

## Back to Where I Started

Life was good as far back as I can remember. Alcohol was merely something I had heard about and did not understand. I enjoyed my life daily and looked forward to the future. Sure, I tasted beer a few times and thought it was nasty. I can even remember asking my father why people drank and did drugs. He said they do it to have fun. I thought to myself, "Why on earth would anyone need to do that to have fun?"

I began to sneak out at night and found new friends. While raiding one of my friend's parent's liquor cabinets in my year of rebellion, he told me, "It is Sprite." Four cups later, I passed out at my doorstep.

The next day hit as I woke up with my first hangover, telling myself, "I am never going to do that again!" Nevertheless, soon a day came when I slammed my first beer and burped. I loved it! I decided right then and there I would do it again. I was only about twelve or thirteen then, so my drinking career started slowly. However, I drank every chance I got, mainly when somebody bought it for us—even in middle school. One of my friends looked like he was thirty, so we would get him to buy it.

Then high school came after being thrown out of middle school. I started high school rough. I skipped school on the first day and was expelled for drinking beer on school property in the second semester of ninth grade.

Eventually, I got a job and had money to buy beer and did so every chance I had someone to buy it, or sometimes we just stole it.

Once I finally hit twenty-one, it was a wrap. I could drink when I wanted. Nobody could tell me anything. I never thought I was an alcoholic. However, I never thought I would quit drinking, even though I would pass out on the patio drinking after work, brush myself off before my boss came through the fence, and would return to work the next day. I was a trooper, not an Alcoholic, is what I thought.

I was a trooper, walking across a hot causeway on a summer day in Florida, squeezing out my shorts from the rain, and getting hit with eggs on the way home, all because I had no license to drive. I finally got my license back only to crawl home from the bars for years. Even though I thought I still had a pretty good life and some success, my life was a rollercoaster, eventually losing everything. The day finally came when I had to choose life over alcohol, so I decided on life instead. I was headed to the bitter end of jails and institutions, and am lucky that I am still alive today. Now I am right back to where I started. Life is good. I enjoy life daily and look forward to the future instead of fearing it.

S.P.  
Gainesville, FL





# Community News

The AA Hotline and Intergroup received 11 calls in June.

Service Positions: Elections are coming up soon in October. If you are interested in standing for a position come to the Intergroup meeting at the Triangle club the last Sunday of the month at 1pm.

We only have a couple 2022 Grapevines left on sale \$1.00 each.

Acceptance pamphlets are back in stock.

PLEASE, PLEASE be sure your group treasurer includes your group name on Checks, Money Orders, 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,

Annie O (gainesville.intergroup@gmail.com)



For many in AA, step 8 is the most difficult. This is because it's the point in the steps of Alcoholics Anonymous in which you make a list of the people you've caused harm to because of your drinking.

It's one thing to face the damage created by alcoholism with yourself and your Higher Power or God — you did this during your moral inventory. Even admitting to someone who can relate is easier than discussing things with those you've harmed. But step 8 allows you to begin a life of peace and start to deal with personal relations.

Recovering alcoholics often see step 4 of the 12-step process as personal house cleaning. Step 8 is similar, but more about cleaning up your social house.

Step 8 is important because it enables you to move on to rebuilding relationships that were damaged. It doesn't guarantee this will happen, but the step is the first toward achieving this.

It's also about taking responsibility for your role and cleaning up your side of things during addiction recovery and in life. This includes holding yourself accountable for your actions, but not exaggerating the shortcomings of yourself or others. Even if the harm caused to the relationship was mutual, in this step you're preparing to right your wrongs.

Finally, this step is important because it continues the honest present in the previous steps. As most AA participants will confirm, honesty provides freedom and opens the doors to joy.

