

# Using the Key of Willingness

In my experience, the answer to being ready to go to any lengths to stay sober has been unbearable pain. I have had to hurt so badly that the idea of getting uncomfortable enough to walk through the fear of facing my alcoholism and putting in the work it would take to stay sober is easier to swallow than continuing to live in my "comfort zone" and numb my pain with alcohol. As the alcohol stopped working for me over time and my fear became too much to bear, my "comfort zone" became anything but comfortable and I started to become willing to do something differently. When I came to Alcoholics Anonymous and heard you all talk about the effectiveness of the program and I started to believe it could work for me too, I decided to give it everything I had. I never had hope for my future before I got to Alcoholics Anonymous and I couldn't believe that there was actually a way out because I could never imagine it before.

When I see friends struggling to stay sober, I wish so badly that I could hand them the "Key of Willingness." It has been very difficult to watch people I care so deeply about continue to experience the horrible effects of active alcoholism. I have learned that we have to take every drink that we have to take before we become willing and that there is nothing anyone else can do to help us get to that point. It takes divine intervention and complete defeat.

I once heard a friend say "I wish you more pain," and I understand it completely. It is a loving sentiment that suggests we need to walk through terrible things before we are ready to change and seek solutions. Page 48 of the Big Book states that "it finally beat us into a state of reasonableness" and this is true for me. Today I am grateful that I reached that pivotal point and that my Higher Power led me to such a wonderful way of life.

## An Important Message from GSO

GSO's General Manager, G.Gregory Tobin, in a letter to Conference members and dated May 12, 2020 regarding the financial impact of the pandemic:

With so much happening over these past few weeks ... the landscape across our organization seems to change every day.

Among these shifts have been the realities of our own financial situation. It's no secret that businesses and organizations from every sector have felt the economic impacts of this global health crisis, and we are no different ... to that end, on April 22nd the General Service Office made a request to the Trustees' Finance and Budget Committee and its chair, Leslie Backus, for an emergency drawdown of \$3 million from the Reserve Fund. This request was due to the decrease in book sales and contributions caused by the global pandemic. ....

Further, the unexpected financial situation brought on by the public health crisis has required several layoffs or temporary furloughs of workers in roles that no longer can be covered by salary continuation. While this has been an incredibly difficult decision our goal and responsibility is to maintain a sustainable, responsive organization to serve AA's needs and requirements.

\*This is just a brief summary of the letter to the Conference members. The full letter has been included on the last 2 pages of this POST. Please remember that as many of us are suffering financially - where would we be if AA no longer existed? Give what you can, as if your life, and the lives of those still yet to come to these rooms, depend of the hand of AA to be there.



# Community News

- The AA Hotline and Intergroup office received 59 calls for the month of April.
- If your meeting is being held on Zoom, please go to our website at [AAGainesville.org](http://AAGainesville.org) and send information to our calendar.
- Intergroup now accepts PayPal and Venmo for Group, Individual, Faithful Tennes and Fivers to [Gainesville.intergroup@gmail.com](mailto:Gainesville.intergroup@gmail.com). Please add what the donation is for in the comment section.
- The Emotional Sobriety Workshop is now going remotely and is FREE to attend. Please see information towards the end of this edition of the POST.
- IF you have events or information that would be helpful to our AA community please send the information 60 days prior to [Activities@AAGainesville.org](mailto:Activities@AAGainesville.org).

**I am not responsible for my feelings  
only for what I do with them**

**Tradition 6** The Steps are HOW IT WORKS.  
The Traditions are WHY IT WORKS.

*"An A.A. group ought never endorse, finance or lend the A.A. name to any outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose."*

Tradition six is kind of one of those brick and mortar traditions. I mean, can you just imagine? "Come one, come all! Step right up to the Alcoholics Anonymous Circus!!!" Literally. As if we aren't bad enough already! I know for me, never really having much materially, and then getting sober, I almost lose my cool about money, property, and prestige at least once a week. Thank God I don't have to worry about that in the rooms.

Our traditions were really God inspired and anointed. It wasn't for lack of trying though. There have been many a good natured servant that have attempted to tie our loving fellowship to all sorts of businesses and hospitals. Thank God these traditions were in place to keep us out of it completely. At first it sounds like a great idea; An AA hospital, recovery center, or even a restaurant! However, what happens if they falter? Would that possibly keep some from not seeking help in our fellowship? Can we take that chance? It is very closely related to the eleventh tradition in that aspect. What if our CEO got drunk? The backlash would be detrimental.

When you really "play out the tape," this tradition is a no brainer, and our future depends on it.

