

The Way We Treat Others

It took me decades to realize that the goal of recovery is sobriety and unconditional love of others and myself. I learned that a focused action plan based upon unconditional love provides specific behavioral objectives about what to do and what not to do.

My goals for recovery now are to be more unconditionally loving, kind, caring, giving, accepting, compassionate, tolerant, empathic, helpful, generous, patient, humble, honest, selfless, unselfish, other-centered, positive, altruistic and forgiving. I also seek to follow the Golden Rule—to treat others the way that I would really love them to treat me.

In addition, my aim is to be less selfish, self-centered, judgmental, discriminatory, prejudicial, vain, egotistical, arrogant, perfectionistic, resentful, angry, fearful, anxious, hostile, envious, jealous, greedy and dishonest.

In other words, by first changing my behavior toward others, I started to feel better about myself because others began to treat me better. By changing my behavior I changed my feelings for the better. My thinking changed and improved as my feelings changed. The Big Book does not say, “Into Thinking.” It says, “Into Action.”

If I am ever concerned or confused about what to do, I ask myself this question: What is the loving thing to do here? Our cofounders Bill W. and Dr. Bob said the foundation of AA is love and if I am ever concerned or confused about what to do, I ask myself this question: What is the loving thing to do here?

Our cofounders Bill W. and Dr. Bob said the foundation of AA is love and service. I’ve learned that service is not just loving and helping people in AA; service is my loving behavior toward all people. The Twelfth Step indicates that I need to follow these principles in all of my affairs, not just some of them.

I also learned that humility is much better than trying to be great, to act great, to have great things and to show that I am great. That only drives people away. People don’t care about any of this; they care about how I treat them. AA has taught me that being loving and humble works much better. Today I have serenity and peace of mind. This is what worked for me, and I hope it may help you too.

HD.



Community News

The AA Hotline and Intergroup received 33 calls in July.

Service Positions: Elections are coming up soon in October. Please consider standing for a position; Intergroup offers great opportunities for service. Come to the Intergroup meeting at the Triangle club the last Sunday of the month at 1pm to see how it works.

Intergroup can always use more help. Volunteers work a minimum of one shift per month on the Intergroup schedule. Meet new people and be of service. And we have snacks for our volunteers!

Thank you to group Treasurers who include the name of their group with their contributions. If we have your group name on Checks, Money Orders, PayPal or Venmo donations to Intergroup we can give your group credit. An email or mailing address makes it possible for us to send your receipt/thank you note.

In Grateful Service,

Annie O (gainesville.intergroup@gmail.com)



Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.

Step 9 can be incredibly difficult for those who may be struggling with feelings of shame, pride, or entitlement. But, as difficult as it is, completing this step can provide an immense sense of relief and newfound hope for the future. At the heart of this step is the need for forgiveness and restoration—forgiving yourself, forgiving others, and making amends. The ninth step is essential in the recovery journey.

After acknowledging how actions tied to our addictions had a negative impact on people in our lives, we commit to making direct amends whenever possible. For many of us, apologizing was a regular habit. Whether it was apologizing for being late for work, missing an event, misusing property or stealing money to support an addiction, expressing remorse was likely a daily occurrence. The guilt may have been real, but the apology didn't come with lasting change.

Making amends involves taking action to correct or repair our mistakes. This action can demonstrate the person's new way of life in recovery. It goes beyond simply apologizing. Whenever possible, we alcoholics are encouraged to make direct amends face-to-face with those we have harmed while living in addiction. For example, someone may make amends by apologizing for stealing property and then make it right by returning what they'd taken.

Along with reinforcing new behaviors and outlooks, making amends can also reduce stress. Many of us alcoholics have past behaviors we're not proud of. By proactively correcting previous mistakes, we help to prevent future conflicts that could trigger a relapse.

