



Tri-County Central Office News

Each Day I can Measure My Life By Trying To Do A Little Better

A Monthly Newsletter of the Tri-County Central Office, Inc.
8019 North Himes Avenue Ste. 104, Tampa, Florida 33614-2763

December, 2009

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CORN DIET

Let's be realistic and down-to-earth. What are the three corniest words in the English language? Millions of people have said them down through the ages. Millions more will continue to do so. The three words are: "I Love You." A fellow says them to a girl, she replies in kind, and they get married. What happens? A new life is started, another home established, children frequently bless the marriage, and there is a new kind of happiness and understanding. All from the three corniest words in the English language. Let's bring it down to AA. Over and over again, new members (and some older ones) shrink from the three remarkably simple and miraculously curative AA slogans—First Things First, Easy Does It, Live and Let Live. "Corny!" is the label scathingly applied to them. Now what have these slogans done for me? At the top of my AA "corn diet," I place Easy Does It. It's practice, after repeated failures, eventually placed a check-rein on my quick temper, curbed my impulsive emotions, softened the rough side of my sarcastic tongue, gave me clarity of mind and physical relaxation. Nothing else in the program could have accomplished so much, at the beginning, for a bewildered and harassed man like me. How childish and immature First Things First sounded! I resented such a kindergarten admonition and scorned the members who suggested it to me. Then desperation forced me to try it. It didn't work, of course, until I had lots of practice in its personal application. Thanks be for the pure, unadulterated "corn" in First Things First. It brought orderliness and proper sequence into my sober life, replacing alcoholic dilly-dallying and confusion. I had to do one thing at a time—the most important to me as of that moment—and I did it in each instance to the best of my ability. And bless the person who thought of Live and Let Live. Like many others, my home was the last place to feel the benefits of my sobriety. Until the day my wife said to me, "How about a little of the Live and Let Live with me and your sons? You're considered so charming in your group and you're such a devil at home!" Like the couples who get married because of the three corniest words in the English language we, too, can establish a new way of life and develop happiness and a better knowledge of ourselves and others with these wonderfully simple and productive slogans. Let's not underrate their value to us. Let's not pass them by because they

**From the Central Office
SERVICE DESK**
A total of 618 phone calls were made to the Central Office in OCTOBER
253 for info on AA,
2 for info on Al-Anon,
6 messages for other inquiries,
2 requesting a Twelfth Step call, 355 after Office Hours calls. There were 227 walk-ins visits as well.

seem so ordinary and elementary and beneath our "superior intelligence." If your existence is confused and complex (as mine was) though you're sober now, start today or tonight to simplify it by planting a few kernels of "corn" (slogans) in your mind and your heart. And then watch yourself grow in serenity, courage and wisdom.
J.F., Elmhurst, Long Island Group
Reprint Permission/ AA Grapevine
December 1954

