

The Trouble with Fear



When danger is imminent, fear can be a fight-or-flight lifesaver. AA's 4th Step in the *Twelve Steps and Twelve Traditions* book says that human instincts are necessary for our existence, and that "nearly every serious emotional problem can be seen as a case of misdirected instinct." AA has helped me realize that most of my fears are habits leftover from childhood. My refusal to face, feel and own them caused me years of needless misery.

Since coming into AA and staying sober, I've learned to deeply question fear, practice solutions instead of problems, sanity instead of insanity, love instead of fear. Otherwise, fear can ruin this moment, this day, this life—if I let it. I don't *have to let it*.

In sobriety, I've sometimes tasted a glorious world of freedom beyond fear and the unstoppable power of love and responsible adult conduct—even while feeling like a scared little kid. At those times, I've tried to remember solutions, breathe deeply, say heartfelt prayers, take a Third Step, write down specific fears,

call my AA sponsor, take a nature walk, do something for someone else, practice "constructive imagination" (p.100) not mental horror movies, let go. I also love a simple quote I read somewhere: "Look for the good and leave the rest to God."

My world is no bigger than this moment. This means that right now, my world is just me sitting here at a desk typing words that magically appear on a computer screen. If any fear comes up, it would be an irrational fear since I'm perfectly safe right now. There's no danger. All is well.

Years ago, I heard a priest say, "Life isn't what's coming out of a box called television. That's not life. Life is what's going on in the room where you're watching television." AA says, "There is One who has all power, that One is God, may you find Him now." I've learned to pay attention. Now means now. "Courage isn't the absence of fear, but rather a judgment that something else is more important than fear."

- KM



Community News

The AA Hotline and Intergroup received 31 calls in August.

Our webmaster thanks those who use the meeting change forms to add, close or change a meeting on our schedule. That form asks all the questions needed to update the meeting schedule on the website.

Please consider standing for a position at Intergroup. We will be holding elections in October for the Alternate Chairperson. 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,

AO (gainesville.intergroup@gmail.com)



Continued to take personal inventory and when we were wrong promptly admitted it.

In step 10, personal inventory refers to emotional disturbances that can trigger a person to return to misusing drugs or alcohol. Watching for these disturbances on a daily basis—and taking a daily inventory—is an important part of recovery. **The daily work of step 10 is ongoing.** There's no simple switch to flip. You will have situations in your daily life that don't make living Step 10 easy at all. Sometimes, you may not be able to instantly control your thoughts and actions. However, Step 10's about learning with each instance that you have the ability to right your thought patterns and correct your actions.

View this step as a process of ongoing honesty. It's about showing your vulnerabilities and exposing the part of you that you don't want others to know about, the darker, perhaps angry part of yourself. That's how you'll take inventory. As you go through your day, you may recognize a situation that really angers you. If you step away for a moment, you can see that your reaction may not be the right one. In that thought process, you come to grips with yourself and your deep emotions.

As you work this process each day, take the time to think about your inventory and notice any trends. Is there something constantly on your inventory? Is there some experience that happens numerous times? If that's the case, it means you are truly not working Step 10 enough.

To be successful, you must not just recognize the mistake; you must also admit that it was wrong. When you decide that it is wrong, you work consciously and with defined actions to fix it and stop it from occurring again. Any time you notice this type of repetitive mistake, you haven't truly worked through it yet.

SEPTEMBER BIRTHDAYS



Downtown Group

MR - 19 yrs

Eye Opener Group

TD - 37 yrs

CK - 1 yr

DS - 37 yrs

Free to Be

AW - 2 yrs

Hampton Hole in the Wall

A - 14 yrs

DC - 5 yrs

SS - 16 yrs

M - 2 yrs

F - 7 yrs

PW - 36 yrs

Starke Happy Hour Group

DC - 5 yrs

SS - 16 yrs

LM - 35 yrs

The Way Out Group, High Springs

JM - 21 yrs

SB - 36 yrs

Wholesale Miracle Group

AO - 36 yrs

Young People's Group

DS - 26 yrs

GG - 4 yrs

4th Dimension

CW - 1 yr

JF - 4 yrs

JJ - 20 yrs

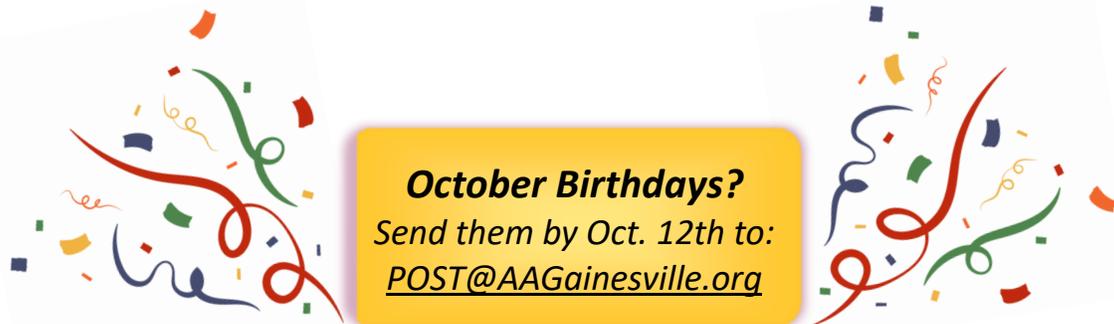
JC - 16 yrs

KN - 16 yrs

10th and 11th Step Group

BB - 30 yrs

HH - 12 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 has no opinion on outside issues;
hence the A.A. name ought never be drawn into public controversy.*

This is a Tradition that fortunately has not been a major issue to Alcoholics Anonymous. Since our Fellowship's inception, we have never had our ranks split by a controversial issue. A.A. has been, and always will be about shared experience. One of our Co-Founders Bill W., was approached in the early 1940's regarding a movement that sprang up in the United States a century before. This Tradition came to fruition and was a direct result of a Society known as the Washingtonian Movement.

