

## Love and Tolerance of Others is Our Code

This powerful statement is found in The Big Book of "Alcoholics Anonymous" chapter "Into Action" on page 84 in the paragraph that begins, "This brings us to Step 10, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along." It states that "We Have entered the world of the Spirit." Then there are some directions on how to "... grow in understanding and effectiveness."

I have affectionately nicknamed this process "Doing a Mini 4-12." We are told that "This is not an overnight matter. It should continue for a lifetime.... Watch for selfishness, dishonesty, resentment and fear. [Step 4] When these crop up, we ask God to remove them. [Steps 6 & 7] We discuss them with someone immediately [Step 5] and make amends quickly [Step 9] if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. [Step 12] Love and tolerance of others is our code."

Since "Alcoholics Anonymous" was first copyrighted in 1939 and the original long form of the A.A. Traditions was first printed in 1946 according to "Alcoholics Anonymous," page 561, bottom paragraph, I personally believe this powerful sentence is the foundation of Tradition 3, "The only requirement for A.A. membership is a desire to stop drinking."

If Alcoholics Anonymous did not have love and tolerance of others as their code — I would be dead. I was fortunate to get sober with a bunch of old-timers in Cambridge and Boston Massachusetts.

Since I entered the rooms of AA in October 1989 I have yet to meet a more obnoxious newcomer than I was. After my first meeting I wrote in my journal, "What a bunch of Dweebs! They expect me to talk to these "effing" people!?!"

My low self esteem and anger from grieving the loss of my ultimate survival mechanism — Alcohol — fueled the isolation I felt in the rooms of AA. My feelings of hopelessness continued in early recovery because as an agnostic I was blocking myself from the solution as stated in Steps 2 and 3 of Alcoholics Anonymous.

Step 2. "Came to believe that a power greater than ourselves could restore us to sanity."

Step 3. "Made a decision to turn our will and our lives over to the care of God as we understood him."

I will be forever grateful to those old timers who welcomed me into the rooms of A.A., practiced love and tolerance and showed me by example how to live the 12 Steps and Traditions so I could find a "God of my understanding" and remain sober "One Day at a Time."

By "T" Harrison



# COMMUNITY NEWS

- ◆ The A.A. Hotline and Intergroup office received 52 calls in September.
- ◆ Intergroup will re-open Monday's 2:00 pm till 5:00 pm starting November 2nd. Stop in and welcome new office volunteers Bill and Geoffrey
- ◆ Basket of Gratitude Auction via Zoom will be held December 12th @ 4:00 pm, stay tuned more to follow.
- ◆ There are now available 50/50 raffle tickets on sale at Intergroup, drawing will be held on the day of our Basket of Gratitude event December 12th.
- ◆ There are so many service opportunities available, are you involved?



## Tradition 11 The Steps are HOW IT WORKS. The Traditions are WHY IT WORKS.

*"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."*

"Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us."

Providence has been looking after the public relations of Alcoholics Anonymous. It can scarcely have been otherwise. Though more than a dozen years old, hardly a syllable of criticism or ridicule has ever been spoken of A.A. Somehow we have been spared all the pains of medical or religious controversy and we have good friends both wet and dry, right and left. Like most societies, we are sometimes scandalous — but never yet in public. From all over the world, naught comes but keen sympathy and downright admiration. Our friends of the press and radio have outdone themselves. Anyone can see that we are in a fair way to be spoiled. Our reputation is already so much better than our actual character!

Surely these phenomenal blessings must have a deep purpose. Who doubts that this purpose wishes to let every alcoholic in the world know that A.A. is truly for him, can he only want his liberation enough. Hence, our messages through public channels have never been seriously discolored, nor has the searing breath of prejudice ever issued from anywhere.

Good public relations are A.A. lifelines reaching out to the brother alcoholic who still does not know us. For years to come, our growth is sure to depend upon the strength and number of these lifelines. One serious public relations calamity could always turn thousands away from us to perish — a matter of life and death indeed!

The future poses no greater problem or challenge to A.A. than how best to preserve a friendly and vital relation to all the world about us. Success will heavily rest upon right principles, a wise vigilance and the deepest personal responsibility on the part of every man jack of us. Nothing less will do. Else our brother may again turn his face to the wall because we did not care enough.

