

P.O.S.T. POWER OF SOBER THINKING

A Publication of North Central Florida Intergroup

Volume 28, Issue 3
April 2023

BOTTOM. LINE



"AFTER A 22-YEAR SPREE, THIS ALCOHOLIC MADE A DECISION TO GET SOBER FOR GOOD."

In the beginning, becoming an alcoholic was not my plan. I had always enjoyed the simple pleasures of life: simply just twirling a rag, playing with my friends on a make-believe journey, exploration, swimming, fishing, hiking, and watching movies. I had become a little mischievous at an early age. However, I decided to change my path. It was not until one of my grandfathers had passed away that I really started to get into trouble. I began to experiment with alcohol. As a result, I was expelled from four schools and became a high school dropout. When I decided to change my path and thought about quitting drinking, it was not so easy. I finally admitted I had a problem with my drinking in my late thirties.

Growing up on a commune in the backwoods of Tennessee, my life was different from many people. However, I always felt blessed and had many friends. We jumped off cliffs into the swimming hole, caught fireflies, ate hand rolled spaghetti, played hide-and-go-seek, ran through the fields, and ate fresh honey from a beehive. When I was four, we moved to Gainesville, Florida, which was a big deal for me. I met new friends and learned how to play ghost in the graveyard. Although I never had many toys growing up, I always appreciated what I had. I was a happy kid with high hopes and dreams.

I never understood why people drank and used drugs. Besides goofing off in line, and getting my name written on the board, I never really got in to trouble as a little kid. In third grade, however, I started to rebel a little bit along with my friends. This included getting into a fist fight and rolling around on the floor of the cafeteria with another student. After getting work detail and suspended for the first time, I pretty much changed my ways. But after my grandfather passed away, I started to hang out with troublemakers from the neighborhood.

Ultimately, when I got drunk for the first time at thirteen, I passed out in front of my doorstep. It was a downward spiral from there. I got expelled from a great school for defying authority. Therefore, I went to another school and continued down a destructive path. I almost got in a fist fight with my

dean and was trespassed from the school. In high school, I had afterschool detention every day for smoking weed and cigarettes. My report card was straight Fs. I was expelled the first year for drinking malt liquor. By the time I made it to college, I was a full-blown alcoholic. I never thought that I would get sober.

I was content with my drinking, and never wanted to stop once I had turned twenty-one. Besides everyone I knew drank a lot. Except, my parents were very moderate drinkers. Back then they pretty much accepted the fact that I drank. Except for the time I supposedly ate mashed potatoes with my hands on Thanksgiving. However, I flunked all my classes the first semester. I also quit a couple jobs due to my parting and almost starved to death. I barley got by and sold drugs to survive. After hearing about my best friend dying from an overdose I began to try and get it together.

Boom out of nowhere came the blue lights and got my second D.U.I. At first, I was so ashamed I wanted to jump into the ocean and drown myself. I turned around got myself an attorney and got through it. Nevertheless, I got another D.U.I and went to jail for a year. Got out did good had my ups and downs. Eventually I got another. My attorney could not help me this time unless I got some help, for my drinking. I had hit my bottom. Finally, I went to rehab and decided to get sober for good. I'm almost eight years into it, and today, I have another chance at this life!

The bottom line is alcohol is not good for me. I am better off without it.

-Anonymous



COMMUNITY NEWS

- ◆ The AA Hotline and Intergroup received 29 calls in February
- ◆ We still have service positions available:
 - Alternate treasurer
 - Hotline chairperson & volunteers
 - Office volunteers
- ◆ Ongoing gratitude BF. for helping me with inventory
- ◆ AA World Services, Inc. (AAWS) is increasing their prices on April 3. We'll be receiving a large shipment of AAWS literature soon at the current lower prices. If you've been patiently waiting for a case of Big Books please continue to practice this vital spiritual principle.
- ◆ Please be sure your group treasurer includes your group name on Checks, PayPal or Venmo donations to Intergroup so we can give your group credit. An email or mailing address makes it possible for us to send your receipt/thank you note.



In Love and Service
AO.
NCFL Intergroup/District 14 Office Manager
gainesville.intergroup@gmail.com



Tradition 4

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

"Each group should be autonomous except in matters affecting other groups or AA as a whole."

