

## Living One Day at a Time

My first thought: "Catchy. Impossible, but catchy." I appreciated the concept, but like many things, it was simply out of my reach.

My entire life, I believed in the power of worry. My mind was filled with fear of absolutely everything. By worrying, I could emotionally prepare for future woes, and devise a plan to prevent heartache. Sounds reasonable, except worry feeds into my larger problem: fear, leading to a desire for control – control I do not have.

Giving up alcohol meant giving up certainty I'd get a break from fear. Without it, I could keep busy, but eventually it was me and the ole hamster wheel again. Worry helped me feel prepared. But the reality is, I can't prepare for life by thinking about it. I have to live it.

This moment is real. I have several things I could worry about: relationships, job security, the world itself. I could work on a plan to improve them, but circumstances often change, so I'd need to stew on multiple plans. If I write this article while worrying/ planning, my writing suffers. I'd miss writing with

my whole heart to plan for a future I never had control of to begin with.


It's not worth it anymore. Preparation was a comforting illusion, but feeling prepared for the future left me unprepared to live now. Every moment, I have choices I can only see if I'm right here paying attention. I can't stop using my mind, and I don't have to. My mind is capable of wonderful things. I just never taught it to be fully present, until now.

I became friends with reality and found freedom there. It's a physical sensation, emerging from my mind into the present day. My eyes clear, my body becomes alert, I notice my surroundings. How did I ever live missing all that?

Today I make plans, but I don't live in them. I channel that energy into becoming someone who can deal with any outcome. I am learning to trust myself and my Higher Power. This finally works. This is freedom.

-Sarah McK.

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*"Giving up alcohol meant giving up certainty I'd get a break from fear."*

# COMMUNITY NEWS

- ◆ Intergroup and the A.A. Hotline received 54 calls in November
- ◆ The Intergroup office and the A.A. Hotline received 53 calls in August.
- ◆ Our Website [aagainesville.org](http://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](mailto: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 wishes all a Merry Christmas and a Happy New Year!



## Tradition 1 The Steps are HOW IT WORKS. The Traditions are WHY IT WORKS.

*"Our common welfare should come first; personal recovery depends upon A.A. unity."*

What I think of when I read Tradition One:

A beach needs every grain of sand to make it a beach. When I got into AA, I did not want to be just another grain of sand. I wanted to be a large multi-colored rock on the beach. But after doing the AA Steps I realized that it was okay to be another grain of sand. It was comforting to have others have my back, to be there when I needed them, to give me something to live for beyond myself.

No man is an island. I wanted to be the exception to that. But after doing the AA Steps I realized that I need other people. I need the garbage men to take away my garbage, I need the mailman to deliver my mail, I need the farmers and ranchers to grow my food. I need my fellow AA'ers to help me stay sober and sane.

AA gives me a purpose in life. My unique story can help save others. The program of Alcoholics Anonymous needs to be available wherever I go and the way I help keep it alive is by continuing to do the AA steps.

-Lynne S

*Heard in a meeting:*

**"In AA, we discover that it is impossible to give without receiving, or receive without giving"**

# December Anniversaries

### Free To Be

MA - 31 yrs

KK - 26 yrs

DN - 14 yrs

### Women's Step Study

SS - 40 yrs

### Everything or Nothing

PK - 9 yrs

### Unity Group

EB - 11 yrs

### Gratitude Group

GA - 1 yr

RA - 7 yrs

AA - 1 yr

BA - 2 yrs

### Women's Serenity Seekers

RG - 4 yrs

DC - 8 yrs

### Hawthorne Group

JW - 8 yrs

### Starke Happy Hour

PK - 9 Yrs

JL - 24 Yrs

### Sunday Morning Sobriety Group

MB - 16 Yrs

### Saturday Morning 10th and 11th Step

MG - 14 yrs (Nov)

**January Birthdays?  
Send them by Jan 12th to  
[POST@AAGainesville.org](mailto:POST@AAGainesville.org)**

**But for  
the  
Grace  
of God.**

## 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 1 ***“We admitted we were powerless over alcohol— that our lives had become unmanageable.”***

Of all the Steps, this is the one that sets the stage for recovery to happen. Consequently, resistance, rebellion and delusion, as well as the unwillingness to be rigorously honest, are some of the components that keep us from recovery, from being willing to surrender to the reality of this step.

Step One is the foundation of recovery. It is the platform on which an entirely new life can be built. Wherever we do not stay current in our experience with this step, for it is not about knowledge, that is where we will relapse into drinking and using. Through the refreshing review about no control, no choice and no power, it is possible to experience this vital step at a deeper and deeper level.

What should you suggest if one of your patients finds their child unconscious? Stay calm and call 911. Suggest they try to look around for a can, rag or bag to identify what product was being abused and to let the healthcare professionals know. They should not leave the child alone; if conscious, the child should be kept in a calm, well-ventilated area.