THE FIRST CHRISTMAS

At last the long day was at an end. He switched off the lights, checked the doors...the Christmas Eve business was over for another year. What a day! Rush, rush, rush! As the hours dragged on he swore he'd just have to have a drink. He'd only been in AA seven months but he'd always said, "If I can ever get through Christmas Eve, I know I can make it!" It had been close. At noon when he went out to lunch and Milt, home from the city for the holiday, had begged him to have just one, he should have told him then and there that he was all through with drinking, that he'd joined AA, but he was afraid of being kidded. He'd come up with that old one about not being able to drink because he had to go back to work. As the day wore on liquor had started to show its power. Several customers had been feeling very, very jolly indeed. There'd been a lot of the "old pal, old pal, and remember when" stuff. Once in the late afternoon that wild craving for a drink had started, along with a sort of crazy feeling of being left out. What the hell! Who cared—certainly not Millie. There was a girl who, when she was through, she was through. And she'd done a good job of turning the kids against him. Damn her anyway! This staying sober...what for? What good is money if you don't have any fun? This sort of thing had gone on for about an hour and then passed. He'd seen an old friend come in, pitifully drunk, wasted, beaten, pathetic, and that old phrase, "There but for the grace of God—" came to him. Sort of scared him. From then on he'd been all right. He left the store and walked down the long street. On every side were the bright lights of Christmas. He dropped in for coffee and then was when it happened. A big lumbering drunk, one he'd quarreled with back in his drinking days came over to the counter, waving a bottle. He yelled, loud enough for everyone to hear, even above the din, "So here's our little AA boy! Don't know what that means, fellows? It's Alcoholics Abominous—har—har—har! Well, I'm gonna' pour a drink down the snug little b——d's throat!" The open bottle came close...he caught a whiff of scotch and for an instant a mad desire to grab it flashed through his mind. Humiliation, anger, fear, all crowded in. Well, they talk in AA about a Higher Power...just at that moment he appeared, in the form of the manager who, with a sharp "Break it up, boys! Stopped the performance. In the turmoil he made the street. A sickening sense of shame swept over him. So this was contented sobriety, this, the pur, white light of a better way of life. Damn the cursed devils, damn everything, damn everyone! Hate, resentment, tore at his soul. Why not—why not drink? Who cares? Only fools and weaklings stay sober on Christmas Eve. Somehow, it must have been the Higher Power at work again, he got home. He was shaking and he could feel the perspiration breaking out all over his body, just like a hangover. Quickly he locked and bolted the door and went up to bed. A little AA book lay on a chair and he opened it at a favorite reading.

Continued page 3

**TBAIC - District 2 - Hillsborough & East Pasco Counties
 (877) AATAMPA or (877) 228-2672!**

Hello everybody! My name is Kelly K. and I am an alcoholic. I hope everyone had a good holiday!

Men's Falkenburg Coordinator: Buddy H. reports everything is going great as usual at Falkenburg. The next orientation will be January 9th for anyone who is interested in getting involved.

Hillsborough Women's Jails Coordinator: Lindsay T. reports everything is going good. She has about five girls to follow-up with that are interested in getting involved.

Men's Orient Road Jail Coordinator: Paul D reports that orient rd is business as usual. Is going to call to make sure the chair is prepared for thanksgiving.

Juvenile Coordinator: Brian B. could not attend but reports that all of his meetings are looking good. He and wife Heather B. just had their first child; he is very happy and healthy. They thank everyone for their support.

Rob T. also could not attend but reports that all meetings are being covered at both Acts Detox and Town and Country. He is however looking for a chair on Wednesday's 12:30PM meeting at Acts Detox and one for the 7:30PM ARC meeting in Drew Park.

East Pasco Women's Coordinator: Cathy C. could not attend this month but reports that all meetings are covered and well-attended. The new building at Land O Lakes has opened. Tom is also trying to get a Pasco Men's Coordinator. He has sent some information out and needs to follow-up.

Also, we have a new face to work with

In Love & Service,
 Kelly K.

Treasurers Report – November 21, 2009

Pink Can Donations YTD 2009	\$17,396.42
Less Prudent Reserve	- \$300.00
Less YTD Literature	- \$15,316.64
Less YTD Expenses	-\$329.92
Pink Can Current Balance	\$1,449.86

Next Committee Meetings
 December 19th and January 23rd at the Tri-County Central Office (near Himes & Waters). If you need more specific directions please call Tim @ 813-933-9123. The meeting usually lasts about an hour and it is the best way to get involved with service work in Detox/ Treatment/Jail/Prison facilities. If you would like to join our committee **PLEASE COME!!!!!!!!!!!!!!!**

Pink Can Drive
 Our committee is 100% self supporting and receives no funds from the traditional pie charts or District 2 in accordance with our group conscious. If your home group has not made a pink can donation recently or if you are able to send an additional donation this year ... We will put it to great use!

TBAIC, PO Box 26242, Tampa FL 33623
 Thank you to those groups who have sent in a donation this Month: Big Book Noon (Club 3333), Gifts of Sobriety Group. Midday Matinee, Monday Night Men's As Bill Sees It, Odessa Sunday Group, Rainbow Recovery Group, Sisters in Sobriety, Sobriety, Solution Group, Tampa Bay Young Peoples Group, Thursday Night There Is A Solution Group (Club 3333), Wellspring Recovery Group, Yana 545 Happy Hour.

