



# Tri-County Central Office News

Made a decision to turn our will and our lives over to the care of God as we understood Him.

A Monthly Newsletter of the Tri-County Central Office, Inc.  
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March, 2025

## STICK WITH THE BASICS

One of the lines I heard when I first came into AA was “There are no musts in AA, but there are a good many ‘you’d betters.’” I’ve been in the program for a number of years now, and I find a refresher course in these essentials is always helpful. So I got together with some AA friends, and we made the following list of what seem to us the “you’d betters” or basics of AA for anyone who wants to achieve sobriety and keep it. Recognize your problem, and know that you can’t stay sober by willpower alone. Get to as many meetings as you can. (Meetings are insurance against drinking, so the more meetings we attend, the greater our insurance. It is also at the meetings that we share our “experience, strength, and hope with each other.” If you are a newcomer, get yourself a sponsor—someone who seems to make sense to you, has quality sobriety, as well as quantity, and is of the same sex. Live twenty-four hours at a time. (Concentrate on living a full life *today*. There isn’t a thing we can do about yesterday, and tomorrow never comes.) Surrender your will and your life to a Higher Power. (In other words, get out of the driver’s seat.) Be willing to listen and learn. Follow the Twelve Steps, which are the cornerstone of the program. Practice the Serenity Prayer. Use the slogans: “First Things First,” “But for the Grace of God,” “Easy Does It,” “Live and Let Live,” and “Think.” Abide by the Twelve Traditions. Realize that it is the first drink that triggers off more drinking. If you are tempted to take that first drink, either call another member or call on God (He’s always home) or out off taking the drink until tomorrow ( which, if you are living twenty-four hours at a time, never comes). Try to live honestly in every aspect of your life. If you have a slip, confess it publicly to your group. Keep the program simple. (Don’t analyze. Utilize.) Avoid excess of any kind—that is, don’t get too hungry, too angry, too lonely, too tired, too anything. Carry your share of the work of the group. Avoid resentments and self-pity—two dangerous attitudes that we alcoholics cannot afford to have. When you can’t cope, turn your problems over to a Higher Power rather than turning to the bottle. Remember that you can’t keep your sobriety unless you give it away. (Helping others is the foundation stone of recovery.)

Claremont, Calif., AAs  
Reprint Permission, AA Grapevine March 1978

NOTE: With this issue, Grapevine circulation reaches 100,000

☼ When we stopped drinking, we were told repeatedly to get AA people’s telephone numbers, and instead of drinking, to phone these people....Once the first call is made, it is much easier to make another, when it is needed. Finally, the need to talk away a desire for a drink virtually disappears for most of us. When it does, though, many of us find we have established a habit of occasional friendly telephone visits, so we keep them up because we enjoy them.  
**Living Sober**

☼ “First Things First”: Here’s an old saying that has special, strong meaning for us. Simply stated, it is this: Above all other concerns, we must remember that we cannot drink. Not drinking is the first order of business for us, anywhere, any time, under any circumstances.

**Living Sober**

☼ (I could give you the page numbers in the Living Sober book, but it would probably be better if you look for them yourself.)

## RESENTMENTS: FORGIVE AND FORGET

Someone once said at a meeting that there are two ways to deal with a resentment: We can forget it or fight it. If we manage to forget it, no matter how deeply rooted it was, then that resentment won’t plague us anymore. But should we decide to fight it—well, that’s a different story. If we fight it, we’re in for nothing but trouble. The resentment, whatever form it takes, carries with it a mountain of baggage, heavy enough to pull us down with it. Resentment carries with it anger, and anger can be deadly to our peace of mind. Once expressed, anger does not subside. Instead, it feeds upon itself, expands, and deepens. “Cunning, baffling, powerful!” That phrase can apply to resentment or to anger. Anger is like an unstable chemical compound, ready to go off at the slightest jolt, the feeblest tremor in our lives. If we don’t want to fight resentment but somehow can’t forget it, what then? There is a third choice. We can forgive, or at least try to. How to forgive? Prayer is a starting place. We can pray for the person we have the resentment against, as the Big Book suggests. Simply concentrating on the prayer instead of the resentment is helpful, according to the story “Doctor, Alcoholic, Addict” in the Big Book. One of it’s conclusions is: “If I focus on the problem, the problem increases; if I focus on the answer, the answer increases.” So that is the case with resentment and anger, forgiveness and prayer. If we let ourselves get carried away with resentment, the resentment will grow. It will grow so much that it will explode into anger. And anger will feed upon itself, multiply tenfold, and drag us down with its weight. Some other members of the resentment family are envy, pride, ego—you probably can think of many others. The family is the most un-exclusive around and potentially the most dangerous. But forgiveness has helpmates, too: prayer and time itself (provided time is used constructively). If we make an effort to get acquainted with forgiveness and learn to know it as our personal friend, then we have a treat in store. In coming to know and understand forgiveness, we will then be introduced to its bother, serenity.

