

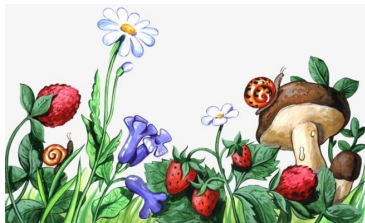
Cultivating an Attitude of Gratitude

When I think of the word “Cultivate,” the first thing I think of is someone tending to a flower garden. I picture a woman on her hands and knees, tilling soil, sowing seeds and pulling weeds. She installs a pond and carefully places garden gnomes and other figures that she admires around all of her favorite blooms. She devotes long hours and days to developing her labor of love. Then I envision her one day standing in front of the colorful and lush end product. It is full of magic and brimming with life. She is smiling from ear to ear. It was not easy and some days she did not want to show up for her garden, but she did it anyways and her devotion paid off.

This imagery is comparable for me to my experience with practicing gratitude. It wasn't until a couple years into sobriety that I started to be able to recognize that it was truly working. I do believe that writing gratitude lists and speaking gratitude was instrumental in keeping me sober in early sobriety. However, as I have tended to my practice of thinking, praying and writing down thankful thoughts, it has become a tool that can instantly change my attitude and the course of my day.

I started writing gratitude lists during the beginning weeks of my sobriety in AA because my sponsor told me to. I was absolutely desperate to stay sober so I followed her experienced guidance and didn't even question her suggestions. There was no thought involved — I just did what I was told. It was a robotic act at first and I was “faking it until I made it,” but the daily action was replacing the many habits that I had been cultivating when I was drinking.

Magic began happening for me and I was struck with gratitude and faith when I started to realize that I did not want to drink anymore. I had never been more amazed or appreciative in



my entire life. I could not believe it. The suggestions were working for me exactly as promised. To this day I am still instantly and endlessly grateful that the problem has been removed when I consider what a miracle it is.

However, over the years as I have walked through adversities and fears that are associated with showing up and living this new life without hiding and burying my feelings, I have often had to grasp into the darkness to find gratitude. When things get hard I don't want to be grateful because my natural tendency is to feel sorry for myself. But I have witnessed the charm and relief that gratitude lends to my life and the lives of others, so I have started practicing it intuitively. It has gradually become what comes naturally to me and it often feels like a close friend. I always have access to it and it will always help me when I am in need.

My gratitude practice also brings me closer to the people I care about and my Higher Power and for that I am grateful. I think I will keep working on it, day by day, and trusting that it will continue to transform my attitude, my way of thinking and my entire life. -TS

IN-PERSON MEETINGS

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

Notifications may be sent to the Webmaster at Webmaster@AAGainesville.org. Please include the name, day, and time of the meeting(s) affected, as well your contact information.

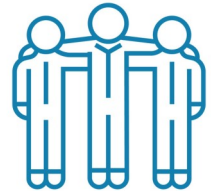
The danger of infection has not passed. The guidelines for limiting the number of people attending, for safe social distancing, and for wearing of masks are still in place.

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.

COMMUNITY NEWS

- ◆ The A.A. Hotline and Intergroup office received 49 calls in July.
- ◆ Intergroup is looking for office volunteers. Contact gainesville.intergroup@gmail.com for more information.
- ◆ Need your A.A. anniversary listed in the Post? Go to aagainesville.org and submit no later than the 12th of each month.
- ◆ Something new added to our Website: A.A. World Service videos! Great job by our Webmaster.
- ◆ You can call your order in to Intergroup and we can have it ready for you during normal business hours.
- ◆ We have Paypal set up on our website, click on it and you can contribute. It's that easy. Whether for a group, individual or even to become a Fathful 5'er or 10'er. Just check the monthly box and include a note about the purpose for the payment.
- ◆ Check out the colorized Post online!



Tradition 9 The Steps are HOW IT WORKS. The Traditions are WHY IT WORKS.

