

THE COURIER

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

239-262-6535
naplesinter-
group@yahoo.com



July 2026

Step 7 (Humility)

The concept of HUMILITY quickly becomes a mind game to me. If I say I have it, I don't; but I need it to do this step. It quickly becomes a maze I can get lost in, and from there it's just another delaying tactic. It took me an embarrassingly long time to really get what Step Seven is all about.

For a long time I made lists of which defects I wanted God to take away first and what it would look like once they were gone. There were a bunch of defects that I intended to leave be until after I was too old to really enjoy them; and, I even had reasonable excuses to keep some of them. Of course, I did want to live life in a way that was more socially acceptable and morally upright. I wanted to be admired by those I cared about, and that was going to take some work. I wanted to be a good person. None of that served me very well. I just wasn't getting there, and I was afraid I never would.

I was working really hard and figuring out how to do this thing. In fact, I was obsessed with it. One day, the danger of obsession became infinitely clear to me. As I was driving along, obsessing on just how to fix my son in ten words or less, I made a turn and came within a foot of hitting a pedestrian. I had become even more dangerous than I was in the old days! Wandering around in my own head was a dangerous way to run away from my own fears: the fear of not being good enough, the fear of not doing it right, the fear of failure.

It began to dawn on me that humility is about admitting this fear to myself and not running away from it. It's about admitting that I, alone, am never going to figure out how to get rid of all of the things that stand between me and living a life I can respect. Okay God, I get it. You're going to have to do this for me. My will, my brain power, and my obsessions are never going to do it for me. In fact, those are the things that got me into trouble in the first place. The first time I let go of this fear and self-will was in the First Step. Now, I'm asking that You take away the parts of me that will keep me from staying truly sober.

Nan T., Tucson, Arizona

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.)



July ... The Seventh (7th) Month Of Alcoholics Anonymous

STEP SEVEN: Humbly asked Him to remove our shortcomings.

TRADITION SEVEN: Every A.A. group ought to be fully self-supporting, declining outside contributions.

CONCEPT SEVEN: The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

7th Step Prayer: My Creator, I am now willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows. Grant me strength, as I go out from here to do Your bidding. Amen

TRADITIONS—CHECKLIST

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

1. Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little more into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?
2. Should the Grapevine sell advertising space to book publishers and drug companies, so it could make a big profit and become a bigger magazine, in full color, at a cheaper price per copy?
3. If GSO runs short of funds some year, wouldn't it be okay to let the government subsidize AA groups in hospitals and prisons?
4. Is it more important to get a big AA collection from a few people, or a smaller collection in which more members participate?
5. Is a group treasurer's report unimportant AA business? How does the treasurer feel about it?
6. How important in my recovery is the feeling of self-respect, rather than the feeling of being always under obligation for charity received?



Step Seven begins: *"My Creator, I am now willing that you should have all of me, good and bad."* Why should I ask God to take over my good qualities in my Seventh [Step Prayer](#)? After all, I had been several months sober and there were many noble and honorable elements to my personality. WRONG! (A friend called this: alco-logical thinking.)

I was still using *"pool room"* language, criticizing others; maintained *"justified"* resentments; smoking two packs of Lucky Strikes a day, etc. I guess I sort of skipped those [defects/shortcomings](#) in Steps Four and Five—I did not really know Good from bad! More was to be revealed the following months as I continued the maintenance steps—especially Step Ten.

As years passed, and I began living the true spirit of the maintenance steps, as they say: *"More will be revealed"* I was told to ask God to help me become aware these newly discovered personality defects and to use the suggested Step Ten directions to face and be rid of them. In time, my ego deflated to where I could see that my bad language was not normal, and it made me appear rather dull witted.

My critical judgement of others began to diminish as I realized I was only seeing what was wrong with me! Also, those repeating thoughts of anger began to give way to joyous prayer. Seven months later my nicotine addiction went south and has never returned. Let us put it this way; the selfishness, dishonesty, resentment and fear I learned about myself in Step Four, began to diminish when I put Step Seven into action! The Seventh Step prayer was only a beginning.

