

THE COURIER

Naples Area Intergroup
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October 2025

The Naples Area Intergroup
239/262-6535

GRATITUDE DINNER 2025

SAT. NOVEMBER 1

TICKET PRICE \$40
cash/ check payable to NAPLES INTERGROUP
see your Intergroup Representative

WELCOME RECEPTION 6:15PM
DINING ROOM DOORS OPEN 6:45PM

New Hope Ministries
7675 Davis Blvd.
Naples, FL 34104

*credit card payments accepted in person
at Intergroup Office
(office hours Mon.-Sat. 9AM to 4PM)

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. (Copyright © The AA Grapevine,) Inc., Reprinted with permission.)



Step Ten: Continued to Take Personal Inventory

Examine My Motives for All That I Do.

By Rick R., San Diego, California

If someone were to ask me what brought me to the doors of AA my answer would be: "Alcohol had got the best of me, I was desperately circling the drain, and I didn't want to die young".

Not everyone that comes to AA had that degree of desperation. I got sober on October 15th, 1969 and that was just before Alcoholics were being offered Rehabilitation clinics. Up to that point most of our members who came here have been looking for answers. The success rate at that time, according to the foreword to the second addition of the (Big Book), Alcoholics Anonymous, it says that 50% of those who came here looking for answers got sober and never drank again 25% got sober after a few relapses and stayed that way and the other 25% showed improvement. To me, 75% sounds like a surprisingly good ratio of success. The only requirement for AA membership is a desire to stop drinking. (Tradition Three) Not everyone who came to AA from the Court System or from a Rehab environment has the same amount of desperation as those original members had. This does not mean that they were not invited back, for we treat them with respect but a significant percentage of them did relapse and we welcome them back with open arms so as not to be considered an AA failure and eventually many of them did stay.

Desperation is often consistent with the depth of thoroughness a person is willing to go through as he takes the steps and when I was faced with the suggestion that I do a Fearless and Thorough Moral Inventory in the fourth step, I began to resist and did what I would call a shallow facade just to get my ticket punched. Being in the Navy at the time I was abruptly flown out to the western Pacific during the Vietnam War and assigned to a tanker replenishing fuel on ships in the Tonkin gulf Fleet and I had four months to think about what I was going to do on my returned home.

My conscience told me to discard my original inventory and do it right the second time around. That I think, is what made the rest of this program easy for me. Accepting accountabilities for all those disgusting behaviors of the past and to make restitution has been the answer to all those alcoholic behaviors in the past. If we have completed a good 4th and 5th step and again on the 8th and 9th step, how do we approach the tenth step which suggest that we continue to take personal inventory and when we were wrong promptly admitted it.

Early in my sobriety my wife came home from an Al-Anon meeting excited about the topic they shared. She said that "We should examine our motives for all the things we do" and that made perfect sense to me. I have been living a life based on Unselfish Principles and never finished examining my motives. All my out-side behaviors (short-comings) are the result of my thinking (motives) and so long as I am willing to continue this path it has taken all the fight out of me. Selfishness--self-Centeredness!

That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity we step on the toes of our fellows, and they retaliate. (BB pg. 62) What a Profound statement! Living a life based upon Unselfish Motives has restored my self-esteem and the final and most important result is peace of mind. Never thought that would happen!!! This is my understanding of Step Ten.

October: The Tenth (10th) Month Of Alcoholics Anonymous

The TENTH MONTH for ALCOHOLICS ANONYMOUS

STEP TEN: *" Continued to take personal inventory and, when we were wrong promptly admitted it."*

TRADITION TEN: *" Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy"*

TRADITION TEN (Long Form): *No A.A. group or member should ever, in such a way as to implicate A.A. , express any opinion on outside controversial issues — particularly those of politics, alcohol reform, or sectarian religion. The alcoholics Anonymous groups oppose no one. Concerning such matter they can express no views whatever.*

CONCEPT TEN: *" Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.*

10th Step Prayer: *GOD, remove the Selfishness, dishonesty, resentment and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fighting anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You — Your will, not mine be done. How can I best serve Thee—Thy will (not mine) be done. Amen.*

TRADITIONS—CHECKLIST

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

1. Do I ever give the impression that there really is an "AA opinion" on doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? Prescribed medications? Other drugs? Other 12-Step programs? Vitamins? Al-Anon? The federal or state government?
2. Can I honestly share my own personal experience concerning any of those without giving the impression that I'm stating the "AA opinion"?
3. What in AA history gave rise to our Tenth Tradition?
4. What would AA be without this Tradition? Where would I be?
5. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
6. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?
7. Should the meeting secretary intervene to remind AA members about this Tradition if a member starts criticizing one political party compared to others or favoring a religion over others?

"The only way I ever found to displace a thought was to put another thought in its stead."

"We Must Banish Fear!" Alexandria, Virginia, August 1950, AA Grapevine



THE UNSELFISH SPIRIT

ACCEPTING THE WORLD AS IT IS

Rick R., San Diego, California

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

The degree that the individual carries out these two goals is not mandated by the A.A. body and the only requirement for membership is a desire to stop drinking. The AA program offers suggestions on how to overcome the difficulties brought about by the disease of alcoholism and not simply the act of drinking. These difficulties come in the form of *spiritual damage* and *material wreckage*. It seems that our spiritual damage lies in the unseen part of our makeup such as, our thinking, our motive, our fears, our conscience, our ego, guilt, shame, self-esteem, and the like. *Our material wreckage often comes as the result of our spiritual damage and is the residue of our spiritual condition.*

Selfishness- self –Centeredness! That, we think is the root of our trouble. (pg. 62 BB.) That, being said, isn't it apparent that unselfishness would be the solution to our trouble? That seems to oversimplify the solution but, in my experience, it is so simple that it is usually overlooked. Most alcoholics have spent their lives taking advantage of everything and everyone around them and as the result, have been plagued by the guilt and shame that only a drink could mask. The program of Alcoholics Anonymous suggests that *we live by principles*; and, I cannot find one selfish principle in the Big Book or the 12&12.