"Our groups ought never be organized; but we may create service boards or committees directly responsible to those they serve."

From AA Grapevine, September 1948

The least possible organization, that's our universal ideal. No fees, or dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it? But how shall this simple ideal best be realized? Often a question, that. We have, for example, the kind of AA who is for simplicity. Terrified of anything organized, he tells us that AA is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals, and clubs only coddle slippers. Says he, let's get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let's look after the. But that's enough. Simplicity is our answer. Quite opposed to such halcyon simplicity is the AA promoter. Left to himself, he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great AA hospitals, batteries of paid organizer, and publicity experts wielding all the latest 6 paraphernalia of sound and script; such would be our promoters dream. "Yes, sir," he would bark. "My two-year plan calls for one million AA members by 1950!" For one, I'm glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the AA movement never gets overly organized.

But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of AA. We shall, naturally, take the firm and safe middle course. AA has always violently resisted the idea of any general organization. Yet, paradoxically, we have ever stoutly insisted upon organizing certain special services; mostly those absolutely necessary to effective and plentiful Twelfth Step work. If, for instance, an AA group elects a secretary or rotating committee, if an area forms an intergroup committee, if we set up a foundation, a general office or a Grapevine, then we are organized for service. The AA book and pamphlets, our meeting places and clubs, our dinners and regional assemblies -- these are services, too. Nor can we secure good hospital connections, properly sponsor new prospects, and obtain good public relations just by chance. People have to be appointed to look after these things, sometimes paid people. Special services are performed. But by none of these special services has our spiritual or social activity, the great current of AA, ever been really organized or professionalized. Yet our recovery program has been enormously aided. While important, these service activities are very small by contrast with our main effort. As such facts and distinctions become clear, we shall easily lay aside our fears of blighting organization or hazardous wealth. As a movement, we shall remain comfortably poor, for our service expenses are trifling. With such assurances, we shall without doubt continue to improve and extend our vital lifelines of special service; to better carry our AA message to others; to make for ourselves a finer, greater Society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity.

August Anniversaries



Big Congrats

Tuesday Night Step Study

DP - 17 yrs
EJ - 10 yrs
DS - 7 yrs
BR - 2 yrs

Hampton Hole in The Wall Group

FB - 4 yrs
PW - 33 yrs

Student group

ZG - 1 yr (July)

Starke Happy Hour Group

PW - 33 yrs

Downtown Group

TW - 1 yr (July)

Women's Serenity Seekers

JL - 26 yrs

Saturday Morning 10th & 11th Step

MR - 10 yrs
WS - 34 yrs
TP - 27 yrs
RL - 5 yrs

Language of the Heart

BR - 2 yrs
L - 10 yrs

Women's Step Study

MR - 10 yrs
BH - 19 yrs
BS - 35 yrs
SC - 37 yrs
TJ - 42 yrs

Free To Be

LKP - 26 yrs

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

gather
HERE WITH
GRATEFUL HEARTS

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!

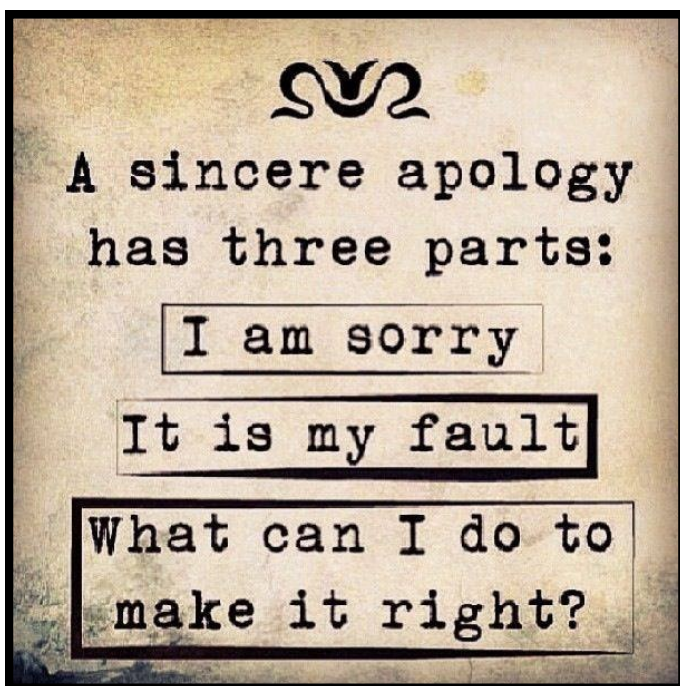
Step 9 *“Made direct amends to such people wherever possible, except when to do so would injure them or others.”*