Current Service Opportunities
 Men's Pasco Jail Coordinator...*Call Jack M.*
813-417-9945

TBAIC 2009 Committee Members	
Tom F. - Chair	813-818-4439
Buddy H. - Alt Chair	813-871-2514
Lloyd O.—Treasurer	813-748-9116
Kelly K. – Secretary	813-313-0387
Dick D. - Hills Jails - Emeritus	813-254-4423
Paul D. – Men's Orient Rd	727-385-5529
Buddy H. – Men's Falkenburg	813-871-2514
Lindsay T.– Hills Women's Jails	813-326-5408
Rob T. - Detox	813-453-6059
Nikki S.—Detox	727-686-8857
Jill J. – HCI Women's Prison	813-349-7048
Open - E Pasco Jail - Mens	
Cathleen C. - E Pasco Jail - Women's	813-727-1415
Tom D. - E Pasco Prison	813-782-7209
Barbie R. - Treatment	727-804-3229
Jack S. - Bridge The Gap	813-598-4717
Joe L. - Pre-Release	813-918-3489
Brian B.- Juvenile	760-215-2993
Heather B.—Juvenile	760-828-5394

RED CHIP DAY

Sunday November 15th, 2009 the annual Red Chip Day was held at the Apostles Lutheran Church in Brandon. For those of you who don't get out much to these kind of events or maybe you're just not familiar with Red Chip Day, let's just say, you missed another old-fashioned good time. This is one of those events when the local old-timers come out for a day of celebration and anyone with one minute or decades of sobriety is welcomed to attend. Lee Y. from Orlando was the guest speaker and what a great story about the recovery from alcoholism. This was followed by a sobriety countdown, a raffle and lots and of good eats. Total sobriety for all those who attended were **1800 years, 8 months and 23 days**. If you weren't there—You missed it!!! Sorry! All proceeds from the event (to benefit Central Office) after expenses came to a total of \$ 446.82.

Jackie from the District 2 Special Needs Committee and Judy from the District 2 Literature Committee were both there with excellent displays representing their respective Committees.

We would like to thank the following groups for their time, money and good positive energy into making this a memorial event for all who attended:

- The Friday Night Spiritual Growth Group**
- The Brandon Big Book Group**
- The Valrico/Brandon Wednesday Night Group**
- The Sisters in Sobriety Group**
- The Brandon Saturday Night Group**
- The Sunday Kingsway Group**
- The Friday Morning Valrico Group**
- The Expect a Miracle Group**
- and**
- The New Beginnings Group**

We would also like to especially thank **Martha** (a Brandon Al-Anon Old-Timer) for coming all the way down from Tennessee just to set up the speakers taping and do the Raffle. That's Commitment!!!

Recovery-Unity-Service, at it's finest. Thank you to all from Central Office!!!



THE FIRST CHRISTMAS...continued from page one

As he read a sort of peace descended upon him, for it said "In a race, it is when the goal is in sight that heart and nerves and muscles and courage are strained almost to the breaking point. So with us. The goal of the spiritual life is in sight. All we need is the final effort. The saddest records made by men are those who ran well, with brave, stout hearts, until in sight of the goal and then some weakness or self-indulgence held them back. They never knew how near the goal they were or how near they were to victory." He closed the book and knelt and prayed, "I thank you, God, for saving me from myself today." He clicked off the bed light and lay relaxed. And then, a feeling of excitement and jubilation hit him, a sense of victory. All at once he knew he'd made it... The First Christmas"—in AA!

H.C., Mount Forest, Ontario, Canada

Reprint Permission / AA Grapevine / December /1954

Coffee John says: Happy and Safe Holidays. May all your Coffee be Rich and Flavorable.