What a relief! That promise of a new freedom and happiness began to appear, but most importantly, that dreadful [mental obsession](#) finally began to disappear. I now realize that I had been trapped in a bondage of self for many years but putting Step Seven into action has set me free! Step Seven is a powerful tool! Thank you, God!

By Bob S., Alcoholics Anonymous Cleveland



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.



“There is one job that we can do superlatively well, and there isn’t anything that can keep us from doing it if we are serious in wanting to. That is the job we do on ourselves, inside ourselves. It means clearing out a whole mess of false values, unrealistic ambitions, and worn-out resentments, and putting in their place the qualities we want to have – kindness, tolerance, friendliness ... We can begin to see what the real values of life are, and they are very different from the hazy, distorted dreams we had.”

“If you want to stop drinking AA doesn’t care whether you are a Christian, a Buddhist, a Jew, an atheist, an agnostic, or whatever. The door to AA is wide. Come right in.”

Tulsa, Okla., April 1988, “You’re Welcome Here”, Spiritual Awakening



**SPIRITUAL
AWAKENINGS**
Journeys of the Spirit



God Leaves the Door Open for Everyone

No Need to Overthink This Issue

The Alcoholics Anonymous program is open to anyone who has a desire to stop drinking. It makes no difference if you are an atheist, agnostic, Buddhist or a member of one of the vast number of religions in the world. All of us have the same opportunity to get well through the 12 Steps.

That ensures no alcoholic is left out. We embrace everyone who walks through that door. If Step Two had been written to say, “*Came to believe that God,*” rather than, “*a Power greater than ourselves*” could restore us to sanity, I wonder if AA would have succeeded in the way that it has—especially when we consider the problems that the Oxford group had with this issue.

I have seen people talking of religion, and others who were irritated with any talk of God. Yet, we still hold hands at the end of the meeting and say a prayer. And everyone leaves the meeting feeling a little better. I personally know priests and ministers in the program, and they seem to adjust to the diversity of the landscape. I wish that it could be simpler for each person, but there are no two people who are identical in this matter.

Speaking for myself, if I wanted to be freed from the deadly obsession of alcoholism and come to terms with a concept of a power greater than myself, I had to trust the guidance of the two books that are suggested and the leadership of the more experienced members of the group. I was like those described in the Twelve Steps and Twelve Traditions who “*think they have tried faith and found it wanting.*” (p. 28)

I also read that, “*even the militant atheist got through the hoop with room to spare.*” I did not believe in the God of the religionist in the same way that I thought they did. But I did not think I was an atheist, either. The Power Greater than myself option was a good start for me.

You Might Call It a Miracle

Something happened to me within minutes after arriving at my first introduction to three people, sitting on a bench in the front yard of a little house in Los Angeles, where they held their AA meetings. The obsession to drink was gone, and I have not had, nor wanted, a drink since then.

You might call that a miracle, and you might be right, depending on your definition of a miracle. But it came to me as a profound Change of Perception brought about by the Love, Understanding and Compassion I sensed as they welcomed me. These experiences were a great way for me to start. But now, what about prayer? Who or what do I pray to?

I heard about doorknobs and icons, the ocean, and other such things but that way of thinking did not set well with me. I did not want to be too glib about such an important matter.

Then I noticed that, in Step Two, it did not say that I had to believe in anything, only that I had to believe that a power greater than myself could restore me to sanity. The collective wisdom of the AA program and the people in it have been the framework for my faith in a higher power.

The experience that I had in that front yard, fifty-one years ago, was all I needed to know to get on with the rest of the program. I pray to God every day to show me what to do and give me the strength to do it. I still do not know for sure who or what God is.

I use the word God only to describe the spiritual influence that AA has had on this drunk. I pray to God as I understand God, and he expresses himself in my consciousness. The only thing left for me to do is to separate the wheat from the chaff.

