

Staying Away From the First Drink

I was living with my drinking buddy when I got sober, and he did not have a plan to quit. I thought for sure that I would never be able to keep from drinking in the same home I had gotten so sick in, still surrounded by alcohol. The sense of urgency that I felt to create this new life that was laid out before me in Alcoholics Anonymous told me that I had to get out of there right away. However, I also had a very wise and loving sponsor who reminded me of the suggestion "No big changes in the first year." Other women reminded me to keep the focus on myself and on my recovery when I would talk about my fears of being around alcohol at home. It was still a safe place so I listened and stayed put. I worked my program and followed the AA suggestions with everything I had, finishing the steps within six months. To my complete amazement, the program worked and I did not want to drink anymore! I could not believe it. After some time, it did not matter that when I would open the refrigerator I would see my favorite beer because my desire to drink was gone.

At that time, my reality was that I had to go home. I didn't have anywhere else to go and I could not afford my own place to live. One the other hand, I also had experiences in early sobriety where I tried to hang out in old places with friends I used to drink with and ended up leaving in a panic attack, unable to see straight. They were friends that I cared for very much but they were friendships that were rooted in a shared love of enjoying alcohol together. I learned the hard way that my primary reason for being with them in the past had been to drink with them.

"So our rule is not to avoid a place where there is drinking, *if we have a legitimate reason for being there.*" (AA Big Book, pg 101) My understanding is that this quote only applies if the desire to drink has been removed, and the desire to drink

is not promised to be removed until we get to the tenth step.

I truly believe that if I had not worked the steps so promptly with my sponsor after getting to AA and with such desperation, then I would not have been able to stay in that home for a year and a half as I did. I know myself well enough to know that I would have drank that beer and I most likely would not be alive right now.

For me, staying away from the first drink means staying committed to, one day at a time, not picking one up. It was a decision I made when I got here and a decision I continue to make every single day. It is always an option, but I know that with the tools of the program, the fellowship and my Higher Power, I never have to drink again for the rest of my life if I do not want to. —Anonymous

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.

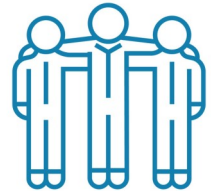
The danger of infection has not passed. The guidelines for limiting the number of people attending, for safe social distancing, and for wearing of masks are still in place.

If your online meeting is cancelled, please notify us of that, too, so that we do not sent members to a dead Zoom-address.

Thank you all for your continued service in this extraordinary time.

COMMUNITY NEWS

- ◆ The Intergroup office and the A.A. Hotline received 53 calls in August.
- ◆ Our Website aagainesville.org now has PSA's from World Services
- ◆ Contact our Webmaster to have your meeting re-activated if reopened.
- ◆ Is your Group having any upcoming activities? Contact activities@AAgainesville.org
- ◆ 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 Faithful 5'er or 10'er. Just check the monthly box and include a note about the purpose for the payment.
- ◆ Intergroup is looking for office volunteers. Contact gainesville.intergroup@gmail.com for more information



Tradition 10 The Steps are HOW IT WORKS. The Traditions are WHY IT WORKS.

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

When asked to write about Tradition 10, I could think of many who could do a much better job than I, but I had been taught by the "Old Timers" that there is one answer when asked to do something and that was "Yes, I'd be honored." I feel I have been of the "Educational" variety when learning the Traditions. However, I do feel I've learned more by making mistakes and learning what NOT to do. I'm sure I have crossed lines when working in treatment, although I was hired specifically to teach the clients the 12 Steps. I was convinced when getting sober that Alcoholics Anonymous was the ONLY way to get and stay sober. In fact, they certainly would not make it if they did not do "it" our way. I would preach that from the roof tops and argue with others. I took to trying to save the poor lost souls and told them of my membership to AA and they too could be one of the "chosen" ones if they'd only do as we did, or at least as I did. Unfortunately, I put Alcoholics Anonymous reputation on the line when I would be spiritually unfit and act like a jerk. And as I would learn much later, there are many people who have found other means to stay sober without AA. I just don't happen to be one of them!