# JULY BIRTHDAYS

## 4th Dimension

CG - 53 yrs  
LW - 34 yrs  
KB - 5 yrs  
DN - 1 yr

## 10th and 11th Step Group

KP - 8 yrs  
LM - 33 yrs  
JF - 39 yrs  
AR - 17 yrs  
S - 3 yrs

## Everything or Nothing

DR - 7 yrs  
KT - 11 yrs  
BK - 34 yrs  
WL - 38 yrs

## Eye Opener Group

MR - 13 yrs  
BE - 17 yrs  
SR - 26 yrs

## Free to Be

WR - 35 yrs  
LM - 33 yrs

## Gratitude Group

S - 1 yr  
AV - 2 yrs  
J - 4 yrs  
SR - 26 yrs  
E - 38 yrs

## Hampton Hole in the Wall

JS - 30 yrs  
DB - 31 yrs

## Jonesville AA Group

WR - 35 yrs  
MM - 14 yrs

## Lawtey Primary

## Purpose Group

CB - 1 yr  
CD - 2 yrs  
BL - 12 yrs  
LW - 13 yrs  
DC - 15 yrs  
JM - 33 yrs

## Sisters in Sobriety

PN - 6 yrs

## Solutions Group

SP - 8 yrs

## Tuesday Night Step Study

M - 30 yrs  
SS - 12 yrs  
A - 11 yrs

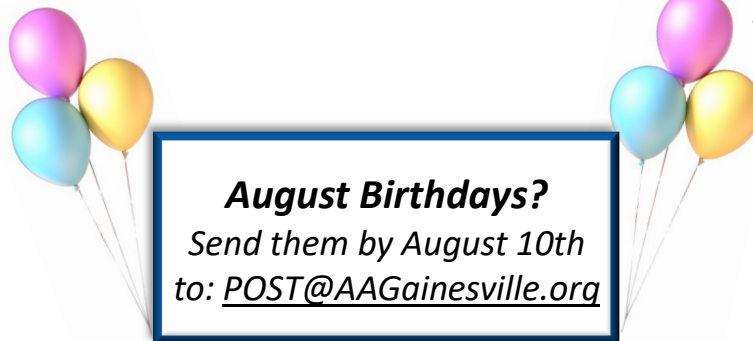
## The Way Out Group,

## High Springs

JB - 8 yrs

## Women's Step Study

JD - 14 yrs



# 7TH TRADITION ADDRESSES

## North Central Florida Intergroup

2632 NW 43rd Street, Suite 1182  
Gainesville FL 32606-7551  
(Checks payable to: NCFI)

## North Florida District 14

4111 NW 16th Blvd  
PO Box 357254  
Gainesville, FL 32605-9998  
(Checks payable to North Florida 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)



*Alcoholics Anonymous should remain forever nonprofessional,  
but our service centers may employ special Workers.*

This Tradition is sometimes misunderstood by some members of our fellowship because they only live in one of our three A.A. Legacies: Recovery. These members, some of them having been in A.A. for years, do not understand how our Central Offices and our General Service Office in New York operate and make all the Twelfth Step work possible.

In Tradition 2, our co-founder Bill W. writes about the time when he had an opportunity to become a paid professional at the hospital where he detoxed and found sobriety. He took the good news regarding his job offer to his Home Group and the group fell silent. One of the group members finally exclaimed, "Don't you realize you can never become a professional?" It became clear to those early members that no one in A.A. should never ask or accept payment for "carrying this message to somebody else, person-to-person and face-to-face."

When many Intergroup offices began opening up in the U.S. and Canada, they were first staffed by volunteers. Problems began to occur because many of them had jobs and sometimes they couldn't keep the office commitment. It became necessary to employ an Office Manager and make sure that they were paid on a scale comparable to profit-making enterprises. The important thing to remember regarding these special workers is they are not being paid to do Twelfth Step work, they are being paid to make Twelfth Step work possible.

