

When My Desperation Outweighed My Denial

Alcoholism is often referred to as a disease of perception. And, oh, how I find that statement to be true!

Like most Alcoholics, early in my drinking days, I did not have a problem. I was single and had no one to answer to, and it was perfectly normal to go directly from work to the barroom and spend the evening pouring alcohol down my throat.

It was fun, and I did a lot of foolish things in those days. As my tolerance for alcohol grew, I developed a pattern of drinking where I could open a bar at 6:00 a.m. and close it at 2:00 a.m. You could not tell that I had been drinking unless you smelled the alcohol on my breath. I reached the pinnacle, but that lasted only for a while.

Next, I developed a pattern of forgetting what happened the night before (blackout drinking) and when people started telling me about things I did during blackouts, it was not flattering. Normal drinkers do not have those kinds of experiences.

Then came the DUIs, the nights in jail, the wrecked cars, the broken knuckles, marriage, divorce and... I could go on forever.

When I was in the throes of this disease, I was living by the dictates of my ego to bolster my pride. And it was telling me that I did not have a problem. But normal drinkers must not wake each morning to face the "hideous Four Horsemen, Terror, Bewilderment, Frustration, and Despair," as the Big Book puts it. (p. 151)

For me, at that time, alcohol seemed to be the solution to my problems and to abandon it would be more horrifying. My perception was that, if I quit drinking, I would spend the rest of my life waking up in that emotional pit. I did everything in my power to deny my condition.

The progression of the malady varies in each individual due to environmental issues. Some people can drink into their 60s and 70s before they come to Alcoholics Anonymous.

Yet as the progression wore on, one by one, I was running out of options. Drinking could no longer mask the deception of it all, and I was backed into the corner of life. What could I do?

On October 15, 1969, my desperation outweighed my denial. I dialed the telephone operator and asked for the number of Alcoholics Anonymous. She gave me the number of a local AA club in a little house about six miles from my apartment. I showed up there to be greeted by three people sitting on a bench in the front yard. Within ten minutes of talking to them, and seeing the compassion and empathy in their eyes, I laid down in the grass, covered my eyes with my forearm and thought to myself, "Thank God, this nightmare is over!" And it was.

Ever since that moment, I have never drunk, nor wanted to drink, alcohol.

I was 28 years old at the time. Most of the members of that group were older than 40. They referred to me as the fortunate one, and I was.

From that moment on, I have done a 180 degree turn in my thinking and embraced the program of AA in its entirety, which has evolved into a life of peace and serenity that I could not have imagined when I showed up on that lawn in 1969.

Right now, as I am trying to explain this miracle, I am wiping tears of joy from my eyes just thinking about it. Go figure.

-Rick R

I TRY HARD TO HOLD FAST TO THE TRUTH THAT A FULL AND THANKFUL HEART CANNOT ENTERTAIN GREAT CONCEITS. WHEN BRIMMING WITH GRATITUDE, ONE'S HEARTBEAT MUST SURELY RESULT IN OUTGOING LOVE, THE FINEST EMOTION WE CAN EVER KNOW.

-BILL WILSON

COMMUNITY NEWS



- ◆ The A.A. Hotline and Intergroup received 42 phone calls in March
- ◆ Emotional Sobriety Conference will be June 25th and June 26th 2022. Go to aagainesville.org for further information.
- ◆ The Founders Day planning committee needs your help! Please contact Greg N. for more information: gregnorman5@aol.co.com or 352.283.2648.
- ◆ Founders' Day celebration is June 11th at Trinity United Methodist Church
- ◆ The A.A. Hotline is looking for volunteers, contact Sue @ 352-301-0354
- ◆ Call Intergroup ahead and have your order ready Monday through Saturday
- ◆ The Starke Happy Hour group has a new meeting time of 8pm. See you there!

If you continue to carry the bricks of your past, you will end up building the same house.

Tradition 5

The Steps are HOW IT WORKS.
The Traditions are **WHY IT WORKS.**

"Each group has but one primary purpose— to carry its message to the alcoholic who still suffers."