There has been no better time than now that I am grateful for the Traditions in such a heated political environment because one thing I am sure of is the disease of alcoholism has one primary job and that is to separate and divide us. If we did not have them, it would definitely win and we would be left to perish as we did in the days before Alcoholics Anonymous. We really do have a common peril that glues us together in the most trying of times and also times of which we need each other the most. We must remember we have been here before and it is the Language of the Heart that will continue to save us if we don't let our fear and egos destroy us.

Lastly, I know from being a member for some time now, that the word "God" has probably made more people revolt than any other term when coming to AA. I was one of those people. However, I begged "Whoever" was out there to help me, as many of us did and I am eternally grateful as I have heard many of you are, that I was given a choice and that I did not have to defend my beliefs or non beliefs to be a part of such a magnificent entity. I am so grateful that Tradition 10 reminds me to offer that safety net for the people coming in and that we are all One in the Spirit of the Universe.

In Love and Service,

Wanda L.



September Anniversaries



Vulnerable Warriors

CC – 27 yrs

Wholesale Miracle

AO – 33 yrs

New Freedom

GZ – 30 Yrs

Free to Be

MN – 6 yrs

10th and 11th Step Meeting

BB – 27 Yrs

Starke Happy Hour

DG – 2 yrs

New Life Group

KM – 17 yrs (August)

JH – 45 yrs

4th Dimension

JF – 1 yr

JJ – 17 yrs

Women's Serenity Seekers

CD – 18 yrs

KC – 2 yrs

Women's Step Study

MS – 11 yrs

SR – 12 yrs

LM – 16 yrs

SA – 16 yrs

RR – 24 yrs

MS – 34 yrs

SS – 13 yrs

**October Birthdays?
Send them by Oct 12th to
POST@AAGainesville.org**

You have been
assigned this
mountain
to show others
it can be moved.

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 10

“Continued to take personal inventory and when we were wrong promptly admitted it .”

Depending on if your opinion of Step 10 lies in the Big Book or the 12 & 12, you may receive a different message. Personally, I prefer the Big Book’s description, because why would I want to hang onto something all day when it can be taken care of immediately? If I remove my garbage promptly, then my house won’t stink!

In the Big Book’s description of the 10th step, it tells us that **when** our character defects crop up, not if, not before bed, and not when we feel like it, we can ask our higher power to remove them, discuss them with another person immediately, make amends, and see where we can be of service. When I started to practice the 10th step instead of calling my sponsor to complain and asking to repeat my 4th and 5th step inventory, life suddenly became much more serene and peaceful.

The 10th step also makes us one of the best promises of all: “We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.” For those of you who don’t have a dictionary handy, it states we will be spared the misery of alcoholism depending on whether or not we take care of ourselves spiritually *every day*. That promise is the reason I found myself in the rooms of AA, and the motivation that encourages me to continue to work my program. -Lindsay M



Future Topics

“Love and Tolerance of Others is Our Code”
November

“A New Outlook on Life”
December

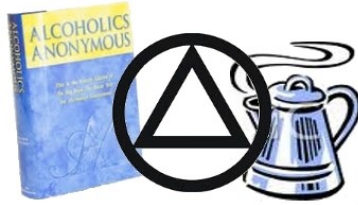
Get Published!

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:

Oct 25th @ 1:00

Check out our new website @
www.AAGainesville.org



Intergroup Chairperson's Corner

Hi everyone! Hope you are all doing well :)

Hope you are able to make it to our monthly Intergroup meeting! It's the last Sunday of each month at 1:00. It's a Zoom meeting and the link is on the homepage of our website aagainesville.org Very easy! Hopefully your group has an Intergroup Rep that is

able to come to our meetings. If not, elect one! lol The meeting is always less than an hour and visitors are always welcome! I appreciate all the people who have been coming to our monthly meetings. We've had great participation. Intergroup and District both have a PayPal link on the website for 7th Tradition donations by individuals or Groups. Please consider helping us carry the message through these trying times. I mentioned last month that elections for Intergroup Officers (Chair, Treasurer, Secretary) and their alternates will be held in December. Please consider standing for a position! A great opportunity for service. The current officers will be glad to help you through the transition.

Thank you all for allowing me to serve you!

