



Tri-County Central Office News

A Monthly Newsletter of the Tri-County Central Office, Inc.
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June, 2020

STEP SIX TIMING IS IMPORTANT

Having almost ordered a drink at five months sober, I was rightfully terrified during a visit with a new sponsor—we immediately went through the first three Steps. My second visit, the next Saturday, I was still in tremendous fear which provided me with willingness to go to any lengths to find secure sobriety. Consequently, I felt completely willing, in Step Six, to allow God to remove whatever defects of character might make me drink. If this would have happened months later, I may not have felt that way. I will be eternally grateful that my new sponsor followed the timing suggestions of the Big Book.

Steps Five, Six and Seven are often considered the “same day steps.” The Big Book “timetable” certainly connects them in a timely series, e.g.: Step Four (*at once*, after Step three); Step Five (*at first opportunity* after Step four completion), Step Six (*Then*, not later; and Seven (*When ready*, when Step six is completed). This may seem a bit fast, but I am always reminded that Dr. Bob took Earl T. through the “*six step program as it was at that time*” in three or four hours. (p. 263).

I have not had to drink since! Now, when sponsoring, I try to also “Strike while the iron is hot! I got sober in southern California; back then if you had less than thirty days you were asked to raise your hand. When I was new, one of my newcomer friends enthusiastically jerked his hand in the air at first meeting—the next week a little less and then—you guessed it—not at all. He later informed that these AAs are too fanatic; he and his friend simply go to the bar, drink a few beers, and discuss sobriety. Poor guy was facing years in prison. I never saw him again, but his story makes the point.

I spent much of my youth in a pool room atmosphere and other dens of iniquity. Much of such language followed me into AA. Yes, that I was willing to face and be rid of, plus smoking, bragging, and maybe all they things my sponsor had pointed out to me just a few minutes earlier in Step Five. Of course, this was only a beginning, many more defects were to be discovered later.

Step Six is only two short paragraphs in the Big Book, but for me it was a vitally important beginning. I need to be **willing** to face and be rid my character defects soon as they pop up!
Bob S

UNDERSTANDING THE SIXTH STEP

According to the AA Twelve & Twelve, “This is the Step that separates the men from the boys.” And, it should be added, the women from the girls. Step Six addresses the issue of our readiness to have removed the defects of character that we have identified in Step Four and that we admitted to God, to ourselves, and to another human being in Step Five. After the rigors of the two preceding Steps, this Step seems, at first glance, to be quick and easy. Not much is required emotionally and spiritually. This Step asks us whether or not we are entirely willing to have God remove all our defects of character. Are we willing, in other words, to behave differently from the way we have in the past? Are we willing to change ourselves and to be changed? The AA Big Book puts it this way, “Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can (God) now take them all—every one?” If we are not willing, we are faced again with self-will. We are once more insisting on our own way, even when that way is destructive.

Step Six is about willingness. As we have experienced before, if we do not recognize a problem, we cannot solve it. Step Six allows us to see the problem. It focuses our attention on our unwillingness to give up the defects of character that we enjoy (such as self-righteous anger and feeling superior toward others). This recognition of the problem enables us to do something about it. “At the very least, we shall have to come to grips with some of our worse character defects and take action toward their removal as quickly as we can,” suggests the AA Twelve & Twelve. “Delay is dangerous, and rebellion may be fatal. This is the exact point at which we abandon limited objectives, and move toward God’s will for us.” Self-will in the form of our character defects causes a lot of pain that we could otherwise avoid. A review of our Fourth Step inventory is proof enough of that. Even more important, our character defects can lead us back to our addictions or compulsions and their nightmarish consequences. The AA Twelve & Twelve describes our character defects as “flaws which must be dealt with to prevent a retreat into alcoholism.” It is urgent, therefore, that we deal with these defects of character. Given that urgency, Step Six can be confusing because it seems to demand perfection. The phrase “entirely ready” is the sticking point. Who among us is entirely ready to have our defects of character removed? If we are not entirely ready, have we truly taken this Step? The AA Twelve & Twelve offers this interpretation: “The key words “entirely ready” underline the fact that we want to aim at the very best we know or can learn. “How many of us have this degree of readiness? In an absolute sense practically nobody has it. The best we can do, with all the honesty that we can summon, is try to have it. Even then the best of us will discover to our dismay that there is always a sticking point, a point at which we say, “No, I can’t give this up yet.” The AA Twelve & Twelve assures us, “ Only Step One,