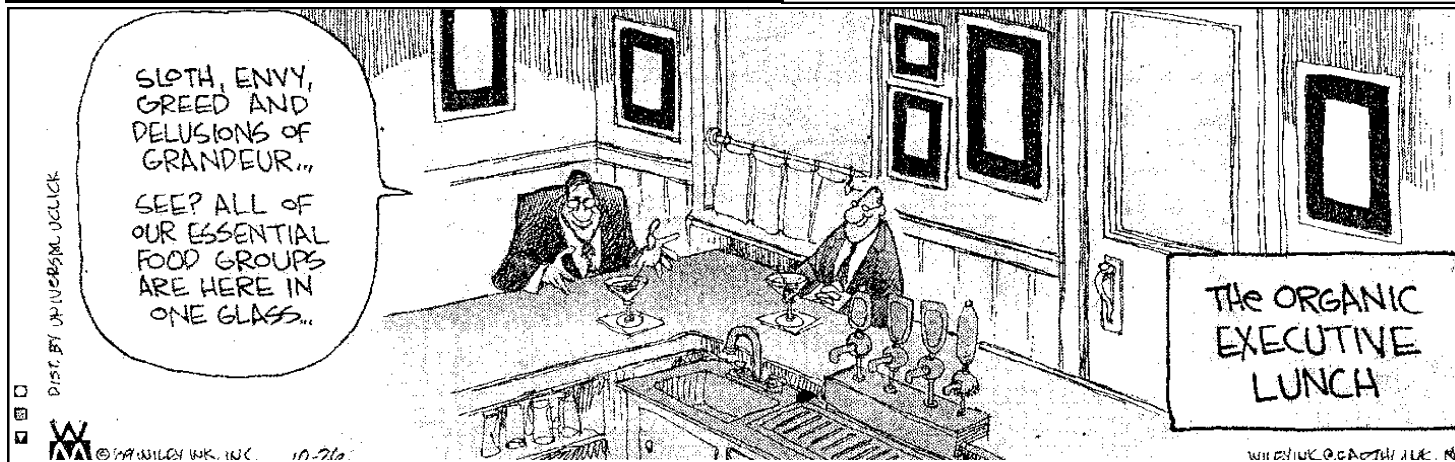
Back in October, **the Old School Group** hosted an All Groups Meeting up in the Lutz area. We would like to thank them for their generous contribution of \$ 297.03 that they were able to raise from the benefit. Thank you for all your hard work and effort.

THANKS!!! 😊👋

Since we are in a thankful mood. We certainly can't forget the **Tampa Bay Young People's Group** for their generous contribution of \$ 317.50 from the All Groups Meeting they hosted in November. Again, thank you for all your hard work and effort.

THANKS!!! 😊👋

Central Office provides a number of services acting as a clearing house for the convenience of members and groups, provides phone service for twelfth step calls and other inquires, helps with the coordination of group activities and keeps track of meeting times and changes and the printing of the schedules. We also edit and print our monthly newsletter. In addition we sell all Alcoholics Anonymous General Service Conference Approved Literature and some other materials requested by our AA members. Thanks to everyone for another successful year!!!!



NOTES FROM INSIDE THE CENTRAL OFFICE

November 10th, 2009 the Board of Directors for Central Office met:
BOARD MEMBERS REPRESENTING GROUP

PAUL G. CHAIRPERSON	SOBER @ 7 GROUP
RICK D. VICE-CHAIR	EARLY RISERS GROUP
CATHY K. TREASURER	SOBRIETY @ SUNRISE GROUP
OPEN———BOARD MEMBER	
MOLLY J. BOARD MEMBER	NORTH TAMPA YOUNG & RESTLESS GROUP
Un-Excused BOARD MEMBER	RIVERSIDE GROUP
JANIE M. BOARD MEMBER	CAME TO BELIEVE GROUP
Un-Excused BOARD MEMBER	BRANDON/VALRICO GROUP
Excused BOARD MEMBER	NEW BEGINNINGS GROUP
CINDY H. BOARD MEMBER	HELPING HANDS GROUP
AL B. ADVISOR TO THE CHAIR	DRUID HILLS GROUP

