

A Publication of North Central Florida Intergroup

Volume 23, Issue 07 July 2019

hinking



Power

of

Sober

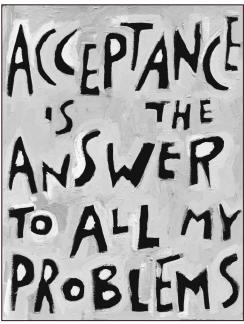
As we advance through the steps we realize that we all actually have a built in "Spiritual Guidance System" that our Creator installed. Almost every culture and society addresses this reality, and our founders felt that it was incredibly important to become "attuned" to the Source of our spiritual connection (step 11),

It would seem that the net effect of each of the steps is humility- a much needed asset for my spiritual development. Step 1 has me admit and accept powerlessness over alcohol (and many other things). The step work also shows me that my thinking is generally unmanageable. This realilzation in itself is humbling. Steps 2 and 3 have me "trust God" as I risk summiting my willfulness to a Higher Power- also a humbling experience. Steps 4 through 9 help me become "right-sized" in what I call the "garbage-removal steps"...all are exercises in humility. Step 10 is simply a regular house cleaning (humility maintenance) in order to maintain and promote spiritual growth.

Now is where I get into cosmic "4th dimension" territory in Step 11 as I continually practice having an active, two-way communication with my Creator. This requires me to have a somewhat quiet mind and an open heart, and the ability to pay very careful attention to the "small voice". That "intuitive" direction I get from this practice of prayer and meditation is very subtle but very real. It is also frustrating that my mind can be so undisciplined, rowdy, defiant, and downright deafening.

Nonetheless, I am so grateful for the opportunity to practice listening for that small voice of enlightenment and direction. The practice gets better every year. I fully accept that I will fall short on a daily basis. I need only keep trying to get closer to God's will...









• Intergroup and the A.A. Hotline received 53 calls in May.

• The Intergroup Office is always looking for volunteers, openings on Tuesdays and Saturdays.

• Out of respect for all the active participation and work that's been done by the CPC/PI Committee this year, and for summer family vacations--the CPC/PI

Committee meetings will not be held during July and August 2019. Our next CPC/PI Committee meeting will be on September 5 at the Triangle Club, 6:30 pm. Thanks very much.

- Your home group can extend the hand of AA by sponsoring a public literature rack. For more information go to www.AAGainesville.org.
- 63rd Florida State Convention 2019 is July 31st August 4th in Doral, Florida @ the Trump National Doral Miami, go to 63.FloridaStateConvention.com for more information and registration.
- Please share your groups events with the rest of our fellowship by sending information or fliers to Activities@AAGainesville.org.
- Contact FS at 386-628-2541 for more information on any Intergroup question or activities.

## **The Steps are HOW IT WORKS.** The Traditions are <u>WHY IT WORKS</u>. *"Every AA group ought to be fully self-supporting, declining outside contributions."*

This tradition has kept AA independent from all sorts of outside influences, breweries, distillers, pharmaceutical companies, medical and legal organizations, even well-meaning generous benefactors! That has kept this group of drunks free to determine the future of our fellowship.

Each group passes a basket at their meetings. The collection goes to coffee, cookies, donations for rent, whatever is necessary to keep the group running.

Any accumulation of excess funds is distributed according to a GSO guideline to Intergroup, District, Area Assembly and finally the General Service Organization. These funds are essential to keep worldwide AA able to extend the hand of AA to the still suffering alcoholism.

This only works if we each contribute to each group we attend. Our contribution of a dollar is no longer sufficient. Contributions are down nationally, Grapevine subscription are down. I ask each of you who can to do more, to do so. My drinking was expensive and I spared no expense. I was a big shot drinker of expensive wines scotch! There is no price I can put on having my life back. Alcoholics Anonymous deserve my continuous generous support. Otherwise the hand of AA may not be there for the next suffering drunk.