I believe that most of the people that truly have a desire to stop drinking and embrace the A.A. program start to change the behaviors that they recognize as counterproductive simply because they can hear these things that we all share at meetings; and, they change the most obvious shortcomings in their day-to-day activities. This is a good start and with time it starts to erode much of the shameful habits of past that had become commonplace. Talk of inventories and amends cause us to think at a different level about those material matters. That is usually the only thing that we are aware of in the beginning.

When we talk about spiritual matters, it seems that we all have different perceptions of exactly what we mean by" spiritual". If, for the sake of simplicity, we think of it as our innermost self, such as our ego, conscience, our mind, our heart, or soul, if you like ... and realize that this is where our spirit resides and where our emotions live ... that is also where the pain of our past thrives.

If we want to achieve the peace of mind that is promised in step nine, we will have to come to terms with the process of acceptance of the world as it is and of the people in that world. If we want to be accepted and forgiven for our past mistakes, we must be willing to accept all the people that we find fault with and give them the same latitude that we are seeking. To accomplish this, we can *stop being judgmental and replace that with an understanding spirit*. We will have to *replace gossip and character assignation with compassion and empathy*. If we can't do that, then how can we expect the world around us to accept us and forgive us for our past mistakes?

This is no time to rest on our laurels, so to speak. It's time to begin cleaning out the attic. This is where we begin to free up that space in our minds that has been keeping us awake at night. This is truly the path to developing the *unselfish spirit*, and with it come a peace of mind that's hard to imagine while we were still playing God ourselves. It costs me nothing to be kind.

My wish for those other people is that they can someday find the same peace of mind for themselves that this process has provided for me. What more can I say ???

JUDIASM and the LORD'S PRAYER

Mike L., Santa Barbara, California

GRAPEVINE Magazine, January 1997

As a Jewish member of Alcoholics Anonymous, I've been concerned about the fact that so many meetings end in the Lord's Prayer. While I was willing to go to any lengths to get--and stay--sober, I was worried about reciting a prayer that might in some way compromise my Jewish identity.

So I talked with my rabbi, who is knowledgeable not just about Jewish affairs but also about the Twelve Steps. He is Orthodox and the leader of an extremely large Jewish congregation. He does a lot of work visiting treatment centers, and he knows a lot about AA. ... probably more than I do.

He explained to me that there is nothing in the Lord's Prayer--or in all of the Twelve Steps, for that matter--that in any way contradicts anything in traditional Judaism. He pointed out that many of the phrases in the Lord's Prayer actually come from Jewish prayers in use two thousand years ago and still current today. While the Lord's Prayer is used primarily by Christians, its origins are firmly rooted in the Jewish prayer book.

Now, I'm no scholar (although I've written a few books about Judaism), and I can't locate all of the phrases in Jewish liturgy off the top of my head, but I know a few, and perhaps these will give some sense of how the Lord's Prayer was assembled.

Our Father who art in heaven = Avinu shebashamiyim

That Hebrew phrase, Avinu shebashamiyim, has been used for millenia to start prayers. The most recent use came in the Prayer For The State of Israel, composed after the founding of Israel in 1948.

Hallowed be thy name = Yiskadal v'yiskadash sh'may rabbo

This Aramaic formation is extremely familiar to Jews as the first line of the Kaddish (the Mourner's Prayer) and also the prayer that separates sections of the Orthodox prayer service.

Thy kingdom come, thy will be done, on earth as it is in heaven = ba'shamayim me'ma'al u'va' aretz mitachas

This line from the "aleinu" prayer, said at the conclusion of each prayer service and in the important Mussaf service on Yom Kippur, the Jewish Day of Atonement, translates as "in the heavens above and on the earth below."

Give us this day our daily bread = Hu nosain lechem l'chol basar

This comes from the first paragraph of the Jewish Grace After Meals. The meaning is that God gives bread to all beings.

And forgive us our trespasses = She'tislach lanu al cal chatosainu

"Forgive us for all of our sins" reads this line repeated many times in the Yom Kippur prayers.

For thine is the kingdom and the power and the glory = L'cha, adoshem

The Jewish phrase translates as "the greatness and the power and the glory." This is a line recited in a Sabbath morning prayer just prior to the reading of the Torah in the synagogue.

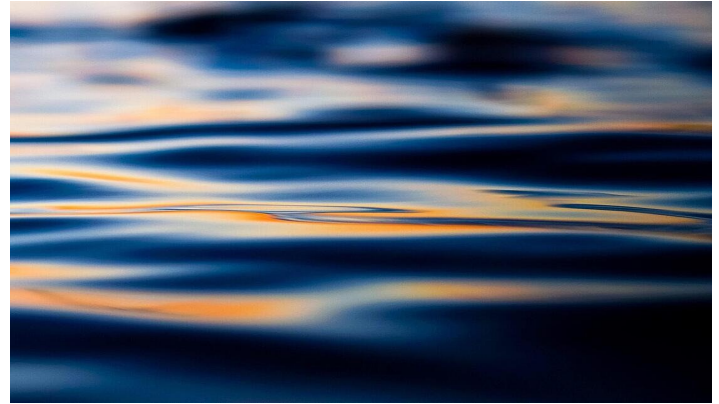
Forever and ever = L'dor va'dor

Literally, this means "from generation to generation."

Amen = Amen Amen is actually a Hebrew word from the verb "to believe." In a prayer or a room--or in a Jewish court of law--to answer "Amen" after a statement is to say, "I believe this."

