 For special dietary needs call or email SIS to see if the hotel can accommodate.

T-Shirt Orders: Items can be seen on sisconference.com (Preorder & pickup at registration). T-Shirts are not available for purchase at the conference.

Orders for T-shirts must be received by 5/1/2022

Available Sizes: **S - M - L - XL - 2X - 3X - 4X STANDARD FIT**

Short Sleeves Grey and Lt. Blue – Razorback White and Pink

Total \$	Qty		Size
_____	_____	\$20.00 Razorback White	_____
_____	_____	\$20.00 Razorback Pink	_____
_____	_____	\$22.00 V Neck Short Sleeve Grey	_____
_____	_____	\$22.00 V Neck Short Sleeve Lt. Blue	_____

_____ Donations to Scholarship _____ I am requesting a scholarship
 _____ I would like to volunteer

_____ CONFERENCE and ORDER TOTAL



Naples, FL
2022

June 17, 18, 19

**A Group Of 400 of your
Closest Friends**

A Conference for AA & Al-Anon Women

Line B. Kelly B. Holly D.

San Diego, Ca.

St. Petersburg, Fl.

Jacksonville, Fla

Beverly B.(AFG)

Mari G.

Angie B.(AFG)

Lewiston, Tx

Toronto, Can

Destin, Fl.

Sisters By The Sea

A Journey through the Steps...The Stairway to Serenity

Hotel Information Hilton Naples

5111 Tamiami Trail, Naples, Fl 34103

**Free Shuttle To The Beach
Free Beach Chairs ~ Free Wi Fi
Free Parking**

Rates available until May 1st, 2022

\$160 Per Night Single or Double

(239)430-4900 Group Code: SBS

EARLY BIRD SPLASH PARTY

POOLSIDE 12-3 FRIDAY

Sorry No Refunds Questions
call Peggy P.E. (239)269-7651 or
email: Sistersbytheseallc@gmail.com

Sisters By The Sea Registration

One form per person or register online at

www.SistersbytheSea.com

Name _____
Address _____
City _____ State _____
Phone _____ SOB _____
EMAIL: _____

Registration \$50

Banquet \$50.00 Choice

Mahi Mahi _____ Chicken _____ Vegan _____

Make Checks Payable to: Sisters By The Sea

**PO Box 305 Marco Island, Fl. 34146 [https://
www.eventbrite.com/e/sisters-by-the-sea-2022-
tickets-239318055747](https://www.eventbrite.com/e/sisters-by-the-sea-2022-tickets-239318055747)**

Al-anon SOB _____ AA SOB _____

The 65th Florida State Convention



“Oceans of Devotion”

August 3rd – 7th 2022

**Ft. Lauderdale’s Beautiful
Harbor Beach Marriott Resort & Spa
Volunteers Needed!**

Make a difference - Get involved - Be of Service

**Below are just some of the committees YOU can join to help us
make this convention a huge success. Come and join the fun!!**

REGISTRATION	GREETERS	SECURITY	DECORATIONS	ENTERTAINMENT
HOSPITALITY	MERCHANDISE	PROGRAM	READY SQUAD	ACCESSIBILITIES
TRANSPORTATION	LGBT	GRAPEVINE	GRAPHICS	COFFEE
GOLF	ARCHIVES	AL-ANON	BANQUET	CORNHOLE

Use the Link Below to Fill Out a Volunteer Sign-Up Form or email

volunteer2022FSC@gmail.com

CLICK HERE → [Link for Volunteer sheet](#)

Planning Meetings will be in person at:

**The Center for Spiritual Living
4849 North Dixie Hwy, Oakland Park, FL 33334**

Mask required if not vaccinated (facility rules)

Hybrid will be offered if you cannot come in person at www.zoom.us

Meeting ID: 882 8429 1768 ~~~~~ Passcode: FSC2022

Planning Meeting Dates are all on a Saturday at 9:00am as follows:

<i>November 20</i>	<i>February 19</i>	<i>May 21</i>
<i>December – No meeting</i>	<i>March 19</i>	<i>June 18</i>
<i>January 22</i>	<i>April 16</i>	<i>July 16</i>

For more information, contact Convention Chair Karen V.

(954) 554-0346 or Chair2022fsc@gmail.com

5TH ANNUAL KEYS FOR SERENITY ROUNDUP 2022

September 16-18, 2022

DoubleTree Resort by Hilton

3990 South Roosevelt Blvd

Key West, Florida

Workshops* 12step meetings/Panels

Alanon Participation w/meetings and speakers

*Banquet*Entertainment*Sobriety Countdown

Don't Miss this exciting 3-day event in beautiful Key West at oceanside!