# Congratulations!



## May Anniversaries

### Downtown Group

MO - 19 yrs

### Tuesday Alachua Group

DF - 30 yrs (April)

RB - 10 yrs (April)

DB - 30 yrs (May)

### New Freedom

FR - 30 yrs

### Beyond Sobriety

BH - 2 yrs

JH - 4 yrs

### Free to Be

MR - 30 yrs

PC - 8 yrs

PS - 31 yrs

LR - 37 yrs

### Women's Serenity Seekers

AR - 1 yr

DN - 7 yrs

KA - 9 yrs

DB - 12 yrs

DB - 30 yrs

### Everything or Nothing

AR - 1 yr

JJ - 1 yr

KK - 12 yrs

### Women's Step Study

CR - 4 yrs

N - 33 yrs

### BYOB of High Springs

RB - 10 yrs (April)

BMc - 39 yrs

ML - 13 yrs

### TNSS May

DO - 31 yrs

MR - 30 yrs

PC - 8 yrs

PB - 5 yrs

JH - 4 yrs

### The Way Out

BB - 11 yrs

ML - 13 yrs

### 4th Dimension

CW - 21 yrs

MC - 5 yrs

### Free to Be

MR - 30 yrs

PC - 8 yrs

PS - 31 yrs

LR - 37 yrs

### Starke Happy Hour Group

TS - 16 yrs (April)

JB - 11 yrs (April)

JE - 1 yr

### Pamphlet Palooza Group

K P - 33 yrs

GU - 1 yr

### No Name Yet Group

DK - 35 yrs

AL - 1 yr

### Eye Opener Group

MC - 2 yrs

TH - 16 yrs

### *June Birthdays?*

Send them by June 12th to

[POST@AAGainesville.org](mailto:POST@AAGainesville.org)

# Coincidence is GOD's way of remaining anonymous

## 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 6

**“Were entirely ready to have God remove all these defects of character.”**

I was so excited when I got to step 6. ***I was entirely ready to have God remove all my defects of character.***

I thought, “Wow! He’s going to take them all away at one time. That’s great.” I then started to think about it and realized I did not want all them to be taken away at one time. Some of them I really needed to survive. I called my sponsor right away to let her know there was no way I could do this step. She told me all I needed to do was to ***become willing*** to let go of those character traits that I continued to repeat in an unhealthy way. Just like my decision to stop drinking, I will know when it’s time to let go of those character defects that keep me from having a healthy relationship with myself and others. -KK

## How does ‘God’ Remove them?

This means *turning over your plans* for how to run your life to a ‘higher power’. You’ve recognized that your egocentric view of life is not working and you need to live according to a **new program**.

This commitment to live according to a new program places your belief in something more powerful than yourself.



## SIXTH STEP PRAYER

GOD!

I am ready for Your help

In **removing** from me the **defects** of character

Which I now realize are an **obstacle** to my **recovery**.

**Help** me to continue being honest with myself &

Guide me toward **spiritual** & **mental** health.

# H.O.P.E.

HOLD ON, PAIN ENDS

IF IT'S MEANT TO BE  
IT WILL BE

## Future Topics

“How to Build Integrity” July

“Live and Let Live” August

“Cultivating an Attitude of Gratitude”  
September

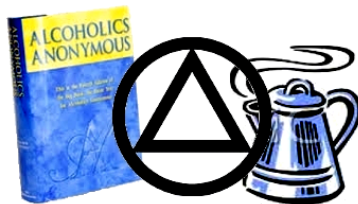
***Get Published!***

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

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

**Post@AAGainesville.org**

# 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](mailto: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](mailto: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](mailto:office.manager@AAGainesville.org) with requests.

**Our next Intergroup meeting**  
 will be held on the last  
 Sunday of the month:  
**June 28 @ 1:00**  
**At the Triangle Club**

Check out our new website @  
**[www.AAGainesville.org](http://www.AAGainesville.org)**



## Intergroup Chairperson's Corner

Hi everyone!

Hope this finds you safe and healthy! No live Intergroup monthly meeting on May 31st, but we will do a Zoom meeting! Information will be on the website ([aagainesville.org](http://aagainesville.org)) Hopefully, we can meet in person at the end of June. Our website is where you can find all of the meetings that are online now too! Right on the homepage. Very easy on a computer or smartphone. You can find the latest issue of the POST on the website also. Thanks to Terina S and Debra O for the great job on our monthly publication! All kinds of pertinent information is on our website. Thanks William M for the great work on keeping the website up-to-date!

