Power

A Publication of North Central Florida Intergroup

Volume 28, Issue 6 June 2023

ANCED ALL NICH

Just when she thought she'd never have fun again, they turned the music up!

belly protectively, listening to an old man tell his story, to learn. all I could think of was, the fun is over.

I looked next to me and saw a homeless man drinking a cup of half and half that he got from the coffee table. I almost ran from the room screaming. I thought there was no way I could be an alcoholic. I was much too young. I didn't think I had anything in common with anyone in these meetings.

But that all changed. Thanks to my sponsor, when I reached three months of sobriety, I was asked to

tell my story. I stood up at the front of that meeting and, as I told my story, I saw people nodding their heads and laughing. I saw them relating to me and thought, Wow, I am an alcoholic. With that, a huge weight lifted off my shoulders. I knew what my problem was.

Soon I started to seek out people my age and talk with them. My home group was a Friday night meeting at 8:00 P.M. There were a lot of young people at the meeting and they kept asking me if I wanted to go get coffee afterward. I kept turning them down, saying I didn't drink coffee. I finally asked my sponsor why they kept asking me to go drink coffee, and she said, "Just go!"

So I went. We drank coffee and stayed up until 2:00 in the morning talking. It was amazing! I wondered,

As I stood in the back of the room, holding my pregnant What else do people do if they don't drink? I was about

That same group of young people invited me to go bowling, to the movies and to dinner, and I slowly learned how they lived without drinking—and had fun. The best part was that the next day I remembered everything I had said and done the night before!

One of the most fun events I attended in early sobriety was a sober "prom." The name of the prom was "A Prom for Those Who Never Went or Don't Remember Going." It was put on by the YPAA (Young People in AA) group. Everyone got dressed up and it looked and felt like a real prom.

Every year, our YPAA group held an AA New Year's dinner meeting and dance. I remember the first time I went in my first year of sobriety. I had never danced sober before. I was so nervous. I imagined everyone just sitting around not dancing, but boy was I wrong. Everyone was dancing! As I looked out at the crowd on the dance floor, I thought, These are all the people I wanted to party with when I was drinking. I quickly joined in and danced all night. I had found my people.

I now have 25 years of sobriety. A big part of my recovery is due to those early days when I learned that I could have a great time sober. I really thought my life was over. Instead, my life had just begun.

> Heidi E. Portsmouth, N.H.



April/May brought some significant health challenges to the Intergroup Office and by the grace of HP and the help of dedicated volunteer staff we're getting through them.

The mailed POSTS were significantly delayed because of those challenges. Our sincere apologies. We had to close for a day and a half and hope no one was overly inconvenienced.

If you're looking for a service opportunity, Intergroup volunteers serve a vital purpose in carrying the message of AA. It's fun to meet and greet folks stopping by to pick up a medallion or a book. We even have a map of Gainesville to study for meeting locations. If you have 3-6 hours you'd like to serve, please contact me.

Drop the Rock 2nd Ed. is back on the shelf.

Looking forward to seeing everyone at Founders Day!

In Love and Service,

Annie O (gainesville.intergroup@gmail.com)





Willingness

The reason why Step 6 is so important in the 12-step process is that it focuses on the *willingness* to change the old behaviors that contributed to the alcohol problem. Stopping drinking without addressing those behaviors makes it easier to slip back into your old habits. Identifying your shortcomings and admitting them is not the end of the process. Becoming "entirely ready" to do something about them is key to the solution.

https://www.verywellmind.com/



Downtown Group

MO-22 years

Eye Opener Group

TH - 19 years DD - 1 year

Free to Be

MG - 8 years MR - 33 years LR - 40 years

Starke Happy Hour Group

DT - 22 years

Everything or Nothing

KK - 15 years

Tuesday Night Step Study

DO - 34 years MR - 33 years

Sirens Of Serenity

SW - 22 years

Women's Step Study

NS - 36 years

Solutions Group

PG - 45 years CS - 24 years DS - 14 years

DC - 35 years

Gratitude Group

C - 14 years

10th and 11th Step Group

R - 18 years

Tilis Men's Meeting

KC - 20 years



June Birthdays?