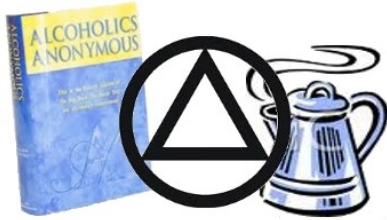
When I was elected Delegate for NE Ohio Area 54, I actually became a Special Worker. I was assigned a Conference Committee (Finance) and had to attend two General Service Conferences in New York. I was to be voting on Agenda Items that would be affecting the entire A.A. membership in the U.S. and Canada. My plane fare to and from N.Y., my hotel room, all of my meals and service materials were paid for by A.A. World Services Inc., one of our two Service Corporations. The other Service Corporation is the A.A. Grapevine, Inc.

Love and Service,

Danny F, Past Delegate, NE Ohio. Panel 59

Past Chairperson, Finance Committee for the 60th General Service Conference





# 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



### **POST Submissions**

Send articles and anniversaries to [Post@AAGainesville.org](mailto:Post@AAGainesville.org) or mail them to the NCFI office no later than the 12th of each month.

### **Activities Submissions**

Send information for all activities in the AA community to [Activities@AAGainesville.org](mailto:Activities@AAGainesville.org). If you want them to be announced in the POST, they must be submitted by no later than the 12th of the month.

### **Intergroup**

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

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

*Our next Intergroup meeting  
will be held on the last  
Sunday of the month:  
**August 27 @ 1:00***

## INTERGROUP CHAIRPERSON'S CORNER

Hello everyone,

I hope sobriety finds you all well. Intergroup is currently asking for volunteer help to help fill shifts at the office. Email our Intergroup office at [Gainesville.Intergroup@Gmail.com](mailto:Gainesville.Intergroup@Gmail.com) for more details and the flexible hours available. To ensure a seamless "Spirit of Rotation" Intergroup is currently looking for Alternate Service Chairs. If you (or your sponsee) are interested; come on by our Intergroup meeting on the last Sunday of every month at 1pm at our local Triangle Club. We hope to see y'all there!!

In service,

MC

[Campbellmatthew0723@gmail.com](mailto:Campbellmatthew0723@gmail.com)

## June Contributions

AAA \$40.00

Alachua Thursday \$200

Bronson Believers \$25

BYOB \$100

Friday Serenity \$100

Lawtey Primary Purpose (Jan-June 2023) \$325

Pamphlet Palooza \$50

Vulnerable Warriors \$58.50

Women's Step Study \$100

Individuals \$69

Thank you for helping Intergroup to carry the message!

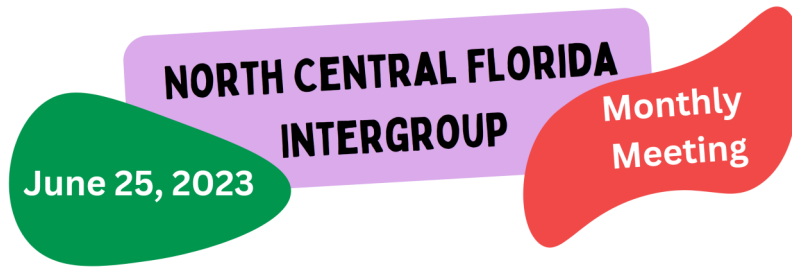
Contributions can be made by cash, check, Paypal, Venmo (no fee), and even up your change when you make a purchase at Intergroup.

Being a Faithful is probably the most painless. Just make it an automatic monthly payment from your PayPal, Venmo or bank account. We appreciate every cent!

