

FAITH OVER FEAR



The twelve steps didn't give me my life back; they gave me a life I never knew was possible. In AA, I have learned much more than how to stop drinking. I've learned how to be a productive member of society, face life's difficulties, care about myself and others, live in today, and pause. I am especially grateful to AA for teaching me how to have a faith that works.

In practicing step three, I realized the difference between believing in God and having a faith that works in all circumstances. With recent world events, I've been given opportunities for extra practice in turning over the people, circumstances, and institutions which are out of my control. The pandemic has given me perspective in how much I am in fact not God. I have no control over this invisible monster, but I do have tools to help me cope with fears that crop up. Once I become willing to let go, I can make a beginning toward relief from the tyranny of both real and imagined fears, many of which I would have gotten drunk over in the past.

In step four, I learned to acknowledge my fears and see how they drive my reactions. In the steps that follow, I can take more action by trusting God to remove them, righting my wrongs, and helping others. The steps give me tools to deal with my fears and continue trudging the path in front of me with an ever-present sense of peace, and that promise doesn't falter when the whole world seems to be upside down. I haven't experienced instantaneous relief from my fears, but I have been shown the way to accessing serenity and gratitude in everything. I used to scoff at people of faith, but now I'm thankful for all the ways faith has carried me through difficult days and it will carry me through each difficulty ahead. My job in all of this is to trust God, clean house, and help others as I go. –MC

Online Meeting Information

Due to Covid 19 restrictions, many North Central Florida Alcoholics Anonymous meetings are being held online. A complete schedule of all virtual meetings can be found at :

<https://aagainesville.org/>

or

<https://www.instantaa.com/>





Community News

- Intergroup will be open regular hours Tuesday through Saturday beginning May 5
- Mask must be worn at Intergroup office at all times. No exceptions.
- If you would like to place an order \$25.00 minimum (cash, check or PayPal) contact Fred 386-628-2541 or Greg 352-283-2648

- The A.A.

Hotline is manned 24 hours each and every day.

- The A.A. Hotline and Intergroup office received 51 phone calls in March
- Want your on-line meeting listed? Go to our website aagainesville.org and follow our Webmasters instructions.
- Intergroup now can receive group or individual donations through PayPal or Venmo



Tradition 5

The Steps are HOW IT WORKS.

The Traditions are **WHY IT WORKS.**

“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers. .”

Alcoholics Anonymous tradition five long form states: “Each alcoholics anonymous group ought to be a spiritual entity having but one primary purpose – that of carrying its message to the alcoholic who still suffers.”

When we speak about the spiritual entity, I begin by remembering the twelfth step “Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all of our affairs.”

The key in step five is that as a result of working these steps, we are granted a spiritual awakening and have to give it away in order to keep it. The same applies to groups. Within the twelve steps and the twelve traditions is an ideal; because we have the unique experience of reaching the deepest depths of alcoholism and with the program outlined in the Big Book, we can recover.

When as a group we apply ourselves to this ideal, we can help others to recover. When we help others to recover, our sobriety in turn is enhanced. Therefore, for our continued survival as groups and individuals, we must carry the message of AA to the still suffering alcoholics.

When we take the 12 steps into our hearts and minds and decide as a group to carry the message of AA to the still suffering alcoholic, the opportunities abound. We have a variety of opportunities within AA to carry the message. We have an abundance of committees such as Treatment, Corrections, CP/CPI, Grapevine, Accessibilities and many more. We should always work together to extend the hand of Alcoholics Anonymous. –CM

Congratulations!



April Anniversaries

Melrose Happy Hour Group
VS - 35 yrs

Hawthorne Group
JB - 10 yrs

Language of the Heart Group
MS - 16 yrs
VA - 19 yrs

Downtown Group
GN - 19 yrs

YPG
MK - 1yr
MB - 1 yr

The Way Out Group
MR. 22 years

Free to Be
MG - 19 yrs
MG - 5 yrs

Women's Serenity Seekers
EW - 7 yrs
RT - 8 yrs
HH - 12 yrs
PC - 15 yrs
JP - 33 yrs
TS - 7 yrs

BYOB Group High Springs
RB - 10 yrs

Saturday 10/11th Step Group
JC-19 yrs

Women's Step Study
LH - 7 yrs

New Freedom
MW - 1 yr
DD - 1 yr
RM - 2 yrs

Gratitude
DG - 22 yrs
BK - 12 yrs
MM - 26 yrs

May Birthdays?
Send them by May 12th to
POST@AAGainesville.org



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
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!

