

Relationships in Recovery

Just do you, Boo

As a child, I lived in a toxic, abusive home filled with unhealthy, broken relationships. When I ran away at 16, I had a series of broken relationships, both romantic and platonic. I found myself an alcoholic and homeless at 40 and entered treatment. I began working the steps with a sponsor to recover from alcoholism and continued with aftercare to recover from my childhood.

I went through the steps with the 12x12, which has two instrumental readings for me and every relationship I've had in recovery. First, p 53 "...it is from our twisted relations with family, friends, and society at large, that many of us have suffered the most. We have been especially stupid and stubborn about them. The primary fact that we fail to recognize is our total inability to form a true partnership with another human being".

I felt this to my core. This was me! I managed to destroy every relationship I ever had. It wasn't my fault! I was the perpetual victim, until I did my 4th and 5th steps. By removing blame from my vocabulary and taking accountability for my actions, my relationships began to improve. But, there was more work.

The second reading is from page 90: "It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us. If somebody hurts us and we are sore, we are in the wrong also. But are there no exceptions to this rule? What about 'justifiable' anger? If somebody cheats us, aren't we entitled to be mad? Can't we be properly angry with self-righteous folk? For us of A.A. these are dangerous exceptions. We have found that justified anger ought to be left to those better qualified to handle it."

This was life's secret ingredient that I had been missing. This was what was causing my relationship troubles. That 'B' word—Blame. This is where I let others off the hook. Other humans are not the problem. I am! It was always me, my choices, actions, reactions, disease and how I responded to life. This wasn't a sudden revelation, but more of the educational variety.

Living the steps continues to reveal how I am showing up in all areas of relationships, and now I have tools to repair any damage and build new relationships.

I'm grateful for the program, my HP and the fellowship. This design for living really works, if you work it. —Anonymous

COMMUNITY NEWS



- ◆ The A.A. Hotline and Intergroup received 65 calls in December 2020
- ◆ Is your Group or Meeting re-opening? Contact our webmaster at webmaster@aagainesville.org to have it re-activated
- ◆ Ideas or suggestions are always welcome to improve your Intergroup office.
-E-mail gainesville.intergroup@gmail.com
- ◆ Intergroup extends it's sincerest wishes for a safe and sober 2021!

Intergroup would like to take a moment to express our tremendous gratitude to everyone who helped make our first Baskets of Gratitude Auction a great success.

We'd like to extend special thanks to:

Every group or individual who so generously donated a basket.

Each committee member who tiredly committed their time and knowledge to pull this off.

Special Congratulations To All Who Placed A Winning Bid

We hope you had as much fun as we did.

Tradition 2 The Steps are HOW IT WORKS. The Traditions are WHY IT WORKS.

"For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

When I came to Alcoholics Anonymous in 1983, I wondered, sometimes aloud, why didn't someone "take over." The process of group conscience seemed ponderous and some members seemed not astute enough to make the "right" decisions. I was told by my sponsor that in the group conscience our ultimate authority, God, speaks and that we trust that that loving God's Will takes us in the right direction. Needless to say, I was sure she didn't mean what she said. I was sure that secretly the "wise" and "educated" members met and took the group where it needed to go. I was wrong.

In group conscience we listen to the least educated with as much attention as we do to the most educated. We weigh the opinion of the youngest member with as much regard as we do the longest sober member. We consider the opinion of the minority view and many times we change the direction of the group because we had never considered the merits of the obscure view having been expressed by the only "nay" when given the opportunity to tell us why she voted "nay."

Tradition Two leads me to "trust God" in all things undertaken by the Fellowship. Many times over the past twenty-eight years, I've questioned "group conscience" only to find that in the end the decision made was the best direction for all. That is the beauty of "group conscience," it is God's voice telling us what is best for all of us, not just some of us. Each group is a fellowship of equals. No matter what an individual member's background, education or professional expertise, no member has authority over the group. In this way, the Fellowship reaches out to all who would seek its comfort and provides the atmosphere of a sense of belonging to all members.

My sponsor gave me a copy of a series of articles on the Twelve Traditions of Alcoholics Anonymous that appeared in the Grapevine in 1969. The questions were intended for the individual's use. Many groups, however, use them as a basis for their discussion topic as they study the Traditions. My sponsor gave them to me in an effort to help me find enough humility to be of service to our group. Some of the questions pertaining to Tradition Two are:

1. Do I criticize or do I trust and support my group officers, AA committees, New comers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Although I have been sober a few years, am I still willing to serve my turn at AA chores?

I am constantly amazed that the lessons of early sobriety and the direction of a sponsor who did not seem wise at the time, still serve as the basis of a happy, joyous and free sober life.—BH.