So you see that as a believing Jew, when I'm saying the Lord's Prayer, I'm saying a compilation of excerpts of prayers that are a part of the traditional Jewish prayer book. I hope that this makes things more comfortable for other Jews.

Source URL: <https://www.aagrapevine.org/magazine/1997/jan/judaism-and-lords-prayer>



“My understanding of a Higher Power is still subject to shifts. Sometimes, I think of it as The Unknowable, or as The Great What Is. Often, I envision it as an indifferent force, something like an electrical current, that is available to all living things and from which human beings can derive strength and generosity and acceptance. The one thing I feel sure of is that it’s more powerful than my will.”

**New York, New York, May 1999,
“Sunlight and Air,” Sober and Out**



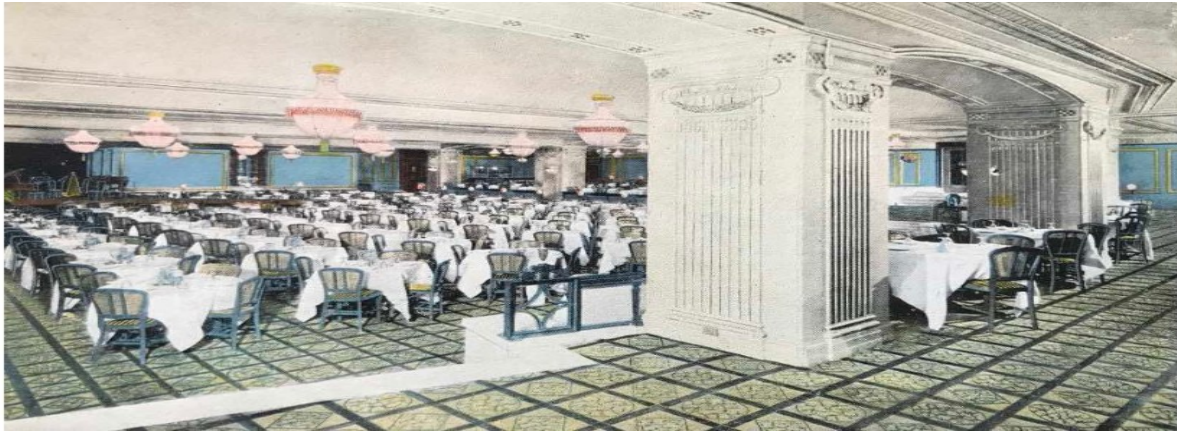
SOBER & OUT

Lesbian, Gay, Bisexual and Transgender
AA Members Share Their Experience,
Strength and Hope



“Keeping a Tenth Step journal about my day-to-day life, my relations with other people, and the stuff that still roiled around in my head helped me see patterns in my thoughts and behavior, which I could discuss with my sponsor. And once I began to sit quietly, reflect on what I’d written, and pray, I began to sleep peacefully for the first time in my life.”

**Manchester, New Hampshire,
March 2001, “Peace at Last,” AA
Grapevine**



Central Bulletin November 1942 (Vol. 1 No. 2)

Observations of a Meeting held in Cleveland, November 8, 1942

The Founder (Bill Wilson) called it “a Miracle of Transformation.”

So it was. There were doctors, lawyers and mechanics, business executives and clerks: men of many stations of life and of many creeds.

Not so long ago they were chained almost inescapably to an obsession that defied determination and will-power, that progressively destroyed their usefulness to themselves, their families and to society.

They and their wives numbering nearly 100 persons, filled the great Rainbow Room of Hotel Carter (*Pictured Above*). They were there to pay tribute to the Founder. Yet the Founder's inspiring message was overshadowed by the audience itself. There were many hundred personal triumphs, and many hundred triumphs of missionary zeal.

The Founder himself saw this great audience as a miracle. He paid tribute to the work of the members of Greater Cleveland, who had shown how ordinary men, with Divine inspiration, could succeed in an effort that would be accounted too great for professionals.

The Founder led a meeting. He told us about his personal problem. He told us how, after he had received the inspiration that led to the development of the method, his problem still remained. It remained as long as resentment, intolerance and self pity remained. He put strong emphasis on the destroying effect of resentment.

He met his crisis as most of the rest of us have learned to meet our crises: by acceptance of the guiding hand of the Creator, and by working with others.

He spoke of humility and patience and love and honesty and unselfishness. But particularly he spoke of the destructive effects of resentment, intolerance, and self pity.

There were two other speakers. The guest of honor of last year's dinner meeting spoke of the necessity of passing the work on to others, of correcting our thinking, of finding a new plan for living, and of making use of the opportunity to gain happiness.

The other speaker was a Clevelander, a member for five years. He spoke on the individual nature of the problem and the individual's own responsibility for its solution.

Members from 20 other cities were present: Lorain, Akron, Uhrichsville, Ashtabula, Youngstown, Dayton, Columbus, Geneva, Mountainview, Kent, Canton, Cuyahoga Falls, Mount Vernon, Belleview, Mansfield, Berea and Toledo in Ohio; Erie and Pittsburg, Pennsylvania, and Jackson, Michigan.

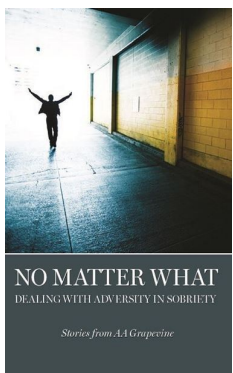
RESPONSIBLE FOR ONE THING - MARK HUSTON

"Today I know that I am responsible for one thing and one thing only. I am responsible to do the things necessary so that I can be a channel, so that God's Power, God's Love, and God's Way of Life can come through me and touch you. Period. End of statement. Nothing more. That's all I have to do.