Tradition Five is not just our primary purpose, it is our sole purpose. The Alcoholic Anonymous tradition of one drunk carrying the message to another is the secret to our success. The first drunk shares his/her experience strength and hope with another. The second drunk listens and decides for himself whether he is willing to follow this path. Not all do, but many, for the first time, have been able to stay sober this way. Thus far, AA's 12 Steps and 12 Traditions have helped more people stay sober than any other method. AA must stay focused and united on this purpose, avoiding the distractions of trying to solve the myriad of other problems of drunks let alone the rest of humanity. AA is not a Credit Union, nor a hospital, it is not licensed to provide counseling on marital or parental issues. We can only share our personal experience strength and hope regarding alcoholism. We do this to keep ourselves sober. We cannot keep it without giving it away.

Recently I was reminded of this Tradition as I sat in a meeting where one person was complaining about a litany of personal problems. The person was giving no thought to potential solutions by using the Steps. While we were sympathetic, it was uncomfortable for many in the room. Luckily the meeting chair, a person with many years in the program, gently but firmly guided the person sharing to think about the situation using the AA tools. I believe everyone in the room benefitted from this experience. Meetings are where we share our experience, but we are also carrying a message of strength and hope.

HEARD IN A MEETING:

"My will and my life is my thinking and my actions."

April Anniversaries

The best is yet to come!

Everything or Nothing

LB – 1 yr

Siren of Serenity

AJ – 1 yr

YPG

MK – 3 yrs

TS – 1 yr

MB – 3 yrs

Sick as Our Secrets

HL – 1 yr

TS – 9 yrs

TNSS

MR – 1 yr

Downtown Group

GN – 21 yrs

Starke Happy Hour

TS – 18 yrs

Women's Serenity Seekers

EW – 9 yrs

RT – 10 yrs

PC – 17 yrs

JP – 35 yrs

TILIS Men's Group

JF – 2 yrs

BF – 3 yrs

Free to Be

MG – 7 yrs

Fourth Dimension

BL – 28 yrs

HA – 13 yrs

MC – 7 yrs

Eye Opener

BF – 3 yrs

EP – 11 yrs

AJ – 1 yr

WH – 1 yr

Afternoon Reflections

BF – 3 yrs

BW – 4 yrs

BK – 14 yrs

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

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 226

DeLeon Springs, FL 32130

(Checks payable to NFAC)

General Service Office

PO Box 2407

James A. Farley Station

NY, NY 10116

(Checks payable to GSO)

Step 5

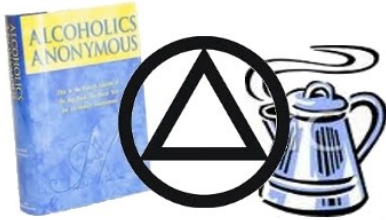
“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

My first Fifth Step was as gentle as my sponsor could make it for me. I trusted her, that wasn't the problem. It was that I had spent my life trying to impress others, she was no exception. I didn't want her to think less of me after sharing my deepest darkest secrets. I avoided doing my fifth step with her for months. When I finally sat down with her, it was so comfortable. We worked through it together and I felt relief. It was not the most perfect Fifth Step, but it was what I could do that day. I have since done more thorough one since I find there are many times in life when working the 4th and 5th steps is necessary in order to clear my conscience and make amends to those I have wronged. As a sponsor, I regard hearing a Fifth Step as a solemn responsibility. My job is to help my sponsee look at her past behavior, find patterns of character defects and people she has harmed by her behavior. I try to provide a quiet space and plenty of time to work through this process. In the end it is spiritual for both of us, we are both following the 12 Steps of AA to improve our conscious contact with our higher power.

"By revealing our secrets and thereby ridding ourselves of guilt we can actually change our thinking and by altering our thinking we can change ourselves. What we will be tomorrow is determined by what we think today." *"What We Will Be Tomorrow," Brentwood, New York, May 1991, AA Grapevine*

"The only problem we ever really have is separation from God."





