

THE COURIER

Naples Area Intergroup
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March 2023

Why We Were Chosen

God in His wisdom selected this group of men and women to be purveyors of His goodness. In selecting them through whom to bring about this phenomenon He went not to the proud, the mighty, the famous or the brilliant. He went instead to the humble, to the sick, to the unfortunate. He went right to the drunkard, the so-called weakling of the world. Well might He have said the following words to us:

"Unto your weak and feeble hands I have entrusted a power beyond estimate. To you has been given that which has been denied the most learned of your fellows. Not to scientists or statesmen, not to wives or mothers, not even to my priests or ministers have I given this gift of healing other alcoholics which I entrust to you."

"It must be used unselfishly; it carries with it grave responsibility. No day can be too long; no demands upon your time can be too urgent; no case can be too pitiful; no task too hard; no effort too great. It must be used with tolerance for I have restricted its application to no race, no creed, and no denomination. Personal criticism you must expect; lack of appreciation will be common; ridicule will be your lot; your motives will be misjudged. You must be prepared for adversity, for what men call adversity is the ladder you must use to ascend the rungs toward spiritual perfection, and remember, in the exercise of this power I shall not exact from you beyond your capabilities."

"You are not selected because of exceptional talents, and be careful always, if success attends your efforts not to ascribe to personal superiority that to which you can lay claim only by virtue of my gift. If I had wanted learned men to accomplish this mission, this power would have been entrusted to the physician and scientist.

If I had wanted eloquent men, there would have been many anxious for the assignment, for talk is the easiest used of all talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified men than you who would be available.

You were selected because you have been the outcasts of the world and your long experience as drunkards has made or should make you humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere."

"Keep ever in mind the admission you made on the day of your profession in AA -- namely that you are powerless and that it was only with your willingness to turn your life and will unto my keeping that relief came to you."

-- Speech given by Judge John T. on the 4th Anniversary of the Chicago Group in 1943.

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.)



MARCH ... The Third Month Of Alcoholics Anonymous

STEP THREE: “Made a decision to turn our will and our lives over to the care of God as we understood Him”

TRADITION THREE: “The only requirement for A.A. membership is a desire to stop drinking”

TRADITION THREE (Long Form) : “Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation”

CONCEPT THREE: “The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs”

3rd Step Prayer: God, I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love and Thy Way of life. May I do Thy will always!

TRADITIONS—CHECKLIST

This is a Checklist for Tradition Three
Reprinted with permission from Service Material from the General Service

1. In my mind, do I prejudge some new AA members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I over impressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he had been to AA before? What his other problems are?

A Spiritual Overhaul – continued

Donald Wood – Ft. Myers, FL

February 2023

I returned to the lanai from the kitchen bearing two fresh cups of coffee for my friend and me. “Dunkin Donuts finest of course, as would be expected of any respectable Bostonian,” I joked. The Bruins game was on TV this afternoon so I wanted to get properly fired up. My friend’s brow furrowed as he stared down at the Big Book in his hands. He glanced up as I approached and spoke, “So, how many books do you read as part of your morning routine?” “It depends if my wife is joining me. She is not a member of ‘our club’ but she is one of those weirdo normal people who takes quiet time in the morning not because *she has to* but because she wants to maintain contact with her Higher Power and she says that her day seems to go better when she does. Her books are different than mine but when we read together I enjoy getting a different perspective as her choices are usually more focused on Bible readings. Her faith has never waivered over the years since she was a kid even though, like all of us, it has been tested. The difference between us is that she never walked away or turned her back on God as I did. Self-reliance and self-sufficiency took over, why would I need God in my life when I was already playing that role? Sound familiar?” My friend nodded his agreement, “Oh, yeah, I can relate to that, big time!”

“Back to your original question,” I said, “I have three that I have been using for a long time now, they are “*Around the Year*” with Emmet Fox, “*24 Hours a Day*” by Richmond Walker, and “*God Calling*” by A.J. Russell. It always amazes me how often I read a passage for a particular day and I realize that although I have probably read those words over a dozen times before, it is as if it is brand new. I guess reading a page of a book for the second, third, or even the tenth time leads to some new discovery. It might be because we interpret certain things differently as we get older and hopefully, a bit wiser. Maybe we finally realize what the writer was really trying to say. Crazy how that works, on some days the passage is exactly what I needed to hear whereas on other days it meant little and was quickly forgotten.”