Heard in a meeting:

"The first drink has the last say."

January Anniversaries

You did it!
Congratulations



Free to Be

CM. – 10 yrs
BP– 2 yrs

Gratitude Group

BA. – 5 yrs

Geezers

EMcL. – 24 yrs

Tuesday Night Step Study

RJL – 38 yrs
PB – 16 yrs
RA – 10 yrs

TILIS Men's Group

TC – 13 yrs (Nov)
Barry J – 11 yrs (Nov)
MJ – 11 yrs (Dec)
BP– 2 yrs (Jan)

Women's Serenity Seekers

SO. – 3 yrs
DM – 19 yrs
JM – 38 yrs

Wholesale Miracle

ED – 10 yrs
SH – 27 yrs

Language of the Heart

DL – 14 yrs
NM– 5 yrs

4th Dimension

TD – 27 yrs

Everything or Nothing

AA - 1 yr
BG – 5 yrs
TP- 32 yrs

Thursday Women's Step Study

MR. – 13 yrs

February Birthdays?
Send them by Feb 12th to
POST@AAGainesville.org

**WE'VE COME A LONG WAY BUT WE'RE
JUST GETTING STARTED**

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 2

“Came to believe that a Power greater than ourselves could restore us to sanity.”

I cannot think about Step Two without repeating in my mind “Came, Came to, Came to Believe.” Certainly when I did my first Step Two, I was quite literally coming to. I thoroughly accepted Step One. It was painfully obvious that every single time I drank one glass of wine, I had another and another until I passed out on a daily basis! I’d wake up disappointed that I was still alive and would have to struggle through another day hung over. I loathed everything about me.

Coming to believe in a power greater than myself wasn’t hard either. I had always believed in a higher power. I just didn’t think my higher power cared about me. I didn’t deserve any love or help. I was convinced I was a bad person who had failed at life. I deserved nothing. Learning to think about my higher power in a different way was crucial to my recovery.

AA said I could choose my own higher power. This was liberating, MY higher power could restore me to sanity. No more punishing petty God for me. MY higher power was truly all forgiving, all loving, and would be there for me. I could be restored to my true self, my sane self,

to that little girl who believed she could!

What a wonderful hopeful message! Not Santa Claus, but the real gift of my soul, a different way to live happy, joyous and free. At that point, I was ready to do anything to stay sober, to succeed with this program, not worrying about the work ahead. I had no real idea how full and rich my life would become.

-Pat B.

IF IT'S OUT OF YOUR
HANDS, IT DESERVES
FREEDOM FROM YOUR
MIND TOO

Future Topics

“The Lucky Ones”

March

“EGO: Easing God Out”

April

Get Published!