## North Central Florida Intergroup Treasurer's Report—June 2023

	Current	Y.T.D.		Current	Y.T.D.
<b>Sales</b>	\$562.60	\$9,668.05	<b>Committee Expenses</b>	\$0.00	\$0.00
<b>Sales Tax Collected</b>	\$42.23	\$674.28			
<b>Card Convenience Fees</b>	\$6.00	\$41.50			
<b>Activities Revenues</b>	\$0.00	\$254.64			
<b>Total Revenues</b>	\$610.83	\$10,638.47	<b>Activity Expenses</b>	\$0.00	\$200.00
<b>Contributions</b>					
Faithful Fivers	\$74.00	\$659.00	<b>Purchases</b>	\$1,217.64	\$7,263.70
Group Donations	\$708.50	\$4,925.48			
Other Donations	\$106.14	\$1,367.67			
<b>Total Donations</b>	\$888.64	\$6,952.15			
<b>Interest</b>	\$35.79	\$178.28			
			<b>Total Deposits</b>	\$1,499.47	
<b>Overhead Expenses</b>					
Intergroup Monthly meeting	\$20.00	\$120.00	<b>Total Combined Expenses</b>	\$3,683.67	
Internet	\$77.22	\$463.27			
Office Expenses	\$0.00	\$228.74	<b>Gain/Loss</b>	-\$2,184.20	
Rent	\$275.00	\$1,225.00			
Office Manager Salary	\$1,348.66	\$6,000.00	<b>Checking, End of Month</b>	\$1,742.91	
Paypal and Square Fees	\$9.26	\$107.84	<b>Business Shares</b>	\$11,997.63	
Payroll Taxes	\$229.50	\$459.00	<b>Certificate of Deposit</b>	\$9,069.44	
Postage	\$28.43	\$202.44			
Printing POST	\$120.60	\$753.08			
Printing Other	\$0.00	\$687.60			
State Sales Tax	\$159.89	\$692.70			
Telephone	\$197.47	\$1,186.41			
Other Expenses	\$0.00	\$116.05			
<b>Total Overhead Expenses</b>	\$2,466.03	\$12,442.13			

*As human beings, our  
greatness lies not so much  
in being able to remake  
the world... as in being able  
to remake ourselves.  
– Mahatma Gandhi*



Opened with a moment of silence, followed by the Serenity Prayer – MC Welcome!

Chair Report – MC Reminded everyone to announce at meetings that groups should have an IG Rep. Also, that ZOOM is available for those unable to attend. Elections in October. The Intergroup office still in need of volunteers. Contact the Intergroup office for details.

Alt. Chair Report – AB dittoed everything that MC had shared.

Secretary Report – KM, Secretary, joined meeting on ZOOM. Minutes from May meeting voted on and approved. Due to inability to hear properly, SGW took minutes.

Treasurer Report – MR, Treasurer, shared that office rent has been increased to \$270.00, as a new lease had been signed. Treasurer's report from May meeting voted on and approved.

Phone Committee – M did not attend. MC shared that all time slots were full. One member of the Phone Committee indicated that the number of calls that he received in down.

P.O.S.T. – AO for MG. MG designed the entire July P.O.S.T. Saul, the new P.O.S.T. Alternate, shared the link: [POST@aagainesville.org](mailto:POST@aagainesville.org). Also, that ALL info, i.e., articles, birthdays, etc., MUST be submitted by the 12<sup>th</sup> of each month.

Office Manager – AO. All literature is well stocked. World Service has increased prices – books up 20%; pamphlets 35%. Prices will reflect increase when current supplies are depleted. Grapevine sales are down, and that all 2022 Issues are on sale for \$1.00 each. In desperate need of office volunteers.

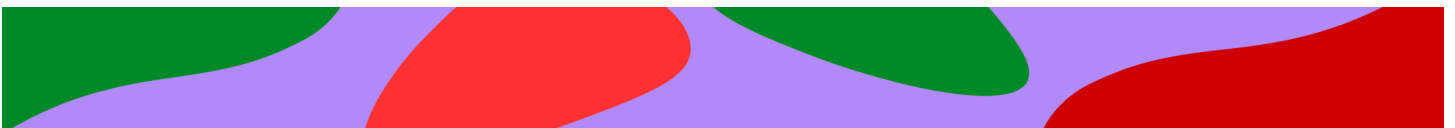
Website – TC. Any changes of meetings should be emailed to [webmaster@aagainesville.org](mailto:webmaster@aagainesville.org).

DCM Report – S, Alt. DCM. Grapevine and Literature will be combining their monthly meetings.