The young salesman approached the farmer and began to talk excitedly about the book he was carrying. “This book will tell you everything you need to know about farming,” the young man said enthusiastically. “It tells you when to sow and when to reap. It tells you about the weather, what to expect and when to expect it. This book tells you all you need to know.”

“Young man,” the farmer said, “that’s not the problem. I know everything that is in that book. My problem is doing it.”

Spirituality involves not just talking about something, not just reading about or considering something, not even just doing something; it involves actually experiencing life in a new way.....

District 2 - Tampa Bay Area Institutions Committee covering Hillsborough & East Pasco Counties

CONTACT---(877) AATAMPA or (877) 228-2672

Special note: TBAIC literature is available for distribution at the TBAIC meeting which is usually held the second Saturday of each month or the 4th Thursday of the month from 5:50 pm to 6:50 pm at the Tri-County Central Office.) Please use the sign-out sheet when obtaining materials.

DUE TO COVID-19, THERE WAS NO MAY MEETING AT THE CENTRAL OFFICE

At this time of this printing, there has been no confirmation on a June meeting. Call the number listed at the top of the page.

Stay Safe, Sound & Sober.

The Corrections Committee needs all types of volunteers. They need people to attend meetings in the facilities, people to help spread the word about this type of service work. It is okay if you have never been to jail yourself! You can still help. You can still carry A.A.'s message of hope to an alcoholic who is incarcerated. Let's face it: many of us who have never been arrested just never got caught!

Tentative Our Next Committee Meeting
June 13th, 2020 9:30 AM on 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 last Month:

TBAIC Contributions (April 12th - May 9th):
Keep It Simple, Pass It On Group - \$33.00,
Meeting Place (Land O Lakes) Group - \$464.10,
TGIS Group (Women) - \$28.60.

TBAIC 2019-2020 Committee Members
 Contact: (877) AATAMPA or (877) 228-2672
www.tbaic.org

Position	Name
Chair	Allan D.
Chair (Alt.)	Ruth N.
Treasurer	Scott S.
Treasurer (Alt.)	OPEN
Secretary	Larry B.
Secretary (Alt.)	Nancy B.
Hills Jails	OPEN
Hillsborough County Jail	Buddy H.
Hills Women's Jails	OPEN
Detox & Treatment	Ed D.
E. Pasco Jail-Women's	Ruth N.
E. Pasco Prison	Chris D.
Women's Bridge the Gap	Amanda L.
Men's Bridge the Gap	Tom F.
Pre-release	OPEN
Juvenile	OPEN

YTD Contributions to TBAIC	\$ 8,483.79
Pink Can Balance 12/31/17	\$ 9,391.54
YTD Money Spent on Literature	\$ 10,210.54
YTD Expenses	\$ 1,116.18
Pink Can Balance 01/11/2020	\$ 6,498.61