AUGUST BIRTHDAYS

4th Dimension

BL - 8 yrs

10th and 11th Step

JD - 3 yrs

Downtown Group

AH - 6 yrs

Eye Opener Group

GB - 5 yrs
PA Sr - 20 yrs
MW - 10 yrs

Free to Be

RO - 26 yrs
MP - 1 yr

Gratitude Group

SW - 29 yrs
D - 1 yr

Lawtey Primary Purpose Group

LW - 13 yrs
DC - 15 yrs

New Freedom

D - 1 yr
JD - 3 yrs
KB - 4 yrs
GM - 8 yrs
M - 10 yrs
R - 26 yrs
TLJ - 45 yrs
T - 45 yrs
S - 45 yrs
C - 23 yrs

Sisters in Sobriety

JL - 29 yrs

Starke Happy Hour Group

DK - 3 yrs

Tuesday Night Step Study

JS - 18 yrs
DP - 20 yrs

The Way Out Group, High Springs

JS - 39 yrs
HS - 20 yrs

Wholesale Miracle Group

C - 23 yrs



September Birthdays?
Send them by Sept. 10th 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)

North Florida District 14

4111 NW 16th Blvd
PO Box 357254
Gainesville, FL 32605-9998
(Checks payable to North Florida District 14)

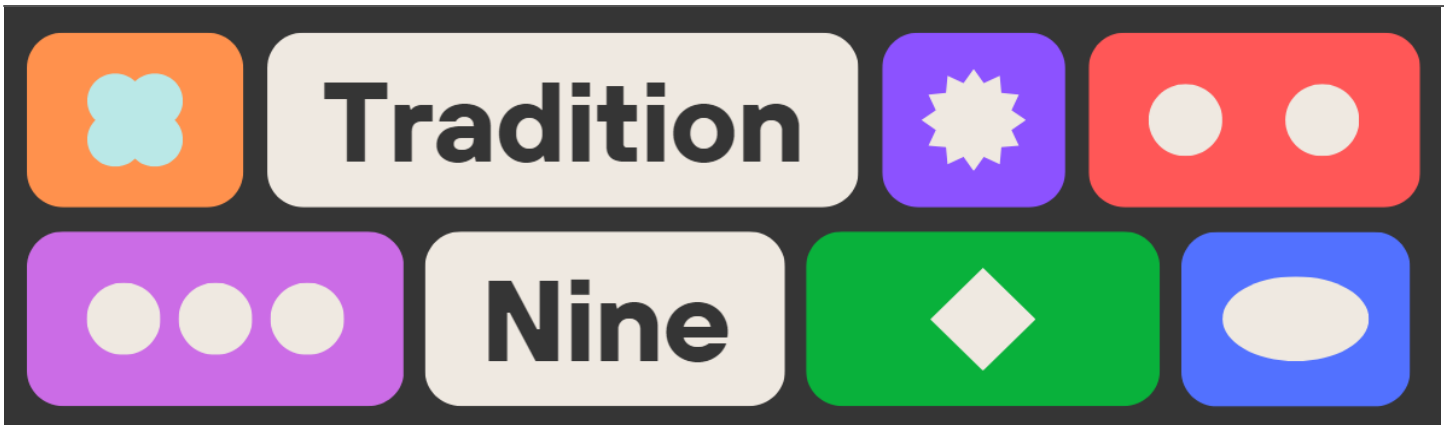


North Florida Area Assembly

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)



A.A., as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

When this Tradition was first written it stated that “A.A. needs the least possible organization”. Two things happened which contradicted our Society from not being organized. In my opinion, I believe our Co-Founder Bill W. (who wrote this Tradition) probably first wanted to appease the A.A. Groups who probably ran their own little fiefdoms. The second reason for this contradiction was that after March 1941 our Group membership grew two-fold.

The key to this Tradition is by simply looking at our Service structures “Upside Down Triangle”. The A.A. Groups when they form adopt a set of By-Laws to run the Group. The By-laws conform to our A.A. Traditions. Most Groups use Tradition V as their pivot when they form. They then hold their first Group Conscience meeting using our Second Tradition. The Group then elects Trusted Servants to hold Group Service Positions and they perform their prospective duties for the Group as a whole. The Group holds A.A. Business meetings and the Meetings as well as the voting are democratic. When voting on a Motion even the losing side of the Vote is given a Voice (Concept V)! This is truly Democracy at work.

When our General Service Office grew to our increased Membership different Departments sprang up to handle Group Services, Big Book Sales, Where and When to find A.A. Groups, and lo and behold Committees were formed!

A.A. today has many committees at the Group, Intergroup, District, Area and when a General Service Conference Committee is formed each Area Delegate is assigned to a Conference Committee to vote on that year's (Panel) selected Agenda Items. The General Service Conference selected me to serve on the Finance Committee in 2009 (Panel 59). The Finance Committee that year elected me to Chair the Delegate's Finance Committee in 2010 (Panel 60).