Step 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

Out of the twelve steps, the fifth step is my favorite. In my experience, the fifth step changed how I look at things and helped repair relationships in my- life especially with my family. When I came into the rooms of Alcoholics Anonymous, I had a deep-seated resentment against my whole family – my parents and my brothers. I had an awesome sponsor who was brutally honest and tough but also gentle. She was exactly what I needed to get the most out of doing my fifth step. During my fourth step, I was looking forward to writing my inventories. I couldn't wait to show my sponsor and hear her say, “Wow, I'm so sorry. You've really had a rough go at things. I can't believe they would do that to you.” Boy, was I wrong. My sponsor showed me different aspects of my life that my inventories affected (personal relations, self-esteem, etc.). Through the fifth step, I was able to realize that over the years, my parents were dealing with an untreated alcoholic. As an untreated alcoholic, I was miserable, nasty, and spiteful wrapped in a bow of self-pity. Who would want to be around or deal with an untreated alcoholic like that? I was able to see my part in my resentments and learn that there are things that I can control to change the outcome and things that I can't control. I learned to accept people, things, and situations as they were, which was really difficult for me. When I told my mom about my fifth step, it was a huge turning point in our relationship and she even apologized to me for her part. Today, my mom is my best friend and she's extremely supportive of my recovery. I have gone through the steps again but in my experience, there is nothing like going through the steps for the first time. I am so grateful for the people in Alcoholics Anonymous and the twelve steps. If you put the effort in, this program really works. -KP

Future Topics

“Using the Key of Willingness” June

“How to Build Integrity” July

“Just For Today” August

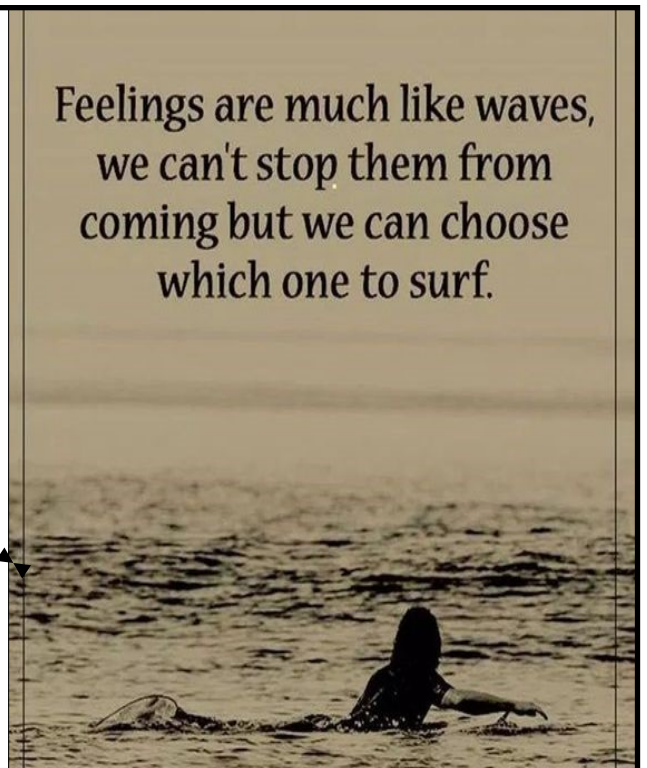
Get Published!

Entry deadline is the
12th of each month

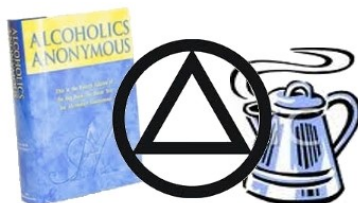
Send your topic articles, op-eds,
opinions or cartoons to:

Post@AAGainesville.org

Feelings are much like waves,
we can't stop them from
coming but we can choose
which one to surf.



