

Live and Let Live

“The ego keeps us separate from others and deludes us into thinking we are better than them.”

“Live and let live” is an idiom which originated during WWI to indicate conflict avoidance. This dictum is often viewed as a trite expression in pop culture. However, to us who seek sobriety, the extent to which we practice it has become a measuring stick of our spiritual progress.

Why would a seemingly easy moral edict of humane mutuality be so difficult to follow? So much so, that our inability to propagate this seminal directive of tolerance has inadvertently become the violence plaguing the streets of our major cities and the turmoil residing in our minds and hearts. What remedy or outlandish act do we need to put in place to gain a perspective of acceptance once and for all? The answer will not be found in what we can do “out there,” but rather in a renewing of our inner selves through working the steps.

And work we must - because this ethical approach of unconditional acceptance is inversely related to the ego. The ego keeps us separate from others and deludes us into thinking we are better than them. This ego wants to control us in our entirety including our relationships. When it perceives itself under siege, it perseveres like some consuming fire ignited by a tiny spark and fed by “justifiable anger.”

With great humility I beg God to, “Release me from the bondage of self.” That prayer said from the deepest part of my being is the antidote to the venom often spouted by my ego.

I am convinced that this existential ideal, “Live and let live”, can only be attained by the Grace of God as I surrender to His will. It is only then that I am free to dance in the light of the Spirit showered by sun rays of love, joy, peace, patience, kindness, faithfulness, gentleness, and self-control.

-BG



IN-PERSON MEETINGS

Beginning June 2nd, meetings may notify us that they are resuming in-person assembly, and we will re-activate their online listing.

Notification may be sent to the Webmaster through the link at the bottom of this page. Please include the name, day, and time of the meeting(s) affected, as well your contact information. If your online meeting is cancelled, please notify us of that, too, so that we do not send members to a dead Zoom-address.

Thank you all for your continued service in this extraordinary time

webmaster@aagainesville.org

COMMUNITY NEWS

- ◆ The A.A. Hotline & Intergroup received 54 calls in June
- ◆ **The Intergroup office has the updated Where & Whens and Grapevines!**
- ◆ We've made becoming a Faithful 5'er easy, go to our Website and click on PayPal and check monthly Box
- ◆ Is your meeting re-opening? Contact our Webmaster at webmaster@AAGainesville.com to re-activate it's listing
- ◆ The online Meeting Schedule is listing all groups that have resumed in-person meetings. Any groups that are back to meeting in person, but have not yet notified the webmaster can do so via the Webmaster email link at the bottom of every AAGainesville.org webpage.
- ◆ The danger of Covid-19 infection is not over, and masks and social distancing practices are still vitally important.
- ◆ Go to our Website to read up on our monthly edition of the Post



Tradition 8 The Steps are HOW IT WORKS. The Traditions are WHY IT WORKS.

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers"



"Hey! Who made YOU the AA police?"

I can see the beautiful uniforms now...

Maybe some badges, or patches on the chest, so that everyone else knows to drop the booze and get out of the way.

Or how about the person that requests a 12 step call, only to get "We're sorry, you are going to have to make an appointment for next week, we are so backed up and our 12 stepper has called out sick."

These are just some of the unique circumstances one may come across if our 8th tradition were not firmly in place.

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers"

Over the years there have been several different concerns over professional jobs in AA and how to navigate them. We could potentially employ all sorts of paid positions— from office workers to handle supply and demand, to counselors and Mental Health experts. The meat and potatoes is this; we cannot professionalize the 12th step. It starts the freight train brain and interrupts our moral obligation. It simply counteracts our program. We cannot have someone wondering how much they are getting paid while trying to help a newcomer. Not to mention getting other types of people "applying" that have no experience!

However, employing special workers for office work and other necessary positions is essential, along with paying fair wages.

The 12 and 12 has a wonderful explanation of this tradition. There are many different angles and our forefathers fought long and hard on each one. Thank God they did because we all know that left to our own devices, we'd have an AA police force in no time. -JC

**Women's Step Study**

AR – 14 yrs
PH – 34 yrs

Hawthorne Group

HA – 4 yrs
RR – 32 yrs
MM – 28 yrs

Women's Serenity Seekers

KP – 2 yrs
PN – 3 yrs
LL – 8 yrs
HC – 13 yrs

Free to Be

WR – 32 yrs
LM – 30 yrs
KD – 2 yrs
DP – 1 yr
ME – 34 yr
MM – 13 yrs (June)
TV – 2 yrs (June)
J – 33 yrs (June)