T.L., Somerville, N.J.

Reprint Permission: AA Grapevine March 1985

☼ I met Joe in 1944, when I was stationed in Tampa, Florida. He was in the guardhouse for drinking. He didn’t need AA, because he wasn’t an alcoholic. His only problem was the army—and that was soon solved, because he was kicked out on a section 8. After the war, I went to work for the government in Washington, D.C., and was given an assignment that included a chance to travel. While in Los Angeles, I went to a meeting. While I was waiting for the meeting to start, I felt a tap on my shoulder. I turned to see Joe, from Tampa. I said, “I sure am glad to see you. How long have you been in AA?” And he replied, “This is my first meeting.” Two and a half years later, 3000 miles away. I used to call it coincidence, but now we know better.

R.Y. Kerrville, Tex (NOTE: Pretty sure this is Roy Y. who helped form AA meetings here in Tampa)

Reprint Permission: AA Grapevine March 1984

*Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them.*

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

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

**TBAIC SECRETARY REPORT  
 February 8, 2025**

**Attendees:** Jessica M, John T, Joe R, Tom F, Jorge G, Patty G, Nancy, Sophia C, Todd P, Hezekiah, Gaby G **Chair Report:** Jessica attended District 2 meeting and presented to the committee motions to vote on. The report was accepted without any changes. **Secretary Report:** Gaby read the secretary report for the month of January, and it the report was not accepted due to having missed an Attendee and additional information regarding the Falkenburg Wednesday meetings. Reported was amended and then accepted. **Treasurer Report:** John presented the treasurer's report. There were contributions from the following groups: Great Way to Start the Day, Keep it Simple Pass it On, New Beginnings (Our Club), Nightly Newcomers (3333), Nooner's (Our Club), Old School Group, On the Way Home Group, Ruskin Fellowship (Sunday), Tampa Bay Young People of AA (TBYPAA), and Thank God it's Friday Group. There was also a \$100 contribution from an anonymous donor through the pink can. Expenses for this month included \$50 for central office storage, reimbursement of \$403.91 to Jessica to travel Area Meeting, and reimbursement of \$83.89 for ZHCI coffee to Tom. Literature expenses for this month was \$409.50. Report was accepted without any changes. **Treatment Centers:** John reports: ACTS detox/amethyst (wrap around housing) is all good. Tampa Hope is doing well. Cove Housing is doing well. Operation Hope and North Tampa Behavioral Health have no active meetings. They are on hold due to time confliction. Riverside started new meetings on Sunday nights. Going well. Tampa General Behavioral health is still in the process of opening in March of 2025. Northside bay care had their first meeting 2/5 on Wednesday night per Tom F. Meeting went well. 10 people in attendance for first meeting. Gaby has found speakers for the next few weeks. Speakers still needed once a week. Sandra prince is going swimmingly per Joe R. Cove Behavioral Health meetings on Tuesdays at 6 pm are going well per Joe R. 131<sup>st</sup> ACTS ICP meetings are going well per Joe R. River Oaks meetings continue to not mandatory per Jorge, however they have been averaging 10 - 15 people a night. Signs were placed around facility to announce meeting. Temporary sponsorship program is going well. **Corrections:** TrueCore, no one has contacted Jenna to liaison per John T. Coordinator needed. Falkenburg Women's Jail has 14 volunteers Bianca reports. 2 of them are new and in the training process. Bianca is going to put a hold on adding new volunteers due to being more people than they have slots. In spirit of rotation, Bianca has been talking to women who will possibly take her commitment as coordinator by this summer. Bianca suggested adding another meeting. Nancy will get with Bianca to unify Wednesday Meetings with the meetings that are happening on Fridays and Sundays. Falkenburg Men's Jail had no report. Zephyrhills is going well per Tom. Great attendance. Pasco Women's Jail are covered for all Tuesdays, Jessica reports. They have 4 volunteers in rotation. Volunteers are still needed. Jessica questioned the formats of the meeting due to wanting to sit down and work the steps with the ladies. Tom F stated meetings are transients suggesting reaching out to them when they are released. Jessica stated that the administrators advise that they do not stay in contact after they are released- no personal information. Jessica states that she suggests Bridging the Gap to the ladies. **Bridge The Gap:** John reports there was 1 bridge out of 3 calls. 1/3. **Man on the Bed:** Mindy's reports there were 8 filled requests. 8/8. Mindy is talking to an individual, Ed S., about becoming the Alternate Man on the Bed Coordinator. Ed S. reached out to Advent Hospital in Riverview to possibly include them

