Plain & Straight

February 2026

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Editor: Bill S

Pinellas County Intergroup
CENTRAL OFFICE
9011 Park Boulevard
Suite 206
Seminole, FL 33777
Tel: (727) 333-7118

HELPLINE: (727) 530-0415

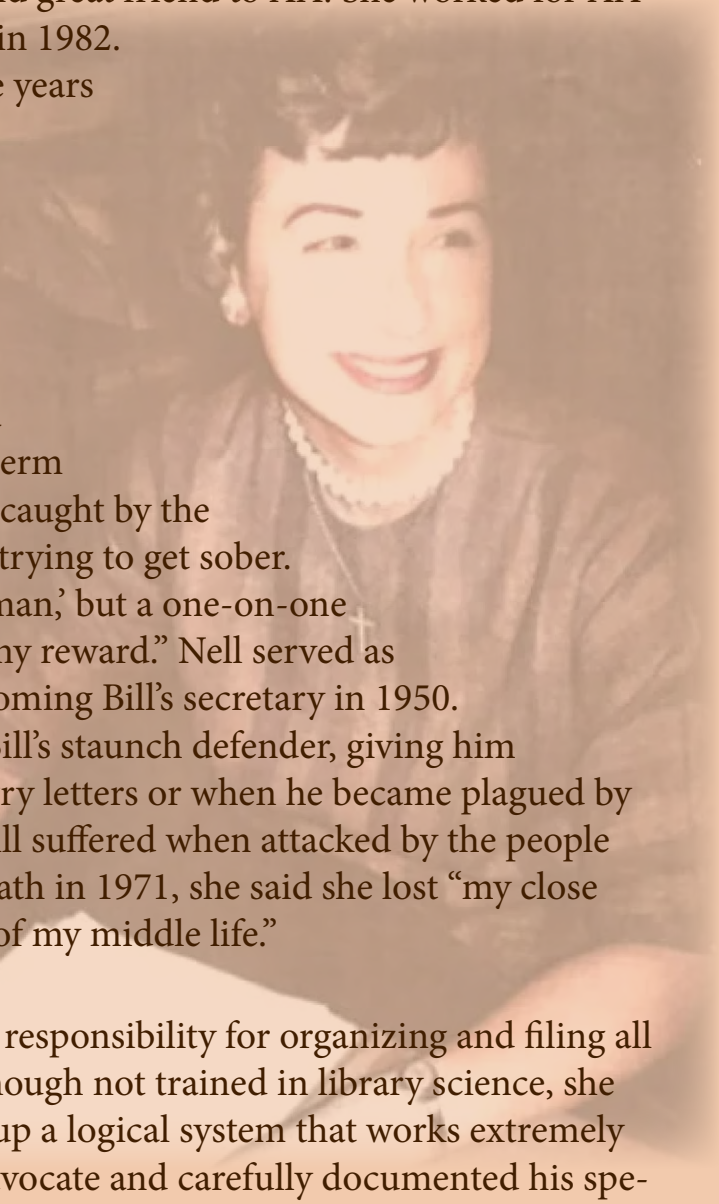
centraloffice@aapinellas.org
plainandstraight@aapinellas.org
www,aapinellas.org

Valentines Day Spectacular

...ARCHIVES...ARCHIVES...ARCHIVES...

Nell Wing ~ The Real MVP

In 1947 after being discharged from the U.S. Coast Guard, Nell Wing was preparing to go to Mexico to study art. Seeking a temporary job, she landed one at AA's headquarters in NY. At the time of her arrival, the 3-room office had 13 people working there, including Bill Wilson. She loved the job so much, she stayed. Nell Wing became the first archivist for AA, was the personal secretary to Bill W for several years and great friend to AA. She worked for AA for 35 years from March 1947 until her retirement in 1982. She was a non-alcoholic, but devoted to AA. As the years passed, she formed friendships with AA members throughout the world. She never married and AA was her extended family, with Bill and Lois Wilson as her surrogate parents. She lived to 89 years old.



Nell was 29 when she reported to work. She had attended College in NY and served 2 years as a female Coast Guard sailor. She only wanted short-term employment. She said, "From the beginning, I was caught by the purpose, and particularly by the caring for anyone trying to get sober. It was not so much a general 'caring for our fellowman,' but a one-on-one caring, a love for one another without thought of any reward." Nell served as receptionist and did other clerical work before becoming Bill's secretary in 1950. Highly competent as a secretary, she also became Bill's staunch defender, giving him support and reassurance when members wrote angry letters or when he became plagued by self-doubt and depression. Nell knew how much Bill suffered when attacked by the people who should have been grateful to him. After his death in 1971, she said she lost "my close friend and confidant, the big brother/father figure of my middle life."