Again my friend nodded, “How did you manage to settle on them?” “Well, very early on I was turned on to Emmet Fox. It was when I was dancing around the whole 2nd Step thing, looking for reasons to believe that a power greater than myself could solve my problem but at the same time doing my best to delay doing the work required in the 4th Step. At that time, I was convinced that I was what the book called a ‘real alcoholic’ and that no human power was going to relieve my alcoholism so I somewhat reluctantly began my quest to find that Power.

A friend suggested that I check out the book, “*The Sermon on the Mount*” by Emmet Fox which I did and was stunned by the opening chapter, titled “*What Did Jesus Teach?*” In the first few pages, Fox blew away a host of old ideas I had about organized religions as he took a more, I guess what I might call a generic approach to the teachings of Jesus in the New Testament. As we have talked about, Fox was a frequent lecturer at Steinway Hall in New York City during the Depression, and often many of the AA members, including Bill Wilson, would attend the sessions.” My friend jumped in and said, “Yes, I remember you told me that. Didn’t you say that the mother of one of the AA guys was Fox’s secretary and she got them tickets?” “Yes, exactly,” I responded, “Leave it to a bunch of alcoholics to come up with an angle to scheme free tickets. Always the opportunists, right? Well perhaps in this case, the end justified the means, not the worst place in the world for a bunch of guys new in sobriety to spend their time!” “No doubt” my friend chuckled.

I continued, “Anyway, Fox’s writing hit home for me. At first, I was leery of it being too religious but it was not, as it came across to me as being a practical way to incorporate spirituality into my life. Fox encourages the reader to develop a personal relationship with God, a concept that undoubtedly resonated with Bill Wilson as the Big Book is filled with references to a providential, personal God who we can rely on to guide us and direct us through life’s ups and downs. That makes sense to me and that’s a conception of God that I can buy into, it has become the cornerstone of my relationship with my Higher Power.”

“And “*Around the Year*” is a daily meditation book that you would recommend?” my friend asked. “Well, I like it but I think everybody has to find out what works best for them. I can’t begin to tell you how many times I have been steered in a specific direction regarding books of all kinds that end up in a prominent but unread section of my bookcase.

[Continued on page 4.](#)

A Spiritual Overhaul – continued from page 3.

With morning devotion books, I think you have to figure out what works best for you. You are not going to commit to reading the book every day if you are not enjoying it, some days more than others, of course. Let me go grab my copy for you to check it out, I will be right back. More coffee?" I asked as I stood up. "No, I am good for now" my friend responded.

I returned a few minutes later with a fresh cup of coffee and my copy of "Around the Year" which I handed to my friend. "Wow," my friend exclaimed, "This is pretty beat up, looks like you got an original copy from the author himself!" "I am not quite that old," I grinned. "The wear and tear is more a product of too frequently leaving the book out here on the lanai during an afternoon rain storm. After some twenty years, that can be expected but for some reason, I like a book that has a few wrinkles, and a few creases, it has character. It has been with me on my journey, safe to say I have picked up a few wrinkles along the way as well." My friend laughed aloud as he picked up the book and began leafing through it.

I continued, "Another aspect of Emmet's work that I have come to appreciate is his introducing me to the books of the New Testament, especially the Book of Matthew. Again, some of the central ideas that are found in the Big Book regarding our relationship with God and how to live our lives can be traced back to The Sermon On the Mount." "Like what?" my friend inquired. "Well, take for example the concept of a day at a time. It has been kind of hijacked by many in contemporary AA to refer to just not picking up a drink a day at a time but the lesson in the scripture is about living our life a day at a time, an invaluable lesson." "Really?" my friend responded, "I thought that one day at a time was exclusively a recovery thing but you are saying that it has its roots in the Bible?" "Exactly," I replied.

"What is this folded paper that you have in the book?" My friend queried. "That? Oh yeah, that is a bunch of daily prayers that I use in the morning to kick things off. You know that line in the book in the last paragraph of the morning instructions where it says, *'If not members of religious bodies, we sometimes select and memorize a few set prayers which emphasize the principles we have been discussing?'*" "No, let me check it out" as he picked up the Big Book on the table. "Bottom of page 87, right?" I flashed my friend the thumbs up as he read the paragraph out loud. "Wow, it also says that *'There are many helpful books also.'* I never noticed that. So, what is up with the prayers you have here?"