**Our Next Committee Meeting**  
**March 8th, 2025 9:30 am on ZOOM.** Contact us at [www.tbaic.org](http://www.tbaic.org) for more information. 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!!!!!!!!!!!!!!**

<a href="http://www.tbaic.org">www.tbaic.org</a>	
Position	Name
Chair	Jessica M.
Chair (Alt.)	Mike B.
Treasurer	John T.
Treasurer (Alt)	Joe R.
Secretary	Gaby G.
Hillsborough County Jail	Buddy H. (Men's)
Falkenberg Women's Jails	Bianca H. (Women's)
Pasco Jail-Women's	Jessica M.
Treatment Coordinator	John T.
Bridging the Gap	Tracy S.
Man on the Bed	Mindy W.
Zephyrhills CI	Tom F.

in Man on the Bed. Mindy and Ed S. are working with District 2 PI/CPC committee to do a presentation on a general introduction to Alcoholics Anonymous. Mindy is planning to reach out to St. Joseph's South, however, wants to wait until after the Advent Hospital presentation to not risk over-committing. Mindy asked if the phone service for Bridging the Gap could work for Man on the Bed as well and asked if they can receive text messages. Tom confirmed it does receive text messages. If this merge were to happen, changes would be made in the way the phone is answered. There would probably be a need for extensions and volunteers to answer phone calls. Tom F. will contact Mindy. **Old Business:** Alternate Man on the Bed Coordinator in process of being filled. Jessica asked if anyone is interested in the positions for Bridging the Gap Coordinator and Alternate Bridging the Gap Coordinator. Tom F was voted in as coordinator. John T was voted in as Alternate Coordinator. Joe R in the process of taking over the Treasurer position. Signing his name over to the bank is in process for Joe R. **New Business:** Nancy questioned whether the Central Office Anniversary Dinner will have a table for the TBAIC. John says they will have a table there and he will be in attendance. John made a motion to raise the \$50 Central Office storage fee to \$75 as an additional contribution to central office. Motion passed. John states that if anyone from TBAIC needs literature for their commitments to go to Central Office and charge it to TBAIC. Tom F suggested getting bigger cabinet to store stuff in. John says it is not necessary. Meeting ended at 10:40 with the Responsibility Statement and the Lord's Prayer.

<b>YTD Contributions to TBAIC</b>	<b>\$2,536.27</b>
<b>Pink Can Balance 12/2024</b>	<b>\$2,924.93</b>
<b>YTD Money Spent on Literature</b>	<b>\$652.07</b>
<b>YTD Operational Expenses</b>	<b>\$1,393.06</b>
<b>Pink Can Current Balance</b>	<b>\$3,416.07</b>

**Just A Little Bit of AA History**

**12 STEP DRIVERS**

☼March, 1947- Nell Wing, Bills secretary and 1st archivist of AA Archives, starts work at the Alcoholic Foundation in New York  
☼March 4th,1891-Lois Wilson is born☼March 1944-the New York AA Intergroup is established☼March 1940's-Pat C. in California gets sober "solo" by reading the Big Book☼March 21st, 1881-Anne R., Dr. Bob's wife is born-1966, Ebby T., Bill W.'s sponsor, dies sober☼March 22nd, 1984-Clarence S., founder of Cleveland AA dies at age 81☼March 23, 1941-Sycil C.'s sobriety date, the first women to enter AA west of the Mississippi☼March1941-Cleveland, Ohio-first women's AA meeting. ☼Seven days without a meeting makes one weak....

**Please make copies & Distribute among Your Group Members & Local Area**  
(March, 2025)

**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. Ask your Treasurer if they have any Birthday envelopes available. Call or email your Central Office. 933-9123 or [aainfo@aatampa-area.org](mailto:aainfo@aatampa-area.org)

**What if I needed a meeting and there was none? What if there was no Central Office to call to and ask for help?**  
There are hundreds, probably thousands of active alcoholics in our area. Many may never think they need our help or even want our help. But, just like you and I, there will be a few who desperately want and need our help. Many may reach for but not find the hand of A.A. We need to be there to help them when they are ready. Are **you** ready to help? Will **you** help?  
**Do not sign up if you are not committed to help.**  
**We really need drivers in your area to help new or potential or older AA Members who can't drive, have no funds for a cab or maybe not on a bus route to get to your meeting or any meeting. Remember when you needed help and there was someone who reached out to you, let's not forget how we were able to recover. Please Help.**  
**Please fill this form out and mail or drop by the Central Office**

To the Treasurer or Contact Person of a Group—if you receive a Birthday envelope with the Thank You letter that we sent you—you can use it for yourself or hand it out to someone celebrating an Anniversary or use it to celebrate someone's Anniversary-Anonymously.