She then became AA's first archivist, with responsibility for organizing and filing all the documents and other records of our history. Though not trained in library science, she quickly learned the essentials of archiving and set-up a logical system that works extremely well to this day. She also continued as Bill's loyal advocate and carefully documented his specific contributions to AA's origin, growth, and success. Nell and Lois became even closer after Bill's passing. Nell often spent weekends with Lois at Stepping Stones. Lois's passing in 1988 was another great loss in her life. Nell Wing wrote the book "Grateful to Have Been There" about her life in AA with Bill and Lois.

With love and service from Leslie B., the archives liaison to the Plain and Straight. Archives service is more than an activity. It is a means by which we collect, preserve and share the rich and meaningful heritage of our fellowship. Visit our dedicated website at district1archives.org to learn more about the Pinellas County Archives Committee.

Living In Recovery: Powerless

by Renee B.

When I first came into the rooms of AA, I really wasn't convinced that I was powerless over alcohol. I remember how offended I was when I was told that I was powerless. That word made me feel worse than I already felt. I knew that there were occasions when I drank too much and regretted it later. I honestly thought that I could take it or leave it. I mistakenly thought that I had the power and ability to control and enjoy my drinking. I remember someone hearing someone say in a meeting "When I am controlling it, I am not enjoying it and when I am enjoying it, I am not controlling it.

> **" The minute a drink crosses my lips and enters my bloodstream, I have officially flipped the "craving" on switch. "**

For me, I knew that I was powerless because I couldn't keep promises to myself when it came to my drinking. I may have vowed to only have a glass of wine at dinner and end up finishing the whole bottle and picking up more on the way home. I remember when I was younger going to parties and when people were starting to leave and go home, I was always the one that ended up being one of the last people to leave because I wanted to keep on drinking. I had no power, nor did I want to have any power over the amount that I was consuming. I also had no power over what choices would follow by having a few drinks.

Sometimes, I had the feeling of being in control and aware of my surroundings. Most of the time, though, I was totally out of control and making decisions and finding myself in places and being with people I never would have chosen to be if I hadn't been drinking. Alcohol was in the driver's seat of my life, and I was just along for the ride. I became convinced of my powerlessness over alcohol and the unmanageability of my life after my sponsor had me complete a first step inventory of my drinking history. I outlined the amount and frequency of my alcohol consumption starting from my teens through my adulthood. I noticed a pattern. The amount and frequency increased rapidly and so did the severity of the consequences. However, I KEPT drinking DESPITE the consequences. In my estimation, THAT is the definition of powerless. Our Big Book reminds us on p.34 "this is the baffling feature of alcoholism as we know it – the utter inability to leave it alone no matter how great the necessity or the wish."

How does knowledge of my powerlessness keep me sober today? As time passes, the memories of bad choices caused by my drinking start to fade so I must be reminded by hearing others tell their stories. It is easy to delude myself into thinking that now that I am sober, I have somehow regained power and that somehow miraculously regained the power of choice or control. That is a dangerous train of thought for me to follow. The minute a drink crosses my lips and enters my bloodstream, I have officially flipped the "craving" on switch. It's not a matter of if, I WILL WANT MORE. I will go to any lengths to get more. When my alcoholic version of myself surfaces, it is not a pretty picture. It won't be long before selfishness, dishonesty, reckless, irresponsible behavior takes hold. I will lose everything I have been trying so hard to restore, especially my self-respect and the respect of others.

Everyday I have a choice. Do I want to fuel my thoughts with the truth about my disease or deceive myself into thinking I don't have one? I choose to let the truth, in all aspects of my life, be my guiding force. By going to meetings, talking with my sponsor, sharing my story with newcomers, I have an opportunity to talk openly and truthfully about how far down the scale my alcoholism took me. I am grateful today that I have FINALLY accepted my total inability to drink alcohol like a non-alcoholic. I can say every day, without a doubt – "My name is Renee, and I AM an alcoholic.

The San Martin Group

MONTHLY SUNDAY BREAKFAST

Join us this month, Sunday, February 15th

FULL BREAKFAST BUFFET @ 11:00

MEETING @ Noon ~ Fellowship After

All are served, $2.00 Donation Requested

"If you don't have $2 Bucks, bring someone with $4!!