The Board meeting opened in the usual matter with the Serenity Prayer followed with Paul G. asking everyone to make sure their cell phones were turned down or off. Cindy H. read the October minutes and Molly J. noted a misprint in the spelling of her group's name. Cathy K. our Treasurer noted that we had plenty of money in the bank, everything looked okay. In old business, updates and questions were expressed in connection with the upcoming Anniversary Dinner in February. Again there was much discussion on what to serve, the pricing of the dinner, should the ticket for the dinner be called a donation or a contribution, do we have plenty of paper towels, etc., etc., etc. After much discussion a motion was made to reduce the price of the ticket for the dinner from \$15.00 to \$10.00. This motion passed. Discussion then turned to the Softball Tournament just held in October. Again there seems there was a little bit too much controversy expressed from some groups about too much name calling and profanity and if some of the teams members were actually in AA. Paul then expressed his views that perhaps we were losing the spirit of the reason behind the softball tournaments—namely—as a fund-raiser for Central Office and a family-oriented event for our AA members. Someone expressed the idea that if we can't act accordingly, maybe Central Office shouldn't do any more tournaments. Tim expressed perhaps putting together better guidelines for the teams to follow. More to be discussed on this later. In new business the annual Physical Inventory was discussed. It was decided to hold the inventory on Saturday, January 9th, 2010, starting at 9:00am in the morning. The Office will be closed for regular business. Discussion was brought to the table by Al B. about Christmas bonuses for the Office Manager, the Office part-time helper Keith and both of the contract laborers who man the after hour phones. After some discussion about if we could afford it, this was tabled until Paul could talk with the Accountant to see how we stood as it related to finances. Rick D. announced that his group and the other groups from Joe's Club would be hosting an All Groups Meeting later this month, November 22, 2009. Everyone was invited to attend. Red Chip Day was also announced.

November 10th, 2009 the Central Office Representatives met:
COUNCIL MEMBERS REPRESENTING GROUP

STEVE T.	DRUID HILLS GROUP
DEBBIE M.	D-2 CENTRAL OFFICE LIAISON
HIRAN H.	LIVE 7 LET LIVE GROUP
TONY P.	SUNSHINE GROUP
BUDDY H.	MORNING MEDITATION GROUP
DYANN D.	NIGHTLY NEWCOMERS GROUP
STEVE J.	ODESSA GROUP
TONY J.	MORNING MIRACLES GROUP
GARY N.	SAFE HAVEN GROUP
SANDY S.	CAME TO BELIEVE GROUP
VIVIAN J.	FREEDOM IN SOBRIETY GROUP
JACK M.	WELLSPRING GROUP
JOHN W.	KEEP IT SIMPLE MEN'S GROUP
STUART S.	EXPECT A MIRACLE GROUP
JOHN F.	LIFE ENRICHMENT GROUP
JUNE T.	SOBRENITY GROUP
KITTY W.	MUSTARD SEED GROUP
JOHN G.	TAMPA PALMS BIG BOOK GROUP
JOHN A.	OLD SCHOOL GROUP
EARLE W.	NOON BIG BOOK GROUP
JOHN DP	AS BILL SEES IT GROUP
FRED L.	TEMPLE TERRACE MEN'S GROUP
CARLOS M.	5:45 NEW BEGINNINGS GROUP

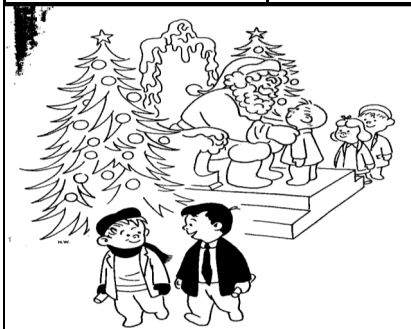
The Council Meeting was much like the Board meeting with lots of discussion about the Anniversary Dinner. The date for the Dinner is February 13th, 2010 at Christ the King Church. More details to follow very soon, as soon as the menu and the speaker (s) have been decided on. Tickets are \$10.00 and there will be limited seating. Buddy announced that the Softball Tournament went well and he had a great time and they are thinking of doing another one in February. The winners of the October Tournament were the Red Door Group, so congrats go out to them. Buddy also announced the upcoming Jail Orientation, January 9th, 2010. The same day as the Physical Inventory and the Quarterly over in St. Pete. Debbie M. announced that they could use lots of volunteers for the April Quarterly that we will be hosting in April. She also noted that she will be doing the Hospitality House again would like lots of help. Jack M. announced that the Wellspring Group was have an Anniversary Picnic November 21st. Everyone is invited.