1.  Yes, if someone calls and they need a ride to an AA meeting, I am more than happy to help get them to an AA meeting and introduce them to other sober members of Alcoholics Anonymous. Call me anytime, I am ready.  
**FOR THAT I AM RESPONSIBLE: Male**   
**Female**   
Your Home Group \_\_\_\_\_  
NAME \_\_\_\_\_  
PHONE \_\_\_\_\_  
TODAY'S DATE: \_\_\_\_\_  
SOBRIETY DATE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE \_\_\_\_\_  
ZIP \_\_\_\_\_

**TO ALL** members who have been sending Contributions to Central Office through PayPal. **THANK YOU! BUT**—If you don't put down the name of your Home Group—it will be listed as **ANONYMOUS**, so don't be upset at us, if you don't see contributions from your Group on our Contributions page in the Newsletter. **Dear A.A. member pass this along during announcements at the meetings you go to.**

Send To: TRI-COUNTY CENTRAL OFFICE  
8019 NORTH HIMES AVENUE STE. 104 TAMPA,  
FLORIDA 33614  
Adapted from another Central Office-Unknown

*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 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 your continued support!! Become a part of Central Office....volunteer to be a Central Office Representative for your Home Group. We meet the second Tuesday of each month at 7:00pm on ZOOM. Contact us at [aainfo@aatampa-area.org](mailto:aainfo@aatampa-area.org) for more information or just drop in and talk with Tim.*

Before the still suffering alcoholic gets to your meeting, either they or a loved one has usually called Central Office first.

**NOTICE NEW OFFICE HOURS**  
☼  
**MON.-WED-FRI—9:00AM TO 5:00PM**  
**TUES & THURS—11:00AM TO 5:00PM**  
**SATURDAY—9:00AM TO 5:00PM**  
**PLEASE SPREAD THE WORD AT YOUR MEETINGS.**

**NOTES FROM INSIDE THE CENTRAL OFFICE**

**February 11th, 2025** the Board of Directors for Central Office  
**BOARD MEMBERS REPRESENTING GROUP**

**February 11th, 2025** the Central Office Representatives met:  
**COUNCIL MEMBERS REPRESENTING GROUP**

AL B.	CHAIRPERSON	THURSDAY NIGHT BIG BOOK
BRAD W.	ALT.CHAIR	TAMPA NIGHTLY NEWCOMERS
SOPHIE C.	TREASURER	OLD SCHOOL GROUP
Excused	SECRETARY	TO IMPROVE OUR CONSCIOUS CONTACT
LINDA B.	BOARD MEMBER	JUST WHAT I WANTED GROUP
DODY H.	BOARD MEMBER	CAME TO BELIEVE GROUP
Excused	BOARD MEMBER	KEEP IT SIMPLE MEN'S GROUP
SCOTT B.	BOARD MEMBER	TAMPA SATURDAY NIGHT SPEAKERS
BRIAN L.	BOARD MEMBER	BARRACKS BRIGADE GROUP
OPEN	BOARD MEMBER	

**If you attended the Meeting but not listed below, we didn't catch your info in the chat—follow up with an email to [aainfo@aatamapa-area.org](mailto:aainfo@aatamapa-area.org)**

ALEX R.	OLD SCHOOL GROUP
THERESA G.	SISTERS IN SOBRIETY GROUP
TOM R.	LANGUAGE OF THE HEART GROUP
THERESA V.	BIG BOOK BUNCH GROUP
SONIA T.	STEP SISTERS IN SOBRIETY GROUP
MICHELLE G.	JUST WHAT I WANTED GROUP
JUSTIN P.	TUESDAY NEWCOMER GROUP
CATHY H.	SIMPLY SOBRIETY WOMEN'S GROUP
JESS M.	KEEP IT SIMPLE / PASS IT ON
NES Z.	THE PROMISES GROUP
MATT M.	TAMPA NIGHTLY NEWCOMERS GROUP
NANCY G.	HIDE-A-WAY GROUP
DENISE McG.	GREAT WAY TO START THE DAY GROUP
MIKE M.	SERENITY GROUP (ZOOM)