Back Porch Lunch Bunch

December

Marynn	31

January

Eva	27
Bernadette H	31
Beth	11
Jim	22
Dan R	23
Tom H	35
Benny	2
Laura	2
R.I. Ray	18
Larry B	41
Jack	47

1-2-1

January

Steve G	15
Tom D	29
Danny O	33

Ladies Beach Serenity Group

November

Celeste	22
Bonnie B.	44

January

Courtney P. 2

Linda K. 37

Cheryl R. 39 years

Blind Pass Group

January

Mary M. 3

Alli K. 1

Mark G 2

Jeff K 27

Tim K 1

Kevin K 7

Saturday Night Bonfire

February

Bob W.	2
Daniel F.	2
Misty B.	2

Seminole Group

January

Stephen 4 yrs.

Design for Living

December

Chad C.	1
Jack D.	3

San Martin Group

January

Jim	38

Ladies Beach Serenity Group

January

Courtney P.	2

2250

January

Thadine F	36
Cory H	24
Tina P	8
Everette W	7
Jacob G	2
Jerome H	1
Tiffany J	1

St. Pete. Group

February

Deborah C.	2
Matt J.	1
Ray D.	33
Alan A.	38

Ozona

January

Norine	37
Art D	47
John A	2
Big Mike	1
Nicky J	33
Sean G	5
Connie	9
Dave	37
JF	15
Jenn	1
Ryan.	9

Attitude Adjustment

January

Pete	2
Alynn	3
Andy	16
Stephen	4

Free Spirits

January

Barbara Z	41
Sophie S	5

New Women For Sobriety

January

Christine	13

Kalli 14
Cindy 42
Hope 58

Sunrise Sunset

January

Kerri 7
Larry 14
Mike M 33
Kim E 1
Troy T 4
Lou S 25
Mary Lou 8

Beach Bunch

January

David B 38
Linda K 37
Paula P 20

High Noon Daily

January

Sandy P. 1 yr
Bruce W. 41 yrs
Angie L. 38 yrs
Dan S. 18 yrs
Sally C. 37 yrs

After Work Bunch

January

Alicia F 47
Michael D 41
Juan B 34
Rebecca S 16
Carmine N 16
Cate C 29

Progress Not Perfection Women's Meeting

December

Elana G 16 years
Kathleen S 10 years
Natalie F 1 year

January

Melanie V. 3 years

February

Jorie B 1 year

Ladies Beach Serenity Group

February

Karin D. - 50 years
Courtney P 2 years
Jenn P. - 1 year
Jonna H. - 10 years
Lu D. - 37 years

AA By The Sea

January

Tim 36 yrs
Rose S. 39 yrs
Kim 32 yrs
Donna L. 24

February

THE SERENITY CLUB

631 Turner Sreet - Clearwater, FL 33756

- **MEMBERSHIP DUES** -The Serenity Club is owned & operated by its members. Participate in the operations of the club. Be a club member!
- **RENOVATION FUNDRAISER** - Please help –donate in the can located in the coffee bar.
- **BOOK FUNDRAISER** – Located in the coffee bar. Donate or purchase gently used books.
- **CAN DRIVE** - Please donate any aluminum cans in the designated containers.

SANDRA D PAINT PARTY	SATURDAY	FEBRUARY 7th
SUPER BOWL PARTY	SUNDAY	FEBRUARY 8th
SERENITY CLUB BOARD MEETING	WEDNESDAY	FEBRUARY 11th
SWEETHEART VALENTINE'S FUNDRAISER LUNCH	SATURDAY	FEBRUARY 14TH
MONTHLY CAR WASH	SATURDAY	FEBRUARY 14TH
ONEBLOOD-BLOOD DRIVE	TUESDAY	FEBRUARY 17TH
MONTHLY BAKE SALE	SATURDAY	FEBRUARY 21st
MOVIE NIGHT	FRIDAY	FEBRUARY 27th