If I do that, the Power does the rest. The Power shows me where I'm gonna live, who's gonna be in my life, how much I'm gonna make, where I'm gonna go, what I'm gonna do. Wow, what a deal for someone like us. It says that the **WHOLE** function of the Big Book is that I'm going to take a series of actions to allow a Power which is inside me, to begin to manifest and become real in my life, and this Power will do for me that which I have never been able to do for myself. **THAT'S** what this Program is.

It is **NOT** a program of getting yourself sober and keeping yourself sober. But I didn't know this until I began to make it a way of life. If anyone in this room is sober tonight and ever drinks again, you will drink because of your self-will. The Big Book says, "Above everything, we alcoholics must be rid of this selfishness. We must or it kills us!" So that's what we're up against. If you're a real alcoholic or drug addict, that's what you're up against. You're not up against alcohol or drugs. You're up against your selfishness.

Now here's the great trap. The very thing that will take you back to alcohol and drugs you create and there isn't anything you can do about it. Ain't that great? I create the very thing within me that makes me diseased that will convince my mind, in spite of grave consequences, to go take a drink when I know I shouldn't take a drink. Although I have a desire not to take a drink, I'll do it anyhow and there's nothing I can do about that on my power. And then we wonder why they look at us and say, "I can't help you, you have to go find God." Because it's the truth, they can't help us. We are beyond human aid. The Twelve Steps are the only vehicle I've ever known that keeps my ego right-sized."



"One night, in a moment of desperation, I got down on my knees and remembered a prayer an old sponsor had given me. It said, 'God, help me be of service ... to something or someone...' I knew intuitively it was the answer."

"Sinking Fast," Edmonton, Alberta, May 2010, No Matter What: Dealing with Adversity in Sobriety

“A sincere attempt to exercise the first ten Steps brings into play some of the finest virtues in the human character: humility, hope, faith, honesty, courage, and sincerity.”

**Jackson Heights, New York,
April 1956, “What a Spiritual
Awakening Means to Me,” AA
Grapevine**



SPIRITUAL AWAKENINGS

Journeys of the Spirit



IN OUR OWN WORDS

Stories of Young AAs in Recovery

“In early sobriety, I remember moaning to another member about how I didn’t have a relationship, I didn’t have a new car, and I didn’t have a flashy job. He replied: ‘It takes a steady hand to hold a full cup.’”

“The Cup of Life,” Canberra, Australia, February 2003, In Our Own Words



Something Shared

My biggest fear, from the very start, has been that I would drink again. Upon reading about Jim and his glass of whiskey-laced milk (BB p. 35-37), I shuddered at the thought of a slip. Somehow I know that for me, at least, there is no such thing as a slip. I probably have one more drunk in me, but I doubt that I have one more recovery.

Someone once told me that we are as sick as our secrets. The Big Book puts it another way (p. 72-73). *"Time after time, newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk."* Like it or not, I had to do a Fifth Step, even if it killed me.

Though I was not a Catholic, I had a lot of Catholic friends. I learned about confession from them. They told me priests were sworn to secrecy. Besides, I thought it would be difficult to shock a priest. So I chose a Catholic priest to hear my Step Five. He was also a recovering alcoholic whom I met in AA.

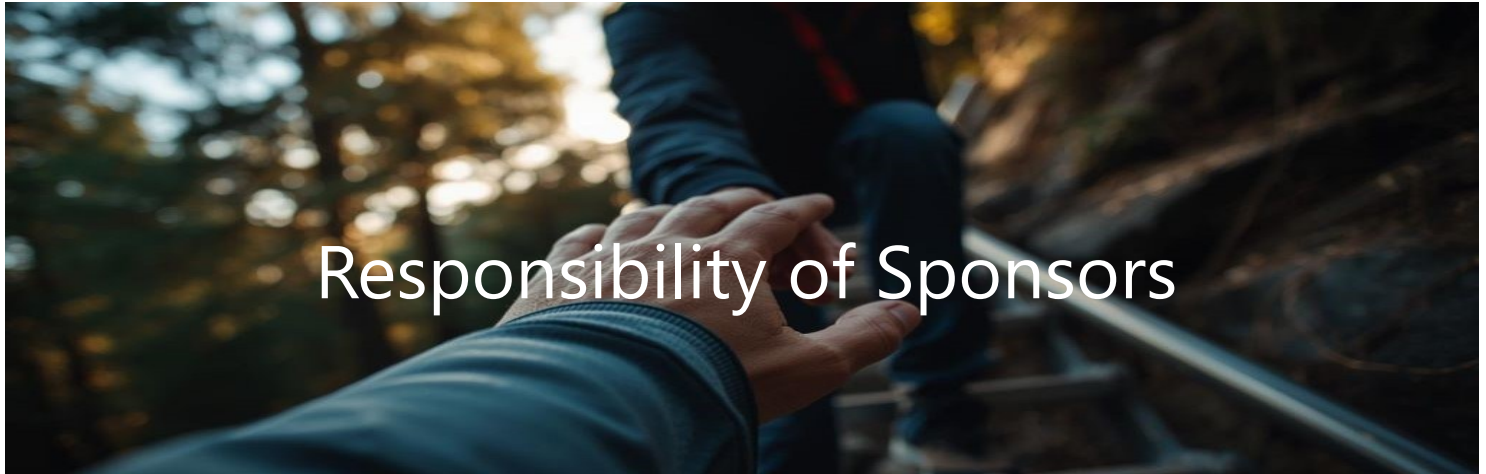
I arrived at the priest's residence early. I hoped to get the whole thing over in time to go to my regular AA meeting later that morning. Father answered the door and escorted me into the parlor. He sat across from me in a pope-like, straight-backed chair. I'd brought my Fourth Step with me and began fumbling with the pages searching for a way to get started. *"Just tell me about yourself,"* Father said in an attempt to break the ice.