Entry deadline is the

12th of each month

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

POST@AAGainesville.com

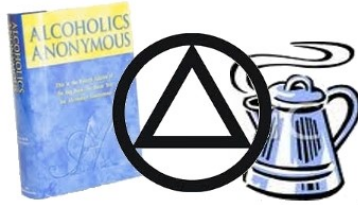
Intergroup's Baskets Of Gratitude, 2020

Basket	Donated By	Winning Bid		Total
1	Doggy Basket, Fred	\$ 75.00	BOG Baskets	\$ 6,470.00
2	Cookies & Loaves, Courtney C.	\$ 150.00	50/50 Raffle Profit	\$ 301.00
3	Hand-Made Pottery, Cindy B.	\$ 225.00	BOG Donations (2)	\$ 205.00
4	Class Room Supplies, Becky H.	\$ 100.00		\$ 6,976.00
5	A.A. Books & Gift Cards, Starke	\$ 250.00		
6	Georgia Treats, Anonymous	\$ 60.00	Zoom Expense	\$ (29.99)
7	Self-Care & Supplies, By The Book	\$ 275.00	Raffle Tickets	\$ (7.00)
8	A.A. Literature, Intergroup	\$ 125.00	Replace G.D. Reserve	\$ (500.00)
9	Big Book & Coffee, William M.	\$ 60.00		
10	Hand-Made Afghan, Jenniffer D.	\$ 120.00	Final Total	\$ 6,439.01
11	Publix Gift Cards, Tell It Like It Is	\$ 225.00		
12	Golfer's Basket, Greg N.	\$ 120.00	GSO Literature	\$ (1,003.08)
13	Breakfast Special, New Freedom	\$ 250.00	Grapevine Literature	\$ (366.28)
14	Pet Basket, Pati C.	\$ 300.00	Misc. A.A. Chips	\$ (314.96)
15	Vintage Grapevine, Michael P.	\$ 350.00	Anniversary Medallions	\$ (184.10)
16	Eco-Friendly Treats, Micanopy	\$ 175.00	Misc. Literature	\$ (212.56)
17	Lavender/Meditation, Tobi D.	\$ 360.00		
18	Snacks/Goodies, Srvivors Grp.	\$ 100.00	Total	\$ 4,358.03
19	Lady's Spa Gifts, New Freedom	\$ 375.00		
20	Services & Treats, New Freedom	\$ 375.00	Office Cash Reserve	\$ (2,000.00)
21	Cook's Basket, Jennifer W.	\$ 80.00	Balance to Checking	\$ 2,358.03
22	Family Recovery, Becky B/Beverly M.	\$ 75.00		
23	Reader's Basket, Jennifer W.	\$ 50.00		
24	Pet Treats/Toys, Wendy B/Barabara K.	\$ 100.00		
25	Movie Nights, Katherine M.	\$ 250.00		
26	Sobriety Survival Kit, Jan C.	\$ 110.00		
27	Gift Cards Galore, TNSS	\$ 280.00		
28	Covid Stress Relief, Annie O.	\$ 80.00		
29	4th Step Kit, Bleeding Deacon	\$ 130.00		
30	Holiday Treats, Wholesale Miracles	\$ 55.00		
31	Spa Basket, Wholesale Miracles	\$ 75.00		
32	Well -Being Basket, The Loft	\$ 140.00		
33	Self-Care/God Box, Everything or Nothing	\$ 120.00		
34	Knitter's Basket, Kristina M/Victoria I.	\$ 90.00		
35	Eco-Friendly Treats, McIntosh	\$ 190.00		
36	Cookies, Katy K.	\$ 120.00		
37	First Aid & More, Pamphlet Palooza	\$ 55.00		
38	Fishing Basket, Eye Opener	\$ 200.00		
39	Recovery Helpers, Haile Freedom	\$ 200.00		

**GRATITUDE
IS THE BEST
ATTITUDE**



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:

Feb 28th @ 1:00

Check out our new website @
www.AAGainesville.org



Intergroup Chairperson's Corner

Hello everyone and welcome to the new chairpersons corner. We held elections at our last Intergroup meeting and it is my pleasure to serve as the new Intergroup chair. Fortunately, Greg N. has agreed to serve as alternate chair as no one stood for that position. His experience and service will be invaluable. We are still very much looking to fill the positions of Alt-Secretary and Alt-treasurer. I encourage anyone interested in these service positions to contact Intergroup or simply attend the next Intergroup meeting. The links for Intergroup are all on the aagainesville.org website. Our next meeting is 2/28/2021.

I look forward to being of service.

Bill Carter, Intergroup Chair

(352) 363-9337 wm_carter@msn.com

Thanks to the following 4 Groups and Individuals who sent in a donation to Intergroup in Dec. 2020

Every Thing or Nothing \$25.00
 Keystone Hgts Grp. \$50.00
 Individuals \$289.46
 Micanopy \$25.00
 Tuesday Night Step Study \$75.00
Total \$464.46



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!



Support
 your Home
 Group

2020 Yearly Figures

Expenses	\$ 19,292.93	Sales	\$ 8,579.85	Total Collected	\$ 29,387.43
Purchases	\$ 6,536.61	Contributions	\$ 13,529.58	Total Spent	\$ (26,166.53)
Bog	\$ 336.99	BOG	\$ 6,439.01		
	\$ 26,166.53		\$ 28,548.44	2020 Net Profit	\$ 3,220.90

**NORTH CENTRAL FLORIDA INTERGROUP AGENDA
DECEMBER 27, 2020**

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

Introductions – GN (Chair); BC (Alt Chair), PB (Treasurer); MR (Alt Treasurer & GSR); PC (Alt Secretary); FS (Office Manager), WM (Webmaster), NL (Alt Webmaster & GSR); TS (POST); **GSRs:** AW, AO, DK, HZ, JH, MP, NG, **Guests:** BK, BB, BP, GU

Minutes – **PC:** The Minutes did not make it into the POST; WM will add them to the website version. Marilyn P made a motion to accept the Minutes as written; Hili Z seconded; motion passed.

Treasurer's Report – **PG:** Intergroup had over \$300 in sales. Baskets of Gratitude contributions were \$95 and the 50/50 raffle brought in another \$265. We had another great month for Group contributions of \$1,407. Overhead expenses were normal. We spent \$94 on literature. Complete breakdown of the Baskets of Gratitude will be in next month's POST. The complete report is available in this month's issue of the POST. A motion was made by Dorie K to accept the minutes and seconded by AO; motion passed.