Book now! Registration \$45.00

Hotel Accommodations at a discounted rate

Go to KFS website for event registration and hotel reservations

Guest Speakers Include:

Georgia B California

June G California

Steve L Tennessee

Jack C California

Register online now at: www.keysforserenity.com

We look forward to seeing you in September!

Our committee is working closely with the host hotel DoubleTree Resort to ensure the health and well-being for those who attend our conference. We will follow Covid-19 guidelines according to the CDC as well as city/state ordinances.

FINANCES**Mar****YTD22****Income**

Literature/Merchandise \$5,275 \$11,434

Group Contributions 2,623 9,376

AA Birthdays 80 100

Faithful Five 80 140

Individual/Anonymous 149 751

Total Income 8,207 21,871**Expenses**

Bank/Credit Card Fees 91 312

Travel/Licenses/Permits 0

Office Supplies 615 1,910

Office Improve/Repair 0

www Hosting 0

Payroll 1,958 5,875

Payroll Tax 0

Postage 9 27

Printing

Purchases/Lit./Merch. 2,743 9,388

Insurance 0

Rent 500 1,500

Sales Tax 192 777

Telephone/www 217 638

Utilities 100 300

Computer Equipment

Computer Software 203 319

Computer/Maintain

Total Expenses 6,628 21,046**Net Ordinary Income** 1,579 824

Gratitude Dinner

Other Expenses

NET OTHER INCOME**NET INCOME** \$1,579 \$825

**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

James A. Farley Station
P. O. Box 2407
New York, N. Y. 10116
(New Address) (30%)

Area 15

Don H.
P.O. Box 311
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>YTD22</u>
11th Step Prayer & Med., 715482.....	27.....	64
12 Steps By Paragraph.....	0.....	0
24 Hour Solution.....	462.....	462
After and Before.....	0.....	50
Anchor.....	0.....	0
Aprendiendo A Vivre, 176467.....	0.....	0
Back To Basics.....	0.....	0
Beach Bums 641645.....	0.....	300
Big Book Comes Alive.....	0.....	0
Big Book Step Study.....	0.....	0
Big Book Steppers, Bonita, 698101.....	54.....	54
Big Book Steppers, Naples, 654630.....	0.....	110
Big Book Study, 662395.....	0.....	0
Bonita Awareness, 124788.....	0.....	0
Bonita Banyan, 176463.....	0.....	157
Bonita Beginnings.....	0.....	0
Bonita Friday Night.....	0.....	0
Bonita Happy Hour, 670997.....	0.....	733
Bonita Men, 654428.....	0.....	0
Bonita Morning.....	0.....	0
Bonita Saturday Night.....	592.....	592
Bonita Springs Morning, 678493.....	0.....	303
Bonita Springs Women's 169127.....	0.....	0
Bonita Springs Step, 134588.....	0.....	0
Bonita Unity.....	0.....	0
Bonita Wed Beginners.....	0.....	50
Bring Your Own Big Book.....	0.....	0
Brown Bag, 163924.....	0.....	329
Cake Meeting, 701813.....	0.....	0
Came to Believe, 615490.....	0.....	0
Candlelight, 606877.....	0.....	0
Comes Of Age.....	0.....	0
Common Solutions, 179613.....	0.....	740
Daily Reflections ZOOM.....	0.....	525
Early Reflections, 653770.....	0.....	0
Early Riser, 161795.....	0.....	488
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 Healers.....	500.....	500
Happy Hour, 172923.....	0.....	0
Jaywalkers, 634271.....	0.....	0
Keep It Positive, 650541.....	0.....	0
Keep It Simple, 651598.....	0.....	898
Ladies Night, Bonita, 672950.....	0.....	100
Ladies Noon.....	0.....	0
Living Sober, 605904.....	0.....	0
Living Sober Isle of Capri.....	0.....	0
Men Of Naples, 634030.....	0.....	60
Men's Big Book.....	0.....	0
Monday Night Men Step 724529.....	0.....	0
Monday Noon Big Book.....	0.....	0
Monday Noon Daily Reflections.....	0.....	8
Morning Reflections, 660700.....	326.....	470
Naples Group, 103609.....	760.....	760
Naples Men's, 694322.....	0.....	0
Naples South, 130210.....	0.....	125