I can't recall what I said but I remember it was as if a dam had broken. Everything came pouring out and little by little I revealed experiences and feelings that had welled up inside me for years. There were unspeakable things I'd done while drinking. All my bogeymen were set loose in that room.

Hours later (by now it was noon) I was done, the priest did not appear mortified and I was still alive. Step Five had not killed me after all. When the session ended, the priest smiled and said, *"Go now and read the last paragraph on page 75 in your Big Book ending with the second paragraph on page 76."*

"Is that all there is?" I thought as I hurried to meet my friends from the morning AA meeting. We had lunch. Though they all knew where I'd been that morning, we simply chatted, small talk mostly. Then, one of them asked, *"How do you feel?"* I surprised myself when I answered, *"I feel that I belong."* I had never felt that way before. Never!

By Sandy H., No Booze News, July 2009



Responsibility of Sponsors

From Central Bulletin November 1942

(Vol. 1 No. 2)

A glimpse at sponsorship in the first decade of Alcoholics Anonymous.

The greatest responsibility any man or woman assumes as a member of A.A. is the treatment or sponsorship of the new prospect.

Upon how thoroughly and conscientiously this job is done by us depends the future happiness and security of the individual concerned.

It is, therefore, important that we assume this responsibility in its entirety, not only for the benefit of the prospect, but for our own protection as well. [Our own safety and security](#) depends upon how unselfishly we give of ourselves to others.

It is our duty to be certain beyond the shadow of a doubt that the prospect once left on his own has such a complete understanding of the principles and practices of this movement that he will know what to do under any and all conditions.

This is accomplished only by painstaking effort on our part to the extent that we must be sure that the prospect has received the proper instructions from a great number of contacts, through the reading of the book Alcoholics Anonymous, and by our showing the way properly to make a contact with others.

All this having been done, it is important that we impress upon the prospect the fact that he must then do this job of himself for his own security.

All these things are vitally necessary and it is the sponsor's responsibility to follow through on this to the point where the prospect is able honestly to recognize the fact that regardless of what the condition or circumstance with which he is confronted, a drink is never the solution to his problem.

* * * * *

“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



Be a Friend

If you would increase your happiness and prolong your life, forget your neighbor's faults. Forget all the slander and unkind remarks you hear each day. Forget the temptations, forget the fault-finding, and give a thought to the cause which provokes it.

Forget the peculiarities of your friends, and only remember the good which makes you fond of them. Forget all of the personal quarrels you may have heard by accident, and which, if repeated, would sound a thousand times worse. Blot out as far as possible all the disagreeables of life. They will come, but will only grow larger when you remember them. And, the constant thoughtless acts of meanness or malice will tend only to make you more familiar with them.

Obliterate everything that was disagreeable yesterday. Start today with a clean sheet, write upon it for memory's sake only those things which are loveable. Remember that some day we must give an account of our words, deeds, and thoughts.

Therefore, let's try to make life more beautiful for ourselves and for others.

- Bill. S. , Akron, Ohio – Published in Central Bulletin July 1966

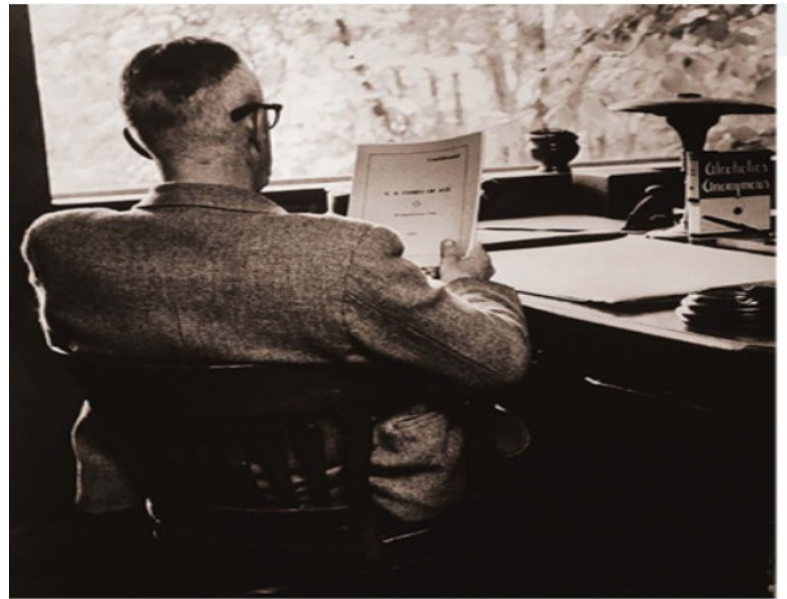
Introduction to *THE LORD's PRAYER*

Mary Pat B., Naples, Florida

The reason we join hands as we say the LORD's PRAYER ... is to remind us of the truth ... that we are not alone ... our prayer is for the still suffering alcoholic ... those who are with us ... and, those who are still searching for us. Hold on to the hand of the person next to you like your life depends on it ... **someday it may.**

“As early as 1945, mediating and giving suggestions by mail for the solution of group problems had put a tremendous volume of work on Headquarters. With most of the metropolitan AA centers, correspondence files had grown six inches thick. Seemingly, every contestant in every group argument at every point of the compass wrote us in this period.”

AA Co-Founder, Bill W., June 1955, “How AA’s World Services Grew, Part II”, The Language of the Heart



THE LANGUAGE OF THE HEART

Bill W.'s
Grapevine Writings



“Through doing the Steps and receiving love from my AA family, my perception of life has changed. Once my thoughts changed, so did my actions, then, finally, the results.”