"Well, I like to think that I am just following the directions with one tweak to them. I decided to generate some prayers based on the material in this chapter and then I extended it to include other prayers in the book. I was in no rush, I took my time doing it and then I decided to break it up into smaller pieces under specific themes such as 'Just Checking In' or 'Possible Difficult Day Ahead'. Remember how the morning instructions begin with the line, *'On awakening let us think about the twenty-four hours ahead. We consider our plans for the day.'*" "Yes, I do," my friend replied. "Well," I said "That thought helps me to choose which of the prayers I will use to start my quiet time. If in consideration of the day ahead of me, I don't have anything special or pressing on me that day then I just use one of the 'Just Checking In' prayers. For example, that very first one at the top of the page please read that for me. "OK," my friend replied. "*God, please show me all through this day what my next step is to be, and please grace me Father with whatever I need to take care of the problems in my life today. Keep my thoughts divorced from self-pity, dishonest or self-seeking motives. Should I find myself agitated, doubtful, or indecisive today, please give me inspiration; help me to have an intuitive thought or a decision about the problems that I may face. Father, help me not to struggle today, instead help me to relax and take it easy.'*"

"See what I did there? I used the material presented on pages 86 and 87, and just presented them in the form of a prayer to get things rolling before I begin my readings and quiet time." "That's pretty awesome," my friend said as he flipped the paper over to the other side. "You also have two more topics called 'Working With Others' and 'An Alanon Kind of Day', what's that second one for?" I smiled and thought to myself, this is going to take a while. Maybe watching the Bruins game was not going to be in the cards after all.

To Be Continued ... April 2023.

Change Takes Time and Patience Will They Ever Trust Me?

By Rick R.

I was on a visit to the place where I grew up, after being gone for many years, and one of the things that intrigued me the most was that many of the people that I encountered there were, for the most part, the same as they were when I left there. They hadn't changed much at all. Some of them still had the same resentments and comments towards their neighbors that they had when I moved away. How can that be, isn't it a natural process to put those things behind us and forgive and forget? The answer was NO. Most people *don't* change, simply because they don't need to. Alcoholics change. Why do we change? We change because we need to if we want to survive. Occasionally we hear a new member, disappointed that, after being sober for X number of days, his family doesn't appreciate that fact and he wonders, "are they ever going to trust me, can't they see that I've changed". It's not that simple, for they don't live inside of our brains. They only see some of the external improvements brought about by the natural effect of abstaining from alcohol. That can all disappear the next time they hear the pop of a beer can, and they know it. The people close to us are encouraged by the positive changes they see in us, but as they say, Rome wasn't built in a day. It takes time and patience to overcome years of the alcoholic behavior and the mental image left in their memories. As for those people who aren't in our immediate circle of friends and loved ones, they, like the people I visited in my hometown, haven't witnessed the day-to-day changes, and the only thing they have, to go on is a snapshot of the last headline from our drunken behavior before we got sober so why should they think that we would be any different. If we can be patient, and not be in too much of a hurry to regain the approval of our friends and loved ones, we will develop a much deeper trust than anyone would have imagined. It's hard to understand but we can't speed up the clock. A close friend of mine coined the term, SLOWBRIETY, and that explains it all for me. Easier said than done, you say? Yes, but that is where faith comes in. Trusting that it will turn out alright is so out of character for us. It requires daily surrender, quiet dedication, perseverance, and above all, TIME. Imagine what progress we could make if, from this day forward, we never made another mistake. Impossible, I know, but not a bad thing to strive for. Going through the steps in the spirit that they were intended, helps us establish a framework that will sustain us for the rest of our lives. The further along this path that we are on, the easier it is to accept change and if we can reestablish our values and principles, over the long haul, we will slowly develop the credibility and integrity that we seek. But, as they say, "It's not a sprint, it's a marathon". I say, it's a long slow walk into a life of joy and happiness.

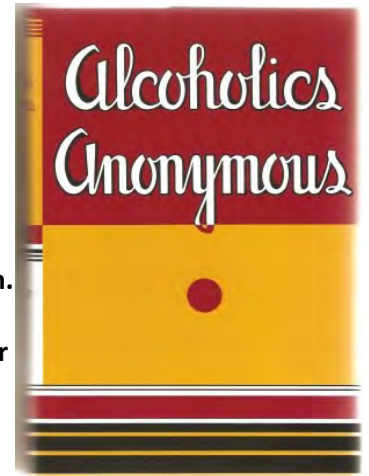
“If you haven't been to a meeting for a while, come, and add to the mix ... we need you. Come for yourself, come for the Fellowship, come to celebrate sobriety, and come for the alcoholic who still suffers.”