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: 12:00 - 6:00 pm
 Saturday: 11:00 am - 3:00 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:
May 31st @ 1:00
 At the Triangle Club (1005 SE 4th Ave)

Check out our new website @
www.AAGainesville.org



Intergroup Chairperson's Corner

Hi everyone! Hope this message finds you all safe and healthy! These are trying times, but hopefully they will be over soon :)

Just want to reiterate that the hub of information now is at aagainesville.org You can find online meetings all day long, as most of our groups in District 14 have started doing their meetings through Zoom. Lots of other info on there too. Very easy to access! Just go to our website, and if you don't see your meeting listed on the homepage, hit the InstantAA tab that's on there and a full calendar will pop up! A smartphone or computer will work. Thanks to our webmaster (William M) and to John F (the calendar access) for getting this all together, and making it so easy. William has been working tirelessly to keep up with all the information that's on our website - thank him when you get a chance! I've been doing an online meeting almost every day, I hope to see you all there!

Stay safe and feel free to contact me about anything! Appreciate you allowing me to serve you.

Greg N, Intergroup Chair gregnorm5@aol.com (352) 283 2648

Thanks to the following 10 Groups and Individuals who sent in a donation to Intergroup in March 2020

Individuals **\$180.00**
Every Thing or Nothing **\$50.00**
Faith, Hope & Strength **\$12.00**
Grapevine Meeting **\$20.00**
Gratitude Group **\$55.00**
Keystone Heights Grp. **\$50.00**
Peace Seekers **\$200.00**
Step By Step **\$40.00**
Suit Up & Show Up **\$80.00**
The Loft **\$20.00**

Total \$707.00

7TH TRADITION CHALLENGE

"Now that we are sober in A.A., the word 'support' has to do with sharing, people, self-respect, gratitude, and what we are privileged to give - not take - in material terms."





We are self-supporting through our own contributions ~ Many of our branches are suffering from lack of support (GSO, Area, H&I, Central Office). How much does one drink cost? If it were not for Alcoholics Anonymous, we'd be drinking plenty!

Drop the cost of one drink into your home groups basket when it comes by ... you can't afford not to!



In November 1957, Bill wrote a Grapevine article entitled "Respecting Money", in which he juxtaposed outside contributions and self-support: "Our spiritual way of life is safe for future generations if, as a society, we resist the temptation to receive money from the outside world. But this leaves us with a responsibility - one that every member ought to understand. We cannot skimp when the treasurer of our group passes the hat. Our groups, our areas, and AA as a whole will not function unless our services are sufficient and our bills paid."