Send them by June 12th to: POST@AAGainesville.org

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)



An AA Group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

The best example I can give to understand this Tradition is those A.A. Members who are employed as Counselors in a Treatment Facility, Hospital, Rehab, or any outside agency that offers recovery for Alcoholism or any other substance abuse. The A.A. Members who are employed by these drying out spots in essence are wearing "two hats". Tradition Six cautions them not to wear both hats at once! While employed at their jobs they may be Alcoholism Counselors; they are *not A.A. Counselors! When they are at an A.A. Meeting or at their A.A. Home Group, they are just A.A. Members, not Alcoholism experts.*

The same adage goes for the Hospital or Treatment Facility, the Hospital can't be called the Mercy Hospital and A.A. Facility. When I was about 3 years sober the two gentlemen who Twelfth Stepped me were going to form a new A.A. Group and he asked me if I would join up with them and be their General Service Representative. I agreed and the Pastor of the Church where we met did not want to charge our A.A. Group any Rent for our meetings. He said it was their Church's Community Service. Our Group Chairperson came up with the idea that every week during their Church Services, food for the poor would be brought to the church altar. We decided to purchase food that was mostly canned goods for the basket that would be taken to the altar every week. We would be 'paying or way" and the Church could never claim an affiliation with our Group or A.A. as a whole.

I also belonged to a Group in Ft. Myers, Florida that met in a Treatment Facility. They were a registered A.A. Group with our General Service Office in New York and they met two days a week in the Cafeteria at the Treatment Center. The Treatment Center wanted to supply Coffee, our Home Group said," no", we will bring our own Coffee. The Treatment Center did not want to charge the Group monthly Rent. The Group Conscience decided to make semi-annual Donation payments to the Treatment Center so they could not claim affiliation with the A.A. Group or A.A. As a whole.

Love and Service,
Danny F, Past Delegate, NE Ohio. Panel 59
Past Chairperson, Finance Committee for the 60th General Service Conference





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

Our next Intergroup meeting will be held on the last
Sunday of the month:
June 25th @ 1:00

Check out our website at

www.AAGainesville.org



POST Submissions

Send articles and anniversaries to <u>Post@AAGainesville.org</u> 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 <u>Activities@AAGainesville.org</u>. 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.