## TRADITION 7 IS WHERE MONEY & SPIRITUALITY MEET!

Congratulations!

**Melrose Happy Hour Group** JS - 13 yrs PG - 26 yrs

## Tuesday Night Step Study

JH - 35 yrs BH - 4 yrs

**4th Dimension** CG - 49 yrs

BYOB Group of High Springs PA - 6 yrs RD - 4 yrs BW - 8 yrs PS - 32 yrs

10<sup>th</sup> and 11<sup>th</sup> Step Group DS - 12 yrs ST - 33 yrs EC - 28 yrs SMc - 26 yrs SF - 5 yrs

## Eyeopener

JH - 22 yrs SW - 18 yrs SS - 1 yr New Freedom JVB - 38 yrs

**Free to Be** KM - 6 yrs MR - 29 yrs (May) PS - 30 yrs LR - 36 yrs JM - 11 yrs (May)

Hawthorne Group JL - 7 yrs

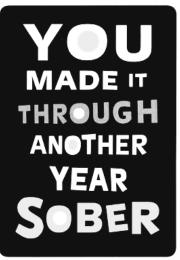
**Everything or Nothing** AJ - 1 yr

**Thursday Step Study** C - 12 yrs

Gratitude Group WB - 1 yr SM - 2 yrs BS - 4 yrs JJ - 26 yrs RD - 30 yrs EM - 46 yrs

Women's Step Study C -12yrs June Anniversaries

Women's Serenity Seekers KC - 3 yrs MS - 5 yrs LA - 9 yrs BS - 31 yrs



July Birthdays? Send them by July 12th to <u>POST@AAGainesville.org</u>

# **7th Tradition Addresses**

North Central Florida Intergroup 2632 NW 43rd Street, Suite 1182 Gainesville FL 32606-7551 (Checks payable to: NCFI)

<u>District 14</u> PO Box 357254 Gainesville, FL 32635-7254 (Checks payable to District 14)



North Florida Area Assembly PO Box 10094 Jacksonville, FL 32247 (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!



# *"Humbly asked Him to remove our shortcomings."*

The longer I am sober, the more I live in the 7th Step, I begin my mornings with three prayers, the Serenity Prayer, the Third Step Prayer and the Seventh Step Prayer. I do not receive immediate instructions for the day, but I am able to proceed knowing I have asked for and will receive help.

Help in making choices, guidance in dealing with others and mostly trying to be useful to my HP and to make fellow man. My desire to have the most sarcastic response has been lifted, at least most days. My striving to demonstrate my flashing wit, my impressive intellect or my incredibly likable personality has diminished. I no longer walk into a room to become the center of attention. I don't have to be the leader of every group I belong to. Asking humbly to have my shortcomings removed and not having them removed immediately has taught me humility.

I cannot do this by myself. This happens by Grace and in God's time. I have to make myself ready to receive Grace, by not acting on my character defects. I am distressed when I do act on them and cause harm to anyone. I pray that I will continue to live in the Seventh Step.

# God does for me What I cannot do for myself He Will not do for me What I can & Should do myself

Annual Post Subscription \$ 12 Posts delivered to your door	
Please make checks payable	to NCFI
Name	
Address	The part
City	

## **Future Topics**

"Good morning, This is God. I will be handling All of your Problems today. I will not need Your help, so have A *miraculous* day."

"Acting My Way into Right Thinking" August "What is a 4th Dimension?" September "Coming to Believe" October

## Get Published!

Entry deadline is the **12th of each month**. Send your topic articles, op-eds, opinions or cartoons to: *Post@AAGainesville.org*  NCFI



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: 12:00 - 6:00 pm Saturday: 11:00 am - 3:00 pm Sunday: Closed



www.AAGainesville.org

## North Central Florida Intergroup



## **POST Submissions**

Send articles and anniversaries to <u>*Post@AAGainesville.org*</u> 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 <u>Activities@AAGainesville.org</u>. 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 <u>office.manager@AAGainesville.org</u> with requests.