Traditions Inventory

1. Do I insist that there are only a few right ways of doing things in AA?
2. Does my group always consider the welfare of the rest of AA? Of nearby groups? Of Loners in Alaska? Of Internationalists miles from port? Of a group in Rome or El Salvador?
3. Do I put down other members' behavior when it is different from mine, or do I learn from it?
4. Do I always bear in mind that, to those outsiders who know I am in AA, I may to some extent represent our entire beloved Fellowship?
5. Am I willing to help a newcomer go to any lengths—his lengths, not mine—to stay sober?
6. Do I share my knowledge of AA tools with other members who may not have heard of them?
7. What "questions" could we ask ourselves before we make a decision to use our autonomy?
8. Does autonomy excuse or justify improper behavior?

The Fourth Tradition

Each group should be autonomous except in matters affecting other groups or A.A. as a whole.

But wherever two or more alcoholics are gathered together to practice A.A. principles, it is an A.A. group if they say it is.



There are all kinds of groups...
Little groups...



and big groups...



and off-beat groups...



And you are a member if you say you are!



HEARD IN A MEETING:

"YOU HIT BOTTOM WHEN YOU STOP DIGGING."



March Anniversaries

4th Dimension

JW – 40 yrs

Gratitude Group

P – 1 yr

LK – 13 yrs

10th and 11th Step Group

BH – 6 yrs

CR – 1 yr

Sisters in Sobriety

CW – 32 yrs

Eye Opener

LD – 1 yr

DD – 1 yr

PA – 20 yrs

New Freedom

LT – 15 yrs

MC – 43 yrs

Pamphlet Palooza

CD – 20 yrs

Way Out Group

DT – 2 yrs (Feb)

TS – 46 yrs (Feb)

Hawthorne Keep in Simple

MG – 1 yr



Listen to Grapevine's New Weekly **PODCAST!**

AA Grapevine's half-hour variety podcast features...

- powerful interviews with AA members on getting sober, meetings, service, Steps, sponsorship and more!
- current information about AA and AA Grapevine
- jokes, fun AA banter and surprise guests!

Each week, longtime AA members Don and Sam will interview sober alcoholics, writers of current Grapevine stories, general service reps and more about their experience, strength and hope in a casual "meeting after the meeting" manner. A new episode will be available in English each Monday at 9:00 a.m. EST.

To listen to new or past episodes, visit: www.aagrapevine.org/podcast (or wherever you get your podcasts)

Follow us on Instagram!
[@alcoholicsanonymous_gv](https://www.instagram.com/alcoholicsanonymous_gv)

- See the new magazine issues on release
- Learn about new and existing Grapevine books
- See clips from our YouTube Channel
- Get inspiration from our cofounders and more!

To order this item or any other product from our collection, visit us at www.aagrapevine.org and click on store or call (800) 631-6025 US/Canada (847) 559-7237 International or fax us at (847) 564-9453.



April Birthdays?
Send them by Apr 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 6301

Jacksonville, FL 32205

(Checks payable to NFAC)

General Service Office

PO Box 2407

James A. Farley Station

NY, NY 10116

(Checks payable to GSO)

Step 4 *“Made a searching and fearless moral inventory of ourselves.”*

The whole point of a business inventory is to identify a company's liabilities and its assets. They identify their liabilities (those things that are no longer selling – or working for them) so they can remove them from the shelves to make room for more assets (those things that will sell – or work for them). Taking a personal inventory is no different. We searched out the flaws in our make-up which caused our failure. Being convinced that self (not alcohol but self), manifested in various ways, was what had defeated us, we considered its common manifestations. We had to get down to causes and conditions.