INTERGROUP CHAIRPERSON'S CORNER

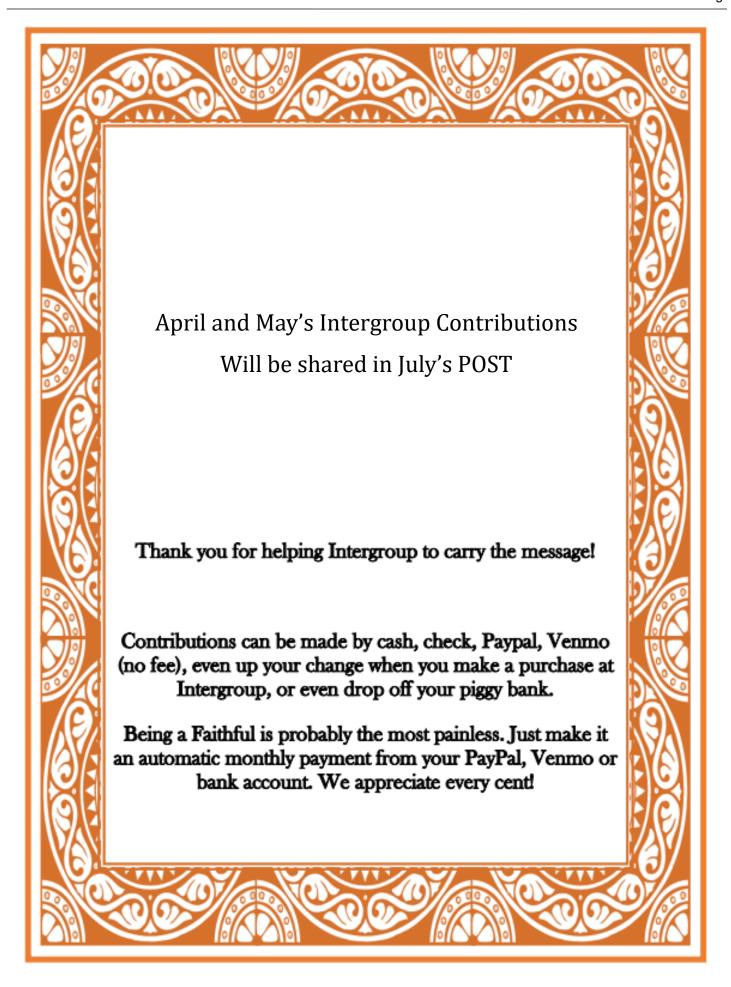
Hello everyone,

I hope sobriety finds you all well. Let's keep getting the word out about service work. The Intergroup office is in need of volunteers and our phone committee is in need of hotline volunteers. If you're interested in volunteering, give our office a call at 352-372-8091. Office hours are posted on our website at AAGainesville.org. It would also be a pleasure to have you join us at our Intergroup meeting on the last Sunday of every month at 1pm at our local Triangle Club. We hope to see you there.

In service,

MC

Gainesville.Intergroup@gmail.com



North Central Florida Intergroup Treasurer's Report—April 2023

	Current	Y.T.D.
Sales	\$1,586.35	\$6,918.95
Sales Tax Collected	\$79.33	\$468.01
Card Convenience Fees	\$6.00	\$28.00
Activities Revenues	\$0.00	\$0.00
Total Revenues	\$1,671.68	\$7,414.96
Contributions		
Faithful Fivers	\$84.00	\$441.00
Group Donations	\$1,308.32	\$3,724.98
Other Dontion	\$133.12	\$1,251.10
Total Donations	\$1,525.44	\$5,417.08
Interest	\$35.50	\$105.66
Overhead Expenses		
Intergroup Monthly meeting	\$20.00	\$80.00
Internet	\$77.22	\$308.83
Office Expenses	\$26.94	\$135.6
Rent	\$230.00	\$760.0
Office Manager Salary	\$825.67	\$3,825.6
Paypal and Square Fees	\$30.92	\$88.2
Payroll Taxes	\$0.00	\$229.50
Postage	\$0.00	\$136.69
Printing POST	\$127.30	\$507.86
Printing Other	\$0.00	\$687.60
State Sales Tax	\$108.55	\$455.5
Telephone	\$198.24	\$791.70
Other Expenses	\$14.40	\$116.0
Total Overhead Expenses	\$1,859.24	\$8,323.3

	Current	Y.T.D.
Committee Expenses	\$0.00	\$0.00
Activity Expenses	\$200.00	\$200.00
Founders' Day Donation		
Purchases	\$1,466.36	\$5,531.84
Total Deposits	\$3,197.12	
Total Combined Expenses	\$3,325.60	
Gain/Loss	-\$128.48	
Checking, End of Month	\$2,645.00	
Business Shares	\$11,996.13	
Certificate of Deposit	\$8,996.82	

The real gift of gratitude is that the more grateful you are, the more present you become.

Robert Holden

North Central Intergroup Monthly Meeting April 30, 2023

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

Chair Report – MC: Asked everyone to keep putting out the word in our groups about having intergroup reps in the meetings and participation in the Intergroup monthly meeting.

Alt Chair Report - AB: Reiterated that people should spread the word about the Intergroup meeting and share out the service positions that are available. There are always opportunities for service.

Secretary report–KM, Secretary; JG, Alt Secretary: KM not present. March meeting minutes read, Motion to accept, second. Minutes accepted. (Apologies for not getting names of people who presented the motion and the second).