UNDERSTANDING THE SIXTH STEP....from page One

STEP 6 & STEP 7

where we made the 100 percent admission we were powerless over alcohol can be practiced with absolute perfection. The remaining eleven Steps state perfect ideal. They are goals toward which we look, and the measuring sticks by which we estimate our progress. Seen in this light, Step Six is still difficult, but not at all impossible. The only urgent thing is that we make a beginning, and keep trying.” We cannot remove our character defects without the help of our Higher Power. Step Six is never completed because we cannot achieve a perfect willingness to have God remove our defects of character. The development of more and more willingness to have our defects of character removed is a lifetime process. Some days we are more willing than others. On those days more of our defects of character are removed, or they are removed to a greater extend. As with Step Three, we can turn it over and take it back in an endless cycle of my-will/Thy-will indecision. With both Steps, pray for willingness. The impossibility of achieving the Step perfectly, however, does not mean that we should not try to do it as completely as we can. The AA Twelve & Twelve says that the difference in the Sixth Step between “the boys and the men” and the girls and the women is “the difference between striving for a self-determined objective and for the perfect objective which is one of God.” While we can’t practice this Step perfectly, we can practice it with courage and discipline, striving for the ideal of complete readiness. Our character defects cause us pain and suffering no matter how much we love them. The more of them and their manifestations we can be rid of, the happier we will be.

Excerpt from “Twelve Step Sponsorship” by Hamilton B.

Everyone thinks change is based on what you’re going to get, but change has a lot to do with what you’re willing to get rid of—like a hot air balloon that goes up when you throw out the sand. A lot of people don’t want to throw the sand out; they want to keep the sand and still go up.

All the change that comes about through God working in our lives is by our consent and our permission. All the growth that happens, happens through our will and our consent. We have to make the decision. We have to become willing and ready, and we can see it building to the point of change. Steps 6 and 7 are the pinnacle of the program. If we look back at the other Steps and see how they work, we can see that we took them to give us the ability to take Steps 6 and 7, where the changes can really begin. In Step 1 we saw the problem, in Step 2 we saw the solution, in Step 3 we made a decision, and in Step 4 we had to go to work to identify the things that blocked us. In Step 5 we re-examined those blocks, getting down to their exact nature, making sure they were fine-tuned. Now we’re ready to start changing. So Steps 1,2,3,4, and 5 have put us into position for Steps 6 and 7—the changing process. Step 6 is about becoming willing to let go. After all, we have worked for many years with the things in our lives that cause us problems, We have made them a part of our lives. We have worked at our character defects and built them into our personalities! Through the power of Step 4, we have seen how damaging these character defects are. After discussing them further with someone else, we should now be willing to let go of them. But even if we are not willing to let go of them, the Step covers that, too—because we will pray for willingness until it comes. ***(Prayer is useful throughout these Steps)***

But we aren’t ready to let go of some of these character defects (or shortcomings, or whatever we choose to call them). Step 6 is getting the willingness to let go of them. Once we are willing, we ask God to remove them in Step 7. Steps 6 and 7 are companion Steps. They are not Steps to take one after another like the others. They’re Steps we take *beside each other*. That is, we may see our defects gradually, over time, and we will use Steps 6 and 7 as we see them: we will become *willing to let go* of them and ask God *to remove them*. There has been a lot of discussion about these Steps, but they are simple, basic tools of change....***whatever you practice, you become good at.***

Joe McQ (of the Big Book Study Tapes)

The ‘Fill-In’

Office space was hard to find in 1947, especially inexpensive space, and the Grapevine desperately needed a home. (It was three years old and running in the red.) So an ad in the New York Times brought the Grapevine to Anne Rubinstein’s brownstone home on lower Broadway. Anne’s husband, a doctor, had his offices on the first floor; the family lived above; but the basement was for rent. Apparently, Anne liked the three girls on the Grapevine staff, for the magazine got the space for the grand sum of one hundred dollars a month. As the magazine grew, it often needed extra help. Judy Rubinstein filled in after school, and when she went to college, her mother was persuaded to fill in. By now, Mrs. Rubinstein loved her tenants so much that she had a special burglar alarm installed to protect the GV on weekends. The alarm worked, but the robber still made off with the typewriters, all three Rubinstein’s after him in full cry. The police arrived too late. In 1957, ten years later, the Grapevine needed more room and moved uptown, taking Anne Rubinstein along as a regular employee. Now, twenty-two years after the GV rented her basement, Anne is retiring from her job as circulation manager. She is still a little mystified about how a busy doctor’s busy wife happened to become involved with a bunch of AAs when she didn’t need the money, couldn’t spare the time, and had no drinking problem. The Grapevine must have been doing something right!