Greg N

gregnorm5@aol.com

(352) 283 2648

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

Every Thing or Nothing \$25.00

Fourth Dimension \$75.00

Gratitude Group \$300.00

Tues. Nite Step Study \$112.50

Individuals \$93.58

Total \$606.08

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

NORTH CENTRAL FLORIDA INTERGROUP**AUGUST 30, 2020**

ATTENDANCE – GN (Chair), BC (Alt Chair), JW (Secretary), PC (Alt Secretary), PB (Treasurer), MR (Alt Treas), FS (Office Mgr), WM (Webmaster), TS (POST), AO, TC, JH, NF, JF, and HZ, and two others (17 people) in attendance.

MINUTES – JW presented the July meeting minutes (page 7 of the POST). Minutes were approved. JW thanked WM for the addition to the website encouraging involvement by groups to report new or changing representatives so our roster can be updated.

TREASURER'S REPORT – PB presented the July treasurer's report (page 8 of the POST). Group contributions are up from prior months. The Office Manager's salary includes second quarter taxes. Any reserve funds borrowed were repaid within the month and Faithful Fivers contributions added to reserve cash funds. Website fees show a credit due to reimbursement made to Intergroup by District. The report was accepted unanimously.

PHONE COMMITTEE – Chair could not attend, but did send request for volunteers to fill 2 openings (Sundays 8 am – Noon & Tuesdays 5 pm – 7 pm).

POST – TS reported and apologized for printing error that was corrected in the online version, but not before the hard copy POST had been run by the printer. GN noted that the error was hardly noticeable. TS has been doing a great job with the POST.

LITERATURE & MERCHANDISE/WHERE & WHEN – FS reported that the office is open except for Mondays. A volunteer for Mondays is welcomed and training will be provided, if needed. Where & Whens are printed 300 at a time. With the exception of meetings switching to Zoom format during COVID-19 conditions in March, there have been only a few changes to meeting schedules so reprinting will wait until more of the current supply is sold.

WEBSITE – WM reported that an area was added to the webpage for reporting of birthdays. The list of meetings is easier to locate through updated link and public service announcements were added. WM has developed and maintained our website for 10 years so he reached out for a volunteer who might be interested in working and training with him to assist if needed on the technical aspects of the website. No specific time was identified for turning over responsibilities to another volunteer, but it would be a good idea to have a backup or assistant webmaster to learn the ropes. Qualifications for this will be posted on the website.

ACTIVITES – Chair not present. It was announced that the locale anticipated for holding a joint Founders Day / Gratitude Dinner in November will not be available due to continuing COVID-10 conditions. An outdoor venue will be considered but it may not be possible to hold this event until the next year.

DCM REPORT – Not present; no meeting was held last month. Elections are due to be held in November.

OLD BUSINESS – The Bylaws were amended for all officer and alternate elections to be held once a year in December.

NEW BUSINESS – A discussion was held on whether it is preferred for the POST to report attendees at Intergroup meetings using initials only or first name and last initial. Due to ongoing limited in-person meetings held, some preferred for AA members to be able to clearly identify their representative having attended our meeting. Others were concerned about upholding the principle of anonymity and any potential risk to that principle due to the unrestricted accessibility of the POST on our website. No specific motion was made and the topic may be discussed, if needed at another meeting.

Discussion was held on redirecting "Instant AA" online visitors to our website. A Motion was made and seconded, but not voted upon. It was pointed out that our homepage may not be as complete as Instant AA and there are a few Instant AA meetings that are not necessarily registered groups. It was preferable to have WM (our webmaster) and JF (on behalf of Instant AA) to confer about what would need to be done to simplify, link, or combine communications between the two. A motion was made, seconded, and unanimously approved to table this idea for further discussion at the next meeting.

There being no further business, the meeting was closed with the Responsibility Pledge.