North Central Florida Intergruop

Our office is located at:

Land Title Plaza

2632 NW 43rd Street
Building 1000, around back at suite 1182
Gainesville, FL 32606-7551
Telephone: 352-372-8091

Office hours:

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.

Intergruop

Questions about AA in North Central Florida or to order large quantities of literature please contact office.manager@AAGainesville.org with requests.

Check out our website at
www.AAGainesville.org

Our next Intergruop meeting
will be held on the last
Sunday of the month:
May 29th @ 1:00



Intergruop Chairperson's Corner

Hello all,

I hope sobriety finds you well. Intergruop reps serve a great purpose in our community. We'd love to see y'all (Reps) at our next Intergruop meeting. Come see us at the Triangle Club the last Sunday of every month at 1 pm. Intergruop will continue to meet, both in person and on Zoom! To attend on Zoom: Go to

AAGainesville.org --> Menu --> Committee, then scroll down and click on the Zoom link under Intergruop. We also have service positions available. Come on by to see what you can do for all of us. Until then...

Thank you for allowing me to serve,

Matthew C

MatthewC.IntergruopChair@outlook.com

352-682-6728

Thanks to the following 4 Groups and Individuals who sent in a donation to Intergroup in March 2022

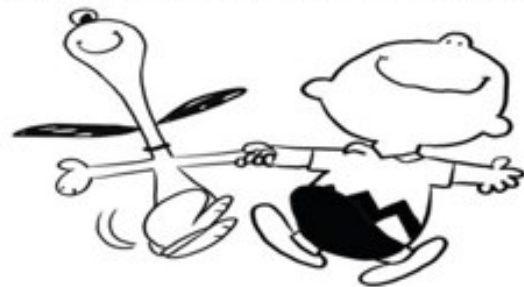
Individuals \$67.00
 Fresh Start \$10.00
 Bronson Believers \$25.00
 B.Y.O.B. \$25.00
 Wholesale Miracles \$118.00
 Total for March \$245.00

Support
 your Home
 Group

Intergroup Accepts Contributions via Cash
 Checks made out to NCFI,
 PayPal, gainesville.intergroup
 Venmo, [Billw1935](#)



WHAT IF TODAY, WE WERE JUST GRATEFUL FOR EVERYTHING?



How is Intergroup Funded?

North Central Florida Intergroup receives the majority of its operating funds from group contributions. Other funding is derived from: personal contributions, Faithful Tenner's, Faithful Fiver's and the annual Gratitude Dinner. The number of Groups and absolute number of AA's has dramatically increased in the past several years in Alachua County and surrounding areas in part due to the continued growth in the number of treatment facilities. The cost to support our groups continue to grow and we are grateful for their continued support.