By Rick R., San Diego, California



The Willingness to Move Forward

When I attended my first AA meeting, I had no idea what the 12 steps entailed, but at that meeting I heard the things that were read, and I heard people sharing about steps. And, looking back on it now, I realized that I came away from that meeting a changed man.

My life took a 180° turn at that point and I have never been the same since. For the first time in my life I saw a refreshing new approach to living, and all I had done, up to that point, was show up and listen. From that day on, I've had a huge change of perception and I've learned to recognize faulty thinking and to find the answers to life issues as they were articulated by the collective sharing in that meeting.

While attending a step study meeting recently, we were on Step 4 and as each person shared their experience with what we had read, it occurred to me that the same thing was happening there, that happened at my first meeting decades before. It seemed that many of the people were assimilating, into their thinking, the things we had read and talked about, and that it had influenced them in ways that they probably didn't even realize at the time.

I've heard people in the program, when attending structured step study meetings, say that there may be as many as 50 people at the meeting when they started on Step 1, but by the time they got to Step 4 they might be down to 12 people left in the room. There seems to be something in Step 4 that their ego would not let them address, at the time. It appears they had reached a fork in the road.

When this happens, I believe they may not be ready for Step 4 yet, and if they are hurried into it, they may start to search for an easier softer way. If they stay on the softer path for long, they may end up developing a half measures approach and they may waste many precious years, or worse, they may relapse and do irreparable damage that can't be undone.

When I hear of a person who has a relapse after long term sobriety, I often wonder if it was due to skimping on Step 4 and 5, which may lead to a superficial approach to the remaining steps. "Thoroughness ought to be the watchword when taking inventory." – 12×12 p 54.

I use Step 4 to illustrate what I mean when describing the way reading and hearing the things described in Step 4, are the things that we live with every day of our lives, and each time we cycle through them again, we realize that we have addressed some of these issues without being aware of it.

I've heard people who have not taken Step 4 yet using such terms as "Restraint of pen and tongue" or "Remove the word blame from my speech" and, without realizing it, they are reducing their problems as the result of this different mindset. As long as they are honest about not being ready to take Step 4, it leaves the door open for the time when they are more confident, and they will be able to revisit this step and make a clean slate of it without feeling guilty about it.

I believe that the main reason why they wrote and published the 12×12 was because they did not want to establish a precedent of editing the big book, and they wanted to give amplifying information and examples of how to navigate the 12 Steps. We can tell stories and drunkalogues of our drinking days and that's fine, but if we don't go through a meaningful process of addressing the causes and solutions to our problems and "The willingness to move forward" (12×12 p 54), we will be selling ourselves short, and life is much too precious to waste.

By Rick R., San Diego, California



THE LANGUAGE OF THE HEART

Bill W.'s
Grapevine Writings

“We now fully realize that 100 percent personal anonymity before the public is just as vital to the life of AA as 100 percent sobriety is to the life of each and every member.”

AA Co-Founder, Bill W., January 1955, “Why Alcoholics Anonymous Is Anonymous”, The Language of the Heart

“It is when you let truth go into action, and hurl your life after your held conception of truth, that things start to happen.”

Rev. Samuel M. Shoemaker, Pittsburgh, Pa., October 1955, “The Spiritual Angle of AA,” AA Grapevine





What Can a Central Office Do For Me?

First, what is an Intergroup or a Central Office?

A central or intergroup office, (e.g. AA Cleveland District Office) is a service office of Alcoholics Anonymous that involves partnership among groups in a community — just as AA groups themselves are partnerships of individuals.

A central/intergroup office is established to carry out certain functions common to all of the groups — functions which are best handled by a centralized office — usually maintained, supervised and supported by these groups in their general interest. It exists to aid the groups in their common purpose of carrying the AA message to the alcoholic who still suffers.

There are nearly 700 central/intergroup offices throughout the world performing vital AA services. These constitute a network of service outlets and contacts to help carry the AA message.