Phone Committee – **GN:** Per SS, there are currently 2 openings: Wednesdays from 10a to 2p; every other Thursday from 9p to 7a on Friday.

POST – **TS:** The latest edition is on our website. Articles and suggestions are always welcomed.

Lit & Merch/W&W – **FS:** FS will be purchasing more literature with some of the proceeds from the Baskets of Gratitude fundraiser.

Website – **WM:** The website is up to date; nothing new to report.

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

DCM Report – **GN:** District held a Zoom meeting on December 9th and 20 people attended. Elections will be held for District, via Zoom, on January 13th at 6p. All positions available. A link for the meeting will be on District's website, aagainesville.org; Descriptions can also be found on the website in our Structures and Guidelines. It is suggested that you have at least one year of recovery to stand for a position. Pamphlets can also be found on GSO's website, <https://aa.org/> for each office.

Old Business – **FS:** Fred thanked the committee for all their hard work on the fundraiser. The final figures will appear in next month's POST. The total amount we brought in was \$6,976; our expenses were \$37; we replaced \$500 to the Gratitude Dinner Reserve. Our final net profit was \$6,439. We will use the funds to purchase literature and supplies, some will go into the office cash reserve, and the rest will go into our checking account. We had great participation with the donations and for the event itself and Fred thanked all the individuals and groups in our AA community for their contributions and support.

New Business –

Elections: The following officers were elected.

- Director – AO
- Chair – BC nominated and unanimously elected
- Alt Chair – GN will stand in for Alt Chair until a permanent Alt Chair can be elected
- Treasurer – PB agreed to stay on temporarily as there were no volunteers to stand
- Secretary & Alt Secretary – DK will speak with JW and the two of them will decide which one will serve as Secretary and which one will serve as Alt Secretary

**Greg closed the meeting at 1:45 with the Responsibility Pledge
Next Meeting Sunday, January 31, 2021**

Intergroup Treasurer's Report: December 2020

Sales	Current	Y.T.D.	Purchases	Current	Y.T.D.
A.A. Literature	368.60	6,382.60	A.A. Literature	1,129.67	4,879.67
Chips	36.90	707.40	Chips	314.96	629.92
Medallions	92.00	952.00	Medallions	184.10	574.29
Other Merchandise	19.50	291.85	Other Merchandise	72.73	72.73
Where and Whens	3.20	246.00	Where and Whens	0.00	380.00
Total Sales	520.20	8,579.85	Total Purchases	1,701.46	6,536.61
Sales Tax Collected	36.44	589.79			
Activities Revenues			Activities Expenses		
Basket of Gratitude Auction	6,470.00	6,470.00	Basket of Gratitude Auction	29.99	36.99
Basket of Gratitude Auction Contrib	50.00	205.00		0.00	0.00
50/50 Raffle	211.00	603.00	50/50 Raffle Payout	300.00	300.00
Total Activities Revenues	6,731.00	7,278.00	Total Activities Expenses	329.99	336.99
Contributions			Committee Expenses		
Faithful Fivers and Tenners	360.00	1,415.00	Phone Committee	0.00	0.00
Group Contributions	464.46	11,114.58	Steering Committee	0.00	0.00
SBA Grant	0.00	1,000.00	The Post	0.00	0.00
Total Contributions	824.46	13,529.58	Website Committee	0.00	0.00
 			Total Committee Expenses	0.00	0.00
Overhead Expenses			Fund Balance		
Corp Filing Fees	0.00	122.50	Checking		
Insurance	0.00	551.12	Checking @ 1st of Mo.	1,605.90	
Intergroup's Monthly Meeting	0.00	85.22	Current Deposits	8,112.10	
Internet	65.68	788.16	Current Expenditures	3,946.79	
Office Expenses	9.87	223.32	Transfer to Grat. Din. Res.	500.00	
Office Rent	190.00	2,280.00	Transfer to Off. Res. Avail.	2,030.00	
Office Manager Salary	1,102.56	10,829.88	Ending Balance, Checking		3,241.21
Paypal & Square Fees	78.79	208.59	 		
Payroll Taxes	187.62	828.48	 		
Postage	63.05	195.05	 		
Printing: Other	0.00	0.00	 		
Printing: POST	24.00	614.25	 		
State Sales Tax	22.28	622.68	 		
Telephone	171.49	1,953.91	 		
Website Fees	0.00	-10.23	 		
Total Overhead Expenses	1,915.34	19,292.93	 		
Reserves			 		
Gratitude Dinner Reserve		3,500.00	 		
Office Reserve Available		2,180.90	 		
Office Reserve in CD's		11,074.02	 		

Contributions are credited for the month they are deposited,

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

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: _____



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.

One
day
at
a
time

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**