Intergroup Treasurer's Report: March 2022

Sales	Current	Y.T.D.	Purchases	Current	Y.T.D.
A.A. Literature & Misc.	987.15	2,635.80	A.A. Literature & Misc.	122.72	2,197.66
Chips	77.00	234.50	Chips	254.96	254.96
Medallions	155.00	357.50	Medallions	0.00	241.86
Where and Whens	42.75	171.75	Where and Whens	0.00	337.50
Total Sales	1,261.90	3,399.55	Total Purchases	377.68	3,031.98
Sales Tax Collected	68.27	204.27			
Activities Revenues			Activities Expenses		
Gratitude Dinner Cake Auction	0.00	0.00	Alkathon	0.00	0.00
Gratitude Dinner Contributions	0.00	0.00	Gratitude Dinner	0.00	0.00
Gratitude Dinner 50/50 Raffle	0.00	0.00	Hawthorne Picnic Donation	0.00	0.00
Gratitude Dinner Tickets	0.00	0.00	Phone Workshop	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	64.00	247.00	Phone Committee	0.00	0.00
Group Contributions	245.00	3,032.79	Steering Committee	0.00	0.00
Total Contributions	309.00	3,279.79	The Post	0.00	0.00
Overhead Expenses			Total Committee Expenses		
Annual Corp Filing Fee	70.00	131.25		0.00	0.00
Insurance	0.00	0.00	Fund Balance		
Intergroup's Monthly Meeting	30.98	93.44	Checking		
Internet	77.17	219.51	Checking @ 1st of Mo.	4,796.63	
Office Expenses	136.36	199.08	Current Deposits	1,639.17	
Office Rent	190.00	570.00	Current Expenditures	2,560.11	
Office Manager Salary	1,102.56	2,452.56	Transfer from Off. Res. Avail.	1.67	
Paypal & Square Fees	31.68	67.92	Ending Balance, Checking		3,877.36
Payroll Taxes	187.62	187.62			
Postage	15.12	41.20			
Printing: Other	0.00	0.00			
Printing: Phone Volunteer Packets	0.00	0.00			
Printing: POST	117.25	345.05			
State Sales Tax	51.05	245.77			
Telephone	172.64	518.52			
Total Overhead Expenses	2,182.43	5,071.92			
Reserves					
Gratitude Dinner Reserve		3,500.00			
Office Reserve Available		10,000.00			
Office Reserve CD		4,839.60			



"Giving is not just
 about making a donation,
 it's about making a difference."

**NORTH CENTRAL FLORIDA INTERGROUP MONTHLY HYBRID MEETING
AT THE TRIANGLE CLUB & ON ZOOM
MARCH 27, 2022 MINUTES**

Opening – MC, Chair, opened the meeting with a moment of silence and the Serenity Prayer at 1:00 PM.

In Attendance (15 Live; 3 Zoom*) MC (Chair), PB (Treasurer); MR (Alt Treasurer); DK (Secretary); FS (I/G Office Mgr); SS, in absentia (Phone Committee); and TS* (P.O.S.T.). **I/G Board members:** AO (Wholesale Miracle). **District 14 (D14):** EC (new Alt DCM). **IG Reps/Alts:** BF (Afternoon Reflections); GAH* (Gratitude Group); JR/WA (Free to Be & Jonesville Groups); JH* (New Life); JA_ (Sat. Morning 10th & 11th); MR (Eye Opener); NF* (Kanapaha Open Discussion); PC (Women’s Serenity Seekers); SS (New Freedom). **Guests:** BM.

Chair Report – Matt C: No report. **Alt I/G Chair Report – Position vacant:** No report.

Secretary Report – Dorie K: There were no corrections to the February 27, 2022 meeting minutes. Motion to accept by AO. 2nd by PC Passed unanimously.

Treasurer Report – PB reviewed the January report on page 7 of the March P.O.S.T. Expenses exceeded Revenue by \$402.62. Additionally, literature purchases totaled 1,096.35. Contributions totaled \$250.24. Motion to accept by Brian F. 2nd by Pati C. Passed unanimously. **Alt Treasurer Report – MR:** No report.

Phone Committee – MC read SS’s report: There are **six** hotline volunteer openings: Sun (8A-12P), Wed (10A-2P), Wed (5P-8P), Thu (12A-7A), Fri 10P – Sat 9A; and Sat 3P-6P). The hotline instruction manual is being updated, as is the 12th Step list of members willing to talk to callers referred by hotline volunteers. Members should have at least 6 months of sobriety. One-on-one training provided. **To volunteer or for more info, call SS at 352.301.0354.**

P.O.S.T. – TS: Hard copies of the April issue were distributed. The online edition will be uploaded ASAP.

Intergroup Office - FS: The office is fully stocked. Available at cost: “Where and When” for \$0.75 each; P.O.S.T. for \$1.75 ea. Available at \$2.50 each: Laminated sheets of AA Preamble, 12 Steps, 12 Traditions, and the 9th Step Promises. Also, a new item available at \$2.50 is a laminated sheet of an historical slogan: “We Care.” Several volunteer service opportunities are available in the Intergroup office.