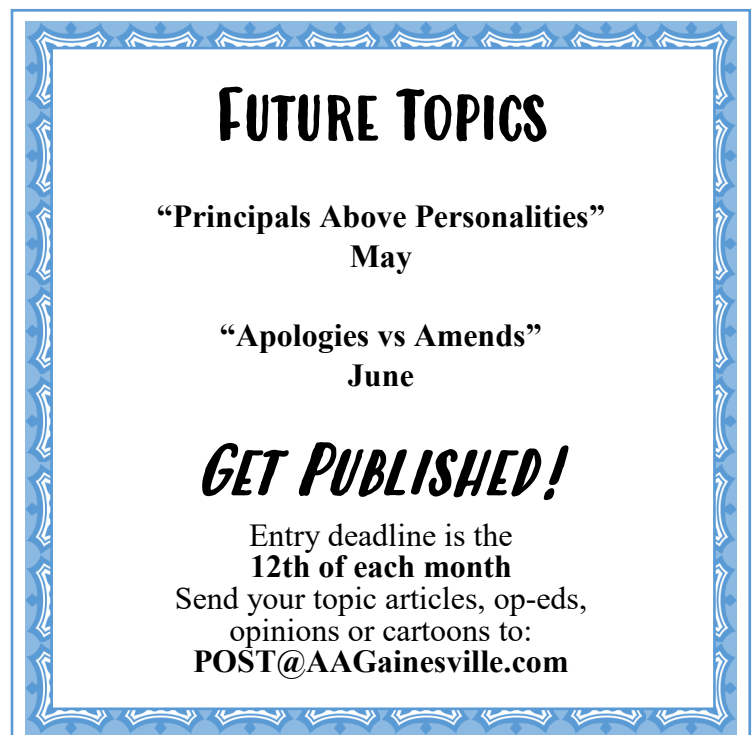
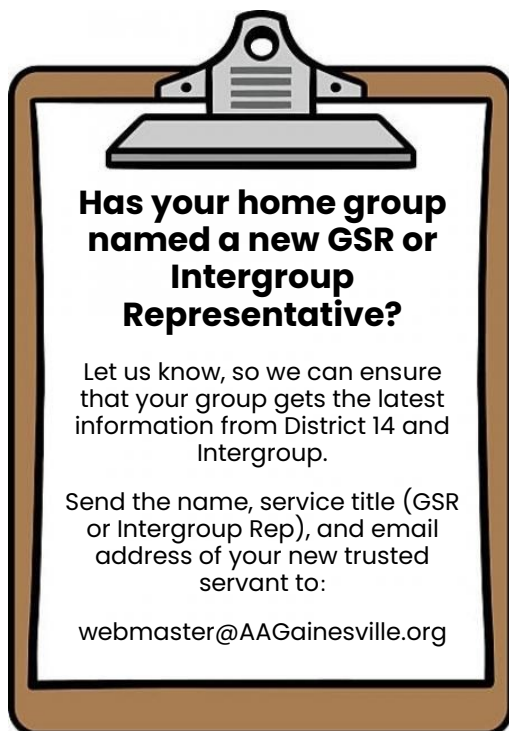
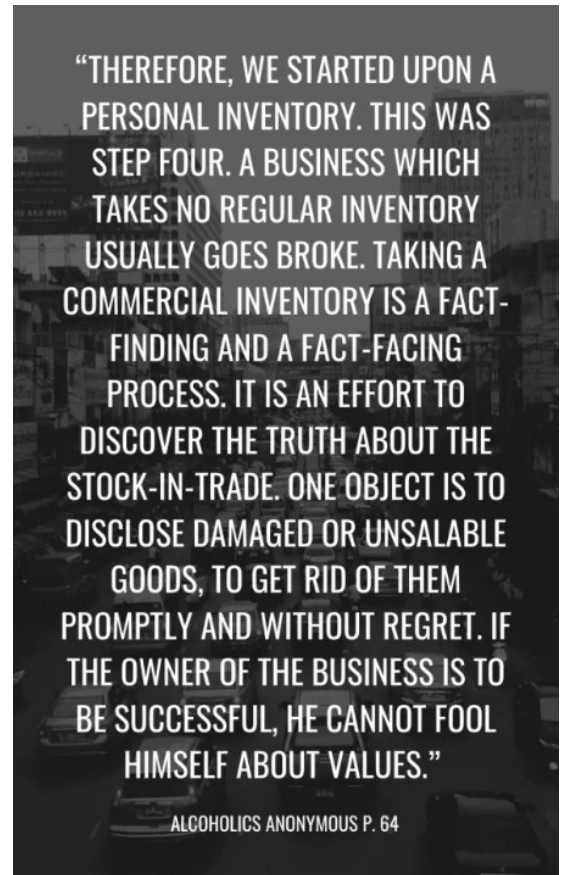
A solid Fourth Step inventory where we take stock of the manifestations of self-will is divided into three (3) parts:

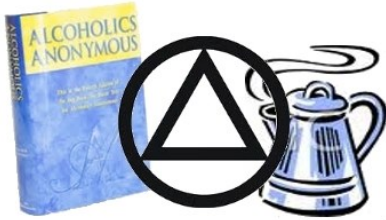
- 1.) Our Resentments (or “grudge list” as Bill calls it)
- 2.) Our Fears
- 3.) Our Sex Conduct (and harm done toward others in this area)

The Fourth Step is NOT about finding out who we ARE, it's about finding out who we are NOT, so with God's help, we can be rid of it and who we ARE will then shine through. That's another reason why “self-knowledge avails us nothing.” We need to find out what GOD wants us to be.