Intergroup Chairperson's Corner

## Hi everyone!

June was a month filled with great events in our District. On the weekend of the 8th, we had our annual **Founders Day**. Close to 300 people showed up, ate some great food and got to see two great speakers! Thanks to all who helped put on the event, the groups who donated, and to the District 14

Archives committee for getting it started every year. The same weekend **FCYPAA** had their annual state conference here in Gainesville! It's been a very long time since we hosted it. Around 1000 people attended, young and old. It is truly great to see all the young people involved in service and it's something everyone should see at least once! Young people, of course, are the future of AA. Next year's FCYPAA will be in Miami. Lastly, the **Emotional Sobriety Workshop** was held on the weekend of the 22nd. Great speakers and step work were the highlights of the workshop.

We have a great recovery community here in Gainesville! Get involved and help us all to carry the message to the alcoholic who still suffers! Intergroup has it's monthly meeting the last Sunday of every month. 1:00 at the Triangle Club. Hope to see your group's representative there!

Thanks for allowing me to be a part of all this! Greg N. (352) 283 2648, gregnorm5@aol.com

## NORTH CENTRAL FLORIDA INTERGROUP MAY 19, 2019

**ATTENDANCE –** GN (Chair), BC (Alt Chair), SR (Secretary), PC (Alt Secretary), PB (Treasurer), FS (Office Mgr), JH (Activities), DO (POST), WM (Webmaster), PA (AlAnon), TR, BB, AM, WL, MP, MN, JS, DL, HG, JF, CH, AW, ST, NL, JB, TL, MR, BM, DK.

**MINUTES –** SR presented the April minutes on page 6 of the POST; read and approved.

**TREASURER'S REPORT –** PB presented the Treasurer's report on page 7 of the POST. Of note, due to a miscalculation in the Excel worksheet, sales tax was misrepresented which resulted in an additional \$1268.42 when the bank reconciliation was completed. Contributions by Faithful \$5ers & \$10ers of \$270 was moved into the prudent reserve. Corporate filing with the State has been completed, and sales tax was paid as of April. There was a reimbursement from the Website committee from 2018 of \$295.63.

**PHONE COMMITTEE –** SR reported for SS; one vacancy on Sunday 4-7pm (this has since been filled).

**POST –** DeO reminded everyone that the deadline is back to the 12<sup>th</sup> of the month. She again asked that last initials be included in the birthday submissions. The POST is always looking for writers (see page 4 of the POST for topics) and event submissions.

**LITERATURE/MERCHANDISE/WHERE & WHEN –** FS reported that everything was up to date and fully stocked. He highlighted several flyers (Grapevine books \$13/book, Intergroup office literature sale on 6/1 from 11a-3p). He also circulated flyers highlighting that the POST is available for home delivery for \$11/year (see page 4 of the POST).

**WEBSITE** – WM reported that the website is currently up to date. He is working on creating an interactive Where & When and is making progress on the backside (the mechanics which we don't readily see); he will be doing a Beta test with the integrated app. He hopes to eventually have it capable of linking with the MeetingGuide.aa.org app.

**ACTIVITIES –** JH announced that there would be a Memorial Day celebration at the Primary Purpose Club on 5/27. The 352 FCYPAA Conference will be 6/7-6/9 at the University Hilton. The Emotional Sobriety Conference will be 6/21-6/23 at the Fairfield. Founders Day is to be held on 6/8 at Trinity UMC; the next committee meeting is Tuesday, 5/21, 7pm at the Triangle Club.

**DCM REPORT –** GN reported (as there was no rep from District); the District 14 minutes and announcements are on page 9-10 of the POST. Area Assembly is in July. A Corrections Chair and an Accessibilities Chair are needed.

**FCYPAA –** SN announced that the tickets for the conference would increase from \$20 to \$25 effective 5/20. The website is publicly accessible; you can volunteer on the website and there is also a link on the Intergroup webpage.

