

Recovery is a Journey, Not a Destination!

One of the hardest concepts for me (in life and in recovery) has been the idea of an evolving spiritual existence. At first getting sober appeared to be a frightful and painful experience meant to please the demands of other people in my life. I knew it would be very difficult, and I could not imagine life without anesthesia. I especially could not foresee what it would be like to actually feel all of those feelings that my wretched life had imposed on me!

My brothers and sisters in recovery were able to skillfully describe a life without inebriation where I would be comfortable in my own skin, useful to other people, and actually be enthusiastic about living. It would be a spiritual journey, an exciting adventure! I was told that I would reacquaint myself with my loving Creator along this path. The days of tragic catastrophe and self-deprecation were over - I could live a relatively normal life!

None of this seemed conceivable at the time, nor necessary. My plan was to approach this "sober" stuff like a crash course, pass the course, and then go about my business. Point A to point B. Let's get it done and over. The fluffy happy-go-lucky stuff you can keep! Just the basics for me....

After all a little relief is better than none, isn't it? Ah, but that was the problem. I had lost most living (and coping) skills long before....Alas, the journey of a thousand miles begins with a single step, and Step One was the key. I am indeed powerless over alcohol and clearly my life can get shockingly unmanageable when I'm in charge. My comrades seemed to have had a lapse into sanity and it looked good on them, so perhaps turning my will and life over to Someone else would be a sane and new idea! And so the journey had begun. I have often heard that if we had predicted the best possible outcome for sobriety we would have sold ourselves short- a truism if there ever was one.

I am so grateful that God and my brothers in recovery have been very patient guiding me on this wonderful Spiritual Path. The "get-it-done" mentality is, of course, done and has been replaced by a marvelous sense of adventure for each new day! The best part of this journey is the 12th step- where I get to partially repay the debt by sponsorship and being of service to others! Thankfully I am only responsible for "planting the seeds" and not growing the trees (God's business). I always wanted purpose, and I wanted peace..... and here it is!

~ Anonymous

A recovering alcoholic without a sponsor is much like leaving Dracula in charge of the blood bank.





Community News

- Intergroup is looking for office volunteers for Saturdays 11:00 am till 2:00pm. Once a month Commitment. Drop by the office on Thursday's if interested.
 - Intergroup is now accepting most major credit cards using Square on Thursday and Fridays 2:00pm - 6:00pm ONLY.
 - The Corrections committee is looking for a few men to step up and carry an AA meeting in to the Lake Butler Medical Facility. All volunteers will require a background check. Details-Contact: Corrections@AAGainesville.org
- To have something posted in Community News please send information to Activities@AAGainesville.com.*

**Our defects of character are the bars of a cage.
The central point is not to study the bars,
but to get out of the cage.**

Tradition 10

The Steps are HOW IT WORKS.

The Traditions are WHY IT WORKS.

“Alcoholics Anonymous has no opinion on outside issues;”

Long Form: No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters, they can express no views whatever.

This seems like a no brainer now. However, there were and are still temptations for AA and AAs not to follow this tradition. Endorsing a group member who is running for office seems only natural, but it would surely bring opposition within that group. How could contributing to a worthy charity be controversial? Yet should the group give just to that one charity? Why not all the other worthy charities? The anti-slavery stance of the Washingtonians caused its disappearance. That is one among many groups which have broken up over outside issues. Currently our political system is mired in hostile divisions. Bringing politics into AA could certainly bring on its demise.

AA has been asked to endorse many “worthy” causes in the past even whiskeys, sometimes for financial reward. AA has avoided this trap thus allowing it to remain available to help the next sick and suffering alcoholic.

Bill W.’s words:

“If we steadfastly decline all political, sectarian, or other alliances, we shall avoid internal division and public notoriety;..”

“we ought never accept even the most alluring temporary benefits if these should consist of considerable sums of money, or could involve us in controversial alliances and endorsements,..?”

“Unity is so vital to us A.A.’s that we cannot risk those attitudes and practices which have sometimes demoralized other forms of human society. Thus far we have succeeded because we have been different. May we continue to be so!”

Congratulations!