When I first experienced Step 9, I made amends because I finally saw things differently, and saw my part in the hurts I had caused and wanted to confess to them so I could feel better and let go of the guilt I had with this new awareness.

This was a good start for me but there were still a lot of "I's" as I experienced this step. As with all the steps I have found for me, that as time moves on they reveal more and more to me. I have found that there is so much spiritual depth to them. The more I practiced this step the more I found out how much healing comes from it and not just for me.

As in many harms done, I found that it just wasn't "I" who had it all twisted up. In opening up some past wrongs and in making those amends, many dear and wonderful people have also received healing, an understanding and answers to stuff they were holding on to for far too long. The truth also set them free.

So when I become aware of an injury I have caused another person, I gladly bear my soul of my wrong-doing so that the other person doesn't have to carry around any excess garbage, twist their mind over and over again trying to make sense from the Mack truck that just ran them over. How blessed we are to become free from our past and be given the gift to help free another. -SA



Future Topics

“Staying Away from the First Drink”
October

“Love and Tolerance of Others is Our Code”
November

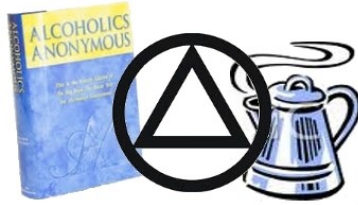
“A New Outlook on Life”
December

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:

Sep 27th @ 1:00

Check out our new website @
www.AAGainesville.org



Intergroup Chairperson's Corner

Hi everyone!

We have had a few monthly Intergroup meetings on Zoom now, and I really appreciate everyone who has attended. We want to continue to help carry the message in these trying times! Anyone can come, and the meeting link is on our website at aagainesville.org Last Sunday of every month!

Our website also has the link for donating to Intergroup (or District 14). Much easier, since a lot of groups are not meeting in person right now. Please consider donating as a group or individual to help our service entities (GSO and Area 14 also) continue to serve and meet expenses.

It's been my pleasure to serve as your Intergroup Chair until the end of this year. It's been very rewarding, and I think everyone involved helped our Intergroup become more adept at fulfilling the needs of District 14 and the still suffering alcoholic. The people who are involved in service to Intergroup (officers, intergroup reps, office workers, etc...) and our office manager (Fred S) have done a phenomenal job these past 2 years! I have thoroughly enjoyed my time working with all these committed people. And I have a bunch of new friends now too! With that being said, we will have elections for all the officers (secretary, treasurer, chair and their alternates) in December! Please consider one of these positions and help continue our tradition of a strong Intergroup. We will all be around to help with the transition, so don't feel like you need a lot of experience :) Just a desire and willingness to serve! Thank you all for helping me stay sober!

Greg N, Intergroup Chair

gregnorm5@aol.com (352) 283 2648

Thanks to the following 13 Groups and Individuals who sent in a donation to Intergroup in July 2020

Every Thing or Nothing \$20.00
Eye Opener Group \$156.00
Friends of Bill W. \$15.00
Hawthorne Group \$48.00
Individuals \$363.15
Language of the Heart \$150.00
New Freedom Grp. \$300.00
Sober on the Suwanee \$50
Starke Happy Group \$395.00
TGIF Group \$50.00
The Geezers \$50.00
The Loft \$40.00
Alachua AA Thursday \$50.00
Keystone Hgts. Group \$50.00
Total Contributions \$1,737.15



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 A.A. as a whole will not function unless our services are sufficient and our bills paid."