In our Fourth Step inventories we will discover, for the most part, that our troubles were of our OWN making. We will see how we played a part in every resentment and fear we've ever had and how our conduct has harmed others. These are the very things that have blocked us from God, which is the ONLY Power that can remove the alcoholic obsession.

(Excerpt from *Step 4 – Take The 12* <https://takethe12.org/s4>)





North Central Florida Intergroup

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.

Intergroup

Questions about AA in North Central Florida or to order large quantities of literature please contact gainesville.intergroup@gmail.com with requests.

Check out our website at
www.AAGainesville.org

Our next Intergroup meeting
will be held on the last
Sunday of the month:
April 30th @ 1:00



Intergroup Chairperson's Corner

Hello everyone,

I hope sobriety finds you well. Just a couple of announcements: There are a few positions that are available at our Intergroup. Phone Committee Coordinator, Alt-POST, Alt-Treasurer are all available at this moment and all suggest a minimum of 1 year of sobriety. Let's help get the word out so we can have a seamless transition during our "Spirit of Rotation" elections. So, come on by on the last Sunday of every month at our Triangle Club at 1pm and join us. Also, our District 14 "Founder's Day" is coming up in June. Keep an ear out for planning meeting announcements so that you can come on by and lend a helping hand. We hope to see you at one (or all) of these meetings.

Yours in service,

MC

(352) 682-6728

February Contributions

10 th & 11 th Step	\$103.00
AAA	\$40.00
BYOB	\$10
Fourth Dimension	\$80
Front Porch Palavers	\$10
Geezers	\$100
Hampton Hole in the Wall	\$50
Mission of the Dirt Road (Jan)	\$70
New Freedom	\$475.56
Pamphlet Palooza	\$39
The Loft (Jan)	\$75
Uncertain/unnamed	\$75
Faithfuls & Individuals	\$1203

Total \$1203

Thank you!

North Central Florida Intergroup Treasurer's Report, February 2023

	Current	Y.T.D.		Current	Y.T.D.
Sales	\$2,157.89	\$3,848.20	Committee Expenses	\$0.00	\$0.00
Sales Tax Collected	\$161.90	\$277.52			
Card Convenience Fees	\$6.00	\$14.00			
Activities Revenues	\$0.00	\$0.00			
Total Revenues	\$2,325.79	\$4,139.72	Activity Expenses	\$0.00	\$0.00
Contributions			Purchases	\$0.00	\$656.60
Faithful Fivers	\$219.00	\$268.00			
Group Donations	\$992.56	\$2,030.58			
Other Dention	\$23.28	\$30.68			
Total Donations	\$1,234.84	\$2,329.26			
Interest	\$32.87	\$33.62	Total Deposits	\$3,560.63	
Overhead Expenses			Total Combined Expenses	\$2,358.16	
Intergroup Monthly meeting	\$20.00	\$40.00			
Internet	\$77.22	\$154.39	Gain/Loss	\$1,202.47	
Office Expenses	\$86.16	\$90.75			
Rent	\$190.00	\$380.00	Checking, End of Month	\$3,744.16	
Office Manager Salary	\$825.67	\$1,651.34	Business Shares	\$13,494.42	
Paypal and Square Fees	\$20.69	\$37.97	Certificate of Deposit	\$8,924.78	
Payroll Taxes	\$0.00	\$0.00			
Postage	\$32.03	\$97.06			
Printing POST	\$134.00	\$254.60			
Printing Other	\$630.00	\$662.60			
State Sales Tax	\$113.02	\$189.17			
Telephone	\$198.47	\$395.22			
Other Expenses	\$30.90	\$40.40			
Total Overhead Expenses	\$2,358.16	\$3,993.50			



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

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

NORTH CENTRAL FLORIDA INTERGROUP MONTHLY MEETING

DATE OF MEETING: FEBRUARY 26, 2023 @ 1:00PM

Open the meeting with a moment of silence and the Serenity Prayer – MC, Chair

Welcome to the Intergroup Reps - J: Vulnerable Warrior, C: All Inclusive Solution

Chair Report – MC.- No report.