Reprint Permission/ AA Grapevine/ June 1969



A henpecked husband was heard to say after his third martini, “Give my wife an inch and she thinks she’s a ruler!” After the fifth martini he said, “She’ll never take me alive!”

April 14th, 2020 the Central Office Representatives met:
COUNCIL MEMBERS REPRESENTING GROUP

NOTES		INSIDE THE CENTRAL OFFICE	
April 14	BO'	Board of Directors for Central Office	REPRESENTING GROUP
ROD Q.		SOBER ON SATURDAY GROUP	
JOHN T.		WINGSOBER/PASS IT ON GROUP	
EXCUSED	BO.	WINE & SOBER GROUP	
UNEXCUSED	BOARD	GROUP	
SCOTT G.	BOARD MEM.	GROUP	
RITA Y.	BOARD MEMBER		
OPEN	BOARD MEMBER		

BRISEIDA S.	OLD SCHOOL GROUP
MARGARET S.	CAME TO BELIEVE GROUP
DF	TO IMPROVE OUR CONSCIOUS CONTACT
	SIMPLY SOBRIETY WOMEN'S GROUP
	STEP SISTERS IN SOBRIETY GROUP
BR	ONLY NEWCOMERS GROUP
KATHIE	SOBRIETY GROUP
CARLOS M.	
BRIAN G.	
A.J. C.	KEY
KARA H.	TOWN & C. NIGHT
JEFF P.	TAMPA YPG
KATE R.	NEW HOPE BIG BOOK
STEVE S.	EXPERIENCE, STRENGTH & LOVE GROUP
SUE Z.	CLEAN AIR GROUP
MICHEAL B.	VILLAGE 12 STEP GROUP
JEFF H.	IT'S IN THE BOOK GROUP
MICHEAL J.	KEEP IT SIMPLE MEN'S GROUP
RYAN C.	NEW TAMPA MONDAY NIGHT MEN'S
MARK S.	MONDAY NIGHT MADNESS GROUP
ROD R.	MIDDAY MATINEE GROUP
CHARLES C.	TTF KEEP IT SIMPLE GROUP
DAN	TTF KEEP IT SIMPLE GROUP

*Meeting Cancelled-due to COVID-19
OUTBREAK until further notice*

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OUTBREAK until further notice*

Although many meetings have closed because of the COVID-19 Virus. AA in Tampa is still thriving. Yes, many meetings still continue to meet, also. For those who choose to followed the Stay-at-Home directive, they have a nice alternative, which is the ZOOM meetings. If you go to our web site www.aatampa-area.org and click on the Events Calendar, you will see a host of ZOOM meetings conducted by local AA groups and some state and possibly world-wide. We have posted these meetings as a community service to our AA members. These meetings will be posted until we are out of this current crisis. Afterwards, they will be removed so it will be up to you to gain whatever information you can now, to continue following the ZOOM meetings after we remove them from our website. As far as how to use the Zoom app and how to lock in to meetings, that will have to be on your own determination to learn. Since I don't know how, I can't help you there, sorry, but there are plenty of people you should be able to contact that do know how. Check through the Events calendar for names and numbers or ask around. Also, many local Events have been cancelled until further notice. You can also check out District 2 General Service website for information that they may have, see www.aatampa.org They also have links to many online meetings. Check their website often for local updates.

The Central Office continues to remain open for business and answering the phones and we try to update our website as often as possible as new updates come in. We would ask, if you know what you already need to pick up, call or email us ahead of time and we can have your literature order ready to go when you get here. Many AA members have asked us about contributions...*how can we help when our meeting is not meeting and there is no 7th Tradition Basket to pass around?* Simple, if you want, just make out a check or money to the Central Office and send it in. If you want us to credit the contribution to your Home Group, let us know or you can make it as Anonymous. Whatever you decide.