NORTH CENTRAL FLORIDA INTERGROUP**JULY 26, 2020**

ATTENDANCE –GN (Chair), BC (Alt Chair), JW (Secretary), PC (Alt Secretary), PB (Treasurer), MR (Alt Treas), FS (Office Mgr), WM (Webmaster), TS (POST), AW, AO, NG, and JH (13 people in attendance).

MINUTES – JW presented the June meeting minutes (page 7 of the POST). Minutes were approved. Due to Zoom meeting format, JW requested to be notified of any Intergroup Rep. changes or contact information changes and WM offered to post the request with email address for submission of changes on the website.

TREASURER'S REPORT – PB presented the June treasurer's report (page 8 of the POST). Office reserves held in CD's totals \$11,026.33. One CD matures in April, 2021 and the second CD matures in June, 2021. An additional \$601.13 is held in fluid reserves. Additional contributions to office reserves will be added to the fluid funds to avoid cashing any CD's before maturity. It was reported that, while not reflected in the June Report, contributions by individuals and groups in July have been good. The report was accepted unanimously.

PHONE COMMITTEE – Chair could not attend, and no update was given. The 24 hour phones appear to be well covered.

POST – TS reported some formatting changes made; since it may be difficult for groups to report birthdays, late birthdays can be added to the next edition, if reported by the submission deadline (12th of the month). TS will work with FS to pare down the larger online version for hard copy printing. Compliments were made about the POST and TS' efforts.

LITERATURE & MERCHANDISE/WHERE & WHEN – FS commended the Intergroup Office volunteers for their efforts. The office remains closed only on Mondays. Wearing a mask is required, and only one may enter at a time. Literature and merchandise is well stocked and welcoming conversation always available.

WEBSITE – WM reported the website continues to receive daily changes in meeting schedules and is up to date on both online and re-activated in-person meetings. Two volunteers assisted beta-testing new forms to reporting meeting updates and the forms have been fixed to perform properly. He is currently working on a system of webpages to automate special event notices so outdated notices will be timely removed. WM is monitoring and renewing 3 secondary domain names to ensure proper forwarding to AAGainesville.org and avoid any misdirection people could incur when searching for our website.

ACTIVITIES – Chair not present; usual events held in recent months were cancelled. There is an effort to put together a combination Gratitude Dinner and Founders Day event, possibly November 7, 2020.

DCM REPORT – Not present; GN attended the last District meeting. 8 people attended. The District is obtaining an online payment link and will provide it to our webmaster to be added to our website.

OLD BUSINESS – The Intergroup Bylaws were previously provided to Representatives and discussion was held about a change in the election schedule. The existing election schedule made it impossible for an Alternate Officer who had been training for a specific Officer position to move into that position when the Officer election was held. A motion was made to change the existing date for election of Alternate officers (June) to be held the same date that the Officers are elected (December), enabling an Alternate Officer (who would now be exiting the Alternate position in December) to move directly into the Officer position. The motion was seconded and unanimously accepted.

NEW BUSINESS – Nothing new raised

The next Intergroup Business meeting will be held at 1:00 the last Sunday of the Month.

Please check aagainesville.org for location or Zoom link to attend and send a representative for your group so that you can have an active voice in how we run OUR Intergroup!