***“Torn Asunder,” San Francisco, California,
February 1993, AA Grapevine***



Alcoholics Anonymous: How the Big Book Came To Be

In May 1938, when Bill W. began work on the first draft of what is now the Big Book, Alcoholics Anonymous... he had been sober about three and a half years. Dr. Bob was sober a few months less than three years, and the other 100 early members who contributed in one way or another to the writing of the book had been sober for periods ranging from a couple of years to a couple of months. The early members realized the book would need a "story" section. "We would have to produce evidence in the form of living proof, written testimonials of our membership itself. It was felt also that the story section could identify us with the distant reader in a way that the text itself might not." Dr. Bob and the members in Akron, Ohio, led this effort. One member of the Akron group was a former newspaperman with two years of sobriety, named Jim. He and Dr. Bob "went after all the Akronites who had substantial sobriety records for testimonial material. In most cases Jim interviewed the prospects and wrote their stories for them. Dr. Bob wrote his own." By January, the Akron Group had come up with 18 stories. In New York, where there was no one with writing expertise, they decided that each member with substantial sobriety would write his own story. When Bill and a fellow member turned to edit these "amateur attempts," there were objections. "Who were we, said the writers, to edit their stories? That was a good question, but still we did edit them. The cries of the anguished edited tale-tellers finally subsided and the story section of the book was complete in the latter part of January 1939. So, at last, was the text." "More than 100 titles were considered, but in the end, it came down to Alcoholics Anonymous or The Way Out, and when the two groups voted, The Way Out received a slight majority. At this that is how our society got its name." So, this somewhat shaky, often fearful group of men and women somehow brought to publication, on April 10, point, one of the A.A.s visited the Library of Congress to research the number of books titled The Way Out versus those called Alcoholics Anonymous. There were 12 with the former title, none with the latter, and since nobody wanted to make the book the 13th Way Out, the problem was solved. "That is how we got the title for our book, and 1939, the book Alcoholics Anonymous.



“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.)

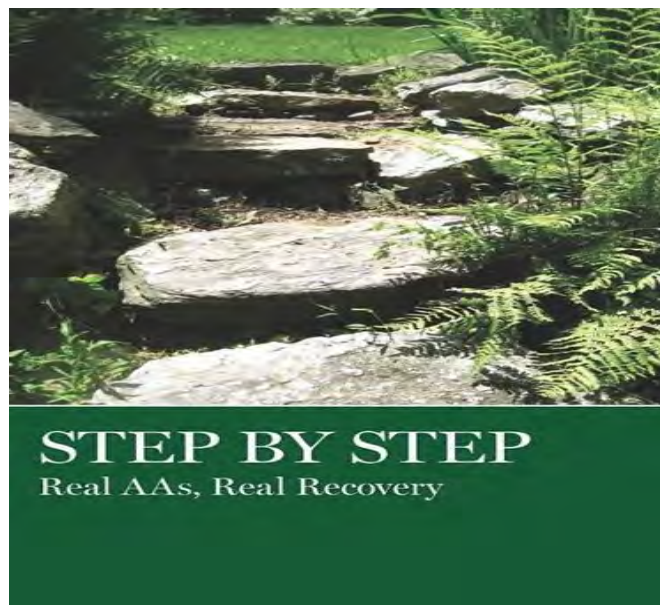
and, Telephone Helpline

After-hours, various days.

1-year continuous sobriety.

For information: 239/262-6535

“Recovery is something like the restoration of a very old painting, covered over by layers and layers of darkening, distorted varnish ... Not all of the underlying pattern can be revealed at one time. What is uncovered, bit by bit and layer by slow, careful layer, are the things which are necessary and appropriate for me to know about myself right now.”
“An Indescribable Benevolence,” Port Coquitlam, British Columbia, August



**“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

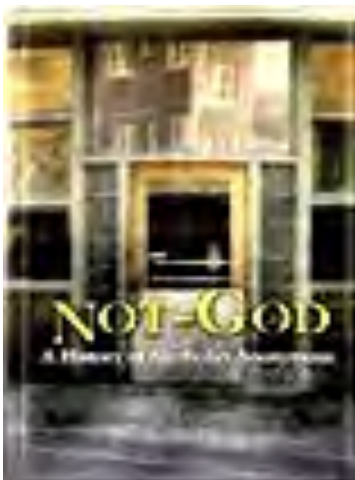
239/262-6535

Sponsorship: We All Do It Differently

I don't really know if I am a good sponsor or not. I just copy what I've learned from the sponsors I've had over the years. But I do know that I have a 100% success rate. No matter what anyone I have sponsored has done, I've stayed sober. This includes men leaving A.A. and getting on with their lives; leaving A.A. and dying drunk, or as a result of an alcohol-related illness or accident; or leaving A.A. and winding up serving a life sentence for a violent third strike committed while sober. I've also been fired by a number of sponsees who somehow manage to stay sober without me. Sometimes it was a simple: "This isn't working." At other times it was a long and confusing explanation. And at times they just kind of "went away," and ignored my texts or phone calls. As a rule I stop trying to get in touch with people after three attempts. (A lesson I learned in Al-Anon: After three times it's nagging.) While I am happy to be a sponsor, and get a lot out of it, I'm not one of those A.A.s who goes out actively looking for newcomers to sponsor. If someone thinks I might have something to help him stay sober, he'll ask. One of the interesting things about sponsorship is that while it is mentioned in a number of the stories, the word itself does not appear in the first 164 pages of the "Big Book." We find a lot about the need for "working with others," but not the "S" word.