September Anniversaries

Tuesday Night Step Study

S.N. - 1 yr

Free to Be

M.N. - 4 yrs

Gratitude

J.H. - 8 yrs

E.D. - 18 yrs

J.B. - 39 yrs

Women's Serenity Seekers

R.H. - 14 yrs

C.D. - 16 yrs

Downtown Group

M.R. - 14 yrs

10th & 11th Step Group

S.R. - 10yrs

B.B. - 25 yrs

H.H. - 7 yrs

C - 9 yrs

L - 9 yrs

H - 7 yrs

Eye Opener

B.M. - 3 yrs

L.H. - 16 yrs

A.O. - 31 yrs

L.D. - 14 yrs

D.S. - 32 yrs

T.J. - 1 yr

4th Dimension

D.M. - 2 yrs

J.J. - 15 yrs

BYOB

J.M. - 16 yrs

New Freedom

J.T. - 1 yr

J.A. - 2 yrs

October Birthdays? Send them by November 12th to: POST@AAGainesville.org

Heard in a Meeting...

Are you ready to put your "Blame-Thrower" down?

Bring the body & the mind will follow.

ANGER is just one letter away from **DANGER!**

Think twice before saying NOTHING!

7th Tradition Addresses

North Central Florida Intergroup

2632 NW 43rd Street, Suite 1182

Gainesville FL 32606-7551

(Checks payable to: NCFI)

District 14

PO Box 357254

Gainesville, FL 32635-7254

(Checks payable to District 14)



North Florida Area Assembly

5703 Red Bug Lake Road, Unit 241

Winter Springs, FL 32708

(Checks payable to NFAC)

General Service Office

PO Box 459, Grand Central Station

NY, NY 10163

(Checks payable to GSO)

Self-support: Where money and spirituality mix!

Step 10

“Continued to take personal inventory and when we were wrong promptly admitted it.”

Step 10 is the “staying sober” step to me. The first 3 steps brought me to a place of hope, where I found the willingness to do some very hard work with the following middle steps of action. Taking a good hard look at myself, my behaviors, my habits and taking on my past head on so I could finally stand up straight and look people in the eye – and look at myself in the mirror without shame was no easy task. And then the beginning of “this lifetime of sobriety”, begins with Step 10.

IF I am to be willing to commit to this new way of life, I need to have a way of making sure I don't slide into the old lifestyle that brought me to my knees. My sponsor had me take a simple written inventory every evening before I went to bed answering these simple questions: First, what have I done well today. Next, what could I have done better. Finally, do I owe anyone an amends? I went over these the next day with my her, and if I did owe an amends, she guided me on making those as soon as possible.

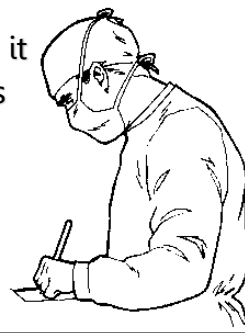
Even if I thought my day was a complete failure, my sponsor would remind me that if I didn't take a drink, then it was a major success. So, with that in mind, every day was a success. There was also never a day that I couldn't find something I couldn't have handled better. My sponsor and I discussed this so the next time a similar situation came up, I had a plan of action to do better. This is how I gained control of my life and could determine what kind of sober woman I wanted to become.

What a concept! Since I spent so much time and emotional energy purging the garbage of my past, this step allows me every day to KEEP MY SIDE OF THE STREET CLEAN. This is the way I learn to LIVE a sober life.

sobriety /soh-brahy-i-tee/

1. v., the unraveling of self-destruction.
- 2.n., the opportunity to choose, with insight and clarity, how you will create your every single moment.

I removed your ego, and it turns out that's what was clogging your reality.



**MEMBER
OF THE**



**BILL W
GANG**

Future topics:

“But For The Grace of GOD!” November
“My Best Thinking Got Me Here” December
“All in GOD's Time” January

Get Published!

Entry deadline is the **12th of each month.**

Send your topic articles, op-eds, opinions or cartoons to:

Post@AAGainesville.org

DISTRICT 14*Serving Alachua County***DCM Corner**

Hello everyone,

Reminder... **District 14 Elections** for *Officers and Service Committee Coordinators* will be held during the October meeting. We will be electing a new **DCM, Alt DCM, Secretary and Treasurer**, as well as new **Committee Chairs** for **Accessibilities, Archives, Corrections, CPI/PI (Cooperation with the Professional Community/Public Information), Grapevine, Literature, Treatment and Website**. If you, or someone you know, is interested in serving on one of these positions, the qualifications, eligibility and duties of each position are outlined on our newly revised District 14/Intergroup website at <http://aagainesville.org>. Click on "**Committees**", then scroll down to "**District 14 Structures and Guidelines**". For me, personally, serving our District at this level for the past six plus years has been such an honor and some of the most rewarding service I have been a part of in my sobriety.