Intergroup Treasurer's Report: March 2020

<i>Sales</i>	<i>Current</i>	<i>Y.T.D.</i>	<i>Purchases</i>	<i>Current</i>	<i>Y.T.D.</i>
A.A. Literature	1,146.75	2,815.60	A.A. Literature	500.06	1,604.28
Chips	53.55	331.65	Chips	314.96	314.96
Medallions	16.00	344.00	Medallions	0.00	122.70
Other Merchandise	5.00	100.35	Other Merchandise	0.00	0.00
Where and Whens	10.80	182.40	Where and Whens	200.00	380.00
Total Sales	1,232.10	3,774.00	Total Purchases	1,015.02	2,421.94
Sales Tax Collected	86.25	264.26			
Activities Revenues			Activities Expenses		
Gratitude Dinner Tickets	0.00	0.00	Alkathon	0.00	0.00
Gratitude Dinner Contributions	0.00	0.00	Gratitude Dinner	0.00	0.00
Gratitude Dinner Cake Auction	0.00	0.00	Hawthorne Picnic Donation	0.00	0.00
Gratitude Dinner 50/50 Raffle	0.00	0.00	Phone Workshop	0.00	0.00
Total Activities Revenues	0.00	0.00	Total Activities Expenses	0.00	0.00
Contributions			Committee Expenses		
Faithful Fivers and Tanners	65.00	295.00	Phone Committee	0.00	0.00
Group Contributions	707.00	2,679.49	Steering Committee	0.00	0.00
Total Contributions	772.00	2,974.49	The Post	0.00	0.00
			Website Committee	0.00	0.00
			Total Committee Expenses	0.00	0.00
Office/Operating Expenses			Fund Balances		
Annual Corp Filing Fee	0.00	122.50	Checking		
Insurance	0.00	0.00	Checking @ 1st of Mo.	1,174.27	
Intergroup's Monthly Meeting	0.00	85.22	Current Deposits	2,090.35	
Internet	65.68	197.04	Current Expenditures	2,383.11	
Office Expenses	13.89	40.75	Transfer FF & T to Office Reserve	65.00	
Office Rent	190.00	570.00	Ending Balance, Checking		816.51
Office Manager Salary	675.00	2,866.89			
Paypal & Square Fees	17.80	17.80			
Payroll Taxes	0.00	0.00			
Postage	0.00	51.90			
Printing: Other	0.00	0.00			
Printing: Phone Volunteer Packets	0.00	0.00			
Printing: POST	122.40	471.05			
State Sales Tax	92.08	256.85			
Telephone	158.37	475.82			
Website Fees	32.87	32.87			
Total Overhead Expenses	1,368.09	5,188.69			
Reserves					
Ending Balance, Grat. Din. Res.		3,500.00			
Ending Balance, Office Res.		11,185.35			

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

If you knew me
in my
drinking days,
I am sorry.
Please allow me
to re~introduce
myself.



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

Hello everyone.

Hope everyone is well and healthy.

By the time you read this, more likely than not the decision to cancel our monthly District meeting will have been made. The reality of the situation with regards to Covid-19 (corona virus) is that the impact of this disease has been felt throughout all of society and very much so throughout all of Alcoholics Anonymous. I would list out the events and meetings of aa that have been canceled at this time, but there are so many and there are so few meetings even happening in person right now that it is hard to say what exactly is going on within our fellowship. It is also difficult to project into the future and say that things will begin to look like normal again in a few weeks or months. The International Convention in Detroit occurring in July has been cancelled, there is talk of cancelling our local Founder's Day dinner and the list goes on and on.

During these times I find myself feeling adrift, unbalanced and with hope lacking. But then I remember that I am an alcoholic; any excuse is a good excuse to feel sorry for myself. I also remember that I am a member of Alcoholics Anonymous, a fellowship that endures. AA has endured WWII, Korea, the war in Vietnam, 9/11, Social and economic distress, acts of God and man-made disasters. This too shall pass. During this time I have spoken more with aa friends over the phone than I ever have before, I even had the opportunity to call and congratulate our Intergroup Chairperson Greg N. on achieving 19 years of continuous sobriety this month.

Our fellowship only falters when we allow it to falter. Reach out to your friends and neighbors, be a good sober human being and I will continue to see you on the road to happy destiny, with much love, a grateful alcoholic.

Chris M. DCM for District 14
(954) 540-8046 christian_mejia13@hotmail.com

District 14 Service Committee Meetings

District 14 Business Meeting

2nd Wednesday, 6:00 pm
Westminster Presbyterian Church

Accessibilities

1st Saturday, 5:00 pm
Triangle Club

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

Literature

1st Saturday, 5:00 pm
Triangle Club

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!