So, the 11th Tradition stands sentinel over the lifelines, announcing that there is no need for self-praise, that it is better to let our friends recommend us, and that our whole public relations policy, contrary to usual customs, should be based upon the principle of attraction rather than promotion. Shot in the arm methods are not for us — no press agents, no promotional devices, no big names. The hazards are too great. Immediate results will always be illusive because easy shortcuts to notoriety can generate permanent and smothering liabilities.

More and more, therefore, are we emphasizing the principle of personal anonymity as it applies to our public relations. We ask of each other the highest degree of personal responsibility in this respect. As a movement, we have been, before now, tempted to exploit the names of our well known public characters. We have rationalized that other societies, even the best, do the same. As individuals, we have sometimes believed that the public use of our names could demonstrate our personal courage in the face of stigma; so lending power and conviction to news stories and magazine articles.

But these are not the allures they once were. Vividly, we are becoming aware that no member ought to describe himself in full view of the general public as an A.A., even for the most worthy purpose, lest a perilous precedent be set which would tempt others to do likewise for purposes not so worthy. We see that on breaking anonymity by press, radio or pictures, anyone of us could easily transfer the valuable name of Alcoholics Anonymous over onto any enterprise or into the midst of any controversy.

So, it is becoming our code that there are things that no A.A. ever does, lest he divert A.A. from its sole purpose and injure our public relations. And thereby the chances of those sick ones yet to come. To the million alcoholics who have not yet heard our A.A. story we should ever say, "Greetings and welcome. Be assured that we shall never weaken the lifelines which we float out to you. In our public relations, we shall, God willing, keep the faith." —Editorial by Bill W. A.A. Grapevine, October, 1948

**Everything or Nothing**

AT – 1 yr  
BC – 1 yr  
HC – 4 yrs  
AS – 13 yrs

**Tuesday Night Step Study**

DO – 9 yrs

**Hampton Hole in The Wall Group**

RM – 34 yrs

**New Life Group**

KA – 32 yrs

**Women’s Step Study**

PM – 32 yrs



**Starke Happy Hour Group**

BD – 20 yrs  
CW – 25 yrs  
RM – 34 yrs

**Eye Opener**

MP – 33 yrs  
DH – 37 yrs  
BM – 9 yrs  
PS – 18 yrs  
JM – 8 yrs

**Women’s Serenity Seekers**

TT – 7 yrs  
AD – 8 yrs  
MC – 27 yrs  
TH – 31 yrs

**Free To Be**

PM – 32 yrs  
AD – 8 yrs  
TS – 13 yrs

***November Birthdays?  
Send them by Nov 12th to  
POST@AAGainesville.org***

Do you ever get drunk?  
 Yes  
 No

X

# 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 11

***“Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry that out.”***

The part of this step that stands out to me the most is “praying only for the knowledge of His will for us and the power to carry that out.” That is a very specific instruction, in my opinion. It is telling me not to pray for what I want. Long before I even knew that I was praying, I was asking God to help me with certain things, like a Christmas checklist for Santa. It was not until I came to Alcoholics Anonymous that I started to fully understand that God’s will is necessary and I ought not to compete with it by asking for things to be different than they are. If things are happening in my life, whether I see them as good or bad, they are happening for a reason and it is God’s will. I often ask for strength and courage and serenity to face life on life’s terms and to continue to do God’s will, but I have mostly stopped asking for specific requests. I ask God to please show me His will for my life and help me to see it clearly so that I may align with it, but I have stopped trying to direct what it will look like.

The years of pain and terror in active addiction never made sense while I was experiencing them, but I now understand that I needed that period to humble me enough to become willing to work a program of recovery in AA. I have had an alcoholic mind for as long as I can remember and I am grateful that I was able to get the idea deeply rooted in my head that I will never be able to drink like a normal person. I can look back and see that every step of my life has been essential thus far, and I am confident that I had to take every last drink that I needed to take. Because of this knowledge about myself, I can trust that things are still happening exactly as they are supposed to. I can pray that God will continue to perform his will in my life and I can choose to be glad no matter what, trusting that he will work out the details of it all.

Although I do not ask for specifics when I pray, I do believe that my Higher Power understands me better than I understand myself, and he knows the desires of my heart. I believe that when I approach him with humility and a desire to grow a stronger relationship with him, he really does grant my wishes. Often in ways that are much better than I would have even asked for. There is absolutely power in prayer.