((Because of time restraints the Board & Council meeting has been combined.) **Board Members present: Al B., Brad W., Linda B., Scott B., Sophia C., Brian L.:** Al opened the Board meeting with a moment of silence followed by the Serenity Prayer. Al asked if Debbie was here. No she isn't. Al then asked Scott if there was something he wanted to say. Scott mentioned about needing to change the hours on the outside sign and corrections for the hours on the Meeting Schedules. Scott also had an idea about putting a QR Code in the When & Where on the page that has the pie-chart, that way people wouldn't have to get money orders-etc, they could just make a contribution right through the QR Code and it might make it easier for groups to contribute to Central Office. Some discussion followed. Tim noted that he didn't think it was a good idea, many times people come in or call asking about how and where to make their contributions and I let them know all the information is in our meeting schedule. They never bothered in look in the front of the schedule. When they do use the schedule, it's just to look for a meeting. Most groups mail in or use the web site to make a contribution and some come to the Office. Brad noted that was okay with it either way but a lot a people don't even know what a QR Code is. Brad was more concerned about getting our web site back up and running correctly. Some more discussion followed. Tim noted that he was still getting emails from PayPal to Please check your server that handles PayPal Instant Payment Notification (IPN) messages. Messages sent to the following URL (s) are not being received: If this problem continues, PayPal may disable the IPN feature for your account. Discussion followed about how Sylvia hosting web site, doing server configuration, uploading website files, database setup DNS (Domain Name System) configuration, website accessibility, ongoing maintenance, technical support and troubleshooting, maybe even redesign the web site. More discussion followed. Some members tried logging into the web site. It's still goofy. **Council Meeting:** Al asked if any new Council members were present or any Board members. Jess is filling in for Annie L. from the Ruskin Keep it Simple/Pass it On Group. Welcome! Michelle was sitting in for Linda from the Just What I Wanted Women's Group. **Secretary Report:** Debbie was absent from the meeting. Al asked if there was a volunteer to read the Secretary Report. No one volunteered, so no Secretary Report was read. **Treasurers Report:** Sophie presented the January Treasurer's Report. Contributions in January totaled \$10,793.94. Also included was \$36.00 from 1 member of the Birthday Club. Our literature sales for January was \$3318.75, along with 1 Newsletter subscription. Our Gross Profit for January was \$11,601.87 Our Total Expenses for January were \$10,195.50. Our Net Income for January was a plus \$1,406.37. Sophie also presented the Opening and Closing Balances for January. Treasurer's report was approved. **Old Business:** Scott for the Anniversary Committee announced that all the tickets were sold out. Everything is set to go, just working on some of the fine details

of the format. Scott asked if anyone had any questions. Al had questions about why there was a panel instead of a speaker, questions about what kind of food was being served, and a few other questions. The conversation when back and forth. Anything will be handled to our satisfaction. **New Business:** Tim announced that the Credit Card Reader was at the Office. It's not hooked up yet, just concerned about the web site, internet problems before hooking it up, was mentioned that that shouldn't be a problem for the Reader. Tim mentioned that there may be some price increases to off-set the Card Reader fees. Nes asked about the price of the Reader. It was \$399.00, a onetime fee, we bought it outright. Sophie noted that the Office Hour sign out in front of the Office needed to be corrected. Tim said it had already be done. Some conversation followed about the new Office hours. **Announcements:** Old School Group is having a Spiritual Workshop this weekend Saturday 15<sup>th</sup>. Scott announced their next Anniversary Committee meeting. Sonia announced the Step Sisters of Sobriety 19<sup>th</sup> Anniversary on March 21<sup>st</sup>. A motion to close was made, seconded and approved. Meeting ended with the Lord's Prayer.