Susanville, California, December 2007, “A Craving to Live,” AA Grapevine

Sally, the Greatest Gift and Teacher Sobriety Gave Me

Lisa F., New Jersey

From the youngest age I can remember, I had always wanted a horse. I would pray and wish every birthday and Christmas, that one would magically appear as a magnificent present. Yet, with each special day, I would be deeply disappointed as I was presented with gifts that were anything but a horse. In the meantime, I read every book I could find on horses and tried my best to draw them; an artist I am not. On a few occasions, my uncle and his girlfriend would take me riding at a stable that rented out horses. It was these times, that were, perhaps, the most cherished memories from my childhood.

As the years passed and my addiction began to control my life, my aspirations and hopes became buried, as my primary concern was how I was going to get my next drink. I was in pure survival mode with a honed in focus and need to feed my disease. I lived day to day, most of the time never knowing where I would even sleep when the day ended. I was completely self-absorbed, uncaring, out of touch with my feelings and totally irresponsible. It is not a stretch to say that I was a menace to anyone and anything that I crossed paths with. When I was active, I was not even accountable enough to take care of a goldfish.

Somehow, only through the grace of God, I was given the gift of sobriety on April 10th, 1986. Although I was sober for years, I could not forget how irresponsible I had been and had an underlying fear that I could never be the person who I truly wanted to be. As the days, months and years passed, I slowly gained confidence that I could become a productive member of society and was deserving of others trust. Yet, there was always underlying fear that I could not learn to love and care for another unconditionally.

In March of 1995, on a ride through the countryside, I stopped to pet some horses on the side of the road. One thing led to another when I was talking to the woman who owned the farm and in a matter of minutes, I was invited to come back and meet a horse that was currently away, being looked at to be sold. Within a few weeks, I met Reds Sexy Sally (Sally), and became instantly connected to my new companion and friend, who would spend the next 30 years, minus one month, teaching me life changing lessons and what it meant to love unconditionally.

Sally was born on April 11th, 1989, 3 years and 1 day after the 1st day of my sobriety, I have never seen this as a coincidence. Over the years, when I spoke of the significance of these dates, my eyes have usually welled up with tears. I see the close proximity of these dates as God working to have Sally enter my life. As if he was saying, by the time she comes to be your horse, you will be responsible enough to see her through the rest of her life. I am tearing up as I write this. What a great honor and privilege my higher power bestowed on me. And God was right I did see her through her entire life, something I had never thought, even in early sobriety, I was capable of doing.

Through the decades, Sally and I grew together and our bond became stronger and stronger, we were a team. Although, as with many things in life, to the outsider, working with and riding a horse may look easy, in reality, it is anything but. To build a two-way relationship of understanding and trust, it takes a great deal of commitment, patience, perseverance and the ability to brush oneself off and get back up, both figuratively and literally, when you fall down or off. Although getting sober and staying sober had taught me about commitment and perseverance, my interactions with Sally brought these teachings to a new level. As far as patience, it had always eluded me. Even in sobriety, I had always wanted instant results and instant gratification. I quickly learned with Sally, I had to work hard for results and patiently, and I do mean patiently, wait to see if they came to be.

Sally also taught me acceptance and tolerance. In our early years together, I had wanted to do horse shows with her, focusing on western pleasure. We would practice and practice, and were actually pretty good, especially Sally. Yet, when we were in the classes, Sally clearly exhibited a desire not to be there, for example, racing around the ring when what was called for was a quiet, slow gait. It was if she was trying to tell me, if you want a show horse, I'm not it. It took a little while to let go of my frustration and disappointment, but I finally learned to listen to her and accept and enjoy her for who she was, a great little trail horse. Of all the animals, and for that matter, people, I have known in my life, Sally had the most admirable personality. She was independent, which is atypical for a horse, as they are herd animals, she was kind, but knew her own mind and made no apologies for it, and could have cared less if others liked it or not. She definitely was not a people pleaser.

Continued on p. 15.

Sally, the Greatest Gift and Teacher Sobriety Gave Me ... continued from p. 14.

Another great lesson Sally taught me was how to be a true and solid friend. Through the years, I endured several difficult changes and heartbreaking losses. When no one's words could give me comfort, Sally was always there to share in my sorrow and quietly stand beside me or carry me through the woods and fields as I tried to process my grief and pain. Most of us forget that the best we can do for someone who is experiencing grief is to provide support and listen, many of us have an inherent need to offer advice, find the right words that are going to make everything better or try to make sense out of what we can't possibly understand, Sally just intuitively knew what was needed.

During her life, Sally had many medical challenges. In 1999, at the age of 10, she was diagnosed with Chronic Obstructive Pulmonary Disease (COPD). Additionally, she suffered with allergies, food intolerances, irritable bowel syndrome (IBS) and a chronic colic history, the leading cause of death in horses. Through caring and loving veterinarians, especially one in particular who is extremely gifted and loved Sally like her own, Sally was given the treatments, and I, the tools and knowledge to manage her issues on a daily basis. Though Sally required special care, I never balked at the time, energy or cost it took to keep her healthy and alive. In all honesty, I never thought about it, I just did what needed to be done. In hindsight, I can see how deep my love for her was. I have never been one who has been too concerned with the needs of others, and have often wondered how individuals can so freely give of themselves to other people. Yet, here I had been doing the same without realizing the amazing transformation that had taken place in me through my love for Sally.