September 28, 29th and 30th is the final **Area Assembly** to be held in Gainesville for at least the next two years and probably much longer. We will be electing officers for the next panel to begin serving in January 2019 at this assembly. If you are interested in standing for a position at this level, or even if you have never been to an Area Assembly, I encourage you to check it out. It's AA at work from a whole new perspective.

Finally, if your home group does not currently have a **GSR**, please consider electing one so your group has a vote in matters concerning our District and Area. Our **District 14 meetings** are held on the 2nd Wednesday of each month at 6 pm at *Westminster Presbyterian Church* and are open to all. As always, please contact me with any questions or suggestions of how we can better serve our fellowship.

*Thank you for allowing me to serve,
Pati C, DCM for District 14, (352) 281-5751
qvillepati@cox.net*

District 14 Service Committee Meetings

District 14 Business Meeting

2nd Wednesday, 6:00 pm
Westminster Presbyterian Church

Accessibilities

2nd Thursday, 6:00 pm
Books a Million (Newberry Rd)

Archives

1st Tuesday, 6:30 pm
Triangle Club

Corrections

3rd Tuesday, 6:00 pm
Triangle Club

CPC/PI

1st Tuesday, 6:30 pm
Triangle Club

Grapevine

3rd Monday @ 6:30 at the Triangle Club
Contact Robin G at rockin46robin@yahoo.com for more info.

Literature

2nd Tuesday, 6:30 pm
Intergroup Office

Phones (NCFI Committee)

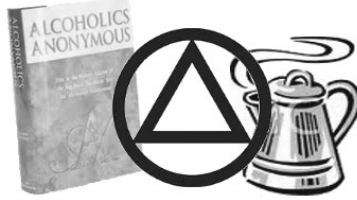
2nd Tuesday, 5:00 pm
Intergroup Office

Treatment

1st Monday, 6:30 pm
Triangle Club

Visit our combined District 14 & Intergroup website
@ www.AAGainesville.org for more information!

NCFI



North Central Florida Intergroup

Our office is located in

Land Title Plaza

2632 NW 43rd Street

Building 1000, around back to 1182

Gainesville, FL 32606-7551

Telephone: 352-372-8091

Our office hours are:

Monday - Wednesday: 2:00 - 5:00 pm

Thursday - Friday: 2:00 - 6:00 pm

Saturday: 11:00 am - 2:00 pm

Sunday: Closed



POST Submissions

Send articles and anniversaries to Post@AAGainesville.org or mail them to the NCFI office no later than the 12th of each month.

Activities Submissions

Send information for all activities in the AA community to Activities@AAGainesville.org. If you want them to be announced in the POST they must be submitted by no later than the 12th of the month.

Intergroup

Questions about AA in North Central Florida or to order large quantities of literature please contact office.manager@AAGainesville.org with requests.

Our next Intergroup meeting

will be held on the last

Sunday of the month:

October 28th @ 1:00

At Schaffer Hall (2505 NE 9th Street)

Check out our new website @
www.AAGainesville.org

Important
Message

Intergroup Chairperson's Corner

Hi everyone!

Just want to remind everyone that the **Gratitude Dinner is November 9th**. Keep your ears open for planning committee meetings! We need more help, and it's a great opportunity for service.

Lots of things changing this year: It's on a Friday night, tickets are only \$10, and everyone is bringing covered dishes and desserts. We provide ham and turkey. And there's a 50/50 raffle! Cake auction and speaker as usual. Check out aagainesville.org for all kinds of info about Intergroup and District 14.

Lastly, if you don't have an Intergroup rep in your homegroup, send one to our next meeting! We'd love to have all groups involved.

Thanks for allowing me to serve you. Please contact me with any questions/concerns!

Greg N. gregnorm5@aol.com 352 283 2648

NORTH CENTRAL FLORIDA INTERGROUP**8/26/18**

ATTENDANCE – GN (chair), BC (alt chair), SR (secretary), PB (treasurer), FS (office mgr), SS (phone chair), DO (POST), WM (webmaster), TR, BK, JVB, DL, JM, JM, JF, CH, MR, PM, ST, K.