Alt Chair Report - B - Inventory has been being done at the Intergroup office

Secretary - K – Minutes read and accepted

Treasurer Report – MR - report read. The format has been changed. A Card Convenience fee has been added to cover the fee that is charged by the CC merchant. The old CD has been cashed out and a new one has been purchased with a higher rate of interest.

Phone Committee – SS. (Not present) AO. Reported in her place. We still need a Phone Committee coordinator. There is an opening on the phone line for Tuesday 7am-10am and 7pm-10pm on Fridays. Please contact S if you are able to cover either of these times (352) 301-0354.

P.O.S.T. – TS. - Articles are needed for upcoming POST. Flex your creative talents and submit to the website. Still in need of an Alternate POST person. If anyone is interested in standing for the POST coordinator, TS is coming up on 3 years and would like to start working with someone to take over the position.

Lit & Merchandise/W&W – AO. - Requests that groups note how many POSTs they are getting rid of and request that when you are picking them up, please don't take more than you need. It was suggested that we (IG) ask the District to help pay for their portion of the POST. This is 2 pages and would be nominal, but would help ease the cost of printing for the IG. There is lots of excess inventory, so some items will be marked down in price to move them out the door. It was announced that prices for Big Books, 12&12 and other items will be increasing in April. If any groups think that they may need books in the coming months, place your order before the end of March to take advantage of the lower prices.

Website – NL. - Mew meeting needs to be added to the website. Any events that you would like to appear on the website, need to be submitted to webmaster@AAGainesville.org at least one week in advance.

Activities – Position has been eliminated. Any activities need to be submitted to the Webmaster at webmaster@aagainesville.org

DCM Report – EC. -

- 66th Florida State Convention will be held in Wesley Chapel August 10-13th 2023. Host hotel is sold out, but overflow hotel is available. Website is 66.Florida.state.convention.com.
- Founder's Day planning meeting Tuesday, March 7th at 7pm at the Triangle Club
- Corrections Committee - Needs women to go into the women's jail. They meet the 3rd Tuesday of the month at the Triangle Club
- CPC/PI - Giving 200 Where & When's to the Driver's school. Will also be attending the health fair at Shands in March
- Treatment Committee - Asking if groups would like to "Adopt" a meeting. Bridge House: 1st, 2nd, 3rd and 5th Thursdays at 7pm needs coverage. Detox: 2nd, 3rd and 5th Wednesdays at 7pm needs coverage. Detox: 4th and 5th Sundays at 7pm needs coverage
- District 14 still needs an Alternate DCM. Come to the District 14 meeting 2nd Wednesday of the month at 6:30pm at Westminster Presbyterian Church.
- Area 14 (all of north Florida) needs a Technology chair (can be on zoom) and a Grapevine Chairperson. Reach out to our delegate, Mary at delegate@aanorthflorida.org
- District 14 pre-conference workshop on April 9th at Alligator Park in Lake City. Flyers are available at the next District 14 and Intergroup meetings.
- The next Area Assembly will be April 14th-16th at Howey-In-The-Hills
- ACCESSIBILITIES - Asking for all groups to elect or appoint reps to attend committee meetings and help evaluate needs and make suggestions. A new meeting is being started up for people with dual diagnoses.
- Archives - Needs help preparing Grapevines to sent to the jails. Consists of removing staples so that they can be sewn together.

Old Business: The POST article book seems to be lacking in interest, so that idea was nixed.

New Business: First planning meeting for Founder's Day Dinner will be March 7th at 7pm at the Triangle Club. Founder's Day dinner will be held of June 10th.

Other Notes: New meeting (Front Porch Palaver) starting Wednesday, March 8th at 6pm at the High Springs Women's Club. Dinner at 6pm, followed by an open Speaker Meeting at 6:35, then dessert and coffee at 7:10pm. Will be held the 2nd Wednesday of every month.