FLYERS FOR ALL EVENTS ARE LOCATED IN THE COFFEE BAR

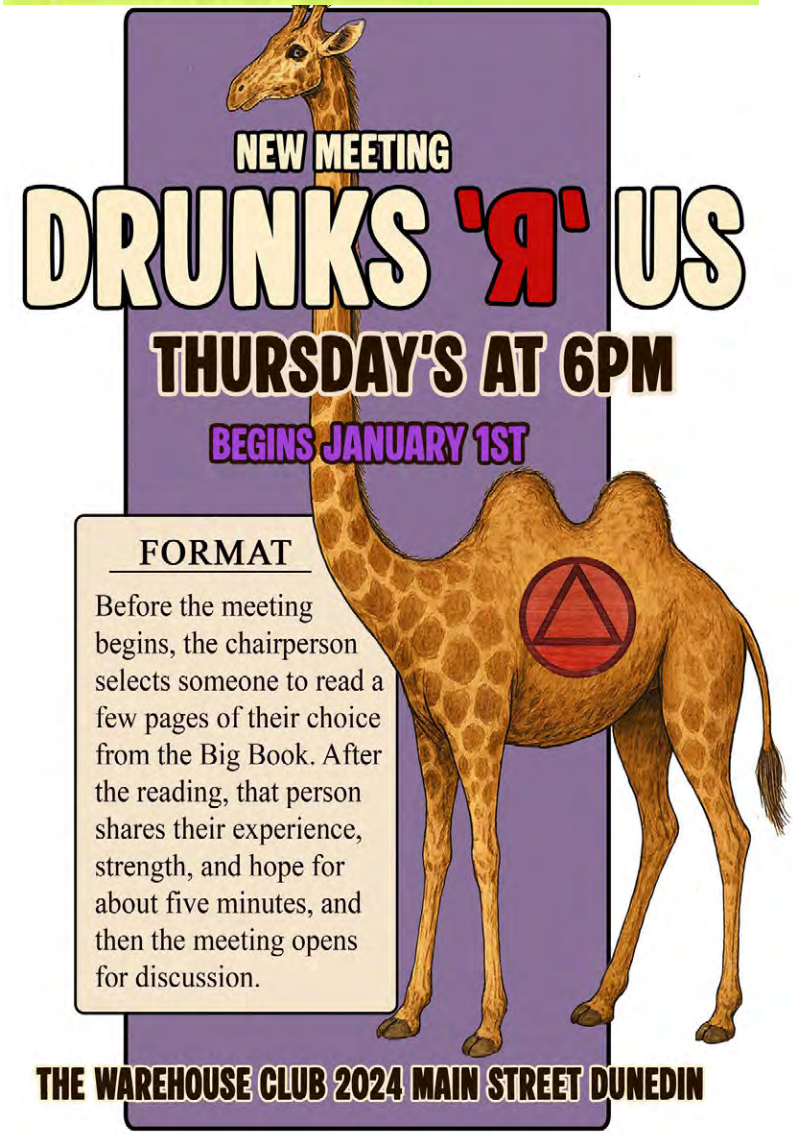
On Awakening meets at 6am Wednesdays & Fridays at Prince of Peace Church at 455 Missouri Ave, in Largo. Across from Largo High School. Spoke on 1/3. 95 in attendance.
Basket $86.
"It's a chairman's choice literature meeting"
"We do a 3 to 5 minute meditation. We read the set aside prayer."
Sergio SD 1/3/25
"Doing the steps and taking suggestions, it's just amazing what that can do for you."
"Helping others helps me. It's amazing how one year can change your life."
"I work in a recovery center now. It's not easy, but there is a way out, at the end of the tunnel."
"I had to admit, I had to believe, and I had to make a decision, and it fell into place for me."
Stephen SD 1/20/22 "I love the word allergy...the word disease scares me. It sounds terminal, and actually is terminal sometimes."
"After completing the 10th step of the Big Book of Alcoholics Anonymous, my sponsor told me I have recovered. Today I stand here recovered, and I'm gonna do what it takes to stay recovered."
"I went to a business meeting, and I had done it before, in AA business meetings, and already got experience.
"What a miracle, the people that God puts in your life, if you stay in the middle of the boat."
Seminole Group meets at the Log Cabin at 5400 Seminole Blvd, in Seminole. Spoke on 1/10. 85 in attendance.
Basket $110.
Chris SD 12/30/24 "I said mom, sell my Harley. I tell her I'm gonna do the 90 meetings in 90 days. For some reason, I kept going, even after she went to AZ. I still want to drink, and so I still went to meetings, so I wouldn't drink."
"All I know is that as long as I stick on this path, it won't get worse."
Sharon SD 3/25/23 "Everything I know about myself, since I got sober, any good thing that comes out of my mouth comes from something I heard from someone else."
"I compared myself to everybody, b/c I didn't understand the disease of alcoholism."
"I did not know how sick I was, until I got sober, and started working the steps with a sponsor."
"Dear God, I'm not what I want to be, I'm not who I used to be, but thank God, I'm not what I used to be."

