



Monthly Newsletter of Marion County Intergroup Office

JANUARY 2026

Step 1—"We admitted we were powerless over alcohol—that our lives had become unmanageable."

JANUARY 2026 | STORIES FOR DAY COUNTERS | STEP ONE

Consequences

BY: DENNIS M | SUFFOLK, VIRGINIA

If you're old enough you might remember *Mad Magazine's* Alfred E. Neuman. He was the big-eared cartoon character mascot who would always say "What me worry?" My attitude was much like his, regardless of all the evidence to the contrary.

All my life there were signs that I belonged to the great AA fraternity, but I never listened nor heeded the warnings. Why should I? Everything's working fine so far, I thought.

I was never comfortable in my own skin—until my first senior party. I got really drunk and made myself sick. I was so horribly hungover the next day that any normal person would have said, "I'll never do that again!" But not me. By the end of the summer, I could almost finish a fifth of whiskey at one party.

When I drank, the lights got brighter, the music louder and the women more interested (or so I thought). With liquor I became happy and free to be who I wanted to be. At least for a while.

GRAPEVINE Daily Quote

January 5, 2026

"The group I joined saved my life... For an hour, I was safe. For an hour, I was safe. For an hour I had a haven among those whose fear had once been as great as my own. I did not give my fear away—they took it. They eased it from my grasp with hugs and laughter, with shared experience..."

*"The Scariest Thing," Carlsbad, California
June 2006, Emotional Sobriety: The Next Frontier*

In college I once woke up under a hedge in the front yard of someone's party. At another party I came to on a mattress up in someone's attic. Later when I was on leave from the Marine Corps, I drove home so drunk after playing poker my eyes wouldn't focus through the windshield, so I drove with the car door open so I could see the asphalt to keep my car in the middle of the street. Then there was the time I woke up after a happy hour at the Officer's Club and rolled over and there was my Executive Officer's fiancé!

Amazingly, none of these subtle hints got my attention. I would kidingly tell friends, "Yeah, my wife left me, but she came back—so that didn't count!" Friends and family members would say, "You sure are drinking a lot," and of course, I would answer, "Well, that's what Marines do!"

Finally, these episodes led me into the rooms right to Step One. I'm so grateful for the intervention of consequences in my life that made it so.

I could have saved myself so many painful years had I listened earlier. I hope this tale of mine will entice those who read it to listen to those "hints" in your life.

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GRAPEVINE Daily Quote

January 7, 2025

"When life is easy, I usually assume it's God's way and I'm quite spiritual. But when I'm in emotional trouble, I assume life's a drag and that God's gone fishing."

"Winners and Whiners," Port Townsend, Washington, October 1994, Emotional Sobriety: The Next Frontier

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Important Dates

January 18—Noon
date change (usually 2nd Sunday of the month)
Intergroup/Central Office
Representative meet
Lost & Found
616 S. Pine Ave

January 29—6:30pm
(last Thursday of the month)
District 17
monthly meeting
Lost & Found Club
6 16 S. Pine Ave

Every Thursday Area 14
Service Workshop, 6pm
Hospitality, 5:45pm
New Topic every Thursday
Zoom Meeting ID:
828 5682 4762; pw: service

FAITHFUL FIVERS

**Contribute \$5/month
or \$60/year**

Contributors:

*Joe S, Phil H,
Ralph W, Ginger H
Linda H, Stephanie D,
Casey P*

*Your membership directly
supports 12-Step work at*

GRAPEVINE Daily Quote

January 4, 2026

"I was told when I began my own journey through the Twelve Steps that I could find God in a most unlikely place: standing smack

*"The Scariest Thing," Carlsbad, California
June 2006, Emotional Sobriety: The Next Frontier*



Tradition 1 –“Our common welfare should come first, personal recovery depends upon A.A. unity.”

JANUARY 2026 | STORIES OF DAY COUNTERS | TRADITION ONE

The Spirit of Unity

BY: George H. | KINGSTON, NEW HAMPSHIRE

After years of seeing A.A. as a filling station, he stepped up his game and learned how important our common welfare is

I can't say that I wanted to be a member of AA, even as I floundered about on my way to its doors in the mid-70s. But I can say that I wanted the constant discomfort I felt to come to an end. Isolated and alone, I had come to the road's terminus. There was nothing left to do but to kill myself or join a bunch of older guys who said they were alcoholics but weren't drinking now. So with the heightened apprehension of a wounded animal, I came through the door and began the journey that continues to this day.

The basic action step that I gleaned from my first few meetings wasn't one of the Twelve Steps, but instead the suggestion to attend lots and lots of AA meetings. Since most of the larger towns in the seacoast region of New Hampshire during the mid-70s had at least one meeting, I was able to get to 10 meetings a week on average, and I did this religiously, town by town.

This connection with fellow alcoholics, the camaraderie, the familiarity that grew as I got to know others in the Fellowship, was invaluable. The AA meeting place became a stable environment in which my sobriety could begin to flourish and grow. I was truly as reliant upon the Fellowship as a baby to a nursing parent.

Then something happened. My plans got in the way. I gave my alcohol addiction to God, and God removed it, but I held on to the rest of my life for me to handle. Being in my 20s, I developed a plan for the future, and that plan left God out.

After six years of at least daily meetings, my attendance plummeted. Other addictions became more important—work, food, exercise and relationships—but not necessarily in that order. For the next 20 years, I would attend a flurry of meetings, if it were convenient for me, and I would get nurturing from the Fellowship and then abruptly stop attending. Meetings had become a sort of filling station for me. This continued for 24 more years. I was not drinking,

but I was not sober either, more like half-asleep but thinking that I was awake. All this finally came to a head and not in the way I might have expected, either. My life had become stagnant, or rather I had become a stagnant cesspool of selfish and negative thinking.