Close Meeting with Responsibility Declaration

**Minutes of District 14 Meeting
February 8, 2023**

In attendance: BB, CD, DC, EC, SS, KN, NO, LF, MC, RG, JS, HA, LM, DG, B, BR, GN, GN, SD, DB, AH, BF, MR.

Officer Reports:

Secretary: Minutes approved.

Treasurer: DC. Beginning bank balance was \$15,591.93. Donations were \$533.45. Total expenses were \$677.00. All committees except Archives are under budget for the year. Archives is over budget by \$7.85, which has been addressed by an increase in the budget, and D14 sponsored events expenses are over budget by \$58.46. The fiscal year ends in March. In April budgets can be readdressed. Report accepted and approved.

DCM

- EC gave a brief summary of the Area Assembly and detailed the process of how suggestions come up for consideration at the General Service Conference.
- Area 14 needs a technology chair, mention it to your group (can be done by Zoom). Area 14 also needs a Grapevine Service Coordinator.
- Florida State Convention is August 10-13. SSAASA- Southern States AA Service Assembly- is at the Orlando Sheraton November 17-19.
- Vivian, the Area 14 Archivist, needs volunteers to take staples out of Grapevines so they can be sewn together and taken into jails.
- The pre-conference workshop will be April 9, at noon at Alligator Lake in Lake City.
- Service Manual review
- Tradition of the month; Concept of the month
- Add to agenda, time for GSRs to bring problems and solutions from meetings for discussion
- Letter from Intergroup office manager regarding timely payment of outstanding invoices

Committee reports:

Accessibilities: (SS) Updated info on the website. She asked for groups to please send a representative from their group to the committee meetings. Question and answer session and future workshop discussed.

Archives: (R) attended Archives workshop in Tampa. The Committee is beginning to hold planning meetings for Founders' Day. Date for Founders' Day is June 10 at Trinity United Methodist.

Corrections: (N) 2 facilities open are the Alachua County jail and Lancaster Correctional. They especially need women to go into the jail.

CPC/PI: (S) Providing 200 Where & When's for distribution at drivers' school. Shands has an event next month that she will be present for.

Grapevine: (B) is making copies of the Grapevine Representative script to distribute to the groups.

Literature: No report; Chair not present.

Treatment: (K) Bridge House meeting Thursday at 7:00 needs coverage for the first, second, third and fifth Thursdays of the month are open. Detox has meetings Wednesday at 7:00. The second, third and fifth Wednesdays are open. Detox meeting on Sunday at 7:00 needs coverage for the fourth and fifth Sundays. Can your group "adopt" a meeting?

Intergroup: B reports that Intergroup needs an alternate POST editor, an alternate Secretary, and alternate Treasurer. There is a phone slot open. New and updated Where & When's are now available.

Old business

We need a Secretary and Alt DCM. Eve checked Structures and Guidelines. The DCM, Treasurer and Secretary should all be on the bank account.

New business

Do we want to continue having workshops? Yes! Further discussion has been postponed for the next District Meeting. Meeting adjourned with the Responsibility Pledge at 7:50 p.m.

DISTRICT 14

Treasurer Report February 2023 Meeting

Report on January Financial Activity Fiscal Year April 2022-March 2023

	Amount	Year to Date
Opening Bank Balance	\$ 15,591.93	
Group and Individual Contributions	\$ 533.45	\$ 4,432.65
Committee Expenses	\$ (324.86)	\$ (2,095.29)
D14 Expenses	\$ (352.14)	\$ (3,722.68)
PayPal Expense	\$ -	\$ -
Earned Interest	\$ -	\$ -
Total Expenses	\$ (677.00)	\$ (5,817.97)
Closing Bank Balance	\$ 15,448.38	
Money Held in Reserve:		
Founders Day (677.50+3,336.00=4,013.50 less 2,850.00)	\$ 1,163.50	
Service Fair - Reserve for 2022	\$ 300.00	
Prudent Reserve	\$ 5,000.00	
Operating Cash (bank balance minus reserves)	\$ 8,984.88	