Old Business: None

New Business: Gratitude Dinner set for November 18<sup>th</sup>, 2023, Trinity United Methodist Church, NW 53<sup>rd</sup>, east of NW 43<sup>rd</sup> Street. Motion made to end ZOOM Intergroup access, seconded; discussion – Reps out of town and other Reps have utilized ZOOM. Issue is inability to hear; suggested to check with D-14 about utilizing their microphone; SGW to discuss with spouse (he is sound tech at her church); subject tabled 'til July meeting.

MC closed with Responsibility Pledge.







## District 14 Meeting Minutes

**6/14/2023**

Call to meeting with Serenity Prayer and introductions.

Previous month's minutes approved. Treasurer's report approved.

**DCM's Report-** Delegate (M) of Area 14 (North Florida) will present a post-conference update at next Area Assembly held July 7-9 at Mission Inn at Howey-in-the-Hills. The update will be given on 7/8 from 4:30 to 6 p.m. Flyers about Area events were provided on a clipboard that was passed through the room.

### Service Committee Reports:

**Accessibilities-S.** Recent workshop facilitated by Accessibilities, Treatment and Corrections was attended by 17 people! The Accessibility Committee is reviewing accessibility for treatment and correction meetings.

**Archives-R.** \$1,135 raised from Founder's Day event. Many accolades from many in this meeting for how successful it was. The date for the fall's Gratitude Dinner will be 11/18/23.

**Corrections-N.** Alachua County Jail is reluctant to take more applications as they currently have 30 people currently approved to bring meetings into jail. Nathan knows of 7 people who are actively showing up. He shall be contacting others on the list to discover their intentions.

**CPC/PI- S** has stepped down. Need new leader. AA literature is stocked fully at Alachua County Libraries and Safety Council.

**Grapevine-B.** She is continuing her database project with contact information for all Grapevine representatives. Grapevine and Literature groups will meet the first Monday of the month at Triangle Club at 6:30 p.m.

**Literature-J.** Not present; no report

**Treatment-KN.** C brought report that 40 meetings are being covered each month. Only group needing support is for Meridian Detox on the second Wednesday at 7 p.m.


**Website-T.** Structures and Guidelines are now available on website.

**Intergroup-AO.** Still need an alternate for the Post's production.

**Old Business:** Alternate DCM was elected for this group. S was voted in. She has a variety of service experience from her previous area/group.

**New Business:** District 14 has 84 groups. Most Area groups have an average of about 30 groups. Discussion about reaching out to groups currently not participating in District 14 and will consider whether our District should be divided into smaller groups. EC will be reaching out by email to all groups not currently participating in Area. Several GSRs and Committee member chairs offered to assist in this process.

Meeting adjourned with the Responsibility Pledge.



# DISTRICT

# 14

## Treasurer Report July 2023 Meeting

### Report on June Financial Activity Fiscal Year April 2023-March 2024 (Beginning Fiscal Year Balance = \$15,539.84)

	Amount	Year to Date
<b>Opening Bank Balance</b>	\$ 14,183.20	
Group and Individual Contributions	\$ 453.72	
Founders' Day Net Receipts	\$ 3,379.00	
Committee Expenses	\$ (32.74)	\$ (1,415.52)
D14 Expenses (includes rent/PO Box/sponsored events/website)	\$ (276.88)	\$ (1,799.35)
Founders' Day Expenses (Church rental)	\$ (2,885.00)	
Earned Interest	\$ 1.13	
<b>Total Expenses</b>	\$ (3,194.62)	\$ (3,214.87)
<b>Closing Bank Balance</b>	\$ 14,822.43	
One Month Difference in Bank Balance	\$ 639.23	
<b>Money Held in Reserve:</b>		
Founders' Day Seed Money 2024	\$ 1,536.50	
Service Fair - Reserve for 2023	\$ 300.00	
Prudent Reserve	\$ 5,000.00	
<b>Operating Cash (bank balance minus reserves)</b>	\$ 7,985.93	