**OLD BUSINESS –** FS reported that for now, Intergroup would be allowed to remain in the current office space, but that the rent might be raised (how much is not known at this time).

**NEW BUSINESS** – JB announced the Hawthorne Group Picnic on 8/17 (pgs 2 & 12 of the POST) at Luther Springs; attendance is free. They are requesting \$200 from Intergroup; motion was made and passed. Wanda L reminded attendees to take flyers for the Emotional Sobriety Conference. Phil A introduced himself as the new AlAnon outreach and said that they would have a table at Founders Day; in the future, they would like to continue to attend Intergroup meetings; he was made welcome.

## NEXT MEETING - SUNDAY, 6/30/19, 1PM AT THE TRIANGLE CLUB

## Intergroup Treasurer's Report: May 2019

Purchases

	Sales	Current	Y.T.D.				
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	Office Manager Salary	540.27	3,030.54	Cu			
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	Telephone	147.17	657.08				
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	Reserves						
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	Ending Balance, Off. Res.		6,296.00	Ŀ			
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Committee Expenses    Phone Committee  0.00  0.00    Steering Committee  0.00  0.00    The Post  0.00  -264.76    Total Committee  0.00  -264.76    Total Committee Expenses  0.00  -264.76    Total Committee Expenses  0.00  -264.76    Fund Balance Checking  2,945.95  -264.76    Current Deposits  2,683.53  -264.76    Current Expenditures  2,192.14											
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Current

\*\*Contributions are credited for the month they are deposited, hence some contributions received during this month may not be credited until next month.

## Faithful \$5ers & \$10ers

										Year to Date				1,345.0
	\$50.00	\$ 70.00	\$70.00	\$70.00	\$ 70.00	\$ 50.00	\$ 50.00	\$ 50.00	\$50.00	\$ 50.00	\$50.00	\$ 50.00	\$	680.0
Faithful Tenner's														
	\$15.00	\$ 75.00	\$65.00	\$80.00	\$ 85.00	\$ 65.00	\$ 60.00	\$ 50.00	\$45.00	\$ 45.00	\$40.00	\$ 40.00	\$	665.0
Faithful Fiver's														YTD
	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.		
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Y.T.D.

total

# Thanks to the following 6 Groups and Individuals who sent in a donation to Intergroup in May 2019:

- ► Haile Freedom Group \$40.00 ► Sober on the Suwanee \$60.00 ►
  - ► The Loft 40.00 ► Everything or Nothing 100.00 ►
  - ► Eye Opener Group \$143.50 ► The Geezers \$50.00 ►

► Individuals \$295.51 ►

## Intergroup provides a wide range of services to the Alcoholic Anonymous groups and recovering community of North Central Florida.

- A-24 hour hot-line for 12th step calls & other inquires
- A comprehensive list of meetings, our Where & When, both in print and online
- *A.A. conference approved literature and other materials as requested by A.A. members*
- Help with the coordination and promotion of group activities
- Publication of a monthly newsletter, The Post
- Maintenance of a state-of-the-art Website: <u>www.AAGainesville.org</u>

As our A.A. membership continues to grow the demand for more and more material and services continues to expand. We continually strive to better serve our recovery community (progress not perfection). This is only possible with your continued support and consistent contributions.

# <section-header>Welcome to<br/>Acoholics AnonymousAttraction of the<br/>MonthPamphlet<br/>of the<br/>MonthImage: Sober of the<br/>MonthBook<br/>of the<br/>Month

## DISTRICT 14

Serving Alachua County

## DCM Corner

## Important Message:

Alcoholics Anonymous has no governing body, it has no leaders with ruling power. What we do have is a system of areas consisting of Districts, which are governed by the individual groups of AA. Each group gets a GSR to represent that group at the District and Area level. The GSR's job is to ensure that the voice of the groups conscious is heard. Individual alcoholics can get involved by joining committees within their District such as Corrections, Treatment, Literature, so on. At the Committee level each alcoholic gets a voice and a vote. **Alcoholics anonymous is a true democracy in that each vote gets counted and each and every single voice is heard.** The best way to preserve a Democracy is to participate in it and as of this moment, participation in the service work and Committees of District 14 is at an all-time low.