When we lose our truth in the first step, we fall prey to the idea that we can drink or use successfully. It is not uncommon that over time the rebuilding of the ego, self knowledge and pride has the power to convince us that one of something will not hurt.

On first application of the steps, we might readily admit to powerlessness and unmanageability; however as time passes and we mistakenly think that because outside circumstances have calmed and therefore life is manageable again, complacency forms as evidenced not only by the lack of interest in completing the steps but reworking the steps. The “I know” mentality of the ego creates a barrier to looking at where we are currently with no control, no choice, and no power.

The benefits of reworking this step, in conjunction with all of the steps, are part of “continuing to grow in understanding and effectiveness”. Through the excavating process of this step, we gain more peace, acceptance and deepen the relationship to the Power that keeps us sober while gaining a healthy respect for the disease of alcoholism and addiction. When active in the disease, we stayed current, if not through daily use, we were never far from what we used. In recovery, the same holds true, we must be willing to stay current in our experience and understanding of the step that is the catalyst for making recovery possible.

Where are you with Step One today?

-Charlotte S.

INSTEAD OF SAYING,

*"Lord, I don't know how  
I am going to do this,"*

SAY,

*"Lord, I can't wait to  
see how You do this!"*

## Future Topics

**“Relationships in Sobriety”**  
February

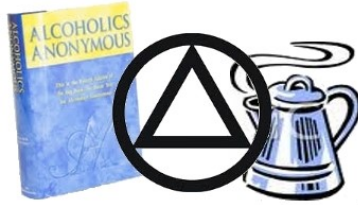
**“The Lucky Ones”**  
March

***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:

**Jan 31st @ 1:00**

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



## Intergroup Chairperson's Corner

Hi everyone! Hope you're all safe, happy and healthy.

This will be be my last Intergroup Chair's Corner! We have the elections (that I've mentioned before) coming up at our December monthly meeting. I will be rotating out after almost 3 years of serving you. It has been an immense pleasure to be able to help in any way I could. Trying

to help still suffering alcoholics has been a key to my sobriety the last 20 years. I appreciate everyone who has helped serve our Intergroup, and I'll always be grateful I had the opportunity to be your Intergroup Chair. Thank you all SO much! And I hope some of you will stand for the officer positions that are open now. Hope everyone had fun at the Baskets of Gratitude Zoom Auction! We had 39 baskets that we auctioned off, a 50/50 raffle, and a lot of fun. Thanks to everyone who helped to put this event on. Hopefully we will have the Gratitude Dinner again next year :)

Hope you had a great Christmas and you have a happy New Year! Thanks again for allowing me to serve you, it's been a pleasure.

Greg N

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

(352) 283-2648

## Thanks to the following 9 Groups and Individuals who sent in a donation to Intergroup in Oct. 2020

10th & 11th Step \$250.00  
 Every Thing or Nothing \$50.00  
 Eye Opener Group \$322.50  
 Faith, Hope & Strength \$10.00  
 Free to Be \$54.30  
 Gratitude Group \$200.00  
 Hampton Hole in the Wall \$102.28  
 Individuals \$71.46  
 Lawtey Primary Purpose \$150.00  
 New Freedom \$450.00

**Total \$1,660.54**



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

Haile Freedom Group \$40.00  
 Individuals \$299.33  
 New Freedom Group \$1,000.00  
 T.G.I.F. Group \$50.00  
 Tuesday Night Alachua \$18.00



**Total \$1,402.33**

## Intergroup Treasurer's Report: November 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	230.20	6,014.00	A.A. Literature	93.75	3,750.00
Chips	15.75	670.50	Chips	0.00	314.96
Medallions	62.00	860.00	Medallions	0.00	390.19
Other Merchandise	18.50	272.35	Other Merchandise	0.00	0.00
Where and Whens	0.00	242.80	Where and Whens	0.00	380.00
<b>Total Sales</b>	<b>326.45</b>	<b>8,059.65</b>	<b>Total Purchases</b>	<b>93.75</b>	<b>4,835.15</b>

**Sales Tax Collected**                      **22.83**                      **553.35**

<b>Activities Revenues</b>			<b>Activities Expenses</b>		
Basket of Gratitude Auction Cont.	95.00	155.00	Basket of Gratitude Auction	0.00	7.00
50/50 Raffle	265.00	392.00	Hawthorne Picnic Donation	0.00	0.00
<b>Total Activities Revenues</b>	<b>360.00</b>	<b>547.00</b>	<b>Total Activities Expenses</b>	<b>0.00</b>	<b>7.00</b>