Melrose Happy Hour Group

JS – 27 yrs
LS – 12 yrs
EB – 11 yrs
HA – 4 yrs

Tuesday Night Step Study

MC – 27 yrs
SS – 9 yrs
AL – 8 yrs

4th Dimension

GC – 1 yr
HM – 6 yrs
JD – 11 yrs

Language of the Heart

LS – 12 yrs

**The Pamphlet
Palooza Group**

CT – 34 yrs
RT – 32 yrs

**Saturday Morning 10th/11th
Step Group**

SF – 6 yrs (June)
KM – 34 yrs
JF – 36 yrs
SS – 32 yrs
AR – 14 yrs
K – 5 yrs
SS – 9 yrs

**Everything or
Nothing**

PN – 3 yrs
DR – 4 yrs
KT – 8 yrs
BK – 31 yrs
WL – 34 yrs

August Birthdays?

Send them by Aug 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 8 *“Made a list of all persons we had harmed, and became willing to make amends to them all.”*

When I did my first step 8, the people on my list were understandably the people I'd hurt in my drinking; my family, friends, boyfriend. I knew I'd done harm and was ashamed, and this brought it to the light.

The second time was two years later when I realized I had missed out my whole work life and needed an overhaul there! There were past colleagues and clients to whom I couldn't make a direct amends but through looking at the harm I'd done them I became willing to adjust my professional life completely, and thus make living amends.

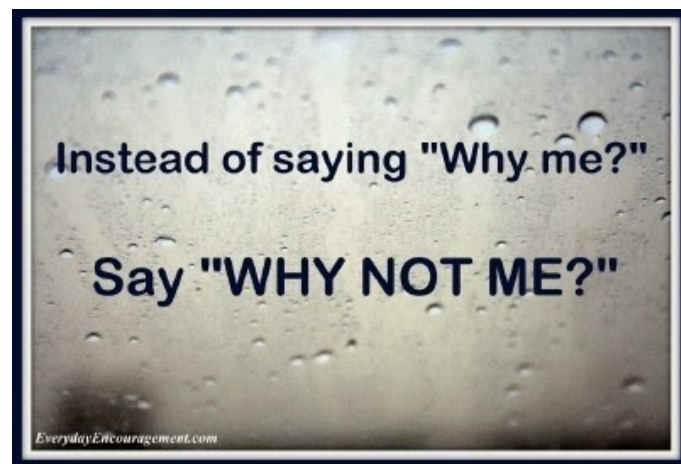
Another six years on and I'm now separated from my husband, recently feeling more anxious and disconnected. So I have been working the steps again over my powerlessness in my relationship. My step 4 this time showed me I have a few resentments, but a disproportionate amount of fears! I've realized my faith has been knocked and I've been trying to get through by 'managing well'- exhausting!

I've now got to step 8 and been reminded of something I heard from a friend who was newly sober at the same time as me, but she had come back to AA after years 'out'. She said that this time the person on her list the most was herself. My step 8 this time is showing me, by trying to run the show myself in my recent hard times, the person I have done the most damage to is myself.

How my first sponsor had me lay out my list was 'Who' / 'How I harmed them' / 'How would I feel if that was done to me' and I find that last column powerful for evoking empathy! So when it's myself I've harmed, I'm imagining- what would I feel like if that was done to a loved one... I would be so furious if someone judged, belittled and criticized my daughter the way I do to myself! So I'm practicing more self compassion and step 8 has shown me my amends to myself also needs to be putting faith in my higher power- I can't carry it myself! -LL

CHOOSE

Kindness



Future Topics

“Cultivating an Attitude of Gratitude”
September

“Staying Away from the First Drink”
October

“Love and Tolerance of Others is Our Code”
November

Get Published!

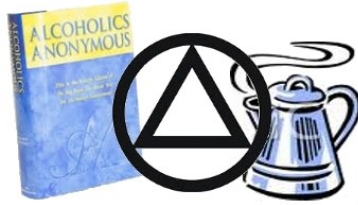
Entry deadline is the

▼ **12th of each month**

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

POST@AAGainesville.com

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:

Aug 30 @ 1:00

via ZOOM

Check out our new website @
www.AAGainesville.org

Important
Message

Intergroup Chairperson's Corner

Hello everyone! Hope this finds you doing well and staying healthy :)

We had our second monthly Intergroup meeting on Zoom at the end of June, and I appreciate everyone who was there! We have elections coming up in December, and all officer positions will be available. Chair, Treasurer, and Secretary. Please consider standing! We will also need a new Intergroup Office Manager. All positions are a great way to serve the alcoholic who still suffers. Contact me if you are interested in any of these positions. And the Founders Day/Gratitude Dinner event is scheduled for November 7th! Hopefully this "dual" event will be able to happen at that time. More info will be coming soon! We'll probably continue on Zoom, so I'd like to invite everyone to join us at our monthly meetings! Visitors are always welcome. Info is on our website at aagainesville.org All pertinent information about District 14 and Intergroup is on the website.

