

[View this email in your browser](#)

Events, Announcements and News

JULY 2019



HEARTLAND INTERGROUPE

4204 S. Florida Ave, Suite H.

Lakeland, FL 33813

863-688-0211 or 863-687-9275

www.heartlandintergroup.org



Office Hours: Monday – Friday 9:00am – 5:00pm, Saturday 9:00am – 12:00pm

July 1-3:

1960 - 8700 attend 25th Anniversary of AA in Long Beach, CA

July 2

1965 - Best of Bill and Pocket-Sized 12 and 12 1st sold

1965 - 1st La Vigne, Canadian Grapevine Published

1993 - 50 years of AA celebrated in Canada

2000 - 20 Millionth Big Book given to Al-Anon in Minneapolis

July 2-3:

1955 - Bill W turns "the fellowship over to the fellowship" at 4:00 PM, 5000 attend 20th Anniversary at our St Louis Convention

July 2-4:

1965 - 10,000 attend 30th Anniversary of AA in Toronto. There we came to own our Responsibility Declaration

July 4:

1939 - 1st AA meeting started in Flatbush, NY

July 3-5:

1970 - 10,900 attend 35th Anniversary of AA in Miami. Bill W gave his last talk to AA

July 3-6:

1980 - 22,500 attend 45th Anniversary of AA in New Orleans First true marathon meeting was held here

July 4:

1999 - He who has a fifth on the fourth may not come forth on the fifth...

July 4-6:

1975 - 19,800 attend 40th Anniversary of AA in Denver Worlds largest coffee server serves 1/2 million cups a day

July 5:

1985 - AA gives Ruth Hock 5,000,000th Big Book during 50th AA Anniversary in Montreal, Canada

1990 - AA gives Nell Wing 10,000,000th Big Book during 55th AA Anniversary in Seattle, WA

July 3-6:

1980 - Gay AA's have own program at 40th AA Anniversary in New Orleans

July 5-7:

1985 - 45,000 attend 50th Anniversary of AA in Montreal. House of Seagrams flew their flags at half mast for 3 days

July 7:

1940 - Bill attends 1st Summer Session at School of Alcohol Studies at Yale University

July 5-8:

1990 - 48,000 attend 55th Anniversary of AA in Seattle. 75 countries were represented as the former Soviet Unions members attended for the first time

July 8:

1940 - 1st AA Group formed in Dayton, Ohio

July 10:

1941 - Texas newspaper publishes anonymous letter from founding member of Texas AA Group

July 14:

1939 - Blythewood Sanitarium Dr Harry Tiebout gives Big Book to Marty M. who promptly throws it back at him

July 14:

1979 - Dr. Ernest Kurtz publishes NOT-GOD, History of AA

July 16:

1965 - Frank Amos AA Trustee dies

July 20:

1941 - First AA group formed in Seattle, Washington

July 22:

1877 - William Duncan Silkworth born in Brooklyn, NY

1980 - Marty M. early AA woman and founder of NCADD dies

July 23:

1940 - Philly AA's send 10% of kitty to Alcoholic Foundation, sets precedent

1943 - New Haven Register CT reports arrival of AA's to study with E. M. Jellinek

1943 Esther C., passed Jan 15, 2005, sober since July 23, 1943.

July 24:

1943 - L.A. press reports formation of all-Mexican AA Group

July 28-30:

1950 - 1st AA Convention celebrates 15th anniversary of AA in Cleveland

July 31:

1972 - Rollie H dies sober in Washington DC - July 31, 1972



Camel Symbol

The camel each day goes twice to his knees.
He picks up his load with the greatest of ease.
He walks through the day with his head held high.
And stays for that day, completely dry.

Spiritual Principles

- Prayer
- Faith
- Spirituality
- Sobriety – One day at a time.