Central Group meets 7:30pm Mondays & Thursdays, & Fridays at 8pm at 6161 22nd Ave N, in St Pete.
Mondays Big Book, Thursdays 7:30p, Sat 8p.
Spoke on 1/17. 59 in attendance.
Basket $77.
Leo SD 7/11/01 "I'll be 70 years old, and 25 years sober, and 50 years married. I got to have two careers-before and after. You hope someone will hear something that inspires them to want this. I had sat in that parking lot a few times before I walked in, and I heard someone say something that I needed to hear. There were several stories that man shared, and I thought, man, my wife must've showed up early, and gave him notes."
"Saturday night Central Group has a speaker meeting, and Monday nights we read the book, and we just finished the stories. The stories in the back of the book, they always have some part of my story in common."
Jennifer SD 12/26/96 "I got a sponsor who loved AA, and I picked her up, and I was taking her to meetings, and through the grace of God, and through working the steps with my sponsor, I have been able to get God."
Monday Night Speakers meets every Monday @ 7:30 at St. Luke's Methodist Church, 4444 5th Ave N., St. Pete.
Basket: $74.00. Eduardo ChairPerson "This is a Powerhouse Group!
"Lonely Days, Lonely Nights
Where wouuld I be, without my Baba"
Stacy, 36 years, Sobriety Date Aug 17, 1989 I'm from Philly, A driving infraction brought me to AA. I moved to Pinellas County 25 years ago. I worked in a bar and got my third DUI and was court ordered to go to AA. I moved south to St.Pete, Got involved with Intergroup, the Ft. DeSoto Picnic and found the best sponsor...Miss Pat. I'm moving to another place soon and I'll get to experience a new fellowship...and new people. I'll stay in the middle of the boat.
Marsha, SD Aug 17, 2004 I just joined Monday Nigfht Speakers. After a rough childhood I wound up back in New Jersey. I was forced to go to 6 AA meetings, that's how I got introduced to AA. I moved back to Florida. If you question whether you are an alcoholic get help! "If nobody told you they love you today, I Love You!!"

Cindy Luke's 6PM Zoom Meeting

Link: 84466939958
Pass: 302359

Monday thru Saturday
Monday: BB
Tuesday: OD
Wednesday: Traditions
Thursday: As Bill Sees it
Friday: 12 x 12
Saturday: Living Sober



GROUP CONTRIBUTIONS

Send Checks to: Pinellas County Intergroup: 9011 Park Blvd., Suite 206, Seminole, FL 33777

JANUARY 2026

Recovery Road	197.04
A Work In Progress Group	44.00
Spirit Group	132.77
Dunedin Sunset at Weaver Park	767.20
Clearwater Group/301	50.00
Peace Group	10.00
Primary Purpose	87.00
Saturday Evening Men's Group	175.00
Central Group	75.00
Amazing Grace	16.05
New Freedom / New Happiness	192.50
To The Max	29.00
Sunset Beach Meeting	278.00
Free Spirits Group	75.00
Walsingham Group	20.00
Good Orderly Direction	75.00
A Power GreaterThan Ourselves	431.60
Into Action	50.00
Park Rats	98.50
Ladies' Beach Serenity Group	30.00
AA By The Sea Group	200.00
Saturday Night Sober	56.80
A New Start	50.00
High Noon Daily	200.00
To The Max	43.75
Saturday Morning Men's Step (SH)	131.60
Sunrise Sunset Group	50.00
Serenity Seekers Group	321.66
Root & Branch	50.00
Home Group	120.00
Forty Niners Group	35.42
Eastlake Group	175.00
2250 Group	100.00
Indian Rocks Beach	20.00
Oldsmar Group	918.51

TOTAL JAN. CONTRIBUTIONS $5,306.40

Where & When MEETINGS

Progress Not Perfection Starts April 2, 2026 Every Thursday at 10:30 AM
Closed Women's Big Book Meeting, Child Friendly Meeting Location:
All Saints Episcopal Church
1700 Keystone Rd
Tarpon Springs
34688

A Power Greater Than Ourselves: Monday @4pm – this meeting is no longer in existence, we honor the completion of this sacred space.

Wheel Of Recovery: Wednesdays @8pm – this meeting is no longer in existence, we honor the completion of this sacred space.

Serenity at Sunrise: Changed from @8am to 7am because of the sun.

No More Isolation: ALL MEETINGS TEMPORARILY SUSPENDED UNTIL MARCH 2026

Beach Bunch: Has moved 1507 Bay Palm Blvd Indian Rocks Beach, FL 33785

Get Lit(erature): Is now officially **Get Lit!** in the W&W and Online.