"Humility is a personal achievement, it cannot be given away. It comes in glimmers and grows like an ice crystal. It is fragile, too, thus requiring constant care and protection."

"Enjoying Anonymity", Seattle, Wash.,  
January 1992  
The Home Group: Heartbeat of AA

## Future Topics

***“A New Outlook on Life”***  
December

***“Living One Day at a Time”***  
January

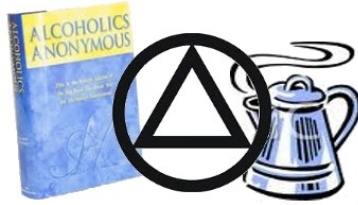
### ***Get Published!***

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](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:

**Nov 29th @ 1:00**

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



## Intergroup Chairperson's Corner

Hi everyone! Hope you are all safe and healthy :)

We had another great monthly meeting in September. Last Sunday every month on Zoom @ 1:00. Direct link is on our website ([aagainesville.org](http://aagainesville.org)) to the meeting! Come join us in carrying the message to the still suffering alcoholic during these trying times.

We have elections coming up in December. Our Chair, Treasurer, Secretary and their alternates will all be rotating out. Please consider standing for one of those positions, we will all be around to help you out in the transition. We are having an event right before Thanksgiving called "The Basket of Gratitude Zoom Auction" in lieu of having the Gratitude Dinner. Obviously, we can't have a 300 person event at this time. So we are doing an online auction along with a 50/50 raffle. Tickets for the raffle are at the Intergroup office, and the auction/raffle will be on Zoom. Gift baskets will be donated to auction off, and the money raised will help Intergroup continue to carry the message to the still suffering alcoholic! Info about planning meetings and the link to the planning meetings are on our website.

Thanks for allowing me to serve you! Contact me with any questions.

Greg N

[gregnorm5@aol.com](mailto:gregnorm5@aol.com)

(352) 283 2648

# Thanks to the following 7 Groups and Individuals who sent in a donation to Intergroup in Sept. 2020

- Design for Living \$20.00
- Everything or Nothing \$25.00
- Kanapaha Grp. \$20.00
- Solutions Grp. \$10.00
- Individuals \$138.01
- The Geezers \$20.00
- Women’s Serenity Seekers \$70.00