**The next Board & Council Meeting will be March 11th, 2025 at 7:00 pm on ZOOM**





**ANNIVERSARY TIME**

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

GROUP	Honors To	Date	Years
SOBER @ 7 GROUP	LARUA	03/08/19	6 YRS
SOBER @ 7 GROUP	PAUL K.	03/08/19	6 YRS
SOBER @ 7 GROUP	BOB S.	03/28/95	30 YRS
SOBER @ 7 GROUP	BOB O.	03/03/95	30 YRS
SOBER @ 7 GROUP	GREG O.	03/21/93	32 YRS
HIDE-A-WAY GROUP	MARY C.	03/21/01	24 YRS
JUST WHAT I WANTED GROUP	DONNA	03/09/20	5 YRS
JUST WHAT I WANTED GROUP	DEBI S.	03/16/09	16 YRS
JUST WHAT I WANTED GROUP	TRICIA S.	03/18/08	17 YRS
KEYSTONE DISCUSSION GROUP	BOB W.	03/28/92	33 YRS
KEYSTONE DISCUSSION GROUP	JOHN W.	03/15/77	48 YRS
KEYSTONE DISCUSSION GROUP	MARY L.	03/09/73	52 YRS
RIVERSIDE GROUP	MELISSA W.	03/27/15	10 YRS
RIVERSIDE GROUP	JOE D.	03/03/09	16 YRS
ON THE WAY HOME GROUP	JESSICA S.	03/28/04	21 YRS
HIGH NOONERS PLANT CITY	CLARK M.	03/03/18	7 YRS
HIGH NOONERS PLANT CITY	LARRY G.	03/09/17	8 YRS
HIGH NOONERS PLANT CITY	ELLIOT F.	03/13/89	36 YRS
CAME TO BELIEVE GROUP	JOANIE	03/12/84	41 YRS
CAME TO BELIEVE GROUP	JOE M.	03/01/71	54 YRS
RUSH HOUR GROUP	PHIL C.	03/10/01	24 YRS
RUSH HOUR GROUP	MARY S.	03/12/87	38 YRS
SIMPLY SOBRIETY WOMEN'S	MONICA B.	03/31/19	6 YRS
SIMPLY SOBRIETY WOMEN'S	KIMBERLY M.	03/30/19	6 YRS
SIMPLY SOBRIETY WOMEN'S	TRACY C.	03/01/09	16 YRS
SIMPLY SOBRIETY WOMEN'S	LORETTA M.	03/15/91	34 YRS
SIMPLY SOBRIETY WOMEN'S	DIANE R.	03/25/85	40 YRS
FRIDAY FRIENDSHIP WOMEN'S	RHONDA C.	03/26/09	16 YRS
FRIDAY FRIENDSHIP WOMEN'S	SUE T.	03/19/90	35 YRS

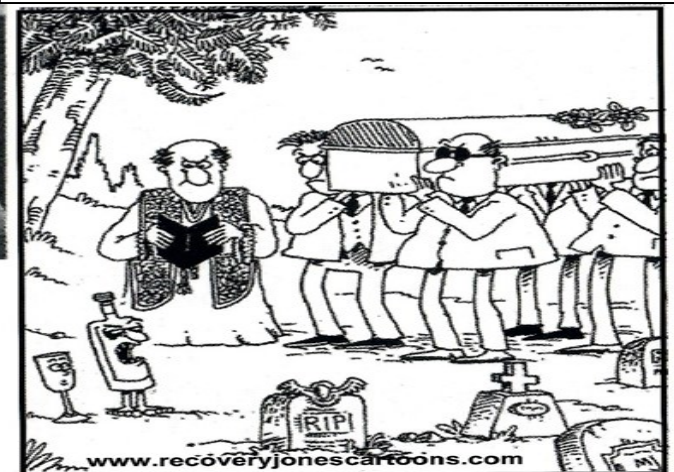
**\*That's 707 Years of Sobriety!\***

Someone is definitely doing something right !Search out these people and find out their secret. I'm sure they would be

Happy to share it with you ☺

**SELF-SUPPORT-FEBRUARY 2025**

© Today in February, 2025 we currently have 191 Groups in the Hillsborough-East Pasco area with around 498 meetings weekly. Also we have 128 Zoom meetings weekly. Contributions in February totaled \$12,772.41. This accounts for what 42 Groups or Individuals in our area have contributed in February, also included is, \$1,115.84 from 7 Groups or Individuals who made contributions through PayPal. We also received a \$4,679.86 from our 50th Anniversary Dinner and Speaker Event. Our literature sales for February was \$4,585.57, along with \$84.00 for 12 years of a continuous newsletter subscription. This also includes sales from A.A material and non-A.A, material (medallions—etc.). Our total income for February was \$17,357.98. Our Total Cost of Goods Sold was \$3,489.24. Subtracting the Total Cost of Goods Sold from our February income left us with a Gross Profit of \$13,868.74. Our Total Expenses for February were \$9,839.57. Subtracting our Expenses from our Gross Profit gave us a Net Income of plus+\$4,029.17 for the month of February. Last year was pretty ruff for us as far as contributions and literature sales. We netted about \$32,000.00 less from the previous year in contributions, about \$25,000.00 less in literature sales and couple that with rising expenses—electric, phone, rent, computer expenses—etc, it looked kind of bad. However, that is in the past and no need to dwell on it. We just need to keep moving forward. Currently, we still have a good Prudent Reserve, all our bills keep getting paid, the lights are on, we have a decent amount of literature available, the phones are working Thank you for your support . Let's come alive in 25!!!