An Intergroup / Central Office can:

- Put you in direct contact with Alcoholics Anonymous in just about any area throughout the United States and abroad.
- Answer inquiries from those seeking help.
- Refer you to a nearby group — where sponsorship or contact through a Twelfth Step call may be arranged.
- Maintain a conveniently located office in which paid workers and/or volunteers coordinate local AA services.
- Publish and distribute up-to-date lists of meetings and other information about local AA services.
- Sell AA Conference-approved literature and other spiritual/recovery related materials.
- Circulate and exchange information among all the AA groups in the community.
- Provide “exchange” meetings, where group program chairpersons gather regularly to exchange meetings with other groups.
- Be an ideal contact with those in the community seeking information about AA.
- Maintain contact with local groups in correctional facilities and treatment facilities, offering literature and prerelease AA contacts and arranging for AA speakers and visitors to meetings.
- Be a logical body to manage the details of an annual dinner, picnic, or convention, if the participating groups wish it.
- Publish a periodic distribution to AA groups in the form of a monthly newsletter.
- Carry information about wheelchair accessible meetings or those that provide American Sign Language (ASL) interpretation for members who are deaf.

By AA Guidelines – Central or Intergroup Offices



Humility Prayer

Lord, I am far too much influenced by what people think of me.

Which means that I am always pretending to be either richer or smarter or nicer than I really am.

Please prevent me from trying to attract attention.

Don't let me gloat over praise on the one hand or be discouraged by criticism on the other.

Nor let me waste time weaving imaginary situations in which the most heroic, charming, witty person present is myself.

Show me how to be humble of heart like You.

* * * * *

“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



“Not picking up a drink creates infinite possibilities for me ... Who knows? This could be the greatest day of my life.”

**New York, N.Y., January 2006,
“Attitude Adjustment”, Beginner’s
Book**

BEGINNERS’ BOOK

Getting and Staying Sober in AA

“I realized that it is possible to believe in a Higher Power, in the efficacy of prayer and meditation, in making a conscious contact with a Higher Power as those concepts, privately understood – or not understood – are suggested in AA, without the loss of one iota of my precious identity.”

**New York, N.Y., September 1977,
“AA and the Religious Turnoff”, Spir-
itual Awakenings**



SPIRITUAL AWAKENINGS

Journeys of the Spirit

Abuse Happens in Sobriety Too

Lisa F., Red Bank, N.J.

I am sharing what happened to me in sobriety in case it can help another. Going to meetings and working the program to the best of my ability, I truly thought my life was as good as it was ever going to get. Anything I experienced which was uncomfortable or painful, merely felt like something I needed to endure along the trajectory of my existence. From the outside, everything looked good; I was sober, attending meetings and was part of an AA couple. Inside, I was unhappy, a bit hopeless and resigned to the life I was leading. The only things that kept me feeling life was somewhat worthwhile were my dog, the pursuit of the next material gain or a new item of clothing, which allowed me to feel “joy” in the moment, day or week, and eventually, the actualization of my childhood dream, owning a horse. It was only through a set of circumstances which transpired in my life that enabled me to get a glimpse of the reality I was living and break free from its bonds.

Growing up, I had the belief instilled in me, through movies, television and my environment, one of the greatest aspirations in life was to find the perfect mate. After getting sober, this belief was still a guiding factor in my life and for those around me. In my early years in the rooms, I watched “love” develop on the “AA campus” time and time again. Many of these relationships quickly cultivated into marriages. My early support group and friends were suddenly occupied with building lives with their partners, buying houses and planning for the future. Although I had a relationship over the past few years, the parting of our ways left me feeling alone and incomplete in relation to the new “happiness” my friends had found. Instead of accepting where my life was, I felt compelled to somehow find what others had and live in my happily ever after.