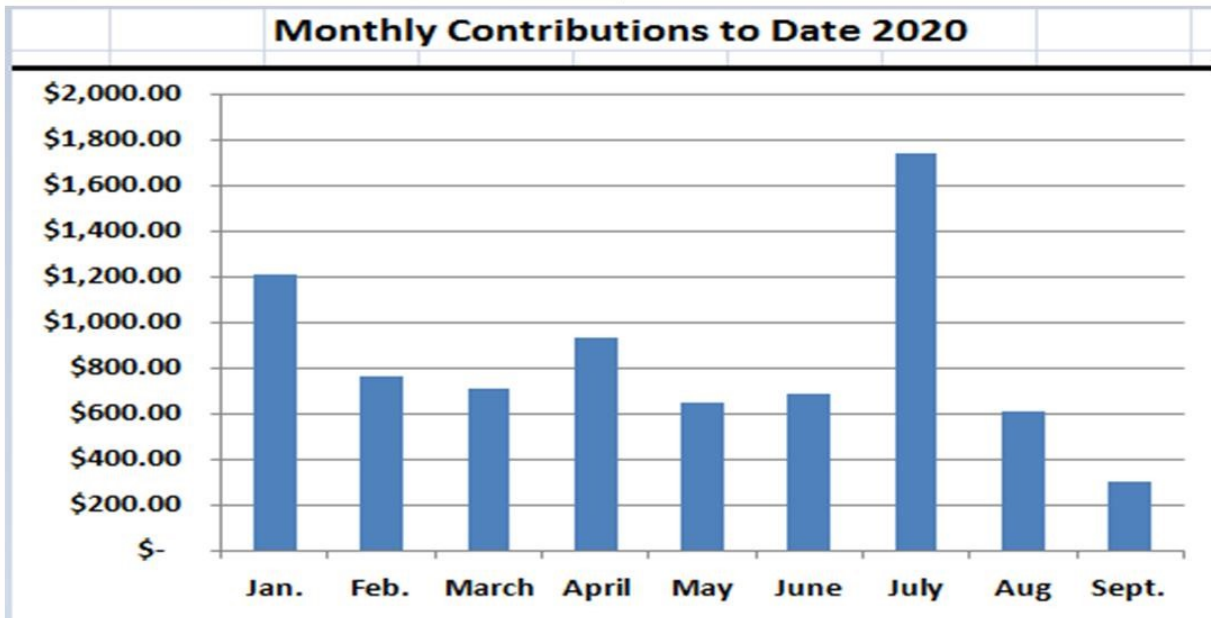
**Total \$303.01**




**PayPal**

*One Click at a time !  
Go to [aagainesville.org](http://aagainesville.org)*

**Monthly Contributions to Date 2020**



**NORTH CENTRAL FLORIDA INTERGROUP AGENDA**

**SEPTEMBER 27, 2020**

**Opening** – GN, Chair, opened the meeting with a moment of silence and the Serenity Prayer.

**Introductions** – GN (Chair); BC (Alt Chair), PB (Treasurer); MR (Alt Treasurer); PC (Alt Secretary); FS (Office Manager), WM (Webmaster); TS (POST); GSRs: AW, TC, JJ, AO, NG, NL.

**Minutes:** TC motioned to accept the Minutes as posted; MR seconded the motion. Motion passed.

**Treasurer's Report:** Total sales were down for a total of \$247. Faithful Fivers and Tenners keeps growing and brought in \$70. Group Contributions were \$606. Overhead expenses were typical at \$1,253.81. The current Office Reserve available is \$776. Intergroup purchased \$189 worth of literature. TC suggested that the overhead is almost twice that of what we have in the current reserve of \$776 and suggested we consider, at our next meeting, cashing out a CD. Since our next CD doesn't mature until April, and the penalties for cashing out a CD early are so high, that should be our last resort. GN suggested that perhaps we dip into the Gratitude Dinner Reserve instead. Fred mentioned we already had to tap into the Gratitude Dinner Reserve this month for a couple of reasons which will show up on next month's Treasurer Report. The Gratitude dinner is a major source of revenue each year, so our income took a huge hit in not being able to hold it. MR motioned to accept the Report as posted, NG seconded. Motion passed.

**Phone Committee:** There is one opening on the committee – Sunday morning from 8am to 12 noon.

**POST – TS:** The latest edition is on our website. Articles and suggestions are always welcomed. TS thanked her proof-readers for their efforts. GN praised TS for the terrific job she is doing.

**Lit & Merch/W&W – FS:** FS ordered a bunch of literature and medallions this month. Anyone who does not feel comfortable going into the Intergroup office can call ahead and place an order and the Intergroup volunteer will bring your order out to your car. We are still closed on Mondays but may have a volunteer soon so we can resume our schedule of six days a week. A group donated some Big Books to Intergroup so if you know of a halfway house who could use them, Intergroup would like to donate them. Some very nice AA jewelry was also donated which Intergroup will be selling.

**Website – WM:** The website is up to date. WM received a request asking about a printer friendly copy of the meeting schedule. WM is looking into the possibility of making a pdf available for in-person meetings. NL volunteered to step up to the position of Alternate Webmaster and was unanimously welcomed by all in attendance.

**Activities – JH:** No report as there are currently no activities.

**DCM Report:** Area Assembly was this weekend and elections were held for the officers who will be serving for the next two years. GN will let us know at our next Intergroup meeting who was elected.

**Old Business:** WM and JH got together and merged the two lists of meetings generated by InstantAA.com and aagainesville.org. InstantAA.com is now redirecting everyone to our listing of on-line meetings to aagainesville.org. The meeting list has been located to a separate page on our website and there is a link to it at the top of the page to the on-line schedule.