MINUTES – July minutes on 7 of the POST, read and approved.

TREASURER'S REPORT – July treasurer's report on page 8 of the POST presented by PB; noted that sales tax on IG sales are paid by the purchaser as IG is tax exempt; currently on checking account PB, JF; currently still seeking an alternate treasurer.

PHONE COMMITTEE – SS reported that the grid is current filled; plans underway for a workshop on 10/13/18, 1-3pm, First Christian Church on NW 83rd St.

POST – DO requested that input for the October issue be submitted NLT 9/12; reminded everyone to please submit correct information for birthdays (first name, last initial); FS noted that the announcement under Community News on page 2 for the next Gratitude Dinner Committee meeting was incorrect, should be 8/27/18 at 6pm.

LITERATURE/MERCHANDISE & WHERE & WHEN – FS reported that approximately 900 of the new format Where & Whens have been sold, and he would be reordering soon.

WEBSITE – WM reported that the website contracts (IG/District) were consolidated as of 8/1/18; the new contract is \$75/yr, split with District 14, for three years, and can be extended for 3 additional years at the same price (ie locked for 6 yrs). There is a section on the webpage "ABOUT" telling what Intergroup and District 14 each represent; there is a link to a map from the addresses; there is a link to the POST for current and past issues. JF suggested we consider buying the domain name (approximately \$12/yr), and also that we link old web addresses. SS expressed the opinion that the first thing on the webpage should be the link to meetings. GN noted that the agreement between Intergroup and District 14 had been amended. JF commented that we need to change/update the URL with GSO. An anonymous donor donated bookmarks with the website.

ACTIVITIES – DO reported that activities should be sent to "activities@aa.org" (see page 6 of the POST); these can be noted in Community News, and flyers on the back page; WM can also link events on the webpage. The next Gratitude Dinner Committee meeting will be on 8/27/18 @ 6pm at K & P's house.

DCM REPORT – MR reported that District 14 elections will be held in October; the different committees need help especially Treatment and Corrections; see the DCM corner on page 5 of the POST.

OLD BUSINESS – The draft of the updated Bylaws will be mailed to IG reps for review by the groups; any proposed changes should be submitted at the September meeting.

NEW BUSINESS – (1) FS discussed the discrepancy between the number of POSTs that he brings and the number signed for; some groups did not get copies due to this discrepancy; please only take what you need and be sure to sign for the number that you take. (2) SS requested \$250 be allocated for the Phone Committee Workshop and circulated a detailed proposed budget, receipts to be submitted; JF made a motion to accept, MP seconded, approved. (3) JF requested that IG buy the domain name AAGainesville.com; TR made a motion, MP seconded, approved. (4) JF noted that the new bylaws should contain specifications with regard to the IG checking account and specifications with regard to any future audits. (5) FS called for consideration of making a shortened version of the POST available by mail with a subscription price of \$5/yr; he noted that previous mailings of the POST cost \$300/yr; he has been able to change the mailing status and has cut postage costs by 75%.

There being no further business, the meeting was adjourned at 1:45pm with the Responsibility Pledge.

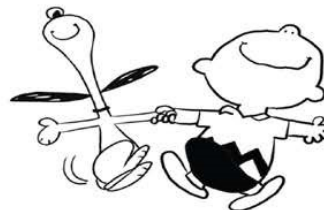
NEXT MEETING – SUNDAY, 9/30/18, 1PM AT SCHAEFFER HALL