One day, a thought from somewhere darted through my head informing me that I might be served well to go through the Steps in a much more formal way. Where that thought to do the work came from, I'm not sure. I tried to become nonchalant about it in my mind, because I knew that it would require working with a sponsor and attending those Big Book meetings that I considered unnecessary. So grudgingly, and under half steam, I did the work required in the Steps and began to have the educational variety of a spiritual experience.

Along the way with this Step study experience came a renewed interest in the Fellowship. I began to see the importance of unity. I was no longer doing AA on my own. The Fellowship helped me to see meaning in my life when I had none, sometimes by trying to apply the simple, quirky slogans or sometimes by engaging in mundane but important service duties, like setting up the meeting and cleaning up after it was over. Then, as I continued on my merry path, I was appointed to some of the more administrative positions, like GSR, secretary and treasurer (for a short time). Taking the action is invaluable to seeing how important our common welfare is, not only to the group and to AA as a whole, but also to me personally. I felt included and a part of this common solution that we speak about in here.

I also learned that I may not like everybody in AA, but I have to love them. The Fellowship has been a great place to get the rough edges of my psyche reshaped, and it has helped me to change my mind, get rid of old ideas and develop at least the beginnings of a faith that really works for me.

Continued on p. 3



Continued from p. 2

It's service to alcoholics that has also been another important lesson for me in putting others first. By doing so, my life has become much richer and more fulfilling. I don't think so much about myself and my little plans and designs, which could lead me down the rabbit hole that dead-ends in a drink.

Learning how to yield is a milestone achievement in my life, and I try my best to yield to the greater good. I yield to others, and most importantly, I yield to God, especially in the spirit of unity. Giving up my "right to be right" never felt so good.

Also, I see how seeking the common welfare has improved my communication skills. This improvement is almost immeasurable. When I turn my rusty gate of a thinking process toward what someone else needs or wants, my communication skills always improve. Striving to be inclusive, never separating, differentiating or being "apart from," in my experience, is one of the best ways to practice our primary purpose.

Finally, what has come to me in at the end of this whirligig of mental gymnastics is that without the "we" in AA there would be no "I." The kind and gentle assistance of other formerly hopeless drunks can help us to recognize and realize the sober and joyous people we were meant to be.

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'In the first six months of my own sobriety. I worked hard with many alcoholics. Not a one responded. Yet this work kept me sober. It wasn't a question of those alcoholics giving me anything. My stability came out of trying to give, not out of demanding that I receive."

Bill W.



In Memory of -

Peggy Nix (1931-2025) passed gently with her children at her side on December 27th 2025.

She was an active member of AA in Ocala and volunteered at the Intergroup/Central Office as Treasurer for years.

She is survived by 7 children, 16 grandchildren and 4 great grandchildren. Her family expressed that her happiest was holding a baby and teaching them a card game, - the only thing that competed with the babies was a good trip to a casino or taking a cruise.

Please consider a donation to your local Food Bank or Catholic Charity for homeless shelters in Peggy's name.

Rest in Peace



Intergroup/Central Office presents A Vision for you Workshop & Speaker



**2026 Vision Board
Create, Inspiring Images,
Goals, Dreams,
Aspirations, Motivation**

*Tickets need to be purchased by Tuesday, January 20th
for a correct count to purchase supplies*

**Sunday, January 25th ~ 11:30am-3:00pm
DAV—9636 SE 58th Ave, Bellevue**

Cost \$20 (Includes all materials to create a Vision Board, Pizza, Salad, Desserts, & beverages) & 50/50 Raffle

*Tickets need to be purchased by Tuesday, January 20th
for a correct count to purchase supplies—Thank you.*

**Tickets are available at Central Office OR you can call
and pay for your ticket before and receive ticket at the door
Office Phone: 352-867-0660**

If you have magazines you no longer use, feel free to bring them



Birthdays January

Bellevue Eye Opener

Donna—35

Breakfast Club

Trish F—1

Helene R—26

Linda S—27

Art O—42

Bill H—42

Joe S—49

Headstart

Mike P—1

Teona B—1

Terry L—1

Beth L—25

Living Sober

Christmas R—1

Chuck B—37

Larry M—44

Judy L—44

One Day At A Time

Todd F—1

John L—2

Candace R—2

Glenna Y—16

Stephanie H—26

Donna R—33

Chuck B—37

Sue H—41

Larry M—44

Phyllis—44

Paul A—45

We Give Up

Lindy T—7

11th Step Meditation \$ 200.00

11th Step Group \$ 20.00

Anonymity Group \$ 40.00

Cabin in the Woods \$ 50.00

Easy Does It \$ 151.00

Happy, Joyous & Free \$ 223.40

Headstart \$ 216.64

Last Call \$ 95.00

Living Sober \$ 407.22

Lunch Bunch \$ 500.25

Mano Abierta \$ 10.00

One Day At a Time \$ 442.00

Reflections Group \$ 200.00

Sisters in Sobriety \$ 15.00

Shores of Sobriety \$ 76.00

Congrats!!!

What the New Year
brings
to you will depend
a great deal on
what you bring
to the New Year

Contributions December

Thank you for supporting your
local Intergroup/Central Office

If your Group would like to receive detailed
Treasurer's Report, please send your
Intergroup Group Rep to the monthly
Intergroup Committee meeting—the 2nd
Sunday of the month @ Lost & Found Club.

~Thank you again for your support
Intergroup Committee

FYI—January's Intergroup meeting being held
January 18th @ Noon—Lost & Found
ONLY THIS MONTH