In A.A. today sometimes a topic of special interest will occur within a Group, Intergroup, District, Area or even at the General Service Conference. An Ad Hoc Committee is formed to research the Subject and report their findings and results to the Service entity that assigned the Ad Hoc Committee.

Love and Service,

DF, Past Delegate, NE Ohio. Panel 59

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



North Central Florida INTERGROUP

Located in the:

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:
September 24 @ 1:00*

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

Intergroup Chairperson's Corner

Hello everyone,

I hope sobriety finds you all well. A few service positions are still available. Alternate positions are available to shadow and learn, fill in to update in case of the service chair's absence and to ensure a seamless transition for any upcoming "spirit of rotations." Come on by to find out more about that. Also, by the time this P.O.S.T is circulated, we will hopefully have come up with a date for our first Gratitude Dinner planning meeting. Keep an ear out for announcements about these meetings. Service positions will be going quick, so get 'em while you can (but, seriously, we can always use the help). Thank you for your time.

In service,

MC (campbellmatthew0723@gmail.com)

July Contributions

Friends of Bill W. (Chiefland) \$40

Hampton Hole in the Wall \$94.88

Jonesville \$75.00

Mission of the Dirt Road \$70.00

Steps to Freedom \$35.00

The Loft \$40.00

Wholesale Miracle \$79.20

Women In Action \$3.50

Faithfuls/Individuals \$374.00

Thank you for helping Intergroup to carry the message!

Consider becoming a Faithful 5er, 10er, or more. By making it an automatic monthly payment from your PayPal, Venmo or bank account you can contribute to Intergroup without even thinking about it!

North Central Florida Intergroup Treasurer's Report—July 2023



	Current	Y.T.D.		Current	Y.T.D.
Sales	\$1,069.16	\$10,737.21	Committee Expenses	\$0.00	\$0.00
Sales Tax Collected	\$80.24	\$754.52			
Card Convenience Fees	\$7.00	\$48.50			
Activities Revenues	\$0.00	\$254.64			
Total Revenues	\$1,156.40	\$11,794.87	Activity Expenses	\$0.00	\$200.00
Contributions			Purchases	\$572.93	\$7,836.63
Faithful Fivers	\$74.00	\$733.00			
Group Donations	\$437.58	\$5,363.06			
Other Donotion	\$28.95	\$1,396.62			
Total Donations	\$540.53	\$7,492.68			
Interest	\$42.62	\$220.90			
Overhead Expenses			Total Deposits	\$1,696.93	
Intergroup Monthly meeting	\$20.00	\$140.00	Total Combined Expenses	\$2,248.50	
Internet	\$77.22	\$540.49			
Office Expenses	\$107.07	\$335.81	Gain/Loss	-\$551.57	
Rent	\$275.00	\$1,500.00			
Office Manager Salary	\$825.67	\$6,825.67	Checking, End of Month	\$3,346.88	
Paypal and Square Fees	\$14.75	\$122.59	Business Shares	\$8,997.63	
Payroll Taxes	\$0.00	\$459.00	Certificate of Deposit	\$9,112.06	
Postage	\$0.00	\$202.44			
Printing POST	\$117.25	\$870.33			
Printing Other	\$0.00	\$687.60			
State Sales Tax	\$41.14	\$733.84			
Telephone	\$197.47	\$1,383.88			
Other Expenses	\$0.00	\$116.05			
Total Overhead Expenses	\$1,675.57	\$14,117.70			



“When we strive to become better than we are,
 everything around us becomes better too.”
 -Paulo Coelho



Opened with a moment of silence, followed by the Serenity Prayer – Matthew C.

WELCOME - J - New Freedom, J - Sisters in Sobriety

Chair Report – MC: Planning meeting for gratitude dinner in the works. Spreading the word on the spirit of rotation for IG positions. Still need volunteers for the IG office.

Alt Chair Report - AB: Pushing to get IG reps for the Zoom meetings and having them Zoom in on Sunday.

Secretary report–KM, Secretary; JG, Alt Secretary: Motion to accept the minutes by SG, second by GA

Treasurer Report – MR, Treasurer: Report in the POST. Tee asked about the percentages of donations for each group to donate to the different levels. AO shared that there is a pamphlet available at Intergroup office for this this. GA motion to accept. N seconded the motion.