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: August 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	197.45	4,966.10	A.A. Literature	189.23	2,928.15
Chips	22.95	591.75	Chips	0.00	314.96
Medallions	24.00	606.00	Medallions	0.00	191.79
Other Merchandise	2.50	172.85	Other Merchandise	0.00	0.00
Where and Whens	0.00	200.00	Where and Whens	0.00	380.00
Total Sales	246.90	6,536.70	Total Purchases	189.23	3,814.90

Sales Tax Collected **17.30** **446.73**

<i>Activities Revenues</i>			<i>Activities Expenses</i>		
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	Hawthorne Picnic Donation	0.00	0.00
Total Activities Revenues	0.00	0.00	Total Activities Expenses	0.00	0.00

<i>Contributions</i>			<i>Committee Expenses</i>		
Faithful Fivers and Tenders	70.00	875.00	Phone Committee	0.00	0.00
Group Contributions	606.08	7,279.24	Steering Committee	0.00	0.00
Office Reserve Contributions	0.00	1,000.00	The Post	0.00	0.00
Total Contributions	676.08	9,154.24	Website Committee	0.00	0.00
			Total Committee Expenses	0.00	0.00

<i>Overhead Expenses</i>			<i>Fund Balance</i>		
Corp Filing Fees	0.00	122.50	<i>Checking</i>		
Insurance	0.00	0.00	Checking @ 1st of Mo.	1,155.41	
Intergroup's Monthly Meeting	0.00	85.22	Current Deposits	940.28	
Internet	65.68	525.44	Current Expenditures	1,443.04	
Office Expenses	54.99	128.55	Transfer FF & T to Office Reserve	70.00	
Office Rent	190.00	1,520.00	Ending Balance, Checking		582.65
Office Manager Salary	675.00	7,274.76			
Paypal & Square Fees	6.32	94.54			
Payroll Taxes	0.00	453.24			
Postage	26.80	90.55			
Printing: Other	0.00	0.00			
Printing: Phone Volunteer Packets	0.00	0.00			
Printing: POST	22.40	519.85			
State Sales Tax	52.52	501.89			
Telephone	160.10	1,268.20			
Website Fees	0.00	-10.23			
Total Overhead Expenses	1,253.81	12,574.51			

Reserves

Gratitude Dinner Reserve **3,500.00**

Office Reserve in CD's **11,042.37**

Office Reserve Available **776.13**

*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

Intergroup is looking for an
Alternate Webmaster



Work remotely to assist the Intergroup Webmaster to maintain and further develop the consolidated website for North Central Florida Intergroup and District 14.

Desirable knowledge and skills include:

Familiarity with the A.A. Service Structure (local/district level).

Experience with HTML, PHP, JavaScript, CSS, and MySQL*.

Ability to respond promptly to needed changes.

Experience or expertise in graphic design will be very helpful.

* Alternatively, familiarity with other programming languages and a willingness to learn website coding will also be considered.

For more information, contact Webmaster@AAGainesville.org

10th Step Promises

Chapter 6, page 84-85

And we have ceased fighting anything or anyone - even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality - safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.



OFFICE VOLUNTEER NEEDED

for Intergroup Office - one day a week

Duties include

- > Opening the office for walk-in customers
- > Answering the A.A. Hotline phone
- > Making sales, using the Quickbooks software

Volunteer will be required to wear a protective face mask when another person is in the office, and to enforce the following safety precautions:

Only one visitor in the office at a time.

Visitor must also wear a protective face mask in the office.

Training will be provided for the Hotline protocol and Quickbooks software.

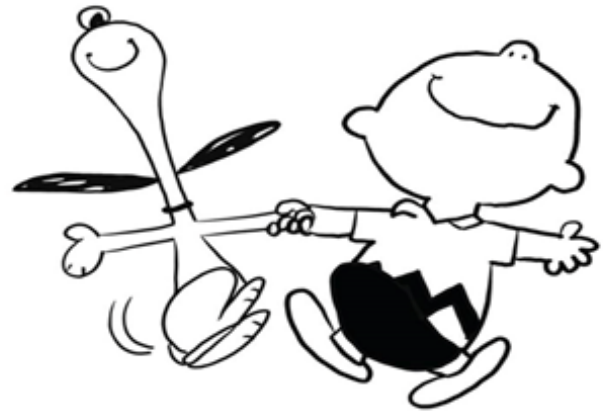
To volunteer or for more information,
 contact the Office Manager at
Office.Manager@AAGainesville.org

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.”

**WHAT IF TODAY, WE WERE JUST
GRATEFUL FOR EVERYTHING?**



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 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**