According to Not God, Ernest Kurtz's "unofficial" history of A.A., sponsorship grew out of the idea of and need for working with others, and started in the early Cleveland groups: "The core A.A. ideas... were the importance of 'identification' as the main, if not the sole route, to 'getting the program'; the deep sense that 'this simple program' could be 'gotten by anybody,' but that be 'anybody's' concerned were very different in accidental ways, and a profound awareness concerning sobriety that 'you keep it only by giving it away,' and especially impelling conviction of the need for 'working with others.'"

Kurtz points out that the pamphlet on sponsorship describes it simply. "Essentially the process of sponsorship is this: An alcoholic who has made some progress in the recovery program shares that experience on a continuous, individual basis with another alcoholic who is attempting to attain or maintain sobriety through A.A." The pamphlet also makes several other important points. "Alcoholics Anonymous began with sponsorship. When Bill W., only a few months sober, was stricken with a powerful urge to drink, this thought came to him: "You need another alcoholic to talk to. You need another alcoholic just as much as he needs you!" He found Dr. Bob, who had been trying desperately and unsuccessfully to stop drinking, and out of their common need A.A. was born.



The word "sponsor" was not used then; the Twelve Steps had not been written; but Bill carried the message to Dr. Bob, who in turn safeguarded his own sobriety by sponsoring countless other alcoholics. Through sharing, both of our co-founders discovered, their own sober lives could be enriched beyond measure." The pamphlet, available at Central Office and at most meetings, also answers several important questions about sponsorship, such as: Is there any one best way of sponsoring a newcomer? "The answer is no. All members are free to approach sponsorship as their own individual experiences and personalities may suggest. Some sponsors adopt a more or less brusque, "Take it or leave it" approach in dealing with newcomers. Others exhibit extreme patience and great personal interest in the people they sponsor. Still others are somewhat casual, content to let the new person take the initiative in asking questions or seeking help in special situations. Each approach is sometimes successful and sometimes fails. The sponsor has to decide which to try in a particular case. The experienced sponsor recognizes the importance of flexibility in working with newcomers, does not rely on a single approach, and may try a number of different approaches with the same person." The pamphlet also reminds us: "Most present members of Alcoholics Anonymous owe their sobriety to the fact that someone else took a special interest in them and was willing to share a great gift with them."

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

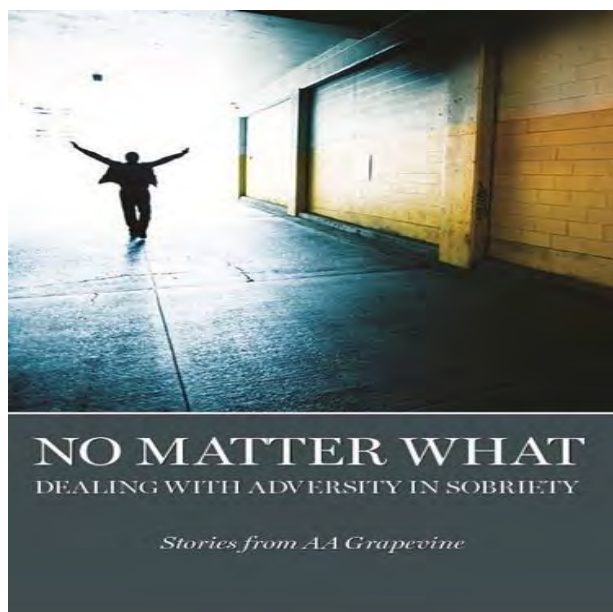
There are also difference kinds of Meetings. Lead meetings one person tells their story of what life was like while drinking, how they found AA had how applied AA principles has made life better.

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*





THE SCIENCES | MIND | TECHNOLOGY | HEALTH | ENVIRONMENT | PLANET EARTH | LIFESTYLE

How Effective is Alcoholics Anonymous?

For decades, scientists were unsure how well Alcoholics Anonymous worked. An extensive review of AA studies found that it outperforms other common treatments like cognitive behavioral therapy.