Sally died this past February, at the age of 35, two months before her 36th birthday. Although she had reached an age that most horses never see, she was anything but old. She looked great, was sound, had life in her eyes and I still rode her. On the day of her death, I did not see it coming, nor did any of the vets that took care of her in recent visits. The way she looked, we were all expecting that she would be one of the rare horses who lived to see 40. She was perfectly fine at breakfast and in less than 3 hours, when I went back to the barn, she was in excruciating pain. I had been through many colics with her and when it started happening, I knew it was bad. Sally had powered through numerous medical issues, but now, there was no trying to get her to the equine clinic, which she had been to twice, and no chance of saving her. It was like being in the middle of a horrible nightmare, all I had done was to come and check on her and here I was, about to lose her. It seemed so surreal and I didn't know how I could muster up the strength to be present and do what I had to do. In my time of despair, I turned to the only source I knew was available to help me, I prayed to God to give me the strength to get through this. It was through my prayer, that I was able to make the decision to let Sally go and hold her lead line while the veterinarian administered the injection that ended her suffering and life.

It is believed that Sally had a lipoma, a fatty tumor, which strangulated her intestines. A longtime friend and horse person, told me many years ago, that although it was not the way horses usually go, she hoped Sally would die peacefully, unfortunately and tragically, this was not the way it was meant to be. I have heard animals decide when and how they will leave their physical bodies, in part, to teach us the spiritual lessons we need to learn. If this is true, I am grateful Sally chose to let me be with her. I cannot imagine the heartache I would have felt if she had been alone, in terrible pain, suffering until someone noticed. Though my heart is broken beyond measure, I am grateful to have had Sally in my life and sobriety for so many years. She brought out the best in me and taught me how to incorporate many of the principles of the fellowship, love, patience, acceptance and tolerance, into my being and daily life. God was there to give me the greatest gift I could have asked for in my sobriety and God was with me when I had the unbearable task of letting her go. Through my tears and pain, I am, and will be, forever grateful to have had the blessing and fortune of having Sally as the best spiritual teacher and friend I could have ever asked for or known.

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

**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

HOW ARE YOU DOING IN SOBRIETY ?

Are you still struggling with anxiety or want to be happier in your sobriety?

Do you wake up dreading another day? Wrestling with the same old thoughts that drove you to drink?

Are you still restless, irritable or discontented?

Would you like to experience real emotional sobriety?

THERE IS A SOLUTION



Join women who have found the answers to all these questions and more! Curious? *LISTEN, LEARN, FIND RELIEF*

SOS WOMEN'S BIG BOOK STEP STUDY MEETING NOW A HYBRID MEETING ZOOM and IN PERSON Meeting ID - 921 0559 8213 Password - 002220

Wednesday Evening 7:00 - 8:00 PM
24 Hour Club 1509 Pine Ridge Road Naples, FL

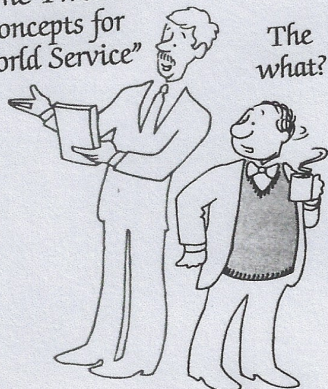
Find live or Zoom BBSS meeting nearest to you at:
www.bbstepstudy.org

* * * * *

**"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

"The Twelve
Concepts for
World Service"



The
what?



Oh!

12 CONCEPTS

OF AA WORLD SERVICE WORKSHOP

**PRESENTED BY 3 LEGACIES GROUP
SPONSORED BY DISTRICT 20**

- Who runs AA?:
- Am I responsible?
- What do all those strange letters mean?
PI, GSO, GSR, CPC, AAWS, GVR



**SATURDAY.
NOVEMBER 8**

1 - 3 PM

**24 HOUR CLUB
1509 PINE RIDGE
NAPLES FL 34109**

**REFRESHMENTS - DOOR PRIZES - SPIRITUAL PRINCIPLES THAT UNDERGIRD
A.A.'S STRUCTURE AND HOW THE PARTS WORK TOGETHER!**

6TH ANNUAL
THANKSGIVING
ALKATHON

St Mary's Episcopal Church
9805 Bonita Beach Rd SE, Bonita Springs, FL

8am through Midnight
Thursday, November 27th



MEETINGS EVERY HOUR ON THE HOUR

Please sign up and chair an hour. If you chair a meeting the hour is yours. Any meeting format you would like we would love to have it.

Please text Don 239-246-0027 to take a slot as an individual or group.

* * * * *

“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

FINANCES**Sep 25****YTD 25****Income**

Literature/Merchandise \$2,523 \$38,061

Group Contributions 836 26,707

AA Birthdays - 681

Faithful Five - 575

Individual/Anonymous 217 6,911

Total Income 3,576 72,935**Expenses**

Bank/Credit Card Fees 115 1,131

Licenses/Permits - 200

Office Supplies 550 3,172

Office Improve/Repair - 441

www Hosting - 240

Payroll 2,331

Payroll Tax - 1,314

Postage 11 66

Printing - 671

Purchases/Lit./Merch. 651 27,121

Insurance - 722

Rent 500 4,500

Sales Tax 366 3,033

Telephone/www 579 2,317

Utilities 100 900

Computer Equipment -

Computer Software 107 1,385

Computer/Maintain

Accounting Services 155 1,581

Total Expenses 5,464 70,020**Net Ordinary Income** (\$1,888) \$2,915

Gratitude Dinner Tickets 520

Raffle Ticket Sales -

Gratitude Expenses -

NET OTHER INCOME 520**NET INCOME** -\$1,368 \$2,915

**Thank you to all who contribute 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-B Pine Ridge Road
Naples, FL 34109
(50%)