Intergroup Treasurer's Report: August 2018

<i>Sales</i>	<i>Current</i>	<i>Y.T.D.</i>	<i>Cost of Sales</i>	<i>Current</i>	<i>Y.T.D.</i>
A.A. Literature	632.35	8,233.41	A.A. Literature	0.00	5,505.76
Chips	95.34	203.28	Chips	0.00	173.95
Medallions	104.00	2,040.63	Medallions	37.84	1,116.92
Other Merchandise	46.25	253.70	Other Merchandise	0.00	96.67
Where and Whens	31.15	281.30	Where and Whens	0.00	658.00
Total Sales	909.09	11,012.32	Total Cost of Sales	37.84	7,551.30
 Activities Revenues			 Activities Expenses		
Gratitude Dinner Tickets	580.00	580.00	Alkathon	0.00	131.43
			Gratitude Dinner	271.89	960.31
			Hawthorne Picnic Donation	0.00	200.00
			Intergroup's Monthly Meeting	19.00	58.00
			Phone Workshop	100.00	100.00
Total Activities Revenues	580.00	580.00	Total Activities Expenses	390.89	1,449.74
 Group Contributions	 191.76	 4,837.19	 Committee Expenses		
 Office/Operating Expenses			Phone Committee	7.30	7.30
Grapevine Subscriptions	0.00	0.00	Steering Committee	4.85	11.85
Insurance	0.00	0.00	The Post	0.00	0.00
IRS 501C3 App. Fee	0.00	275.00	Website Committee	343.70	374.53
Internet	65.63	393.78	Total Committee Expenses	355.85	393.68
Office Expenses	80.39	964.11	 Fund Balances		
Office Rent	190.00	1,520.00	Checking		
Office Manager Salary	650.00	5,200.00	Checking @ 1st of Mo.	52.84	
Payroll Taxes	0.00	350.99	Current Deposits	1,680.85	
Postage	45.50	448.52	Current Expenditures	2,116.58	
Previous Manager's Bonus	0.00	650.00	Transfer from Grat. Din. Res.	723.84	
Printing: Other	0.00	18.38	Ending Balance, Checking		340.95
Printing: Phone Volunteer Packets	0.00	23.50	Reserves		
Printing: POST	123.44	1,161.79	Office Prudent Res. (CD) 1st of Mo.	5,102.96	
State Sales Tax	57.61	697.90	Interest Earned	5.43	
Telephone	119.43	1,061.05	Ending Balance, Off. Res.		5,108.39
			Grat. Din. Res. (Savings) 1st of Mo.	2,819.29	
			Interest Earned	0.00	
			Transfer to Checking	723.84	
Total Overhead Expenses	1,332.00	12,765.02	Ending Balance, Grat. Din. Res.		2,095.45



WHAT IF TODAY, WE WERE JUST GRATEFUL FOR EVERYTHING?



Contributions are credited for the month they are deposited, hence some contributions may not be credited till next month.

District 14 Business Meeting – September 12, 2018

Opening and Introductions – Meeting called to order at 6:00 PM by PC. Minutes recorded by DF.

Officers: PC. DCM, CM. Alt DCM, DF. Alt Secretary, KP. Treasurer; **Committee Chairs:** KK. Accessibilities; MT. Archives, BB. Corrections, JW. Corrections, DA. CPC/PI, RG. Grapevine, WL. Literature, RC. Web Site; **GSRs & Alt GSRs:** DN. Afternoon Reflections, SR. All Inclusive Solution, CC. Beginner's Mind, FS. Bring Your Own Book, KN. By the Book, TC. Cross Creek Live and Let Live, MO. Downtown Group, JP. Everything or Nothing, DS. Eye Opener, EM. Good Morning God, MC. Gratitude, KP. and TG. Keystone Heights, SP. Micanopy Group, JE. New Freedom, MR. The Way Out, DA. YPG ; MM. Tillis Mens Group; JM. 10&11th Step; BM. Eye Opener; LM. Womens Serenity Seekers; RG Unity Group; MC. Tues Night Step Study; JA New Freedom; RR Monday Night Big Book; LD. Lawtey Primary Purpose; SW. Gratitude; CC. Fourth Dimension; BG. Everything or Nothing; RB. Alachua Tues Night; **Others:** GN. Intergroup, DF. Past Delegate Area 54 Panel 59, MD.; GZ.

Secretary (DF, Alt Secretary) – Asked for issues with minutes. RB. was not on minutes and was in attendance. Minutes accepted. **Treasurer (KP)** – Reviewed treasurer report. PC reminded budgets are to last through March 2019 and many are 50% used. Report accepted.

DCM (PC) –Area Assembly September 27-29. Elections will be done Sunday morning so business meeting is Saturday night. Last Area Assembly in Gainesville for at least 2 years. GSR's or Alt GSR's must be registered in order to vote and are the only ones who may vote. Explained how Area Assembly works. Our district has registration duties and needs people. Shared hours of when Registrar is open on Friday and Saturday. Elections for District are next month – will be selecting panel for next two years including all committee chairs. **Alternate DCM (CM)** – Emphasized important times for Area Assembly attendance and helping new attendees with questions.