By Sean Mowbray Feb 21, 2023 2:00 PM



(Credit: Lorenza Ochoa/Shutterstock)

For those struggling with alcohol use disorder, Alcoholics Anonymous (AA) is often touted as the go-to option for support. With more than 123,000 groups across 180 countries worldwide, the AA model — free and open to the public — has guided people through addiction since it began in 1935. And in recent decades, a growing body of research has shown that it can be incredibly effective.

“I think it is the power of peers,” says John Kelly, a professor of psychiatry at Harvard Medical School. Kelly led a 2020 analysis that reviewed the scientific evidence of AA’s effectiveness across 35 studies — involving the work of 145 scientists and the outcomes of 10,080 participants.

[Continued on page 12.](#)

How Effective is Alcoholics Anonymous ... continued from page 11.

The Science of Alcoholics Anonymous

AA has been around for more than 85 years, but scientific evidence didn't start to build about its effectiveness until around the 1990s, Kelly says.

"Anecdotally, we knew that AA was very large, influential and attended by millions of people," he adds. "But we had no idea from a scientific public health standpoint about its real clinical utility."

Kelly and his team examined studies published in the past couple of decades in which people were randomly assigned to AA or other 12-step programs by health professionals. They found that such programs had outcomes similar to other treatments, but were "dramatically better when you're talking about remission, sustained remission, and complete abstinence over many years," says Kelly. In short, AA often outperforms other types of therapies or interventions, such as cognitive behavioral therapy.

"Organizations like AA are a good match for the long-term undulating course of addiction recovery," Kelly adds. "In terms of AA's ability to sustain remission over time, that's what really stood out: 20 to 60% higher rates of remission."

Other Benefits of Alcoholics Anonymous

Researchers are also learning more about how the AA approach benefits those suffering from alcohol addiction. Kelly explains that it can boost cognitive and behavioral coping abilities, which are key to remaining abstinent.

"It can also reduce craving, reduce impulsivity, and massively changes social networks," he says. "It can also increase spirituality, which can help people reframe stress and find meaning and purpose."

While the evidence shows AA is broadly effective, it's admittedly not for everyone. Some who are referred may never attend, while others may drop out after trying it.

"We know that no one treatment works for everybody," Kelly says. That's why it's important to investigate a variety of different options to find what works for those going through addiction. "The question is how can we identify the exact, precision fit for patients in different kinds of treatments, who are going to benefit from a particular approach?"

Combating Alcohol Addiction

Alcohol use disorder is a leading driver of death throughout the world. According to the World Health Organization, "harmful use of alcohol" is responsible for around 3 million deaths per year, equating to about 5.3% of all deaths. This is particularly acute in people in their 20s and 30s. In the U.S. alone, an estimated 95,000 people die annually due to "alcohol-related causes."

In the face of such a widespread public health problem, Kelly says, "in AA we have a free resource in the community which can save lives, sustain remission and reduce healthcare costs for individuals and the healthcare system. That's good news from a public health perspective, as it's able to help people achieve long-term remission and reduce the burden on the healthcare system."

Due to the severe illnesses and hospitalizations of some of our key personnel (including our guest speaker) we are unable to host this event this year. But, we plan to be back in full swing next year! - Jerry E., Serenity Club

It's That Time Again...

The Serenity Club's 27th Annual
HAM ON WRY

This Event Has Been
Cancelled

Wineyard Park in Naples, Florida
 Sunday, April 2, 2023
 12:00 pm - 4:00 pm

Tickets Are Only \$15.00

12:00 NOON LUNCHEON MENU INCLUDES:
 Slow-Roasted BBQ Pork, Grilled Hamburgers and
 Hot Wings, Baked Beans, Corn, Garlic Potatoes,
 Cole Slaw, Coffee, Sodas & Dessert!

ACTIVITIES:
 Horseshoes, Three-legged Race, and Kid's Activities
plus an AA Speaker Meeting at 1:00 p.m.
 Featuring Guest Speaker
Roger H. (Seminole, FL)

For More Information, Directions, or Tickets Call Andy H. at 200-6110

Proceeds benefit: The Serenity Club of Southwest Florida, Inc. a Florida Nonprofit Corporation and an IRS 501(c)(3) Charitable Organization.

**Announcing the NEXT SWFL
Meeting Exchanges!! (AKA- "Booking meeting")**

Saturdays- 5/6; 8/5; 11/4, 2023 All @ 7:00 – 9:00am

St. Mary's Episcopal Church

9801 Bonita Beach Rd SE, Bonita Springs

ALL GROUPS MAY PARTICIPATE!

THERE IS NO REQUIREMENT FOR HOW MANY EXCHANGES A GROUP MAKES...

JUST AS LONG AS THERE IS AN EXCHANGE.