Website – FS: No changes to report. **Activities Committee:** No report

D14 DCM Report – Eve C: 1) E, the new Alt DCM, introduced herself. **2)** “*Dogs with the Delegate. Chips with the Chair,*” on March 13th went well. Our Area 14 Delegate summarized highlights of the pre-Conference Report. **3)** The next **HYBRID Area Assembly is April 8 – 10**. For details or GSR scholarship info go to www.aanorthflorida.org. **4)** The Pre-Conference Report is available on a password protected section of the above Area website. These are the agenda items that will be addressed at the annual April General Service Conference in NYC. I/G Reps are encouraged to share pertinent information to home groups. Groups with specific concerns should arrange for their GSR’s to notify our Area 14 Delegate ASAP. For password access, please contact group GSR’s or contact Intergroup for Delegate and Alt Delegate contact info.

Old Business – 1) Bank cards have been updated. **2)** Members wishing to stand for the Alt Chair of Intergroup position should attend the April 24th meeting prepared to introduce themselves and discuss qualifications. Two years of continuous sobriety are suggested. **3)** The body voted unanimously to continue remote Zoom access to Intergroup meetings. **4)** The website disclaimer about wearing masks at Triangle Club has been taken down per Fred S and new Club President, BM. **5)** Just show up to help with Founders’ Day! The committee will meet next on April 5th at 7PM at the Triangle Club. Founders’ Day celebration is June 11th at Trinity United Methodist Church.

New Business – 1) FS re-requested a raise for his NCFI Office Manager position, pointing out that a recent attempt to find a new manager was unsuccessful due to the low pay and high work hours. The approved salary increase is from \$9,800 annually to \$12,000 annually, effective his next April paycheck. Treasurer confirmed funds are available. **Motion to accept by BF. 2nd by WR. Passed unanimously.** AO said a NCFI Board action will be required next. **2)** PC. announced the Hybrid 4th Annual Emotional Sobriety Conference to be held June 25-26. Flyers forthcoming. Volunteers welcome.

BF moved to **adjourn** the meeting; 2nd by WR. Passed unanimously.

MC closed the meeting at 1:30 PM with the Responsibility Declaration.

District 14 Business Meeting Minutes
March 9, 2022

Meeting called to order – 6:32 pm.

In Attendance:

Officers: TD.- DCM; AR- Secretary

Committee Chairs: BF.- Literature; RG.- Archives; JW.- Grapevine

Intergroup Reps: MC, Chair.- (also GSR, Fourth Dimension)

GSRs/Alts: MR.- Tues. Night Step Study; GM.- New Freedom; SG.- Survivors; LM.-Free to Be; JS.- Fresh Start Beginners; MR.- TNSS; BR.-TNSS (alt)

Also Present: KN., AA(decorations for event)

Minutes of February meeting: Accepted as submitted

Treasurer's report: Accepted as submitted

Alt DCM's Report

None

DCM calls for Service Committee Reports:

Accessibilities – JR. not present, no report

Archives- RG. reported Founders' Day planning meeting Tues. 3/22/22 (7 PM) for June 11 event. Same venue, Trinity Methodist Church. MC will present a 30 min. skit about founders. Please notify your groups.

Corrections- BB sent report that jail meetings are resuming

CPC/PI- no report

Grapevine – JW working on building the committee, plans to have books available at events to display and lists of costs of literature

Literature – BF- working on literature display, has table and carrying bag & literature.

Treatment – Chair is open

Website – Chair not present

Intergroup: MC reminded us to send in dates of birthdays for that month to be published.