Treasurer Report – MR, Treasurer: April report was read, noted additional increases: Office manager's salary was higher due to payment of social security tax and due to the large purchase of literature that was made to stock up before the prices increased. While more was spent than income received, the Treasurer noted that the balance is still in the black, as most money to cover Intergroup comes from the Gratitude Dinner, and there are still funds available. MR reiterated the preferred method of payment is Venmo as they do not charge a fee to the IG or the customer. HG asked about the small discrepancy of income noted on pages 6 and 7 of the POST, MR noted that there were two different ways to monitor income. W motioned to accept the report as read, D second. Treasurer's report accepted.

Phone Committee – SS: Not present. Updates were relayed by IG Chair MC, via text. Current openings continue to be Monday 7am-10am; Tuesday 7am-10am; and Friday 7pm-10pm. Discussion was held about ways to garner interest in participating in the phone committee, including: holding a workshop about the phone positions and creating small flyers with easy to follow information about what to expect while monitoring the phone line. Several people shared their experience managing phone calls.

P.O.S.T. – TS: New POST is up to date and available, is working with MG to get her trained in all of the aspects of the POST. Requested articles to be written and submitted to be included in the POST. Three articles needed monthly: Cover Page (600-700 words), Inside articles (on step and tradition—about 300-350 words). POST submissions should be send in Word (ideally) or pdf (although not preferred by the 12th of the month to: post@aagainesville.org

Office Manager - AO. Not present, MR shared in AO's place. Ordered 5 cases of soft cover big books before the price increase and they are already gone. Will be increasing prices soon, to reflect new prices from NY, Books are going up 20% and pamphlets 30%. AO could use help in the office. Feel free to call or stop by to see how you can help.

Website – NL, Webmaster; TC, Alt Webmaster: NL not present. TC reported an updated zoom link to the New Sober Living noon meeting and will update the website with flyers he received earlier today.

DCM Report – EMH: Shared <u>DCM report</u>, see notes. Big items: still need Alt DCM. Reviewed Treatment meeting needs, currently need support for Bridge House on the Fifth Wednesday of a month and Meridian Detox needs meetings on the 2nd Wednesday at 7pm. Chair noted that is the same day as District (6-7pm) so it may be creating a conflict.

Old Business: None

New Business:

*AR.. Shared about the <u>Women's Retreat</u> on June 23-25, which will be held in Hawthorne. <u>Registration</u> starts May 1. Flyers were distributed and information will be posted on the website soon.

*HG stood for Alt Treasurer. He has 1.5 years of sobriety as the treasurer for his home group AAA. Chair reviewed the guidelines and it was suggested alt treasurer have 2 years sobriety, discussion to make an acceptance. W motion to accept HG as Alt Treasure, N Second. Motion passed.

*M made a motion to close. W second. Meeting adjourned

Other Notes:

Close Meeting with Responsibility Declaration

Date of next meeting: Sunday, May 28, 2023 (NOTE that is Memorial Day Weekend)



District 14 Meeting Minutes - April 12, 2023

We had a Big Book Quotes contest. The prize was a copy of the new book "Fun in Sobriety". Raffle won by DG. LL. was voted in as secretary and JM-P was voted in as alternate.

Treasurer-DC.: Report approved as presented. Know that PayPal/Venmo accounts have been closed. Current IRS requirements would need to use the personal SS number of the current Treasurer and a filing of a 1099 form.

DCM Report: E encouraged GSRs to refer to aanorthflorida.org for information on Agenda items to be discussed at the next Area Assembly. Tradition of the month read. The concept of the Month was reviewed, the right of participation.

Accessibilities-S: S asks each group to choose an accessibility representative. She especially would like to have reps who would be able to evaluate their groups meeting location for accessibility requirements.

Archives-R: 6/10/23 will be Founder's Day. The topic is Women of AA, Lighting the Way. The planning committee will meet each Tuesday at 7 pm at the Triangle Club.