When I met the person, I would spend the next 9 years with, I thought my “prince charming” had arrived. A recent visit to a tarot card reader, something I no longer do, prophesized my true love was right around the corner, so he must be the one. He was handsome, personable, doting, and, oh so complementary. He was also more of a worldly person than I had ever known. I had little experience of the world; he, on the other hand, was well-traveled, knowledgeable about other cultures and possessed a self-assuredness which I never experienced in another. I was swept away; I finally met my “knight in shining armor”. This belief was reinforced by my friends’ reactions to him, who were beyond impressed by his looks, kindness, attentiveness and overall demeanor. Different than any of the guys we knew, we all thought I found the perfect “catch”: I was one of the luckiest girls alive.

Soon after we started dating, I saw an angry side of him. Since the anger was not directed at me, I dismissed it and, unfortunately ignored the first red flag. Everything seemed so perfect, so why concern myself with a little indication he may not be what I imagined? It wouldn’t be long till we decided to live together. As a result of him being in a better position than me, both professionally and financially, I uprooted and moved to the next state over. When I left, I didn’t even think about what I would be leaving behind. Sober for over 3 and a half years, I had built a solid support of meetings, friends, and, perhaps, most importantly, people who knew me and looked out for my well-being. At first, I would drive back to my former state once or twice a week to attend meetings and see everyone, but over time, the frequency of my trips lessened. Little by little, visits to my former home group and with old friends dwindled and I became immersed in my new life.

Continued on page 13.

Abuse Happens in Sobriety Too ... continued from page 12.

For a time, everything seemed idyllic, I had a partner who was extremely devoted to me and displayed his affection with attentiveness and gifts. Soon we became engaged; it looked like my dreams had come true. When subtle changes started to occur, they were overshadowed, in my mind, by the extraordinary generosity and commitment he bestowed upon me. At first my partner began to yell at me from time to time. Eventually the yelling turned into screaming, pushing and outward displays of control, such as taking the car, my ring or the computer, which I needed for school. There was also one incident when he held my head and screamed into my ear to make sure I was hearing him, which resulted in acoustic trauma to my left eardrum. To this day, my ear still bothers me when I am exposed to loud noises.

Having moved and never feeling the connections of early sobriety, my support group became basically nonexistent. When I did finally confide in the one AA member I trusted and respected, their response was the opposite of what I needed at the time. They told me I had a provocative nature and if I would just not say anything and go into the other room, his rage would dissipate. There it was; it was my fault. Having grown up in a home where I was blamed for everything that went wrong in my mother's life, the blame fit like an old shoe. Instead of receiving the support, and perhaps, guidance I so desperately needed from the person I confided in, I was given the message, once again, the problem was me. Accepting responsibility, I resigned myself to make my situation more tolerable.

In many respects, I had an "easy" life; I was not expected to work, and as a result, I could spend more time with my horse. In hindsight this only made me more financially dependent. Although I tried my best not to react when spoken to with anger or derogatory words, the abuse did not end. Of course, as in most abusive relationships, there were periods of doting, calmness and gifts. It was a rollercoaster; I navigated almost daily, and the self-blame continued. I questioned myself: maybe I didn't know what love was? After all, I grew up in a household where my emotions became hardened by physical and verbal abuse. Maybe I truly loved this person and was sabotaging the perfect union? I deemed myself selfish, uncaring, and incapable of love; the list went on and on. The only thing that allowed me an escape from the turmoil and self-damnation and gave me a sense of peace was my horse. When she came into my life, everything seemed more tolerable. Little by little I disentangled myself from the emotional hold my partner had on me and slowly his words, threats and degradations lost some of their power.

When I started working a few hours at the business next door in an attempt to contribute a little, especially for the cost of my horse, I met someone who unlocked feelings in me I never knew existed. When he spoke to me, it was as if he was looking into my soul. I couldn't deny the unexplainable connection, something so strong and sudden it convinced me we had known each other in a previous life. Although we did not get together for 4 more years, which ended tragically and is another story altogether, he was my catalyst for leaving. If I did in fact know him from another life, why was I holding on so tightly to this one? If there is more than the here and now, why was I so afraid? After much soul searching, I knew I had to go. It took everything in me to leave; the anxiety was almost crippling; somehow, I powered through. With \$500 I had saved, a postponed surgery - I didn't want another reason to be dependent - and my horse (my dog passed away the previous year). I left, praying I would be okay.