"Our primary purpose is to stay sober and help other alcoholics achieve sobriety."

- Carrying the message to groups we would not normally attend and having them do the same.
- Help groups who may be struggling for attendees and members.
- Expand our connections in our recovery with other meetings in a post-pandemic world.
- Bring newcomers and other recovering alcoholics to more meetings outside their group. (*ahem**, sponsors take note...)
- Experience the "meeting before the meeting and a meeting after the meeting."
- Other meeting types, such as big book, step, discussion, beginner leads, or others, may also be exchanged for speaking commitments as some groups do not have speaker meetings.
- Expand our sober support and social networks.
- Increased service opportunities for your group members.
- Intergroup and District Committees, plus Corrections; Institutions; PI/CPC; & Intergroup Offices, FCYPAA, Grapevine, and other AA-related service committees are invited to attend to get volunteers too!

"To keep this, we have to give it away!"

*For more detailed information on how you and your groups can participate,
email Tom B @ tcb4457@gmail.com*

Looking for Service Opportunities???

Help Make the "Sisters By The Sea" Conference Successful!

~Committee Meeting each Thursday at 6:30 pm at the Naples Intergroup Office (located next to the 24 hour Club) April 6th thru June 15th~

~ Memorabilia~ ~Registration~ ~Be a Greeter~ ~Entertainment~

Join a Committee

Sisters By The Sea

June 16th, 17th, and 18th

~ At the Hilton Naples ~

Call Peggy P.E. at 239-269-7651

Or e-mail SistersbytheSeaLLC@gmail.com

Be a part of something wonderful!



Fun! Fun!

Fun! Fun!



Willough Visions

11103 Tamiami Trail East

**Is Your Group Looking For A
Service Opportunity ?**

**We are looking for group leaders to commit to cover
1 meeting per week for 1 month commitments
Providing (1 Chairperson and 2 Speakers)**

This is your opportunity to carry the message that was so freely carried to you.

Wednesday Nights 7pm

**Please contact Peggy P.E.
(239)269-7651**

Reserve A Spot for the Month of your Choice While Available



JOIN THE GRAPEVINE BUNCH WE ARE NOT A GLUM LOT



Help **Grapevine** & Victor E increase involvement of AA's "Meeting in Print".
Service is our Legacy.
Grapevine Representatives Needed.
Snowbirds WELCOME!
At each meeting we read a story from the current Grapevine.

Grapevine Committee meetings are every other 3rd Tuesday @ 5:30 PM at the Intergroup Office next to the 24-hour Club on Pine Ridge Road.

We hope to increase each AA members knowledge of **Grapevine** -
The International Journal of AA.
Be the first to have a Grapevine Representative in your Home Group!



Announcing literature price increase effective April 3

From: General Service Office (gsodigitaldelivery@aa.org)

To: naplesintergroup@yahoo.com

Date: Friday, February 17, 2023 at 03:41 PM EST

No images? [Click here](#)



General Service Conference Delegates
Intergroup and Central Offices
International General Services Offices

Date: February 15, 2023

Warm greetings – we hope that this letter finds you well. We are writing today to inform you of an upcoming price increase affecting our English, Spanish, and French books, booklets, and pamphlets. The new prices will go into effect on April 3, 2023, and generally reflect a 20% increase on books and a 30% increase on pamphlets (with rounding and some minor adjustments).

Some of you have indicated that you anticipated the need for an increase. For historical reference, the last price increases were made in 2014 (18.75%) and 2009 (33.3%). The decision to raise prices in 2023 resulted from prudent fiscal planning with the goal of longer-range stability. Alcoholics Anonymous is not immune from the changes that are impacting all businesses, and one of the greatest to us has been a notable drop in the margins associated with the sale of our literature. To be specific, prior to the SARS-

Continued on page 19.

Literature Price Increase ... continued from page 18.

CoV2 pandemic, the costs associated with the production, material, warehousing, and shipping of literature, collectively known as the cost of goods sold, hovered between 31-34% of sales. These same costs have fluctuated from 42-56% of sales in the last two years, resulting in a revenue loss that is greater than \$1.2 million each year. We do not expect this change in the cost of goods sold to resolve in our favor, and the impact is great when considering that the General Service Office is supported through both voluntary contributions and this revenue associated with the sale of literature. We continue to monitor and trim expenses where possible, being mindful of the immense significance of each 'nickel in the basket' sent to the General Service Board.