Phone Committee – M: Not present. 845-901-8774 to send out to anyone who is interested in volunteering. All phone positions filled. A indicated that they could always use people who are willing to talk to people who call in and are looking for someone to talk to, so that the main line is not tied up.

P.O.S.T. - MG: Make sure that home group reps email post@aagainesville.org to have birthdays included by the 12th of the month. 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: Stock looks good. If you would like to place a “big order” please let AO know via email at gainesville.intergroup@gmail.com. Elections are coming up in October: Alt IG Chair, Alt Phone, Alt Webmaster, etc

Website – TC, Webmaster; Alt Webmaster: By-laws are uploaded to the website. TC is receiving requests to post flyers for other “sobriety related” events and was looking for some direction on what is allowed. SG, AO, C, A all offered input on what they thought was appropriate to post. Tee suggested that an email be sent to the query office of the GSO. MR brought up offering free advertising to “profit-making enterprises”

DCM Report – EMH: Alt DCM - S: Shared [DCM report](#), 2nd highest attending district at the Area Assembly. Plain language Big Book is in the works. No changes being made, just a plain language “accessibility” addendum to make the book easier to understand. Will be available in the next year. (SG added that the ‘Plain Language” big book addendum is designed to be read at a 3rd grade level and for people with dyslexia and other learning disabilities.)

Accessibilities: S would like to see D14 become a model for accessibilities for other districts.

Corrections: N would like to see more people involved in “Bridging the Gap” The second Wednesday of August (8/9) D14 meeting at 5:45pm at Westminster Church will begin planning the D14 service fair, date will be determined at the meeting. MC iterated that each group should consider having an accessibilities chair.

Old Business: There was a motion to end the ZOOM IG meeting. Still seeing if its working, tabled to next month. Motion to postpone the cancellation of the zoom for three months. Seconded SG, motion passed.

New Business: TC mentioned that he visited the GSO and there is a group that solely goes out to locations that have difficulty getting meetings?

Close Meeting with Responsibility Declaration

Date of next meeting: Sunday, August 27, 2023





District 14 Meeting Minutes

7/12/2023

Call to meeting with Serenity Prayer and introductions. Previous month's minutes approved. Treasurer's report approved.

DCM's Report- Post conference update can be accessed by aanorthflorida.org Username: NFAC, Password Bob1935!

There are positions open at the General Service Office. For more information: www.aa.org → Resources → Contact Us → Careers. For **AA Anniversaries:** Please email information to post@AAGainesville.org. The post requests that you submit the first name and last initial, number of years celebrating and name of homegroup.

If you have any suggestions to be considered at the 74th General Service Conference your **Proposed Agenda Item** must be submitted by September 15, 2023. Please go to aanorthflorida.org; "documents" for the submission form. Please feel free to contact M, our delegate, for assistance, if needed.

Treasurer for Area 14 says we are "financially sound." Area 14 (North Florida) still needs an archivist. aanorthflorida.org. There is a new virtual district, District 2. For more information: aanorthflorida.org. Next Area Assembly September 29-October 1.

Alt DCM's Report-S presented this month's Tradition and Concept.

ACCESSIBILITIES-S Please encourage your homegroup to elect an Accessibilities Representative. They are developing new resources for the website. A survey is also being developed regarding accessibility for recovering AA members. More information on this is coming soon.

Archives-G Discussed funding for Founder's Day (seed money for next year's event). Will be conducting interviews with AA members that have 30 years or more of sobriety. Also, looking to update histories for each home group.

Corrections-N Working with website (approval process); exploring more information on "Bridging the Gap," for District 14.

CPC/PI No current leader. Members from the New Freedom group have helped deliver information to all sites.

Grapevine-B Continuing to create a database of GV reps in District 14. Will be sending emails in September. Combining monthly meetings with Literature Committee.

Literature-J She confirmed that this committee is not responsible for donating literature to existing home groups, however it does provide start-up literature (if needed) for any beginning new group.

Treatment-KN would like to have more volunteers so that meeting times and locations can be expanded. Encouraging home groups to please elect Treatment representatives.

Website-TC Working with committee chairs to improve accessibility of website and to further provide resources for AA members in District 14.

Intergroup-MC A, the alternate, reiterates the need for help in the intergroup office. Email AO at gainesville.intergroup@gmail.com. Also, anyone can attend and the meeting is hybrid.