*Note - Please indicate Group Name & Number on Contributions

April 2022 - March 2023 Budget - January 2023 District & Committee Expenses

	January Spent	Year to Date Spent	Annual Budget	Remaining Budget Avail.
D14-Rent/PO Box	\$ (27.00)	\$ (493.77)	\$ 725.00	\$ 231.23
D14 Sponsored Events/Area	\$ (325.14)	\$ (2,558.46)	\$ 2,500.00	\$ (58.46)
Accessibilities	\$ -	\$ -	\$ 200.00	\$ 200.00
Archives	\$ -	\$ (557.85)	\$ 550.00	\$ (7.85)
Corrections	\$ -	\$ (233.52)	\$ 1,600.00	\$ 1,366.48
CPC/PI	\$ -	\$ -	\$ 750.00	\$ 750.00
Grapevine	\$ -	\$ (101.49)	\$ 210.00	\$ 108.51
Literature	\$ (8.67)	\$ (87.08)	\$ 200.00	\$ 112.92
Treatment	\$ (316.19)	\$ (1,115.35)	\$ 1,500.00	\$ 384.65
Website	\$ -	\$ (670.45)	\$ 750.00	\$ 79.55
Total	\$ (677.00)	\$ (5,817.97)	\$ 8,985.00	\$ 3,167.03

Breakdown of Month Expenses

District 14 - District meeting room	WPC (1/11/2023) (check #240)	\$ (27.00)
D14 Area	Area 14 Conference hotel room (CC)	\$ (297.48)
Intergroup	Treatment Committee (check #239)	\$ (316.19)
Intergroup	Literature Committee (check #239)	\$ (8.67)
D14 -- General Expense	Office supplies (CC purchase)	\$ (27.66)
		\$ -
		\$ -
Total Expenditures		\$ (677.00)

We are going to know
 a new freedom and a
 new happiness.

D14 Service Committees

Name	When	Where
Archives	6:30 PM 1 st Tuesday of every month	Triangle Club 1005 SE 4th Ave
Corrections	6:00 PM 3 rd Tuesday of every month	Triangle Club 1005 SE 4th Ave
District 14	6:30 PM 2 nd Wednesday of every month	Westminster Presbyterian Church 1521 NW 34th St
Grapevine	6:30 PM 3 rd Monday of every month	Triangle Club 1005 SE 4th Ave
Intergroup	1:00 PM Last Sunday of every month	Triangle Club 1005 SE 4th Ave
Treatment	5:45 PM Last Thursday of every month	Triangle Club 1005 SE 4th Ave
Accessibilities	6:00 PM 3 rd Thursday of every month	Triangle Club 1005 SE 4th Ave

AA District 14
@AADistrict14



Paypal: treasurer@againesville.org

To send in money via PayPal, choose "Family or Friend," not business.

DCM'S CORNER

During a recent Service Workshop for Area 14, a past Delegate and others described District 14 as being "on fire" for service. Whenever there is an event, District 14 "shows up!" I feel so proud and honored to be a part of this AA community! Please come to our monthly District 14 meeting and get involved in service. We meet on the second Wednesday of each month at Westminster Presbyterian Church at 6:30 p.m. Service positions include: Alternate DCM, coverage of Treatment meetings (see minutes); help with Founder's Day, and more. Come hang out with some friends and strengthen your connection to the Fellowship! Our next event will be the Pre-Conference Workshop and Cookout being held on April 9th at Alligator Park in Lake City from noon-4:00 p.m. Our delegate, M, will be sharing the background information on the upcoming agenda items (and answering questions) that are being considered at the April General Service Conference held in New York. Hope to see you there!

In loving service,

(for free and for fun)

EC., DCM for District 14



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



 **PayPal**

ACCEPTANCE IS THE KEY

ACCEPTANCE IS THE ANSWER TO ALL OF MY PROBLEMS TODAY. WHEN I AM DISTURBED, IT IS BECAUSE I FIND SOME PERSON, PLACE, THING OR SITUATION- SOME FACT OF MY LIFE- UNACCEPTABLE TO ME, AND I CAN FIND NO SERENITY UNTIL I ACCEPT THAT PERSON, PLACE, THING, OR SITUATION AS BEING EXACTLY THE WAY IT IS SUPPOSED TO BE AT THIS MOMENT. NOTHING, ABSOLUTELY NOTHING, HAPPENS IN GOD'S WORLD BY MISTAKE. UNTIL I COULD ACCEPT MY ALCOHOLISM, I COULD NOT STAY SOBER UNLESS I ACCEPT MY LIFE COMPLETELY ON LIFE'S TERMS, I CANNOT BE HAPPY. I NEED TO CONCENTRATE NOT SO MUCH ON WHAT NEEDS TO BE CHANGED IN THE WORLD AS ON WHAT NEEDS TO BE CHANGED IN ME AND IN MY ATTITUDES.