Corrections-N: There is a Keystone gentleman who is taking meetings into Bradford County jail. There were some monies provided for Big Books to take to prisoners there. Meetings are currently being held in Alachua County Jail and Lancaster correctional facility but they still need help (volunteers). Co-Webmaster, T, will provide a link for the application to visit correctional facilities on our District 14 website.

CPC/PI-S: No report.

Grapevine-B: Informational resources are being made available to GSR reps. Also, B will be checking on Grapevine availability for libraries in the Gainesville area.

Literature-J: Free literature obtained from GSO for Spanish speaking folks. Only had to pay shipping to receive this from Box 459, GSO. This will be available at Triangle Club and our AA office. Changes have been made to the AA Guidelines on Safety Card. More information will be forthcoming.

Treatment-K: 40 meetings are being covered currently.

- Need support for following meeting times at Bridge House: 7 pm each of following days- the 3rd Wednesday, 5th Wednesday and 3rd Thursday.
- Needed for Detox are 4 people (must have male & females in group) 7pm 2nd Wednesdays. Please contact K at the Treatment email provided on the website for more information.

Website-T: There is a group change form for change in GSR that can be filled out and sent to the webmaster. T will be providing an application form that needs to be filled out by anyone who wants to take meetings into jails/prisons.

Intergroup-M: Recognizing more members are physically showing up to monthly meetings. Phone Committee: SS continues to assist new leader MC. Current openings: Mondays 7 am to 10 am, Tuesdays 7 am to 10 am and Fridays 7 am to 10 am. Phone committee has a manual that can be forwarded through the internet to new people starting with the committee. Intergroup office: Some literature is still available at the old lower price. \$200.00 was received from Intergroup for Founder's Day.

Old Business: Need alternate DCM. Suggested guidelines: 3-5 years sobriety, previous GSR.

Treasurer: Last year, more was spent than contributed. After much discussion, the current budget was voted on and approved with one abstaining and one opposed. It was noted that any group could ask for an increase from their original budget amount as new needs become clear at any District 14 meeting.

District Business-E: Currently E has approval for monies for one night at Area Assembly. She now requests money to cover her two nights at Area Assembly. Motion agreed and passed without abstaining or opposition.

Intergroup would like the District to pay the cost of its two pages in the Post each month. The amount is 21.22 per 2 pages per month. Motion passed.

New Business:

Motion to forgo reading of the last month's minutes during the District Meeting. Motion passed.

Accessibilities chair requested \$170.00 for a workshop 5/20/23. This workshop will be put on by Corrections, Accessibility and Treatment. Approved without any abstaining or opposing.

DISTRICT

14

Treasurer Report April 2023 Meeting

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

	Amount	Year to Date	
Opening Bank Balance	\$ 15,281.35		
Group and Individual Contributions	\$ 551.40	\$	5,007.32
Committee Expenses	\$ (161.25)	\$	(2,729.40)
D14 Expenses (includes rent/PO Box/sponsored events/website)	\$ (127.00)	\$	(4,061.90)
Paypal Fees	\$ (5.96)		
Earned Interest	\$ 1.30		
Total Expenses	\$ (288.25)	\$	(6,791.30)
Closing Bank Balance	\$ 15,539.84		
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)	\$ 9,076.34		

*Note - Please indicate Group Name & Number on Contributions

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

]	February	Year to Date		Annual	Remaining	
		Spent		Spent	Budget	Вι	ıdget Avail.
D14-Rent/PO Box	\$	(27.00)	\$	(547.77)	\$ 725.00	\$	177.23
D14 Sponsored Events/Area	\$	(100.00)	\$	(2,843.68)	\$ 2,500.00	\$	(343.68)
Accessibilities			\$	-	\$ 200.00	\$	200.00
Archives			\$	(557.85)	\$ 550.00	\$	(7.85)
Corrections			\$	(422.18)	\$ 1,600.00	\$	1,177.82
CPC/PI	\$	(161.25)	\$	(161.25)	\$ 750.00	\$	588.75
Grapevine			\$	(101.49)	\$ 200.00	\$	98.51
Literature			\$	(371.28)	\$ 200.00	\$	(171.28)
Treatment			\$	(1,115.35)	\$ 1,500.00	\$	384.65
Website			\$	(670.45)	\$ 750.00	\$	79.55
Total	\$	(288.25)	\$	(6,791.30)	\$ 8,975.00	\$	2,183.70