I would like to challenge each single alcoholic to question their groups and to question them self's "**How can we be more involved and is our voice not being heard as a result of a lack of participation?**" I know that there are groups that believe because they are such a small group or such a rural group that their participation would not amount to much. However, there is no group, no individual, no voice that is below the right to be heard. The only effort that amounts to nothing, is no effort.

I would like to call on the groups and the individuals to reevaluate their commitments to giving back to our great fellowship. The time is now, not when it is convenient. To those individuals who have worked to help continue to carry the message of Alcoholics Anonymous you have my thanks, the thanks of every alcoholic you have ever helped, whether you know it or not and you have the thanks of a grateful Alcoholics Anonymous.

If you have any questions or concerns please feel free to contact me directly at (954)540-8046.

Grateful Alcoholic Chris M. DCM District 14

# **District 14 Service Committee Meetings**

#### **District 14 Business Meeting**

2nd Wednesday, 6:00 pm Westminster Presbyterian Church

## Accessibilities

1st Saturday, 5:00 pm Gethsemane Lutheran Church

#### Archives

1st Tuesday, 6:30 pm Triangle Club

#### **Corrections**

3rd Tuesday, 6:00 pm Triangle Club

#### CPC/PI

1st Thursday, 6:30 pm Triangle Club

#### **Grapevine**

3rd Monday @ 6:30 Triangle Club

#### <u>Literature</u>

1st Saturday, 5:00 pm Gethsemane Lutheran Church

#### Phones (NCFI Committee)

2nd Tuesday, 5:00 pm Intergroup Office

## <u>Treatment</u>

1st Monday, 6:30 pm Triangle Club

Visit our combined District 14 & Intergroup website @ www.AAGainesville.org for more information! Meeting called to order at 6:00 PM by CM. Minutes recorded by WM.

In attendance- Officers: CM. DCM, KP. Treasurer, DA. Alt DCM Committee Chairs: DN. Grapevine, MC. Literature, JM. (co-chair) FCYPAA, KM. CPC/PI, LR. Corrections, GN Intergroup GSRs/Alt GSRs: ML. The Way Out, DN. Afternoon Reflections, CC. Beginner's Mind, GM. Renacer, BR. Monday night Step Study, WM. YPG, KH. Student Group. JP. Everything or Nothing, BA. Gratitude, LD. Lawtey Primary Purpose, JM. Promises, RG. Unity, GZ., ST., MR. Tuesday Night Step Study.

Secretary- WM. Last month's minutes accepted.

Treasurer- KP. Treasurers's report accepted.

DCM- CM. Area contributions should be sent to new mailing address: P.O. Box 10094 Jacksonville, FI 32247.

Alt DCM- DA. Area Assembly will be held July 12-14. District 14 has 2 rooms reserved, please contact David if your group cannot afford to send you. 2019 Service Fair will be held in October.

Archives- MC. Founders day was a success, thanks to all those who helped! Several new recordings will be released soon.

Corrections- LR has been working with the Lake Butler Chaplain to improve inmate attendance at their meeting.

**CPC/PI**- KM. Committee made new contacts in the professional community with their display at the UF Health Expo last month. Individuals interested in becoming a speaker at the Safety Council should contact KM through <u>AAGainesville.com</u>.

**Grapevine**-DN. Thank you to committee members for helping make the Grapevine display such a success at Founder's Day! Please have Your group's representative attend the committee meeting June 17th at 6:30 to keep the momentum going.

Literature- MC. Committee meeting will now be held on the 1st Saturday of each month at Gethsemane Church at 5 pm.

Accessibilities- Vacant Please spread the word that this vital committee is in need of practical support! Next meeting will be held on the 1st Saturday of July at Gethsemane Church at 5pm.