EVENT FLYERS

Be sure to submit flyers to promote your AA events on the Intergroup website! Must be in JPEG format and received at least one month in advance.
Send to webmaster@aagainesville.org





**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

**You're invited to
Triangle Club**

**Easter Sunday
Speaker Meeting and
Lunch**

Where: Triangle Club, 1005 SE 4th Avenue

When: April 9

Time: 11 AM Speaker / 1 PM Lunch



Brought to you by
Evensong, New Life, Gratitude and Downtown Groups

Womens Big Book Meeting

*Mondays 6pm
St. Joseph's Episcopal Church
16921 W Newberry Rd,
Newberry, FL 32669
Bring a Big Book and a friend!!*

Saturday morning
Sunlight of the Spirit
Book Study

New Meeting!

Now serving fresh tea and coffee! Come meet some new friends and get some love and support on your recovery journey! We are here for you!

Big Book, 12 & 12; Fun in Sobriety

Saturday mornings at 9:00

Abiding Savior Lutheran Church
(First building on your right)
9700 West Newberry Road

**Gainesville, Lake City and Tallahassee AA's
Pre-Conference Workshop & Cookout**

Alligator Lake Recreation Area
420 SE Alligator Glen
In the Fonderosa Pavilion
Lake City, Florida 32025

Sunday, April 9th at 12 Noon

- Come join us for an afternoon filled with food and excellent information. Bring your AA friends! Hot dogs, hamburgers, and sides. Please bring a side dish or dessert to share (if you can).
- Our delegate, Mary, will share with us all the items that will be voted on at the next General Service Conference meeting in New York. She will be able to answer any questions you might have.
- Let's bring this information back to our groups, get their votes, and be their voice at our next Area Assembly.

Sorry, but no dogs are permitted in the park!

For more information contact:

- Gainesville (Eve at 352-222-2086)
- Lake City (Mark 703-403-0745)
- Tallahassee (Marc 850-815-5222)

**Examples of
Character Defects**

Abusive	Insincerity
Aloofness	Intolerance
Anger	Irresponsibility
Antagonism	Isolating
Anxious (overly)	Jealousy
Apathy	Judgmental
Apologetic (overly)	Knowing it all
Appearances (obsession)	Laziness
Argumentative	Leering
Arrogance	Lustful
Avarice	Lying
Avoiding confrontation	Manipulative
Bigotry	Measuring self against others
Blaming others	Meddling
Blaming self	Negative body image
Boastfulness	Negative Thinking
Busybody	Neglectful
Cheating	Opinionated
Closed-mindedness	Overcompensating
Codependence	Perfectionism
Coldheartedness	Pessimism
Communication (avoiding)	Playing God
Companionship (seeking poor)	Possessive
Competitive (overly)	Preachy
Complaining	Prejudice
Conceit	Pride
Controlling	Procrastination
Cowardice	Reckless
Critical	Resentment
Crudeness	Rude
Deceptive	Sarcastic
Dishonesty	Secretive
Disorganized	Seeking attention
Egotistical	Self Condemnation
Envious	Self Deprecating humor
Exaggeration	Self Importance
Excess	Self Pity
Faith, lack of faith in God	Self reliance
Financially insecure	Self-absorbed
Gluttony	Self-centeredness
Gossiping	Self-centeredness
Greed	Self-hatred
Guilt	Self-indulgence
Harsh	Selfishness
Hate	Self-loathing
Health (irresponsibility)	Skeptic (overly)
Help (refusing/not asking for)	Sloth
Hopelessness	Stealing
Ill wishes toward others	Steward (poor)
Immodesty	Suspicious
Impatience	Thoughtless
Impulsive purchaser	Thrill-seeking
Inconsiderate	Uncharitableness
Indecisive	Uncleaness
Indifferent	Undependable
Injustice	Undisciplined
Insecurity	Unfaithful
Insensitivity	Ungrateful
	Unreliable
	Untrustworthy
	Vengeful
	Vulgar or Immoral Thinking
	Wasteful
	Worry