The main thing to do during this virus outbreak is to keep safe and watch out for the safety of those around you.

For all those who attend the Board and Council meetings we will continue to keep you informed by email on any updates concerning the Central Office. Until it's decided differently, we may possibly cancel our June meeting. Whatever happens, we will try to inform you, well ahead of time, so sit tight and relax. Make your AA meetings often, either at the ones that are still meeting face-to-face or those online. Keep in touch with your sponsor and your AA friends. Remember, our Higher Power is in charge. This too shall pass.... ☺🙌

Why collect 7th Tradition for an online meeting?
Our regular meeting locations still have operating expenses...
Central Office and the General Service Office still have operating expenses such as... Websites – which we may now rely on more than ever! Phone lines, rent and insurance on office space, Utility and other ongoing expenses, Paid Special Workers who deserve our continued support. Their compensation is crucial to their ability to serve us. We realize that even though the immediate need for virtual connections is relatively inexpensive, the real expenses of our fellowship continues. aasfmarin.org

ANNIVERSARY TIME

It Works-It Really Does—Ask them how they did it!!!

GROUP	Honors To	Date	Years
LIVING SOBER AS BILL SEES IT	JOHN T.	0610/85	35 YRS
FRIDAY FRIENDSHIP	DIANE M.	06/21/11	9 YRS
FRIDAY FRIENDSHIP	JERI T.	06/07/10	10 YRS
FRIDAY FRIENDSHIP	KATHIE N.	06/11/79	41 YRS
MON.NIGHT MEN'S B-BELT	ERIC H.	06/28/05	15 YRS
JUST WHAT I WANTED	LINDA C.	06/01/08	12 YRS
JUST WHAT I WANTED	SANDY G.	06/15/93	27 YRS
JUST WHAT I WANTED	LINDA B.	06/09/88	32 YRS
CAME TO BELIEVE GROUP	COLLEEN	06/22/15	5 YRS
CAME TO BELIEVE GROUP	WENDY B.	06/08/15	5 YRS
CAME TO BELIEVE GROUP	BOB P.	06/23/85	35 YRS
RIVERSIDE GROUP	MARCY	06/13/99	21 YRS
MUSTARD SEED GROUP	GENE L.	06/10/78	42 YRS
ON THE WAY HOME	DONNA C.	06/27/06	14 YRS
ON THE WAY HOME	TOM L.	06/18/06	14 YRS
ON THE WAY HOME	LISANN M.	06/06/89	31 YRS
HIDE-A-WAY GROUP	BRIAN B.	06/21/89	31 YRS
STEPPING STONES GROUP	RITA C.	06/28/04	16 YRS
STEPSISTERS IN SOBRIETY	MINDY W.	06/08/93	27 YRS
5:45 HAPPY HOUR GROUP	CHUCK R.	06/21/80	40 YRS
RUSH HOUR GROUP	JAY MCC	06/01/86	34 YRS
SOBER @ 7 GROUP	PETER L.	06/24/00	20 YRS
SOBER @ 7 GROUP	JUDY K.	06/24/93	27 YRS
SOBER @ 7 GROUP	JOHN VI.	06/07/89	31 YRS
YOUR NAME COULD	HAVE	BEEN	HERE
YOUR NAME COULD	HAVE	BEEN	HERE

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

Home Group	Honors To	Date	Years
11th STEP MEDITATION	DEB T.	06/07/90	30 YRS
11th STEP MEDITATION	KAREN McG	06/10/75	45 YRS
NEW WAY WOMEN'S	LORRAINE F.	06/01/88	32 YRS
SOBER @ 7	TOM C.	05/22/80	40 YRS