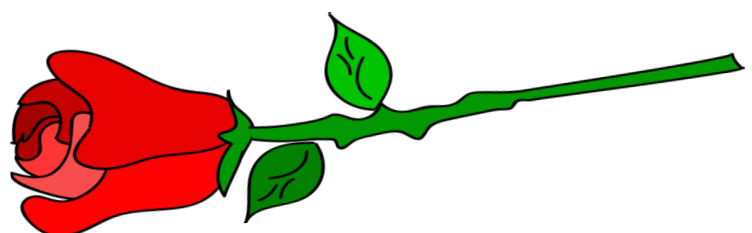
Treasurer Report for April 2020 Meeting

**Report on March Financial Activity
Fiscal Year April 2019-March 2020**

	Amount	Year to Date
Opening Bank Balance	\$ 10,912.59	
Group Donations	\$ 272.50	\$ 6,591.55
Committee Expenses	\$ (526.83)	\$ (3,376.27)
D14 Expenses	\$ (25.00)	\$ (2,522.43)
D14 Contribution from Service Fair Donations	\$ 58.00	
Total Month's Expense	\$ (551.83)	\$ (5,898.75)
Closing Bank Balance	\$ 10,691.26	
Money Held in Reserve:		
Founder's Day - Reserve for 2020 (\$402.50 *\$50)	\$ 452.50	
Service Fair - Reserve for 2020(300.00-283.03)	\$ 16.97	
Prudent Reserve	\$ 5,000.00	
Operating Cash (bank balance minus reserves)	\$ 5,221.79	

Group Donations 2019 - 2020													
Group	Apr 19	May 19	June 19	July 19	Aug 19	Sept 19	Oct 19	Nov 19	Dec 19	Jan 20	Feb 20	Mar 20	Y-T-D
10th & 11th Step (Saturday morn)	\$ 60.00			\$ 50.00			\$ 50.00			\$ 70.00			\$ 230.00
Afternoon Reflections													\$ -
Alachua Tuesday Night				\$ 22.00									\$ 22.00
All Inclusive Solutions							\$ 210.00						\$ 210.00
Beginner's Mind	\$ 40.00						\$ 40.00						\$ 80.00
Big Book Basics													\$ -
Bring Your Own Book (BYOB)							\$ 63.20						\$ 63.20
By The Book 000626763				\$ 50.00		\$ 209.09	\$ 91.56						\$ 350.65
Cross Creek Group													\$ -
Campus Group													\$ -
Design For Living											\$ 40.00		\$ 40.00
Downtown Group													\$ -
Every Step We Take													\$ -
Everything or Nothing			\$ 50.00			\$ 50.00				\$ 50.00			\$ 150.00
Eye Opener		\$ 35.88		\$ 100.00	\$ 9.63						\$ 8.75		\$ 154.26
Faith, Hope, & Strength (Ft White)							\$ 10.00						\$ 10.00
FCYPPA							\$ 375.91						\$ 375.91
Fourth Dimension											\$ 100.00		\$ 100.00
Free To Be 129840	\$ 74.40			\$ 41.81						\$ 76.25			\$ 192.46
Geezer's Group (Thursday Night)		\$ 10.00			\$ 10.00		\$ 10.00	\$ 10.00			\$ 10.00		\$ 50.00
Gift of Sobriety													\$ -
Good Morning God													\$ -
Grapevine Melrose											\$ 20.00		\$ 20.00
Gratitude Group				\$ 100.00							\$ 82.50		\$ 182.50
Gratitude Group Founders Day Donation											\$ 50.00		\$ 50.00
Grupo Renacer 000725196			\$ 10.00										\$ 10.00
HALT Group													\$ -
Hawthorne Group 000150412	\$ 17.00					\$ 28.00							\$ 45.00
Hampton Hole in the Wall	\$ 10.87			\$ 9.82		\$ 10.55				\$ 14.55			\$ 45.79
Into Action													\$ -
Keep it Simple													\$ -
Keystone Hts Group			\$ 50.00					\$ 50.00			\$ 50.00		\$ 150.00
Language of the Hearts 000667336						\$ 7.00							\$ 7.00
Lawley Primary Purpose								\$ 200.00					\$ 200.00
Live and Let Live						\$ 87.00							\$ 87.00
Melrose Happy Hour													\$ -
Micanopy Group								\$ 40.00					\$ 40.00
New Freedom 690149	\$ 105.00			\$ 301.73	\$ 115.05			\$ 135.00			\$ 255.00		\$ 911.78
No Name Yet Group 000719423				\$ 30.00						\$ 12.00			\$ 42.00
Out To Lunch Bunch								\$ 50.00					\$ 50.00
Peace Seekers				\$ 100.00									\$ 100.00
Promises													\$ -
Suit up & Show up 708893				\$ 80.00							\$ 80.00		\$ 160.00
Starks Happy Hour 127517	\$ 137.92								\$ 180.00				\$ 317.92
Student Group							\$ 110.25						\$ 110.25
Tues Night Step Study 000103327			\$ 100.00	\$ 50.00					\$ 150.00				\$ 300.00
Thurs Night Alachua Group													\$ -
TILS Men's Group													\$ -
The Loft		\$ 20.00		\$ 20.00			\$ 20.00				\$ 40.00		\$ 100.00
Vision For You A													\$ -
Way Out Group	\$ 100.00				\$ 80.00	\$ 160.00					\$ 120.00		\$ 460.00
Wholesale Miracle								\$ 77.20					\$ 77.20
Women's Serenity Seekers 136866			\$ 120.00										\$ 120.00
Women's Step Study (Thursday)	\$ 100.63				\$ 128.00					\$ 128.00			\$ 356.63
Emotional Sobriety				\$ 100.00									\$ 100.00
Miscellaneous				\$ 520.00									\$ 520.00
Totals	\$ 645.82	\$ 65.88	\$ 330.00	\$ 1,475.36	\$ 442.68	\$ 551.64	\$ 980.92	\$ 562.20	\$ 330.00	\$ 222.80	\$ 711.75	\$ 272.50	\$ 6,591.55