**"Who cares? Alcoholics are plentiful... and the world is over-populated anyway."**

**THE LAW OF REVERSED EFFORT:** An idea is a mental pattern of a thing to be. To think the idea is to release a force which can realize the idea. But in thinking ideas, we often "try too hard" and the harder we try, the less we succeed. This is the Law of Reversed Effort. The essential requirement in avoiding this situation is to relax and to let the imagination rather than the concentration entertain the idea. The motion is involuntary rather than voluntary. In short, "Let go and let God." Ervin Seale  
**Reprint Permission: AA Grapevine March 1967**

© An active alcoholic went to his doctor complaining of an assortment of symptoms. After the examination, the physician scratched his head and admitted, "I just can't find a cause for your symptoms. But to be perfectly frank, I think it's due to drinking." "In that case," declared the patient, "I'll come back when you're sober!" © Two drunks came out of a bar and saw someone siphoning gas out of a car. One drunk nudged the other and said, "Man, I hope I never get that thirsty."



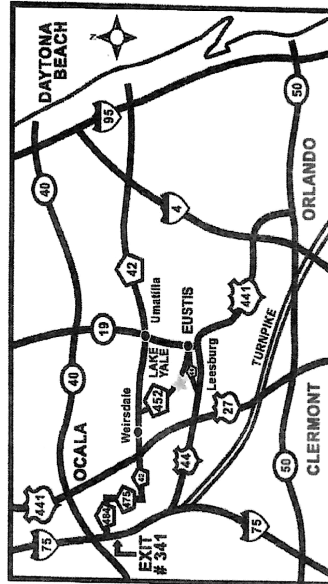
MARCH 14-16, 2025

SOBERSTOCK.COM



Lake Yale Baptist  
Conference Center  
39034 County Road 452  
Leesburg, FL 34788

Phone: 352-483-9800  
Web Site: <http://www.lybcc.org>



SUGGESTED WEB DRIVING DIRECTIONS:

<http://www.lybcc.org/about-us/directions/>



32ND  
ANNUAL



HOUSECLEANING



Spiritual Retreat  
for A.A. & Al-Anon



LAKE YALE  
CONFERENCE CENTER, FL  
MARCH 7-9, 2025

Online Registration Available:  
[www.retreatforaa-alanon.com](http://www.retreatforaa-alanon.com)

In person retreat for those  
who are vaccinated

## CAME TO BELIEVE 22<sup>nd</sup> Anniversary

March 25, 2025  
Tuesday

9 am – 10 am: Music, Food, and  
Fellowship

10 am – 11 am: Speaker Meeting

Come and join us outside of the  
church on the patio for music and  
food, followed by a speaker meeting!

St Mark's Episcopal Church  
13312 Cain Rd  
Tampa FL 33625

## STEP SISTERS IN SOBRIETY 19TH ANNIVERSARY

Ladies & Gentlemen, Please  
help us Celebrate our 19th  
Group Anniversary with a  
Special Dinner & Speaker  
**Where:** First Presbyterian  
Church