Old Business: Need District Committee Chair for CPC/PI. RC. was voted in as chair of this position.

New Business: Service Fair The leader for this event will be S, alternate DCM. Usually held September or October. Will be held on a non-gator football game Saturday. It will highlight all the service opportunities in our area.

Meeting adjourned with the Responsibility Pledge.



DISTRICT

14

Treasurer Report August 2023 Meeting

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

	Amount	Year to Date
Opening Bank Balance	\$ 14,822.43	
Group and Individual Contributions	\$ 88.98	
Committee Expenses	\$ (352.65)	\$ (1,768.17)
D14 Expenses (includes rent/PO Box/sponsored events/website)	\$ (292.26)	\$ (2,091.61)
Earned Interest	\$ 1.23	
Total Expenses	\$ (644.91)	\$ (3,859.78)
Closing Bank Balance	\$ 14,267.73	
One Month Difference in Bank Balance	\$ (554.70)	
Money Held in Reserve:		
Founders' Day Seed Money 2024	\$ 1,536.50	
Service Fair - Reserve for 2023	\$ 300.00	
Prudent Reserve	\$ 5,000.00	
Operating Cash (bank balance minus reserves)	\$ 7,431.23	

*Note - Please indicate Group Name & Number on Contributions

July 2023 District & Committee Expenses

	Spent	Year to Date Spent	Annual Budget	Remaining Budget Avail.
D14-Rent/PO Box/POST	\$ (27.00)	\$ (556.64)	\$ 600.00	\$ 43.36
D14 Sponsored Events/Area	\$ (265.26)	\$ (1,534.97)	\$ 3,000.00	\$ 1,465.03
Accessibilities	\$ -	\$ (41.59)	\$ 300.00	\$ 258.41
Archives	\$ -	\$ -	\$ 600.00	\$ 600.00
Corrections	\$ (352.65)	\$ (978.96)	\$ 800.00	\$ (178.96)
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
Total	\$ (644.91)	\$ (3,859.78)	\$ 8,150.00	\$ 4,290.22

Breakdown of Monthly Expenses

District 14 - Meeting room	WPC (meeting room)	(27.00)
D14 Area	Hotel Room for Area 14 Conference	(153.81)
Intergroup	Corrections Committee	(377.77)
D14 Area	Travel Expense Area 14 Conference	(89.70)
D14 Area	Office Supplies	(21.75)
Intergroup	Reimbursement for overpayment	25.12
Total Expenditures		(644.91)

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

Hello friends in District 14! I hope you are enjoying your summer and staying cool! Several of us attended the July Area Assembly and we got updates on the April AA Conference in New York. We are learning more about the proposed Plain Language Translation of the Big Book. More will be revealed on this as we get further information! If you have any ideas to propose for consideration by AA as a whole, please go to www.aanorthflorida.org, "documents," to submit your ideas. The deadline is September 15th.

Did you know that there are positions open at the General Service Office? For more information: <http://www.aa.org> ->Resources->Contact Us->Careers.

Announcing a new District for all virtual meetings...District 2!! Please visit www.aanorthflorida.org for more information on getting your virtual group involved and informed. The next Area Assembly in Howey-in-the-Hills will be September 29th-October 1st.

Lastly, stay tuned for information about our District 14 Service Fair coming soon to the Triangle Club! Come have some fun and learn more about service!

In loving service, for Free and For Fun,

EH, 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



EVENT FLYERS

Promote your AA event on the Intergroup website!
Send your JPEG/PNG file at least 1 month in advance to:
webmaster@aagainesville.org

Intergroup Payments



Intergroup accepts PayPal and Venmo payments for Homegroups, Individuals, and Faithful Fivers.

Send donations to: gainesville.intergroup@gmail.com

Please include your group or individual name on the payment.



**Join Us for Area 14's
Online District 2's 1st Business
Meeting
Saturday September 16th 2023
10:00 am Eastern Time
"Carrying The Message Virtually"**

Business Agenda

**Selection of DCM, Secretary and Treasurer Positions
By Registered District 2 Group members.**

**Question and Answers About District 2
Open To All Attendees**

So What's Next ?? What Is A Virtual District?? Why Join ??

ZOOM

Meeting ID: 893 9095 3434

Passcode: 465935