General Service Office

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

District 20

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

Area 15

Area 15 Treasurer
2950 W. Cypress Creek Rd.
Ste 333 #1097
Ft Lauderdale, FL 33309
New Address (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>Sep 2025</u>	<u>YTD 25</u>
Bonita 1th Step Prayer & Meditation	0.....	205
24 Hour Solutions	0.....	500
Beach Bums.....	0.....	500
Big Book Babes	0.....	30
Big Book Steppers— Bonita	0.....	250
Big Book Steppers- - Naples.....	70.....	237
Bonita Banyon	0.....	415
Bonita Friday Joe & Chrlie	0.....	263
Bonita Happy Hour	0.....	496
Bonita Ladies Night	75.....	150
Bonita Morning Group	182.....	805
Bonita Saturday Nite.....	0.....	1,000
Bonita Springs 96395.....	150.....	150
Bonita Women's Step.....	0.....	150
Brown Bag Group.....	0.....	762
Cake Meeting	0.....	70
Common Solutions Naples.....	0.....	453
Daily Reflections ZOOM	13.....	268
Easy Does It	0.....	3,000
Early Risers.....	0.....	500
Flemsy Reed Group	0.....	258
Free 2 Be	150.....	750
Friday Nite Lights.....	0.....	200
Group #510367.....	149.....	149
Jaywalkers.....	0.....	47
Keep It Simple.....	0.....	722
Living Sober Naples	0.....	70
Meeting In The Park	0.....	639
Men Of Naples	0.....	64
Monday Daily Reflections	0.....	44
Morning Reflections	0.....	185
Naples Group	0.....	400
Naples Men Big Book Study.....	0.....	52

<u>Group/Meeting</u>	<u>Sep 25</u>	<u>YTD 25</u>
Naples Nooners	0.....	2,850
New Dawn.....	0.....	467
New Serenity.....	0.....	250
Nuts & Bolts	0.....	350
On Awakening.....	0.....	150
One Day At A Time	0.....	153
Park Shore Women.....	0.....	500
Primary Purpose Marco	0.....	6,583
Saturday Girlfriends.....	0.....	150
Three Legacies.....	0.....	194
Veranda Group	13.....	41
Where Are We	0.....	200

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 Naples Area Intergroup.



The Birthday Club

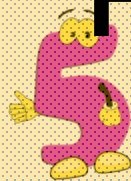
Did you know you can share your sobriety and gratitude in a practical way by joining the AA Birthday Club? Sign up today and be featured in the *Courier*. Show your support for your Central Office. A donation of only one dollar for every year of your sobriety will help carry the message to alcoholics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



Rick G.	55 years
Paul B.	51 years
Ron P.	51 years
Ron L.	47 years
Jackie G.	39 years
Bill D.	37 years
Merle B.	37 years
Michael L.	36 years
Dennis F.	35 years
Rad W.	35 years
Judy W.	34 years
Steve K.	32 years
Bill S.	23 years
Ken H.	23 years
Laura .	7 years
Eric S.	6 years



Faithful Fivers Needed



2025 Monthly Faithful Fiver Club

April O., Bill D., Bill S., Eric S., Jeanette H., Jim H., Judy W., Kathryn Mc., Ken H., Ralph W., Rick G., Ron L., Theresa R.

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.

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:

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

Alt. Chair:

Tom D. 845/23-6780
tomadavison@yahoo.com

Registrar:

Katie B. 708/408-9330
kaboyale56@gmail.com

Treasurer

Bob A., 440/667-4372
rsadams00@gmail.com

Secretary:

Maury D. 239/370-7232
maury@mdailey.com

Service Committees:

Archives

Heather O. 272-2632
district20archives@gmail.com

District 20 Business Meeting

4th Thursday of each month,
7:00pm New Attitudes Club
4133 Tamiami Trail E.

Current Practices

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

Grapevine / Literature

Lauren F. 220-2792
laurenfrosh@comcast.net
Jody L. 518/335-9748
jojopr1025@gmail.com
Business meeting the third
Tuesday of each month at
5:30 p.m., 24 Hour Club

Institutions

Maria M.
mmetchea@aol.com
1st Thursday of each month
at 7:00 p.m., 24 Hour Club

Public Information/CPC

Ronnie P., 269-8251

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 AREA INTERGROUP MEETING

Central Office

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

SECOND Wednesday of
each month at 7:00pm

Technology Opportunity.

Commitments

DAVID LAWRENCE CENTER

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

WILLOUGH
Sunday, Monday and
Thursday
7:00pm
Peggy E., 269-7651
marco-
angelz000@gmail.com

HAZELDEN
Monday, 7:00pm
Nick Geer 818/424-5463
nicgeer@gmail.com

BRIDGING THE GAP

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

Area 15; Panel 75

*(South Florida, Ba-
hamas, US and Brit-
ish Virgin Islands,
Antigua, St. Maar-
ten, and Cayman Is-
lands)*

Delegate: Lisa D.
delegate@area15aa.org

Alternate: Donna W.
altdelegate@area15aa.org

Chair: Bron F.
chair@area15aa.org

Treasurer: Alan T.
treasurer@area15aa.org

Registrar: Lea A.
registrar@area15aa.org

Secretary: Paul M.
secretary@area15aa.org

Naples Area Intergroup

Trusted Servants

Chair:

Blake B., 285-7174
blake91511@gmail.com

Vice Chair:

Robert C. 784-8514
bcrowe616@aol.com

Treasurer:

Dalton M.
781/444-7070
daltonmurfee@aol.com

Secretary:

Service Opportunity

Members at Large:

Service Opportunities

Office Manager:

Ken Helton
1509-B 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

Amy D., Becky S., Bill S.,
Bonnie B., Carrie W., Caroline
H., Eric S., Gay S., Geoff
S., Lara E., Natacha A.,
Peggy E., Ralph B., Swen L.,
... and loyal substitutes.
Service Opportunity

After-Hours Phone Volunteers

Bob M., Craig P., Geoff E.,
Heather B., Ken H., Lauren
F., Steve K., and Tim A.
Service Opportunity