I thank God
I can now see that
Thorns have Roses.



Become a Faithful Fiver

Faithful Fivers are AA members who graciously choose to contribute five dollars each month to support the Intergroup Office in its efforts to carry the AA message of hope & recovery to those alcoholics who still suffer, in the North Central Florida Intergroup Area. As a Faithful Fiver, your personal contribution will help to carry the message of Alcoholics Anonymous.

“The Faithful Fiver idea came about when we remembered that we wasted much more than \$5 each month during our drinking careers.”

Payment Options: Checks, payable to NCFI, Cash, or Credit Card (min charge \$25, fees waived).

Email any questions to: Gainesville.Intergroup@gmail.com or call Fred S. @ 386-628-2541.

Intergroup now accepts payment by



To make a donation or pay for an order of supplies:

- Log into your PayPal account
- Click the "Send & Request" link at the top
- Send to gainesville.intergroup@gmail.com
- Enter the amount to donate or pay
- In the Notes section, include your Group name, or (for donations) 'Anonymous' or 'Faithful 10er/5er'

We thank you and all who continue to help us help the still sick and suffering alcoholic!

From the General Service Office regarding COVID-19

In these unprecedented times we must be mindful of not only our own health, but of the health of others in our group, families and communities. There are resources! This is what has been published on AA.org:

Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally; doing so in a sensible and helpful manner to allow the group to continue keeping the focus on our common welfare and primary purpose. Some groups that are still meeting in person have shared about making changes to customs at their meetings. Some examples have included: avoiding shaking hands and handholding; making sure meeting hospitality tables are sanitary; or suspending food hospitality for the time being. Many groups have also made contingency plans in case the group is temporarily unable to meet in person. Regardless of group decisions, each individual is responsible for their own health decisions. Contingency plans have included: creating contact lists and keeping in touch by phone, email or social media; meeting by phone or online. If a group isn't holding its regular meetings, they may want to communicate this to local A.A. resources, such as the district, area and intergroup or central office. Many local A.A. entities have added information to their websites about how to change a meeting format from "in-person" to online. Some groups have shared that they are utilizing digital platforms such as Zoom, Google Hangouts, or a conference call. Some groups have also added a "virtual Seventh Tradition basket" to remain self-supporting and to keep up the services at the group and the A.A. entities that serve them. To read the full version of this memo please go to AA.org, and look at the top of the page "Update on Covid-19".

Locally please utilize our website at AAGainesville.org to see a list of closed meetings, if your meeting is closed, please update intergroup. There is a list of online meetings on the website and at InstantAA.com. Please read Community News for more information. **Remember there is no way a drink will make this situation better!**