Our Intergroup office is back up and running again! Thanks Fred S, and to all the volunteers who man (or woman) the office. Remember access is still one person at a time, and a mask must be worn to enter.

Thanks for allowing me to serve you! Stay safe!

Greg N. Intergroup Chair [gregnorm5@aol.com](mailto:gregnorm5@aol.com) (352) 283 2648

## Thanks to the following 5 Groups and Individuals who sent in a donation to Intergroup in April 2020

*Individuals*    \$502.00  
*10th & 11th Step Group*    \$180.00  
*Bring Your Own Book*    \$57.00  
*Every Thing or Nothing*    \$59.30  
*Step By Step*    \$50.00  
*Tuesday Night Step Study*    \$79.25

**Total \$927.55**

**Support  
 your Home  
 Group**

### 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: April 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	517.90	3,333.50	A.A. Literature	0.00	1,604.28
Chips	90.00	421.65	Chips	0.00	314.96
Medallions	24.00	368.00	Medallions	0.00	122.70
Other Merchandise	0.00	100.35	Other Merchandise	0.00	0.00
Where and Whens	4.40	186.80	Where and Whens	0.00	380.00
<b>Total Sales</b>	<b>636.30</b>	<b>4,410.30</b>	<b>Total Purchases</b>	<b>0.00</b>	<b>2,421.94</b>

**Sales Tax Collected**                      **38.26**                      **302.52**

### *Activities Revenues*

Gratitude Dinner Cake Auction	0.00	0.00
Gratitude Dinner Contributions	0.00	0.00
Gratitude Dinner 50/50 Raffle	0.00	0.00
Gratitude Dinner Tickets	0.00	0.00
<b>Total Activities Revenues</b>	<b>0.00</b>	<b>0.00</b>

### *Activities Expenses*

Alkathon	0.00	0.00
Emotional Sobriety Workshop	0.00	0.00
Gratitude Dinner	0.00	0.00
Hawthorne Picnic Donation	0.00	0.00
<b>Total Activities Expenses</b>	<b>0.00</b>	<b>0.00</b>

### *Contributions*

Faithful Fivers and Tanners	140.00	435.00
Group Contributions	927.55	3,607.04
<b>Total Contributions</b>	<b>1,067.55</b>	<b>4,042.04</b>

### *Committee Expenses*

Phone Committee	0.00	0.00
Steering Committee	0.00	0.00
The Post	0.00	0.00
Website Committee	0.00	0.00
<b>Total Committee Expenses</b>	<b>0.00</b>	<b>0.00</b>

### *Overhead Expenses*

Annual Corp Filing Fee	0.00	122.50
Insurance	0.00	0.00
Intergroup's Monthly Meeting	0.00	85.22
Internet	65.68	262.72
Office Expenses	33.70	74.45
Office Rent	190.00	760.00
Office Manager Salary	1,280.31	4,147.20
Paypal & Square Fees	17.92	35.72
Payroll Taxes	265.62	265.62
Postage	0.00	51.90
Printing: Other	0.00	0.00
Printing: Phone Volunteer Packets	0.00	0.00
Printing: POST	0.00	471.05
State Sales Tax	84.09	340.94
Telephone	158.37	634.19
Website Fees	0.00	32.87
<b>Total Overhead Expenses</b>	<b>2,095.69</b>	<b>7,284.38</b>

**Ending Balance, Grat. Din. Res.**                      **3,000.00**

**Ending Balance, Off. Res.**                      **11,338.72**

### *Fund Balance*

#### *Checking*

Checking @ 1st of Mo.	816.51
Current Deposits	1,742.11
Current Expenditures	2,095.69
Loan from Grat. Din. Res.	500.00
Transfer FF & T to Office Reserve	140.00
<b>Ending Balance, Checking</b>	<b>822.93</b>

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

Trust God  
Clean House  
Help Others





# EMOTIONAL SOBRIETY CONFERENCE 2020: THE NEXT FRONTIER

## Virtual Conference Schedule (All meetings are live in Eastern Standard Time (EST))

### Saturday June 27, 2020

9:00-10:00am	Step 1: Tina H., Waukesha, WI
10:15-11:15am	Steps 2 & 3: Rachel F., Miami, FL
11:30-12:30pm	Steps 4 & 5: Deb H., Akron, OH
12:30-1:30pm	Lunch break
1:30-2:30pm	Steps 6 & 7: Dawn M., Laguna Hills, CA
2:45-3:45pm	Steps 8 & 9: Mike L., Louisville, KY
4:00-5:00pm	Entertainment (TBA)
5:00-7:00pm	Dinner
7:00-8:00pm	Speaker: Nate Y., Chehalis, WA
8:00-8:30pm	Closing statements

### Sunday June 28, 2020

11:00-12:00pm	Steps 10 & 11: Bill C., Torrance, CA
12:15-1:15pm	Step 12: Matthew M., Santa Paula, CA
1:30-2:30pm	Closing Speaker: Sharon C., Los Angeles, CA

Join us at: <https://zoom.us>

Meeting ID: 952-7882-3915 Password: 158967

The conference is free to attend.