Continued on page 14.

Abuse Happens in Sobriety Too ... continued from page 13.

As with most things in life, clarity and understanding of how truly bad the situation was, did not come till I had distance. At first, I blamed myself for breaking his heart; I really must be an uncaring and selfish person. The self-blame was exasperated by the response I received in the rooms and most everywhere I went. People wanted to know how I could leave such a great guy. We had attended meetings together, something I would never recommend, and as a result, I lost the ability to sit comfortably in a meeting without being scrutinized and confronted. It was so bad I stopped going to the corner store to avoid being questioned as to how I could have left him. He came to my job and told his tale of woe to my male co-workers, who started questioning me as well. There was really no safe place to turn to.

That was many years ago, 27 to be exact. It was only through being hired by a domestic violence shelter a year after I left, I received the understanding it wasn't my fault; I, like the people we were serving, had been a victim. Anyone can become a victim of abuse, unfortunately, those of us who grew up with abuse are more apt to stay. I stayed for quite a while. In retrospect, my spirit was broken, I had lost my support group and I became emotionally and financially dependent on another. In the program we are taught the importance of "To Thine Own Self Be True", nothing can be more applicable to putting an end to enduring unacceptable behavior. When I tell my story, I often share my experience as a way of both enlightening people to the prevalence of abuse in recovery and, hopefully helping someone realize it's not just happening to them, it's not their fault and there is a way out. Man or woman, we all deserve to be treated with respect, compassion and as equals. I know for myself, I wasn't granted the gift of sobriety to lead a life of isolation, unhappiness and despair.

* * * * *

Introduction to *THE LORD's PRAYER* *when closing a meeting.*

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.**

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*Naples Area
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If you need additional information, or have special needs, please call
John F. at 239-450-1044, email jfisheraa05@gmail.com, or write:
Serenity By The Sea, 12435 Collier Blvd. unit 107 Naples, FL 34116

Your Registration Includes:

Access To All Meetings And Workshops!

SERENITY BY THE SEA REGISTRATION
(Register online at www.serenityclubswfl.org)
\$60.00 Per Person

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP _____ PHONE _____

EMAIL _____

Name on Badges _____

Registration Fee (Required) **\$60.00**

Saturday Night Banquet (Optional) **\$65.00**

Guest Banquet **\$65.00**

TOTAL _____

Make Checks Payable To:
and Mail To:

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

This is a fundraiser. All sales are final. NO REFUNDS. Cancelled/unclaimed registrations will become scholarships.

FINANCES**Jun 26 YTD 26****Income**

Literature/Merchandise \$2,961 \$27,891

Group Contributions 7,714 \$18,718

AA Birthdays 40

Faithful Five

Individual/Anonymous 357 862

Total Income 11,072 47,470**Expenses**

Bank/Credit Card Fees 115 575

Licenses/Permits - 70

Office Supplies 320 2,727

Office Improve/Repair -

www Hosting - 270

Payroll 2,425 14,550

Payroll Tax -

Postage - 21

Printing - 2,434

Purchases/Lit./Merch. 3,416 18,860

Insurance -

Rent 500 3,000

Sales Tax 631 2,091

Telephone/www 309 1,613

Utilities 100 600

Computer Equipment - -

Computer Software 148 844

Membership - 200

Licenses / Memberships - 270

Accounting Services - 1,389

Total Expenses 8,861 49,286**Net Ordinary Income** \$2,211 (\$1,816)

Gratitude Dinner Tickets -

Raffle Ticket Sales

Gratitude Expenses -

NET OTHER INCOME -**NET INCOME** \$2,211 (\$1,816)