Dr Bob's story of the AA Camel

Dr Bob, physician, and a cofounder of Alcoholics Anonymous – "... would explain prayer by telling how the camels in a caravan would kneel down in the evening, and the men would unload their burdens. In the morning, they would kneel down again, and the men would put the burdens back on. 'It's the same with prayer,' Dr. Bob said. 'We get on our knees to unload at night. And in the morning when we get on our knees again, God gives us just the load we are able to carry for that day.'" Dr. Bob and the Good Oldtimers (1980), page 229

Camel Prayer

"The tasks of the day can pass with ease
when a camel or I start on our knees.
One Master we serve, the camel and I,
and stay for that day completely dry."

Source – By fredjoiners, Alcohol Self-Help News

Contributions & Self-Support

The Seventh Tradition states: "Every A.A. group ought to be fully self-supporting, declining outside contributions." While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of A.A. service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but also their intergroup/central office, local services, district, area, and the General Service Office remain self-supporting. This keeps A.A. free of outside influences that might divert us from our primary purpose — to help the alcoholic who still suffers. The amount of our contribution is secondary to the spiritual connection that unites all groups around the world.

7th Step Prayer

My Creator, I am now willing
that you should have all of me,
good and bad.

I pray that you now remove
from me every single defect
of character which stands in
the way of my usefulness to
you and my fellows. Grant me
strength, as I go out from
here, to do your bidding.

Amen

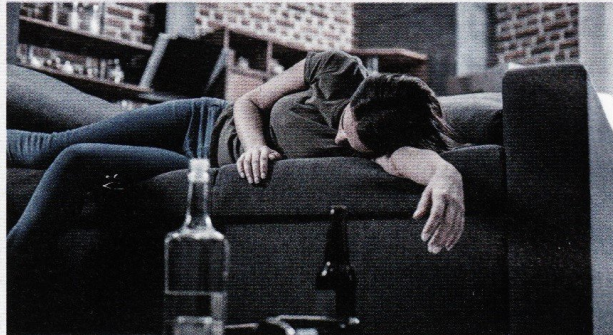
Alcoholism At Large

The purpose of this page is to offer information that may further readers' understanding of the medical, legal and social aspects of alcoholism; the severity and international scope of the illness; and the worldwide efforts being made to combat it. Publication here does not imply endorsement or affiliation. AA does not conduct or participate in research, nor does it hold any opinion on research conducted by others.

Binge drinking increases cravings

Binge drinking may trigger long-lasting genetic change, resulting in an even greater craving for alcohol, according to a new study sponsored by the Centers for Disease Control.

"We found that people who drink heavily may be changing their DNA in a way that makes them crave alcohol even more," said Dipak K. Sarkar, author of the study, a professor at Rutgers University in New Jersey. "This may help explain why alcoholism is such a powerful addiction."



People who drink heavily may crave alcohol more.

The researchers looked at groups of heavy and moderate drinkers and found that two genes had changed in the binge drinkers through an alcohol-influenced gene modification. The drinkers also were shown stress-related, neutral or alcohol-related images. They also were

shown containers of beer and subsequently tasted beer. Their motivation to drink was evaluated.

In 2016, more than 3 million people died from the harmful use of alcohol, according to a World Health Organization report. That is 5% of all global deaths.

Source: February, 2019, Alcoholism: Clinical & Experimental Research

Socially anxious college students and drinking

While alcohol and marijuana use is common among college students, those who suffer from anxiety symptoms in social settings are particularly vulnerable to problematic use of alcohol and other substances, especially if they drink to fit in with a peer group of heavy drinkers.