121 Carver Ave. Brandon, Fl  
33511

**When:** Friday, March 21, 2025

**Pot Luck Dinner @ 6:00 p.m.**

**Speaker @ 7:00 p.m.**

**Speaker:** Laura G.  
St. Pete, Fl

Group	FEB	Y T D	Group	FEB	Y T D	Group	FEB	Y T D
7:15 Young Peoples Group		65.00	Keeping it Real Group			Sober @ 7 Group		82.90
11th Step Group (CTK )		122.50	Keystone Group		132.28	Sober @ 7 Anniversary		
11th Step Retreat			Language of the Heart			Sober on Saturday		
A Common Solution			Life Enrichment Group			SoberSticks Event		
Alpha Group	200.00	300.00	Living in the Solution			SoberStock Event		
Annual Housecleaning			LivingSober/As Bill Sees It			Sobrenity Group		390.00
Anonymous Donations	162.69	392.86	Little Harbor Grapevine Beach			Sobrietea Women's		
As Bill Sees It Mens Odessa		487.50	Lunch Bunch Group		100.00	Soberilla		
Barracks Brigade Group	20.00	60.00	Monday Night Men's			Sobriety at Sunrise		445.25
BeginnersFirst Group			Melboure Beach Seaside			Sobriety at Sunset		
Beginners Step Group		98.00	Mid Day Madness			Southshore Men's Grou		392.39
Better Together Group			Morning Express Group			Southside Men's Group 1		650.00
Big Book Bunch Group			Morning Express (YANA)		931.45	Southside Men's Group #3		
Bill D's Group			Morning Mindset Group	39.00	39.00	Southside Men's Group #4		344.50
Birthday Club		36.00	My Turn Group			Spiritual Development	150.00	150.00
Brandon Big Book Meeting		44.00	New Beginnings-(5:45)Joe's			Spiritual Growth Group		
By The Book Men's Group			New Beginning Group-(			Staying Alive @ 5:45 Z		
BYO 12 & 12 Group			Newcomers Group			Step Sisters in Sobriety		
Came To Believe Group	502.00	502.00	New Tampa Monday Night M		102.00	Stepping Stones Group (		30.40
Candlelight Group			Nooners Group--Riverview			Sun City Center Group		16.50
Cardinal Group - Odessa			Nooners Group--Tampa			Sun City Center Men's	168.00	168.00
Carrollwood Group			Noontime Celebration Gp.			Sunday Afternoon Step		131.50
Clean Air Group			Odessa Group			Tampa Bay Institutions	50.00	100.00
Come As You Are Group			On the Way Home Tpa 5:30		191.75	Tampa Bay Young Peoples		1,200.00
Dade City Keep it Simple		195.00	Palma Ceia Big Book Group			Tampa Bay Speakers Gp.		
District 2 General Service			Pathfinders			Tampa Nightly Newcomers		
Druid Hills	100.00	100.00	Pavillion Peeps			T & C Sisters in Sobriety		295.40
Early Risers Group - Joe's			Pilgrim Group -St Leo's			TGIS Group		
Expect a Miracle Group		200.00	Plank Owners Group		232.00	Thank God it's Friday		191.00
Fireside Group			Primary Purpose Group			The 164 Group		
Fishhawk Group			Promises Anniversary Dinner			The Meeting Place Group	1,435.76	1,435.76
Fourth Dimension Group			Read This Book Group			The Promises Meeting		101.54
Freedom in Sobriety Group	201.41	201.41	Red Chip Day			Tri-County Anniversary	3679.86	3,679.86
Friday @ 4 Group		164.45	Reflections Group-Lake Mag	500.00	500.00	Tues.Big Book of Brandon		
Friday Morning Women's	300.00	300.00	Riverside Group			Tuesday Book Club		
Friday Under the Lights			Ruskin Fellowship Group	149.50	149.50	Tuesday Newcomers		
Friends of Bill Meditation			Ruskin Women's Big Book		288.36	Turning Point Group	578.00	578.00
Friends of Bill Women's	260.00	260.00	Safe, Sane & Sober Group		277.75	UpTown/ Downtown		
Full Moon River Womens		145.00	Saturday Night Fever Group	1,573.00	1,573.00	Wed Night Step Workshop		
Gifts of Sobriety			Serenity Group--ZOOM		260.00	Wed Keep it Simple		
Good Start Group	432.00	740.00	Set Aside Big Book Study Group			Wellspring Group		
Grace-n-Gratitude			Simply Sobriety Women's Group		224.00	With Room to Grow		600.00
Great Way To Start The Day		230.10	Sisters 12 n 12 Group (Zoom)		195.37	Wesley Chapel Group	678.76	678.76
Helping Hands Group			Sisters Celebrating Sobriety			Women's Friendship		405.6
Hi Nooners Group Plant City		100.00	Sisters in Sobriety Group	210.00	210.00	YaYa Sisterhood		
Hide-A-Way Group			Sisters in Sobriety CakeWalk					
Host of Friends Group								
It's in the Book Men's	442.59	442.59						
It's In The Wind Group- 301								
In Loving Memory								
Just What I Wanted W	10.00	10.00						
Keep it Simple Men's Group								
Keep It Simple/Pass It On								
Keep it Simple Plant City	135.00	135.00						
							<b>Total</b>	<b>6,740.38</b>
Keep it Simply Spiritual	821.00	821.00	<b>Total</b>	<b>2,471.50</b>		<b>Total</b>		<b>12,067.36</b>
			<b>Total</b>		<b>5,406.46</b>	<b>Monthly Total</b>	<b>12,798.57</b>	
						<b>Grand Total</b>	<b>23,626.23</b>	
<b>Total</b>	<b>3,586.69</b>							
<b>Total</b>		<b>6,152.41</b>						