Speaking of District, I went to their first "live" monthly meeting since this all started. We had 7 people there, and the main things we discussed were (1) Getting your meetings listed again when they go "live" by contacting our webmaster. You'll get put back in the online Where and When and put back on the Meeting Guide App. & (2) District 14 is going to offer a way to donate 7th Tradition monies online soon! Look for that info on the website.

The Area assembly was July 11th. They did the workshops and business meetings online and had a great speaker!

Thank you all for allowing me to serve you!
Greg N. gregnorm5@aol.com (352) 283 2648

Thanks to the following 8 Groups and Individuals who sent in a donation to Intergroup in June 2020

- By the Book \$159.19**
- Everything or Nothing \$25.00**
- Eye Opener \$100.00**
- Free To Be \$90.15**
- Individuals \$122.91**
- Steps to Freedom \$10..00**
- Wholesale Miracles \$101.20**
- Faith, Hope & Strength \$25.00**
- Pamphlet Palooza \$51.00**
- Total \$684.45**

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!

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!



Monthly Sales to Date



NORTH CENTRAL FLORIDA INTERGROUP**JUNE 28, 2020**

ATTENDANCE –GN (Chair), BC (Alt Chair), PB (Treasurer), MR (Alt Treas), FS (Office Mgr), WM, BB, AW, AO, GM, TC, HZ, NL (13 total in attendance).

MINUTES – Secretary and alternate not present; POST not available online for attendees to review. GN reviewed the minutes from May 31, 2020, which were accepted unanimously.

TREASURER'S REPORT – PB reviewed last month's treasurer's report, since it was not available for the attendees to view. Sales were half of what they normally are last month. We had a new item, a grant from the Small Business Association (SBA) for \$1,000, which was given to small businesses to get through the COVID-19 pandemic. We used \$500 of this to refill the Gratitude Dinner Reserve, and the rest went to literature. Overhead expenses were not out of the ordinary. There was some discussion about keeping so much of our prudent reserved tied up in CDs. BC suggested that we keep half of the prudent reserve fluid so that we can use it when we need to. The report was accepted unanimously.

PHONE COMMITTEE – Chair could not attend, but she reported that there is currently one opening on the AA hotline: Wednesdays between 7-10 AM. If anyone is available and interested, please contact Intergroup.

POST – The chairs were not present. They are going to start having the POST available on the web site at least a couple of days prior to the monthly Intergroup business meeting starting next month, so that it can be available for attendees. We eliminated four pages from the version of the POST that will be printed moving forward, but the full version will be viewable on the web site. The pages mainly include the monthly District 14 minutes and treasurer's report.

LITERATURE & MERCHANDISE/WHERE & WHEN – Intergroup is closed on Mondays. See the web site for hours. You must wear a mask, and only one may enter at a time. We are keeping the place clean. We used \$500 of the SBA grant to restock on literature that we desperately needed to restock.

WEBSITE – Online meetings and the regular in-person meetings are being kept up to date. WM checks his email frequently and typically can update changes within a few hours. We are working on new forms for meeting-change submissions, so we are looking for "non-tech-savvy" people to test them out before they go live. Contact the webmaster if you are available. Three of our backup domain names will be up for renewal in August. We are currently gathering data on how often people visit those URLs, to help determine whether we need to renew them all. If anyone knows about someone else besides Intergroup that is maintaining a database of meetings, please let the webmaster know. There is some incorrect meeting information being fed to the meeting-guide app, and we need to find out where it is coming from. GN reiterated that any groups that are going to go back to meeting in-person need to contact the webmaster directly.

ACTIVITES – Chair not present; use the link on the web site to report any events or workshops that are coming up.

DCM REPORT – Not present; they have not met at all for the past three months. There are reports that they will meet in person in July, and masks would be required with social-distancing measures in place. Our area delegate gave the post General Service Conference report this past weekend.

OLD BUSINESS – (1) We need to reach out to the church again about holding a Founder's Day / gratitude dinner joint event this autumn. The tentative date is November 7, but this is not yet confirmed. (2) GN reviewed the bylaw article that elaborates the election process for officers. Officer terms are for one year, and officers should not serve more than two consecutive terms. Right now, some of the officers are elected in July and others are elected in December. GN proposed changing that to have all officers be elected at once in December. We will revisit this issue next month after the secretary circulates the bylaws for all representatives to review.