ANNIVERSARY TIME

GROUP	Honors To	Date	Years
SATURDAY NIGHT LIVE GROUP	MARY R.	10/21/83	26 YRS
MORNING MIRACLES GROUP	FREDDIE H.	11/05/98	11 YRS
EXPECT A MIRACLE GROUP	MELISSA C.	12/15/07	2 YRS
EXPECT A MIRACLE GROUP	FRED B.	12/15/92	17 YRS
KEYSTONE GROUP	BILL B.	12/03/03	6 YRS
KEYSTONE GROUP	BETSY	12/18/02	7 YRS
RUSH HOUR SERENITY GROUP	KAREN H.	12/27/84	25 YRS
CAME TO BELIEVE GROUP	CHERIE B.	12/09/08	1 YR
CAME TO BELIEVE GROUP	ANN L.	12/05/07	2 YRS
CAME TO BELIEVE GROUP	BILL M.	12/15/85	24 YRS
CAME TO BELIEVE GROUP	JUAN A.	12/04/85	24 YRS
INTO ACTION GROUP	BRAD R.	12/17/01	8 YRS
INTO ACTION GROUP	LYNN P.	12/26/93	16 YRS
INTO ACTION GROUP	BETTIE W.	12/17/79	30 YRS
WESLEY CHAPEL GROUP	CORK F.	12/19/90	19 YRS

A BIRTHDAY PLAN SUPPORTER TO CENTRAL OFFICE
ONE DOLLAR FOR EACH YEAR OF SOBRIETY

Honors To	Date	Years
MARY R.	10/21/83	26 YRS
FREDDIE H.	11/05/98	11 YRS
CORK F.	12/19/90	19 YRS



"I detected a new note of sincerity in his Ho! Ho! Ho! I think he's off the sauce."

"Mr. Miller wasn't as generous this Christmas. Says he's in AA, whatever that is."

Dedicated to the lighter side of our common problem:

A newspaper, asserts Bar-Less, was running a competition to discover the most high-principled, sober, well-behaved local citizen. Among the entries was one reading: "I don't smoke, touch intoxicants or gamble. I am faithful to my wife and never look at another woman. I am hard-working, quiet and obedient. I never go to the movies or the theater, and I go to bed early every night and rise with the dawn. I attend chapel regularly without fail. I've been like this for the last three years. But just wait until next spring, when they let me out of here."

SOBERSTOCK 2010
March 19th, 20th & 21st

Soberstock is a 3 day event in Odessa, Florida in March every year. Odessa is actually a small town located northwest of Tampa. It is slightly remote, yet still within a 15 minute drive to Tampa for your convenience. There is currently a 9 member committee that is comprised of AA members that organizes this event. If you would like to help us, go to www.soberstock.com

This year's event (March 19th, 20th & 21st 2010) will be held at Scout World - Camp Owen J. Brorein 16901 Boy Scout Rd. Odessa, FL Scout World is a "Tents Only" facility, with over 70 acres of beautiful shaded property. Soberstock has speakers from A.A. during the weekend in our Dining Hall, and we also have "open" meetings throughout the weekend.

Now for the twist... in addition to AA speakers, we also have live music from several bands on the west side of the camp. This area can hold 2000 people comfortably. The music will be all different styles from recovery-based music to classic rock, blues, metal, country, folk & more. If you are in a band, or know any AA bands that may be interested in performing at this event, contact us.