Accessibilities (KK) – Thank you for patience while recovering from surgery. No meeting set up yet but willing to meet with anyone at home or by phone. Asked if you see an accessibility issue to call her so she attend to it. Willing pick up people who need help getting to a meeting as well. **Archives (MT)** – Had monthly meeting Sept 4th – updated tree to accurately reflect active groups. Work day Oct 6th to organize archives. **Corrections (BB)** – Corrections correspondence is now on website with links. Still need men to take meetings into Lake Butler. **CPC / PI (DA)** – Met last Thurs. Passed out business cards for placement around town. WKTK was contacted to run a PSA on their station. Work books given out to new members – Eric taking over safety council meetings. Working on brunch to meet with local judges/attorneys/probation officers and inform them about AA and give literature. **Grapevine (RG)** – Changing meeting day to 3rd Thurs of every month at Triangle Club – 6:45pm. Working on tri-fold display board. **Literature (WL)** – No report **Treatment (DS)** – No report. Per SW, committee did not meet this month due to Labor Day. **Website (RC)** – All info has been migrated over to aagainesville.org. Share all info with the webmaster. Stepping down as service coordinator for district and assistant webmaster for Intergroup. EM – concerned that Primary Purpose meetings are showing up as treatment center. RC shared that it is a Google issue; suggested doing a google search and rating it mentioning that it is only a meeting location, not a treatment center. **FCYPAA (JM)** – DA – Gainesville won the conference for 2019. Holding elections Sunday at noon at Triangle Club – please come and support. GN - Asked if there are positions that are just the for the weekend of the conference. DA said, yes. CM – went to FCYPAA this year for first time – it's 3 times larger than our Area Assembly and a lot of help is needed. Conference dates to be determined once International conference reveals its dates. Trying for July 4th. **Intergroup (GN)** – Website agreement signed by PC and GN. Phone hotline workshop Sat Oct 13th 1-3. At First Christian Church. Intergroup now accepts major credit cards on Thursday and Friday only. There is a convenience fee for CC use of 2.75%. There are only 325 tickets for the Gratitude Dinner on Friday Nov 9th. Bring a covered dish. Tickets are now available for \$10 and will not be sold at the door. Begins at 6pm with fellowship at the new venue – Springhill Baptist Church. Planning committee meeting this Sunday at P & K's – could use people to help. Make sure info sent for POST to print about committee meetings is accurate and someone is at the scheduled meeting. **New Business** – DN. - Concerned about meeting in Where & When for AA Agnostica – is this officially affiliated with AA and should it be in Where & When? After much discussion, PC stated she will check with our Delegate to determine what action should be taken and will let the committee know what is decided. PC – District elections next month – current panel continues through Dec 31st. Asked for those who may stand for positions next month. CM to stand for DCM; KP. to stand for Treasurer; KK to stand for Accessibilities. KK – Garage sale Oct 20th 8-4pm at Westminster Church – drop off time Oct 19th 3-9pm at church – for Emotional Sobriety conference.

Tradition 9 and Concept 9 read by CM and PC, respectively.

Next meeting will be on October 10, 2018. See aagainesville.org for more information.

I Am Responsible

Because this is how we show our gratitude,
by paying it forward to the next alcoholic in need.

Gratitude Dinner

November 9th, 2018

Springhill Baptist Church

120 SE Williston Road, Gainesville FL 32641

Fellowship starts at 6:00 pm

Join us for the Cake Auction, 50/50 Raffle,
Turkey & Ham provided, Pot Luck Dinner,
Sobriety Countdown, and an inspiring Speaker.
**Please bring a side dish or dessert to share.



Tickets \$10.00 in advance only ♦ Intergroup's Annual Fundraiser

Phone Hotline Workshop



Presented by North Central Florida Intergroup

NCFIG PHONE COMMITTEE

Saturday October 13th, 2018

1:00 - 3:00pm

First Christian Church

3411 NW 83rd Street

Gainesville FL 32606

PANEL DISCUSSION & SCENARIOS

Light refreshments provided.

District 27

(Serving Dixie, Levy & Gilchrist Counties)

District 27 Business Meeting:

3rd Tuesday, 6:00 pm

St. Alban Episcopal Church

7550 NW 149th Place, Chiefland

District 27 Hotline:

(352) 949-2239

Contributions Address:

District 27 AA

PO Box 1257

Bronson, FL 32621

Website Address:

www.District27aa.org