NEW BUSINESS – Nothing new raised

The next Intergroup Business meeting will be held at 1:00 the last Sunday of the Month at on Zoon, please send a representative for your group so that you can have an active voice in how we run OUR Intergroup!

Intergroup Treasurer's Report: June 2020

Sales	Current	Y.T.D.	Purchases	Current	Y.T.D.
A.A. Literature	272.10	4,114.50	A.A. Literature	555.83	2,738.92
Chips	38.25	474.30	Chips	0.00	314.96
Medallions	46.00	512.00	Medallions	0.00	191.79
Other Merchandise	17.50	160.35	Other Merchandise	0.00	0.00
Where and Whens	4.00	191.60	Where and Whens	0.00	380.00
Total Sales	377.85	5,452.75	Total Purchases	555.83	3,625.67
Sales Tax Collected	26.49	375.56			
Activities Revenues			Activities Expenses		
Gratitude Dinner Cake Auction	0.00	0.00	Alkathon	0.00	0.00
Gratitude Dinner Contributions	0.00	0.00	Emotional Sobriety Workshop	0.00	0.00
Gratitude Dinner 50/50 Raffle	0.00	0.00	Gratitude Dinner	0.00	0.00
Gratitude Dinner Tickets	0.00	0.00	Hawthome Picnic Donation	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	145.00	700.00	Phone Committee	0.00	0.00
Group Contributions	684.45	4,936.01	Steering Committee	0.00	0.00
SBA Grant	0.00	1,000.00	The Post	0.00	0.00
Total Contributions	829.45	6,636.01	Website Committee	0.00	0.00
 			Total Committee Expenses	0.00	0.00
Overhead Expenses			Fund Balance		
Corp Filing Fees	0.00	122.50	Checking		
Insurance	0.00	0.00	Checking @ 1st of Mo.	894.37	
Intergroup's Monthly Meeting	0.00	85.22	Current Deposits	1,233.79	
Internet	65.68	394.08	Current Expenditures	1,704.14	
Office Expenses	-0.66	73.55	Transfer FF & T to Office Reserve	145.00	
Office Rent	190.00	1,140.00	Ending Balance, Checking		279.02
Office Manager Salary	675.00	5,497.20	 		
Paypal & Square Fees	14.93	61.35	 		
Payroll Taxes	0.00	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	45.36	423.58	 		
Telephone	158.00	950.10	 		
Website Fees	0.00	32.87	 		
Total Overhead Expenses	1,148.31	9,569.02	 		
Reserves			 		
Gratitude Dinner Reserve		3,500.00	 		
Office Reserve in CD's		11,026.33	 		
Office Reserve Available		601.13	 		

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

Annual POST Subscription

\$11 = 12 POSTs delivered to your door monthly!

Please make checks payable to: NCFI along with this information:

Name: _____

Address: _____

City/Zip: _____



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

Hello everyone, hope you are well.

We had our first in person District committee meeting since the quarantine went into effect some months ago. The long and short of it is that none of the committees have gotten back to pre-quarantine business, despite several committee chairpersons' attempts to do so. Our finances are ok in that while donations are down, expenses have been next to nothing over the last several months. There has been some talk about doing a zoom district business meeting. However, if there is no district business, then there is little reason to have a business meeting. This decision will be made on a monthly basis. Even if we do not have a business meeting, we will definitely generate a report with regards to where our district is at during that month, including any activities the committees are conducting and what their future plans are. I recognize that this is an unprecedented action, however so are the times we live in. We will continue to make the best of the situation we live in and the instant we can get service in District 14 back to full tilt, then that is what we will do. For now, patience and perseverance are the principles of our time.

I attended the online Area 14 Assembly and it was very informative. It was very cool to hear about how GSO is continuing to strive to be of service to our fellowship. I would like to note that GSO is located in New York, New York where they are still dealing with being one of the epicenters of Covid-19; yet, with some improvisation, perseverance and sheer tenacity, they continue to be of service, as does the rest of our fellowship. The biggest take away for me was to hear about the rest of North Florida's experience, strength and hope with regards to being of service during Covid-19. If you would like details on what was shared, I would recommend speaking to your homegroups' GSR. Consider asking them about their personal experience with this previous online assembly.

I hope to see you all in regular meetings sooner rather than later; however, we do what we have to in order to be safe and maintain sobriety. It continues to be my life's privilege to be of service to District 14. I ask that you continue to be safe, continue to persevere through these challenging times and be prepared for when the time comes to get back to service work.

Thank you all for allowing me to be of service and please have a nice day.

-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
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!**

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.

no one has
ever become
poor by
giving.

-anne frank

PayPaltm

venmo

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

Send donations to: 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**