Intergroup Treasurer's Report: July 2020

Sales	Current	Y.T.D.	Purchases	Current	Y.T.D.
A.A. Literature	654.15	4,768.65	A.A. Literature	0.00	2,738.92
Chips	94.50	568.80	Chips	0.00	314.96
Medallions	70.00	582.00	Medallions	0.00	191.79
Other Merchandise	10.00	170.35	Other Merchandise	0.00	0.00
Where and Whens	8.40	200.00	Where and Whens	0.00	380.00
Total Sales	837.05	6,289.80	Total Purchases	0.00	3,625.67
Sales Tax Collected	53.87	429.43			
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	105.00	805.00	Phone Committee	0.00	0.00
Group Contributions	1,737.15	6,673.16	Steering Committee	0.00	0.00
SBA Grant	0.00	1,000.00	The Post	0.00	0.00
Total Contributions	1,842.15	8,478.16	Website Committee	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.	279.02	
Intergroup's Monthly Meeting	0.00	85.22	Current Deposits	2,733.07	
Internet	65.68	459.76	Current Expenditures	1,751.68	
Office Expenses	0.01	73.56	Loan from Office Reserve	601.13	
Office Rent	190.00	1,330.00	Repay Office Reserve Loan	601.13	
Office Manager Salary	1,102.56	6,599.76	Transfer FF & T to Office Reserve	105.00	
Paypal & Square Fees	26.87	88.22	Ending Balance, Checking		1,155.41
Payroll Taxes	187.62	453.24			
Postage	11.85	63.75			
Printing: Other	0.00	0.00			
Printing: Phone Volunteer Packets	0.00	0.00			
Printing: POST	26.40	497.45			
State Sales Tax	25.79	449.37			
Telephone	158.00	1,108.10			
Website Fees	-43.10	-10.23			
Total Overhead Expenses	1,751.68	11,320.70			
Reserves					
Gratitude Dinner Reserve		3,500.00			
Office Reserve in CD's		11,034.35			
Office Reserve Available		706.13			

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 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

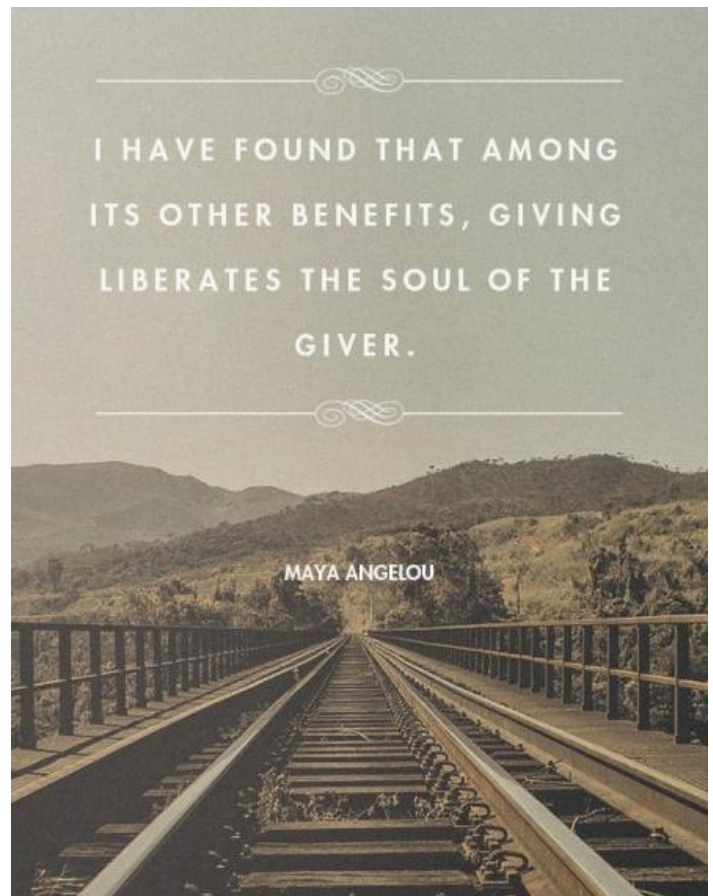
become a Faithful Fiver

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.



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