Breakdown of Month Expenses					
District 14 - Meeting room	WPC (meeting room)	\$	(27.00)		
D14 General Expense					
Intergroup	CPC/PI committee	\$	(161.25)		
D14 Area	Pavilion rental	\$	(100.00)		
Total Expenditures		\$	(288.25)		

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 3rd Thursday of every month	Triangle Club 1005 SE 4th Ave			



DCM'S CORNER

Hello friends! District 14 has many exciting activities happening in our District in the next couple of months! First, we have the Accessibilities, Corrections and Treatment Workshop scheduled for Saturday, May 20th at 10:00 a.m. at the Triangle Club. A special shout-out to Shade, Kim and Nathan for all their hard work and dedication to serving the still suffering alcoholics in our area. They are on fire for service and are our "boots on the ground." You are such an inspiration to all of us! Secondly, the Archives is busy putting together the next Founder's Day Event scheduled for June 10th. Way to go Robin and Greg for putting together a team of dedicated servants to celebrate this special anniversary of our Fellowship! Tickets are currently on sale and they are going fast, so be sure to grab one when you can!

At our monthly district meeting, we have started using a microphone and speaker system to support those of us with hearing challenges. If your group would like to try this for your meeting, please let Accessibilities chair (Shade) or District 14 DCM (me) know. Our email information is available on the website.

In loving service, For Free and For Fun, EC, DCM for District 14



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





A BEAUTIFUL DAY TO BE SOBER



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



Tickets \$5 in advance-\$10 at the door (if available)
Please bring a covered side dish or dessert

 4:90 p.m.
 Coffee Social

 5:00 p.m.
 Dinner

 6:15 p.m.
 Sobriety Countdown

 6:30 p.m.
 Skit

 7:00 p.m.
 Break

 7:30 p.m.
 Speaker Meeting

 8:35 p.m.
 50/50 Prawing

JUNE 10^{TH} 2023 | 4:00 to 8:30 p.m.

 $\begin{array}{c} Trinity\ United\ Methodist\ Church\\ 4000\ NW\ 53^{rd}\ Avenue\ Gainesville,\ FL \end{array}$



June 14th 2023

Location: Women's Club

23674 US Hwy No. 27 High Springs, FL

Park in the Town Hall Lot



NEW AA CANDLE LIGHT MEETING WEDNESDAY'S 7PM

1005 NE 4th Avenue 352-373-9236

TRIANGLE CLUB



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





"Reconnecting" Luther Springs

Friday 6/23 5pm - Sunday 6/25 12pm

contact: aliciaryden@cox.net



WOMEN'S AA RETREAT RETURNS!

Reconnecting is the theme of the 5^{th} Annual Women's AA Retreat at Luther Springs to be held June 23-25, 2023. The retreat and conference center is nestled into the lovely countryside around Lake Vause and is close to the towns of Orange Springs and Hawthorne. AA women will find the setting ideal to reconnect spiritually and socially.

Historically, this annual spring event was attended by about 30 women, mostly from within District 14. Unfortunately, the global pandemic shut down the event for the past three years. This year's retreat promises to recharge even more participants, because Luther Springs added a large meeting facility.

When not attending meetings or workshops, the not-glum lot will be swimming in a sparkling pool, hiking, biking or canoeing/kayaking. Napping, journaling and meditating are popular options, too.

Registration opens with the publication of the May issue of the P.O.S.T. and will be first come-first serve. Download the flyer and registration form on www.aagainesville.org/events/. Rates for single or double hotel rooms; or group cabins are extremely reasonable, and a scholarship application is available. ALL plans include a weekend of scrumptious meals (with dietary options) prepared by the camp staff.

For more information, please contact Alicia R. at 619.997.9981.