**New Business:** Despite GN and FS considerable efforts, they were unable to find a venue for a combined Founder's Day and Gratitude Dinner celebration. In January of this year, FS visited another Intergroup office who held a Grateful Basket fundraiser for their Intergroup. Individuals and groups donated gift baskets which were then auctioned off to members of AA. FS suggested that we could do a zoom auction of gift baskets in November for a fundraiser. AO suggested having a silent auction as well. FS suggested we form a committee. MR volunteered to help with the technical aspect of the zoom meeting. William volunteered to help with the silent auction aspect if we decided to do that as well. It was suggested that the Gratitude Dinner, and possibly Founder's Day Committee volunteer lists, could be used to recruit volunteers for the committee. FS and TS will work on a flyer to recruit volunteers which will include a date for the first committee meeting. It was suggested that we ask for volunteers at meetings as well. NL suggested having some kind of meeting, possibly a speaker meeting, then the auction afterwards. GN will ask JH to send out a request to the Gratitude and Founder's Day committee members. TC and PC volunteered to serve on the committee. BC also suggested that if a restaurant gift card were included in each basket, it would go towards still making it a "Gratitude Dinner" basket. It was suggested that if we could not pull this together in time for the November 7<sup>th</sup> "Gratitude Dinner" date, that we could possibly time it for December when people are shopping for Christmas presents.

**Next Meeting Sunday, October 25, 2020**

## Intergroup Treasurer's Report: September 2020

<b>Sales</b>	<b>Current</b>	<b>Y. T.D.</b>	<b>Purchases</b>	<b>Current</b>	<b>Y. T.D.</b>
A.A. Literature	471.10	5,437.20	A.A. Literature	663.71	3,591.86
Chips	34.65	626.40	Chips	0.00	314.96
Medallions	130.00	736.00	Medallions	0.00	191.79
Other Merchandise	22.50	195.35	Other Merchandise	0.00	0.00
Where and Whens	32.40	232.40	Where and Whens	0.00	380.00
<b>Total Sales</b>	<b>690.65</b>	<b>7,227.35</b>	<b>Total Purchases</b>	<b>663.71</b>	<b>4,478.61</b>
<b>Sales Tax Collected</b>	<b>48.37</b>	<b>495.10</b>			
<b>Activities Revenues</b>			<b>Activities Expenses</b>		
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
<b>Total Activities Revenues</b>	<b>0.00</b>	<b>0.00</b>	<b>Total Activities Expenses</b>	<b>0.00</b>	<b>0.00</b>
<b>Contributions</b>			<b>Committee Expenses</b>		
Faithful Fivers and Tanners	50.00	925.00	Phone Committee	0.00	0.00
Group Contributions	303.01	7,582.25	Steering Committee	0.00	0.00
Office Reserve Contributions	0.00	1,000.00	The Post	0.00	0.00
<b>Total Contributions</b>	<b>353.01</b>	<b>9,507.25</b>	Website Committee	0.00	0.00
 			<b>Total Committee Expenses</b>	<b>0.00</b>	<b>0.00</b>
<b>Overhead Expenses</b>			<b>Fund Balance</b>		
Corp Filing Fees	0.00	122.50	<b>Checking</b>		
Insurance	551.12	551.12	Checking @ 1st of Mo.	582.65	
Intergroup's Monthly Meeting	0.00	85.22	Current Deposits	1,092.03	
Internet	65.68	591.12	Transfer from Off. Res. Avail.	776.13	
Office Expenses	85.22	213.77	Transfer from Grat. Din. Res.	500.00	
Office Rent	190.00	1,710.00	Current Expenditures	2,454.64	
Office Manager Salary	675.00	7,949.76	<b>Ending Balance, Checking</b>		<b>496.17</b>
Paypal & Square Fees	13.31	107.85			
Payroll Taxes	0.00	453.24			
Postage	0.00	90.55			
Printing: Other	0.00	0.00			
Printing: Phone Volunteer Packets	0.00	0.00			
Printing: POST	22.40	542.25			
State Sales Tax	16.85	518.74			
Telephone	171.35	1,439.55			
Website Fees	0.00	-10.23			
<b>Total Overhead Expenses</b>	<b>1,790.93</b>	<b>14,365.44</b>			
<b>Reserves</b>					
<b>Gratitude Dinner Reserve</b>		<b>3,000.00</b>			
<b>Office Reserve in CD's</b>		<b>11,050.14</b>			
<b>Office Reserve Available</b>		<b>0.49</b>			

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



NORTH CENTRAL FLORIDA  
INTERGROUP'S

# ***Basket of Gratitude Zoom Auction***

SUNDAY

DECEMBER 13TH @ 4PM

***Donations of raffle baskets  
are needed from groups and  
individuals! Please contact  
Pati if you would like to  
learn more about how you  
can support this vital project  
352-281-5751***

# 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.



**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**