Treatment- DS. All meetings are covered for this month. Next meeting Monday, July 1st 6:30 PM at the Triangle club.

**Website**- HP. Every committee may now provide an email address direct communication via the website. Please provide HP with this correct information and He will gladly set up gmail accounts for you and your committee. You may also contact HP at <u>henry.perlstein@icloud.com</u> with any content you would like changed or uploaded on the website.

**Intergroup**- GN. Intergroup voted to contribute \$200 to the Hawthorne Picnic, which will be held in August. Please have your group's representative attend their next meeting June 30th at 1:00.

**FCYPAA-** JM. Conference was a massive success, with over 1,100 attendees- Thanks to all those who made it possible! A disbanding meeting July 19 at 930 pm after downtown group.

Old Business: No old business.

New Business: LR. was elected the new Chairperson of the Corrections Committee.

6th Concept and 6th Tradition read by CM. And DA. respectively. Meeting adjourned at 6:40 PM.

## Next district meeting July 10th. See <u>AAGainesville.org</u> for more information.

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May Financial Activity	1000						
Fiscal Year April 2019 -March	1 Z	020					
	Amount Year to Dat						
Opening Bank Balance	\$	11,635.61					
Group Donations	\$	65.88	\$	711.70			
Committee Expenses							
D14 Expenses	\$	(88.65)					
Total Month Expense \$ (88.65)			\$	(1,409.83)			
Previous Month's Expense Check(s) Clearing Bank	\$	(638.05)					
Closing Bank Balance	\$	10,974.79					
Money Held in Reserve:							
Founder's Day - Reserve for 2018 (\$970+\$100)	\$	1,070.00					
Service Fair - Reserve for 2018	\$						
Prudent Reserve	\$	5,000.00					
Operating Cash (bank balance minus reserves)	\$	4.904.79					

		G	roup	Donat	ions 2	019 -	2020						
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ision For You, A		# 20.00											\$ 20.00
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Vomen's Serenity Seekers	A 100.00		¢.	i. j		분	s		h:			h:	\$ -
Vomen's Step Study (Thursday morning)	\$ 100.63		3			0	6					0	\$ 100.63
(PG (Young People's)	-			0		6	a		a	x		d	\$ -
fiscellaneous			4	1			1						\$ -
Totals	\$ 645.82	\$ 65.88	\$ -	\$ .	\$ .	\$ .	\$.	\$.	\$ .	\$.	\$ .	\$ .	\$ 711.70

# IF I plant myself in the middle, I will BLOOM!



Faithful Fivers are AA members who graciously choose to contribute \$5.00 each month to support the Intergroup Office in its efforts to carry the AA message of hope & recovery to those alcoholics still suffering in the North Central Florida area.

## The Faithful Fiver idea came about when we remembered we wasted much more than \$5.00 each month during our drinking days.

Payment options: Cash, Check (made out to NCFI) or Credit Card (no minimum). Stop by the Intergroup office, or email questions to <u>Office.Manager@AAGainesville.com</u> or call **Fred S** @ 386-628-2541.

## 13th Annual Hawthorne Group/ NCF Intergroup picnic

Indoor, air conditioned, *Free to all* **Saturday, August 17, 2019** 

11:00 AM to 4

At Luther Springs Camp and Conference Center

264 Vause Lake Rd; Hawthorne, FL 32640 Follow the yellow Bill W. signs!

Please bring: Side dish to share or Dessert.

Questions? Call 352-234-5694



50/50 Raffle Food & Fellowship. Swimming Pool with lifeguard. Outdoor games

# Triangle Club Welcomes You...

1005 SE 4th Avenue, Gainesville FL

July 4th

## **Speaker Meeting 12:30**

Speaker: Bob A. Lunch at 1:45

\*If you are able, please bring a side dish or a dessert to share. Thank you!

Sponsored by:

*Eye Opener, New Life, Gratitude, Unity and Downtown Groups!* 





(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