We welcome donations by Venmo

@emotionalsobrietygainesville

Talks available at <https://www.recoverytapers.com>  
More information at <https://emotionalsobrietygainesville.com/>



# 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](mailto:Gainesville.Intergroup@gmail.com)  
or call Fred S. @ 386-628-2541.

*"Each morning we  
are born again. What  
we do today is what  
matters most."*

*~Buddha*



**Intergroup now accepts PayPal & Venmo for  
Group, Individual, and Faithful 10er's and Fiver's**

**Send donations to: [gainesville.intergroup@gmail.com](mailto:gainesville.intergroup@gmail.com)**

**Under Notes: please include Group's name, Anonymous Individual or Faithful 10'er or 5'er  
Intergroup wishes to thank all who continue to contribute to help us help the still sick and suffering alcoholic**

Please direct all  
communications to:  
P.O. Box 459  
Grand Central Station  
New York, NY 10163  
Fax: (212) 870-3003

"These are the facts of our history that show the need at all times for a safe reserve fund in the Foundation. This is the money that guarantees the operation of A.A.'s world services, rain or shine."

—*The Language of the Heart*, page 139

May 12, 2020

Dear Conference members,

With so much happening over these past few weeks – including intense preparations for the 70th General Service Conference, committee meetings, board meetings, and other ongoing work in the office (in a virtual/telework environment) – the landscape across our organization seems to change every day.

Among these shifts have been the realities of our own financial situation. It's no secret that businesses and organizations from every sector have felt the economic impacts of this global health crisis, and we are no different. As a result, due to steep declines over the past two months in revenue from group contributions and literature sales, management and the boards have increased our focus on costs and expenses of office operations.

To that end, on April 22, the General Service Office made a request to the Trustees' Finance and Budgetary Committee and its chair, Leslie Backus, for an emergency drawdown of \$3 million from the Reserve Fund. This request was due to the decrease in book sales and contributions caused by the global pandemic. After a review of the cash flow analysis, the committee agreed to forward the request to the General Service Board. On Thursday, April 30, the General Service Board approved the \$3 million Reserve Fund drawdown. Over the past week the office has begun that process and will continue to access funds as they become liquid in our bank accounts.

The decision was made after reflecting upon the primary principle behind the prudent Reserve Fund that A.A. has maintained for decades: "To provide the financial resources necessary to continue the services of G.S.O. and the Grapevine in the event of emergency or disaster..." (The A.A. Service Manual, page S72). The coronavirus (COVID-19) pandemic, especially in New York City and the downstate region, is a true public health



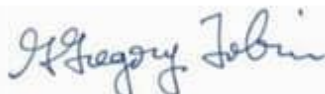
emergency. State and City regulations have restricted the operations of non-essential businesses since March. Our office at 475 Riverside Drive has been shut down to the nonprofit tenants since Friday, March 27, when we moved to 95% telework status for our employees, and there are no immediate indications of when this will change.

Further, the unexpected financial situation brought on by the public health crisis has required several layoffs or temporary furloughs of workers in roles that can no longer be covered by salary continuation. While this has been an incredibly difficult decision, our goal and responsibility is to maintain a sustainable, responsive organization to serve A.A.'s needs and requirements.

In addition to the objectives noted above, we are now focused on providing support for our General Service Conference, which will take place Saturday, May 16 to Tuesday, May 19. We will be utilizing a virtual platform to conduct Conference business, and our team has been demonstrating an "all hands on deck" approach to ensure that the event is successful for the Fellowship of Alcoholics Anonymous. While this is not something we envisioned even a few months ago, I am so proud of the resiliency and incredible work that has gone into planning. More discussion and reports on G.S.O. and AA Grapevine finances will be shared with you at the Conference.

This information and all that will be reported at the Conference are intended to be shared with the Fellowship, to keep the groups informed on Seventh Tradition funding of needed services, so that a true group conscience can be achieved in this difficult time for all.

Sincerely, in love and service,



G. Gregory Tobin  
General Manager