Because we appreciate that there may be high demand in ordering leading up to the increase, we will be taking steps to ensure that purchasing not be monopolized by large buyers during the transition. We will maintain the reduced shipping charges schedule that was adopted in 2022 and the mixed-title quantity discount schedule that was adopted at the close of 2022. The new pricelist, which [can be found here](#) will be reflected on the online store as the increase goes into effect. We anticipate issuing a revised and updated literature catalog in digital and print versions in the coming months.

With gratitude as we await spring,



Deborah K.,
W,
AAWS Board Chair
General Manager of the General Service
Office

Bob

<u>FINANCES</u>	<u>FEB23</u>	<u>YTD23</u>
<u>Income</u>		
Literature/Merchandise	\$4,495	\$9,375
Group Contributions	1,638	5,379
AA Birthdays	-	-
Faithful Five	20	40
Individual/Anonymous	100	450
<u>Total Income</u>	6,253	14,744
<u>Expenses</u>		
Bank/Credit Card Fees	180	370
Licenses/Permits	-	-
Office Supplies	227	590
Office Improve/Repair	-	-
www Hosting	-	-
Payroll	2,154	4,309
Payroll Tax	-	-
Postage	-	-
Printing	98	145
Purchases/Lit./Merch.	2,626	5,853
Insurance	-	-
Rent	500	1,000
Sales Tax	-	-
Telephone/www	220	439
Utilities	100	200
Computer Equipment	-	-
Computer Software	126	281
Computer/Maintain	-	-
Quarterlies / Travel	220	220
<u>Total Expenses</u>	5,246	14,418
<u>Net Ordinary Income</u>	\$1,613	\$619
Gratitude Dinner		
Other Expenses		
<u>NET OTHER INCOME</u>		
<u>NET INCOME</u>	\$1,613	\$619

**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*

The Birthday Club

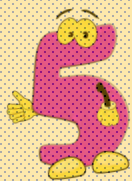
Did you know you can share your sobriety and gratitude in a practical way by joining the AA Birthday Club? Sign up today and be featured in the *Courier*. Show your support for your Central Office. A donation of only one dollar for every year of your sobriety will help carry the message to alcoholics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



Paul B.	50 years
Ron P.	50 years
Ron L.	42 years
Don M.	42 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.	27 years
Eileen D.	22 years
Bill S.	20 years
Ken H.	20 years
Laura T. F.	4 years



Faithful Fivers Needed



2023 Faithful Fiver Club

***April O., Bill S., James B., Jeanette H., Jim B., Jim H.,
Judy W., Kathryn Mc., Ken H., Ralph W., Ron L., Theresa R., Tim A.,***

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:**Chair:**

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

Alt. Chair:

Joe S., 845/554-8721
joeascaliala@icloud.com

Registrar:

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

Treasurer

George A., 276-4024
george.arminio1@gmail.com

Secretary:

Tom D., 206-6780
tomadavision@yahoo.com

Service Committees:**Archives****Service Opportunity**

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

Current Practices

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

Grapevine/Literature

Andrea C., 908/347-0494
4chellana@gmail.com
Business meeting the third Tuesday of each month at 5:30 p.m., 24 Hour Club

Institutions

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

Public Information/CPC**Service Opportunity**

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

Treatment Commitments**DAVID LAWRENCE CENTER**

Every day except Wednesday
7:00 p.m.
Maria M., 370-2034
mmetchear@aol.com

WILLOUGH

Sunday, Monday and Thursday
7:30pm
George A., 276-4024
george.arminio1@gmail.com

HAZELDEN

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

BRIDGING THE GAP

Maria M.
370-2034
mmetchear@aol.com

NAPLES AREA INTERGROUP MEETING

Central Office

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

SECOND Wednesday of each month at 7:00pm

Area 15; Panel 69

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

Delegate: Cary W
delegate@area15aa.org

Alternate: Lisa D.
altdelegate@area15aa.org

Chair: Donna W.
chair@area15aa.org

Treasurer: Karen V.
PO Box 590835
Ft Lauderdale, FL
33359-0835
treasurer@area15aa.org

Registrar: Robin P.
registrar@area15aa.org

Secretary: Bronwyn F.
secretary@area15aa.org

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

Robert C. 784-8514
bcrowe616@aol.com

Vice Chair:

Service Opportunity

Treasurer:

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

Secretary:

Tiana B. 337/283-1208
tsbrancato@gmail.com

Members at Large:

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

Bill S., Bill D., Bill S., Bonnie B., Chrissie F., Eric S., Faye B., Gay S., Jerry M., Joe B., Nikki E., Rob O. and ... and loyal substitutes.

After-Hours Phone Volunteers

Geoff E., Heather B., Ken H. Lauren F., Libby S., Nancy C., Steve K. and Tim A.

Service Opportunity