SELF-SUPPORT-MAY, 2020

© Today in May of 2020 we have 223 Groups with 536 meetings a week. Contributions in May totaled \$ 9,565.38. This accounts for what 35 Groups or individuals in our area have contributed in May. Included we also received \$ 180.00 from 5 members for the Birthday Club. Our total income for May was \$ 16,350.76. Our Total Cost of Goods Sold was \$ 4,907.28. Subtracting the Total Cost of Goods Sold from our May income left us with a Gross Profit of \$ 11,443.48. Our Total Expenses for May were \$ 8,635.37. Subtracting our Expenses from our Gross Profit gave us a Net Income of plus+\$ 2,808.11 for the month of May. We took another big hit in May due to the COVID-19 virus, but fortunately, one Group gave us a very, very generous contribution that took us into the black. As they say in the rooms of AA "this too shall past." No matter *how good or bad* it may appear that we are doing from one month to another, it takes your consistent contributions and support to keep us operating on a steady level. As our AA membership continues to grow in the Tampa Bay area, the demand for more and more material and services continue to expand and we continue to try and strive to keep up with the demand. That is only possible with your continued support . Thank you for all of your support !!!

AAs who carry the message often carry the Grapevine

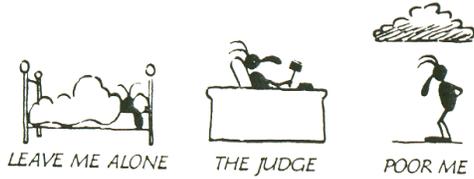


The Birthday Club: Contributions to the Central Office help support the local services to members and groups throughout Hillsborough and East Pasco Counties and help ensure that the A.A. message is carried around our area. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety. Ask your Treasurer if they have any Birthday envelopes available. We usually send one out when a group sends in their contribution to Central Office or call or email your Central Office. **933-9123** or aainfo@aatampa-area.org

STAY SAFE STAY SOBER

**That's 721Years of Sobriety!
Congratulations for your Sobriety
One Day at a Time!**

EVENTS AROUND THE TOWN & THE AREA



**Do not disturb.
 The Committee is in session.**

>AN OLD LEGEND<

There is an old Hindu legend that at one time all men on earth were gods, but men so sinned and abused the divine that Brahma, the god of all gods decided that the godhead should be taken away from man and hid some place where they would never find it again to abuse it. "We will bury it deep in the earth," said the other gods. "No," said Brahma, "because man will dig down in the earth and find it there, too." "We will hide it on the highest mountain," they said. "No," said Brahma, "because some day man will climb every mountain on the earth and again capture the godhead." "Then we do not know where to hide it," said the lesser gods. "I will tell you," said Brahma, "hide it down in man himself. He will never think of looking there.

We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us. Big Book page 55

We Are Holding a Special Two-Day Virtual Founders' Day Event June 13 – 14, 2020
 (Onsite Founders' Day at Akron University has been cancelled.)

Founders' Day 2020 foundersday.org

Below is the schedule of events we have planned. All times are Eastern Standard Time. We will be posting the Meeting IDs and Passwords as we get closer to the event.

SATURDAY, JUNE 13, 2020

- 11:00 am – 12:00 pm
Opening Speaker
- 12:15 pm – 1:15 pm
Old Timers' Panel
- 1:30 pm – 2:30 pm
Speaker Meeting
- 2:45 pm – 4:15 pm
The Twelve Traditions
- 4:30 pm – 5:30 pm
Topic Speakers
- 5:45 pm – 6:45 pm
Topic Speakers
- 7:00 pm – 7:45 pm
Founders' Day Tour
- 8:00 pm – 9:00 pm
Main Speaker

SUNDAY, JUNE 14, 2020

- 9:00 am – 9:45 am
Bagpipe Eulogy to Dr. Bob
- 10:00 am – 10:45 am
Spiritual Panel
- 11:00 am – 12:00 pm
Closing Speaker

Love & Service — The Founders' Day Committee

Akron Area Interaroung Council

**HAVE YOU VOLUNTEERED FOR THE 12TH STEP LIST? WHY NOT!
 YOU CAN'T KEEP IT UNLESS YOU GIVE IT
 AWAY...**