<u>Group/Meeting</u>	<u>Mar</u>	<u>YTD22</u>
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
Old Timers, 698956.....	0.....	0
One Day At A Time.....	150.....	150
Our Common Welfare.....	0.....	0
Out To Lunch Bunch, 147323.....	0.....	0
Pay It Forward, 704772.....	0.....	0
Primary Purpose Marco, 146715.....	0.....	685
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.....	0.....	0
Survivor's, 157268.....	0.....	0
SW 239 BID.....	0.....	0
Swamp Group, 672733.....	0.....	0
Tables Of Naples.....	0.....	30
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.....	28
Walk The Steps With Women, 701923.....	0.....	0
Wanderers, Ave Maria.....	0.....	0
We Care, Bonita, 617011.....	145.....	145
Wednesday Step St. Johns.....	0.....	0
Where Are We.....	0.....	100
Women's Spirit.....	0.....	0
Women's Step, 159957.....	0.....	0
YANA, 270553.....	0.....	0
Unidentified Group Contribution.....	0.....	161

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.



The Birthday Club

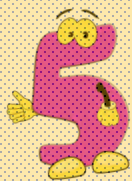
Did you know you can share your sobriety and gratitude in a practical way by joining the **2022 AA Birthday Club**? Sign up today and be featured in the *Courier*. Show your support for your Central Office. A donation of only one dollar for every year of your sobriety will help carry the message to alcoholics who still suffer. Envelopes available at Central Office or from your In-



Paul B.	50 years
Jim B.	39 years
Peter F.	27 years
Bill S.	20 years



Faithful Fivers Needed



2022 Faithful Fiver Club

*Bill S., James B., Jeanette H., Jim B., Jim H., Judy W.,
Kathryn Mc., Ken H., Paul B., Ron L., Theresa R., 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 for a one time Credit Card charge.

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

Your membership directly supports 12-Step work in District 20 and the 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
jerryeddlleman@gmail.com

Alt. Chair:

Peter C., 784-7725
pete.curtner@yahoo.com

Registrar:

Michele B., 465-6047
mousekatear@gmail.com

Secretary:

Shy A., 595-8893
shyadams95@gmail.com

Treasurer

Maria M., 370-2034
mmetchear@aol.com

Service Committees:**Archives**

Laurel B., 451-0095
naplesboff@hotmail.com
Business meeting 3rd Saturday @ 24 Hour Club at 11am

Current Practices

Jerry E., 776-6767
jerryeddlleman@gmail.com

Grapevine/Literature

Peter C., 784-7725
Business meeting the third Tuesday of each month at 5:30 p.m., 24 Hour Club

Institutions

Joe S. 845/554-8721
joeascalina@icloud.com
1st Thursday of each month at 7:00 p.m., 24 Hour Club

Public Information/CPC

Nanette D., 572-4214
Business meeting the second Wednesday of each month at 7:00 p.m., 24 Hour Club

Technology

Dianna M., 248-6565
diannamusse@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:**

Fourth Thursday of the Month, 7:00 pm
New Attitudes Club
4133 Tamiami Trail E.
(Lakewood & E 41)
Behind Speedway Gas

**NAPLES
INTERGROUP
MEETING****Central Office**

1509-2 Pine Ridge Rd.
(next to 24 Hour Club)

SECOND Wednesday of
each month at 7:00pm

**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

Joe S.
239-206-3284

Area 15; Panel 69

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

Delegate: Tom W.
delegate@area15aa.org

Alternate: Cary W.
altdelegate@area15aa.org

Chair: Lisa D.
chair@area15aa.org

Treasurer: Wayne H.
PO Box 131
Safety Harbor, FL
34695
treasurer@area15aa.org

Registrar: Donna W.
registrar@area15aa.org

Secretary: Karen V.
secretary@area15aa.org

**Naples Area
Intergroup****Trusted Servants****Chair:**

John F., 248-0596
accabinets123@gmail.com

Vice Chair:

Robert C., 784-8514
bcrowe616@aol.com

Secretary:

Pam G., 821-6511
Pam.goldsmith11@gmail.com

Treasurer:

Spence G., 207-7534
spenceg123@gmail.com

Members at Large:

Kathy Mc., 776-9643
katmcadam@yahoo.com
Tim A., 571-5440
timallencmb@gmail.com
Service Opportunity

Office Manager:

Ken Helton
1509-2 Pine Ridge Road
Naples, Florida 34109-2198
naplesintergroup@yahoo.com
Phone: 239-262-6535
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

Andrea C., Anthony M., Bill C.,
Bill S., Bonnie B., Carrie W.,
Fay B., Lauren F., Nikki E.,
Raz K., Pat S.,
Peggy G., Sue S., ... and loyal
substitutes.

Service Opportunity