Old business-

- Tobi discussed the upcoming "Dogs with the Delegate" scheduled for Sunday 3/13/22. Nine volunteers met for planning event, Tobi has list of what people volunteered to do. M reminded us that DST starts the night before, so set your clocks forward!
- Brian moved that we budget \$250 for the event (M second, passed)
- Budget starts April 1. Budget accepted (S/B, unanimous)

New business-

- KN was elected as Treatment Committee Chair (M/J, unanimous)
- Jeff S. was elected Alternate Treatment Chair (J/M, unanimous)
- Eve was elected Alternate DCM (L/A, unanimous)
- Tobi asked that we get feedback from our groups regarding topics members would like to see in the new Area Newsletter and to get ideas for a workshop.
- A explained the new sign-in sheet and requested that people initial in front of their names if present, add your name if new on blank sheet when needed and perform corrections for the master printed sheet as indicated.

Adjourned with Responsibility Pledge 7:09 PM

Respectfully Submitted: AR., Secretary.



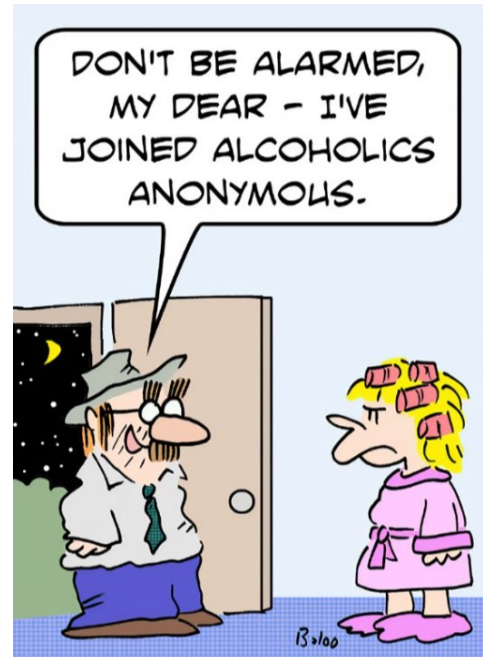
become a
Faithful Fiver

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 fee waived)

Email any questions to: Gainesville.Intergroup@gmail.com
or call Fred S. @ 386-628-2541



Service Positions Available

Intergroup needs Volunteers!
Volunteer 3 hours of your time weekly
Mondays or Wednesdays from 2:00 pm till 5:00

Contact Fred @ 386-628-2541

Duties to include;
Helping Customers with Literature and Merchandise
Answering the A.A. Hotline
Familiar with using computer



**Intergroup now accepts PayPal & Venmo for
Groups, Individuals and Faithful 10er's and 5er's**

Send donations to gainesville.intergroup@gmail.com

Under notes: Please include Group name, Anonymous Individual or Faithful 5'er or 10'er
Intergroup wishes to thank all who continue to contribute to help the still sick and suffering

4th
Annual

Emotional Sobriety Conference

June 25 & 26, 2022

This is a ZOOM ONLY event.

Meeting ID: 857 8022 4372

Passcode: 1K1z2L

**Free to
attend!!**

All times shown are in Eastern Standard

Saturday's Lineup

Opening Statements	8:45 am	Rena K., Punta Gorda, FL	1:00-1:50 pm
Harold L., St. Louis, MO	9:00-9:50 am	Steps 4 & 5	
Opening Speaker		Penny P., Livermore, CA	2:00-2:50 pm
Henry B., St. Charles, MO	10:00-10:50 am	Steps 6 & 7	
Step 1		Joshua G., Los Angeles, CA	3:00-3:50 pm
Sloan B., Waukesha, WI	11:00-11:50 am	Steps 8 & 9	
Steps 2 & 3		Sharon M., Burbank, CA	4:00-4:50 pm
Friends Around The World!	12:00-12:50 pm	Step 10	
		Mary T., Tampa, FL	5:00-5:50 pm
		Step 11	

Sunday's Lineup

Opening Statements	9:45 am
Jack W., Carbondale, CO	10:00-10:50 am
Step 12	
Jennifer H., Plano, TX	11:00-11:50 am
Closing Speaker	

Donations Accepted

Venmo: @emotionalsobrietygainesville

PayPal & Zelle: emotionalsobrietygainesville@gmail.com

Brought to you by Everything or Nothing

1/1