\*Note - Please indicate Group Name & Number on Contributions

### June 2023 District & Committee Expenses

	Year to Date		Annual Budget	Remaining Budget Avail.
	Spent	Spent		
D14-Rent/PO Box/POST	\$ (27.00)	\$ (529.64)	\$ 600.00	\$ 70.36
D14 Sponsored Events/Area	\$ (249.88)	\$ (1,269.71)	\$ 3,000.00	\$ 1,730.29
Accessibilities	\$ -	\$ (41.59)	\$ 300.00	\$ 258.41
Archives	\$ -	\$ -	\$ 600.00	\$ 600.00
Corrections	\$ (32.74)	\$ (626.31)	\$ 800.00	\$ 173.69
CPC/PI	\$ -	\$ (88.03)	\$ 200.00	\$ 111.97
Grapevine	\$ -	\$ -	\$ 200.00	\$ 200.00
Literature	\$ -	\$ -	\$ 500.00	\$ 500.00
Treatment	\$ -	\$ (659.59)	\$ 1,200.00	\$ 540.41
Website	\$ -	\$ -	\$ 750.00	\$ 750.00
Other (Founders' Day)	\$ (2,885.00)	\$ -	\$ -	\$ -
<b>Total</b>	\$ (3,194.62)	\$ (3,214.87)	\$ 8,150.00	\$ 4,935.13

### Breakdown of Monthly Expenses

District 14 - Meeting room	WPC (meeting room)	\$ (27.00)
D14 Area	Founders' Day -- Church Rental Costs	\$ (2,885.00)
Intergroup	Corrections Committee	\$ (32.74)
D14 Area	Accessibilities Workshop	\$ (249.88)
<b>Total Expenditures</b>		\$ (3,194.62)

### D14 Service Committees

Name	When	Where
Archives	6:30 PM 1 <sup>st</sup> Tuesday of every month	Triangle Club 1005 SE 4th Ave
Corrections	6:00 PM 3 <sup>rd</sup> Tuesday of every month	Triangle Club 1005 SE 4th Ave
District 14	6:30 PM 2 <sup>nd</sup> Wednesday of every month	Westminster Presbyterian Church 1521 NW 34th St
Grapevine	6:30 PM 3 <sup>rd</sup> 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 <sup>rd</sup> Thursday of every month	Triangle Club 1005 SE 4th Ave

Hello friends in AA! The Area Assembly in Howey-in-the Hills was such an amazing experience! Not only did we find out about the outcomes from the General Service conference held in New York (ask your group's GSR for details), we also learned a great deal about service events happening in North Florida.

Did you know there is a new book called The Home Group: The Heartbeat of AA? AA members share moving experiences about the importance and joys of belonging to an AA group. Virtual Meetings are getting together and forming their own District, District 2. Their first meeting will take place on July 17th. Please see [aanorthflorida.org](http://aanorthflorida.org) to get involved.

District 14 still needs a CPC/PI Committee Chairperson. CPC stands for Cooperation with the Professional Community (doctor, lawyers, educators, etc.) and PI stands for Public Information (media, schools, etc.). Please see [aagainesville.org](http://aagainesville.org), click on "District," and look for Structures and Guidelines for more information. If you are called to serve in this area, just come to our District Meeting which meets on the second Wednesday of each month at 6:30 p.m. at Westminster Presbyterian Church (New Freedom has meetings here). Don't forget that District 14 has a microphone and speaker system for loan to try to provide better accessibility to those who are hard of hearing. Please contact me at the DCM email on the website, [aagainesville.org](http://aagainesville.org), to set this up.

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

**DCM'S CORNER**



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](mailto:Gainesville.Intergroup@gmail.com)



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

Send donations to [gainesville.intergroup@gmail.com](mailto: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

# IT'S A BEAUTIFUL DAY TO BE SOBER

### **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](mailto:webmaster@aagainesville.org)