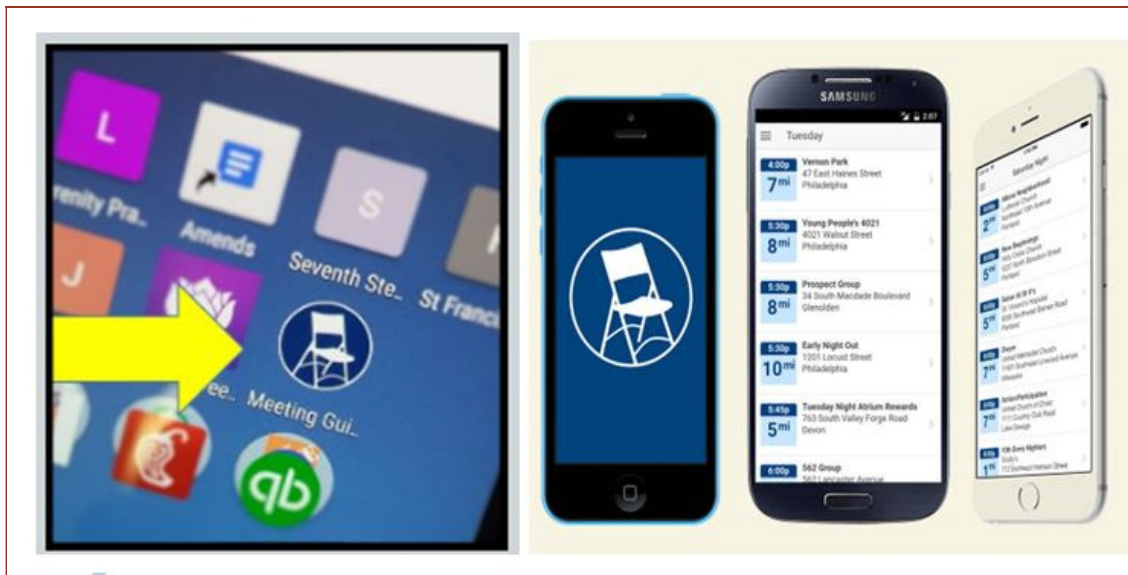
In a new study at the University of Southern Mississippi, researchers looked

at college students who reported using both alcohol and marijuana in the previous month. The researchers found that nearly 30% of the sample had clinically significant levels of social anxiety and nearly one-quarter exceeded the cutoff for hazardous drinking and hazardous marijuana use. Further, the students reported that the effort to cope with social anxiety symptoms motivated their use of both substances.

Source: March, 2019, Alcoholism: Clinical & Experimental Research

What is Rigorous Honesty?

Rigorous honesty is suggested while working the 12 Steps of Alcoholics Anonymous. This presents an opportunity to view the very core of our being, and where the exact nature of our wrongs and character defects are affecting us. Here we see the person we have become and look to progressively distance ourselves from. Being rigorously honest provides a means to free ourselves from the bindings of our deceitful nature, our falsehoods and shortcomings and to instill within us a sense of hope and inclusion that had until now been out of our reach.



LOCATE MEETINGS WITH A CLICK!

"Meeting Guide by Josh R." is an app which can be downloaded to your cell phone to show you daily meetings in the Heartland Intergroup areas of Polk, Hardee and Highlands Counties. Available in your Play Store for Apple and Android phones.

Check it out!

Contributions from the previous month will be included in the following month's mid-month issue.

(If you notice that your contribution is not reflected, please remember that we publish the contributions from the prior month, so yours may not show up until next month).

Opinions expressed herein are not necessarily those of Heartland Intergroup or A. A. as a whole. (Exceptions are: Quotations from ALCOHOLICS ANONYMOUS, TWELVE STEPS and TWELVE TRADITIONS and other A. A. books and pamphlets are reprinted with permission of A. A. World Services, Inc.) Art and other articles are reprinted with permission of the A. A. GRAPEVINE, Inc. and are subject to the GRAPEVINE COPYRIGHT



Copyright © *|2019|* *|Heartland Intergroup|*, All rights reserved.

Any questions can be emailed to the office manager at:

*officemanager@heartlandintergroup.org

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

*|Heartland Intergroup of AA, 4204 N. Florida Ave Suite H, Lakeland, FL 33813|*USA

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Heartland Intergroup of AA · 4204 S. Florida Avenue #H · Lakeland, FL 33813 · USA