SoberStock is open to all A.A.'s and their families/friends. However, in accordance with the 7th tradition, we do not accept outside contributions, so we ask that only AA members purchase tickets. You are welcome to bring children with you, however, we ask that you not bring them into the meetings unless you are able to keep them quiet as a courtesy to others. There is fishing (YOU WILL NEED A VALID FISHING LICENSE), soccer, volleyball, football and more, so there are plenty of things to do. We do not provide daycare. Sorry, NO PETS ALLOWED, NO RV's OR CAMPERs and no driving allowed on the campgrounds. The campsites at SoberStock do NOT have electricity, so be sure to keep that in mind when coming to camp. YOU ARE NOT ALLOWED TO RUN EXTENSION CORDS OF ANY KIND FOR ANY REASON ON THE CAMPGROUNDS. Also, campfires cannot be simply started near your tents, however, you will be able to put your tents near the designated campfires. There are bathroom facilities for men & women and these facilities do have showers. Most of the campsite areas are relatively close to the bathroom facilities. This year, we will be opening up more parking areas INSIDE the camp, but if you are going to be parking IN the camp area, you will have to keep your car in that area for the weekend, to minimize traffic going in and out of the camp. The food being served at Soberstock will be basic "Campground" style eats. Hot Dogs, Hamburgers, etc. Sandwiches only on Friday and "Continental Breakfast" (Fruits, muffins etc.) on Saturday and Sunday morning. Be sure to see our [Event Schedule](http://www.soberstock.com) for more details at www.soberstock.com

MORE NEWS AROUND TOWN

**THE OLD SCHOOL GROUP
INVITES YOU TO THEIR
8th ANNIVERSARY GRATITUDE
DINNER**

AND SPEAKER MEETING

January 16th, 2010

Christ the King Church

821 South Dale Mabry

Tampa, Florida

**Guest Speaker: Joe McC from
Oklahoma**

of the Joe & Charlie Big Book Study

Tickets: \$15.00 for the Catered Dinner

6:00 pm--Gratitude Dinner

**There will be a total of 350 total seats
available for the Dinner**

8:00pm--AA speaker Meeting

**Only 750 total seats available for the
Speaker Meeting**

**Those who attended the Gratitude
Dinner will be seated**

**in the main room with the Speaker,
Once this room is filled**

**all others will be seated in the
over-flow room.**

**Audio & Video Monitor in the
over-flow room.**

Get your Tickets Now!!!

**Available from Alex @ the Old School
Group**

or Tri-County Central Office

**Proceeds go to Benefit the
Central Office**

**Special Needs Committee
NEW TIME-NEW LOCATION**

For info: Committee Meeting meets the first Saturday of
the month at 12:30 pm, Noon at Joe's Club
11601 Downs Loop, Riverview, FL. 33578

For info: 210-4865

Tri-County Central Office will be doing it's yearly
Physical Inventory—January 9th, 2010 at the Central
Office. If you would like to do some service work and help
us out, be at the Office at 9:00 am. It usually takes us up to
12:00 noon to complete the task. We will be counting ALL
items that we have in the inventory. If the mood strikes
you, you can also bring some dough-nuts to share with the
rest of us...:) Coffee and good Fellowship will be provided.

Please note to all AA members...**the Office will be closed:**

Christmas Eve-Thursday- December 24th, 2009

Christmas Day-Friday- December 25th, 2009

New Years Eve-Thursday-December 31st, 2009

New Years Day-Friday— January 01st, 2010

**However, the phones will be active for information and
12 step request and the Office will be open both of those
following Saturdays.**

“Tri-County Central Office News” is a monthly
newsletter of AA in Hillsborough and East Pasco County
and the Tri-County Central Office of Alcoholics
Anonymous. It is about, by and for members of the AA
Fellowship. **Opinions expressed herein are not to be
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descriptions of personal experiences (NO poetry, please)
which should be sent to: **Editor, Tri-County Central
Office, 8019 N. Himes Avenue Ste. 104 Tampa, FL.
33614-2763**

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