<b>Contributions</b>			<b>Committee Expenses</b>		
Faithful Fivers and Tanners	30.00	1,055.00	Phone Committee	0.00	0.00
Group Contributions	1,407.33	10,650.12	Steering Committee	0.00	0.00
SBA Grant	0.00	1,000.00	The Post	0.00	0.00
<b>Total Contributions</b>	<b>1,437.33</b>	<b>12,705.12</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	0.00	551.12	Checking @ 1st of Mo.	735.20	
Intergroup's Monthly Meeting	0.00	85.22	Current Deposits	2,146.61	
Internet	65.68	722.48	Current Expenditures	1,275.91	
Office Expenses	0.01	213.45	<b>Ending Balance, Checking</b>		<b>1,605.90</b>
Office Rent	190.00	2,090.00			
Office Manager Salary	675.00	9,727.32			
Paypal & Square Fees	8.58	129.80			
Payroll Taxes	0.00	640.86			
Postage	12.85	132.00			
Printing: Other	0.00	0.00			
Printing: POST	24.00	590.25			
State Sales Tax	34.52	600.40			
Telephone	171.52	1,782.42			
Website Fees	0.00	-10.23			
<b>Total Overhead Expenses</b>	<b>1,182.16</b>	<b>17,377.59</b>			

### Reserves

**Gratitude Dinner Reserve**                      **3,000.00**

**Office Reserve Available**                      **150.49**

**Office Reserve in CD's**                      **11,065.97**

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

Another great actor who wasted his life on drugs and alcohol.



**PayPal**<sup>™</sup>  
**venmo**

**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**



**NORTH CENTRAL FLORIDA INTERGROUP AGENDA  
NOVEMBER 29, 2020**

**Opening** – Greg N, Chair, opened the meeting with a moment of silence and the Serenity Prayer at 1:01pm.

**Introductions** – Greg N (Chair); Bill C (Alt Chair), Paul B (Treasurer); Matthew R (Alt Treasurer); Pati C (Alt Secretary); Fred S (Office Manager), William M (Webmaster), Nyree L (Alt Webmaster); Terina S (POST); GSRs: Andrew H, Bill B, Hilli Z, John F, Kris P, Nitya G, Nyree L.

**Minutes:** There was no meeting in October so there were no minutes to be approved.

**Treasurer's Report:** Total sales were \$506. Faithful Fivers and Tanners brought in \$100. Group Contributions set a new record of \$1,660.54! Thanks so much to all our groups for your contributions!! There was a monetary contribution for our Baskets of Gratitude fundraiser in the amount of \$60 and an additional \$178 came in for the 50/50 raffle. Complete report is available in the POST. Matthew R motioned to accept the Report as posted; Hilli seconded. Motion passed.

**Phone Committee:** Currently all slots are covered so we have no openings on the phone committee.

**POST – Terina S:** The latest edition is on our website. Articles and suggestions are always welcomed. Greg praised Terina for another terrific issue.

**Lit & Merch/W&W – Fred S:** The Intergroup office is well stocked with literature with only a few exceptions due to WSO having some stock on backorder. We also have plenty of **Where & Whens** so will not be doing a new update until probably early spring or whenever more meetings go live.

**Website – William M:** The website is up to date. Both William and Nyree receive all emails addressed to the webmaster so there is no need to copy the alternate webmaster. William stated they would love to add more meeting info on the website regarding the types of meetings, especially for the zoom meetings – i.e., open, closed, discussion, speaker, literature, etc. They encouraged groups to email them with specific information on their groups' meetings.

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

**DCM Report:** District will begin having Zoom meetings starting in December. The first meeting will be on their regularly scheduled day of Wednesday, December 9<sup>th</sup> at 6pm. Elections will be held during the January Zoom meeting and all officers will be rotating out. Greg will send an email out prior to the meeting and Kris P will have the Treasurer's report. This is extremely rewarding and vital service work so please spread the word and consider standing for one of the positions.

**Old Business:** The Baskets of Gratitude fundraiser is going very well. We currently have 18 baskets to view on the website with more coming in. The Zoom auction will be December 13<sup>th</sup> at 4pm and the winner of the 50/50 raffle will be announced during the meeting; you do not have to be present to win the 50/50 raffle. Raffle tickets can be purchased at the Intergroup office and at various in-person meetings. If you would like tickets, contact Intergroup. InstantAA.com and aagainesville.org have merged and 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:** Intergroup elections will be at our regularly scheduled December 27<sup>th</sup> meeting. All offices will be open for election, including Chair, Secretary, and Treasurer as well as their Alternates. There will also be an opening for one Board member to serve a 3-year term. Please help us to get the word out. The Office Manager position will also be open as Fred is rotating out. We are so grateful to Fred for the outstanding job he has done these past three years! For more information, contact Fred at the Intergroup office or Greg N.

**Greg closed the meeting at 1:33 with the Responsibility Pledge  
Next Meeting Sunday, December 27, 2020**