**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>May 26</u>	<u>YTD26</u>
Group #510367.....	0.....	321
Group #1092618.....	0.....	304
11th Step Prayer & Meditation Bonita	0.....	123
Beach Bums	0.....	700
Big Book Comes Alive	0.....	300
Big Book Steppers Bonita	0.....	60
Big Book Steppers Naples	90.....	210
Bonita Banyon.....	0.....	100
Bonita Friday Joe & Charlie	61.....	194
Bonita Springs 96395.....	0.....	342
Bonita Hapy Hour.....	0.....	247
Bonita Springs One Day At A Time	150.....	330
Bonita Springs Women's Meeting.....	0.....	200
Brown Bag Group	315.....	729
Cake Meeting	0.....	50
Common Solutions Naples.....	0.....	1,170
Daily Reflections ZOOM	0.....	230
Early Risers.....	500.....	500
Easy Does It	0.....	1,250
Friday Night Lights	400.....	600
Gratitude Hour	325.....	325
Happy Healers	535.....	535
Jaywalkers.....	0.....	51
Keep It Simple.....	0.....	321
Meeting In The Park	182.....	653
Men Of Naples	70.....	278
Monday Daily Reflections	11.....	88
Naples Group	0.....	800
Naples Men Big Book Study.....	0.....	99
Naples Nooners	795.....	795
New Attitude Group (1150040010).....	490.....	490
New Dawn.....	0.....	884
On Awakening	20.....	20
Primary Purpose	3,500.....	3,500
SOS Meeting	0.....	50
Saturday Nite Discussion BS	700.....	700

<u>Group/Meeting</u>	<u>May 26</u>	<u>YTD26</u>
Tuesday BS Young People	0.....	286
Veranda.....	13.....	80
Wanderers.....	86.....	214
We Care.....	0.....	113
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

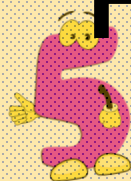
Did you know you can share your sobriety and gratitude in a practical way by joining the AA Birthday Club? Sign up today and be featured in the *Courier*. Show your support for your Central Office. A donation of only one dollar for every year of your sobriety will help carry the message to alcoholics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



Rick G.	55 years
Paul B.	54 years
Ronnie P.	51 years
Ron L.	47 years
Jackie G.	39 years
Bill D.	38 years
Merle B.	38 years
Michael L.	36 years
Dennis F.	35 years
Rad W.	35 years
Judy W.	34 years
Steve K.	32 years
Bill S.	24 years
Ken H.	24 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
chair@district20aa.org

Alt. Chair:

Tom D. 845/230-6780
tomadavison@yahoo.com

Registrar:

Scott N., 262/374-2269
registrar@district20aa.org

Treasurer

Bob A., 440/667-4372
treasurer@district20aa.org

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 @ 24 Hour Club
1509 Pine Ridge Road

Current Practices

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

Grapevine / Literature

Lauren F. 220-2792
laurenfrosh@comcast.net
Mary A. 630/215-5091
mjadams12@gmail.com
Business meeting the third
Tuesday of each month at
5:30 p.m., 24 Hour Club

Institutions

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

Public Information/CPC

Leonard H., 239/315-6120
leonardheller1@gmail.com
3rd Friday of each month,
at 6:00pm, Serenity Club

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
Twenty-Four Hour
Club
1509 Pine Ridge Road

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
mmetchear@aol.com

WILLOUGH

Sunday, Monday and
Thursday
7:00pm
Peggy E., 269-7651
marco-
angel2000@gmail.com

HAZELDEN

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

BRIDGING THE GAP

Joe S., 845/554-8721
joeascalai@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:

Service Opportunity

Interim Chair:

Robert C. 784-8514
bcrowe616@aol.com

Treasurer:

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

Secretary:

Jasmine C., 220-7798
jasmineyenter@yahoo.com

Members at Large:

Service Opportunities

Office Manager:

Ken Helton
1509-B Pine Ridge Road
Naples, Florida 34109-2198
naplesintergroup@yahoo.com
Office: 239-262-6535
Cell: 239/963-7820
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.,
Caroline H., Carrie W., Gay
S., Geoff S., James S., Joe
S., Natacha A., Peggy E.,
Ralph B., Vicki M. ... 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