The Washingtonian Movement became a Society and started in Baltimore, Maryland in 1840. They had reached a membership of at their peak of approximately 600,000* members and within a few years most of their groups had disbanded. They started out with seven similarities to Alcoholics Anonymous. The similarities were:

1. Alcoholics helping each other.
2. The needs and interests of alcoholics kept central, despite mixed membership, by predominance in numbers, control, or the enthusiasm of the movement.
3. Weekly Meetings.
4. The sharing of experiences.
5. The Fellowship of the Group or its members constantly available.
6. The reliance upon the power of God.
7. Total abstinence of alcohol.

Does this sound familiar? Here are some of the differences that led to their demise:

1. The admission of non-alcoholics as members.
2. The incorporation of the "Temperance Purpose", the inducement of total abstinence in non-alcoholics became two of the most striking differences.
3. The 1840's were a Pre-Civil War era and many of the Groups that were in the southern U.S. States began a Pro-Slavery stand. The Groups in the northern States adopted an Abolitionist platform. These ideas were conveyed by their speakers at the podiums and their leaders in their Home Group meetings.
4. Many of the speakers at these meetings were paid and Abraham Lincoln even spoke at a meeting in 1842 when he was a Congressman in Illinois. He was not a member of the Society but was the Guest Speaker on February 22, 1842 which also happens to be George Washington's Birthday.

What can prevent this sort of thing from happening today? From time to time an A.A. Group should take its Group Inventory by learning the A.A. Traditions and what they really mean. The A.A. pamphlet *The A.A. Group...where it all begins*. This is probably the most comprehensive pamphlet published by our General Service Office.

Note: The U.S. Resident Population in 1840 was 17,063,353 (Source taken from U.S. Census Bureau).

Love and Service,

DF, Past Delegate, NE Ohio. Panel 59



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:
October 29 @ 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. We're in need of office volunteers. It's a great opportunity to do service work for our community. Shifts with flexible hours. Contact our Intergroup Office for more details. We will have had our first Gratitude Dinner planning meeting (Sept 12) by the time this P.O.S.T is in circulation, but just be sure to keep an ear out for any announcements for the next planning meeting if you would like to help us out. There's always room for the assistance. The Gratitude Dinner is set for November 18th at Trinity United Methodist. Covered dishes and side dishes would be appreciated. Thank you all for your time.

Yours in service,

MC (campbellmatthew0723@gmail.com)

August Contributions

10th & 11th Steps	\$450.00
Design for Living	\$208.30
Eye Opener	\$222.00
Free Thinkers	\$75.00
Friends of Bill W (Chiefland)	\$60.00
Hawthorne Group	\$35.00
Lawtey Primary Purpose	\$11.28
Melrose 12 & 12	\$90.00
Survivors Group	\$20.00
Williston Winners	\$79.00
Faithfuls/Individuals	\$79.00

Thank you for helping Intergroup to carry the message!

Consider becoming a Faithful 5er, 10er, or more by making an automatic monthly contribution from your PayPal, Venmo or bank account .

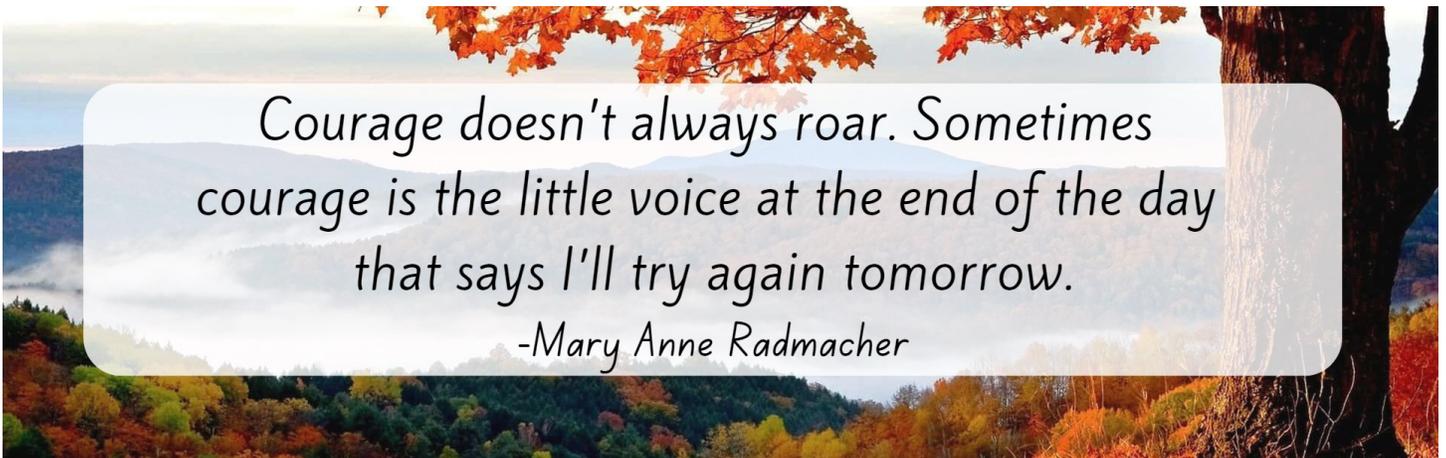
North Central Florida Intergroup Treasurer's Report—August 2023



	Current	Y.T.D.		Current	Y.T.D.
Sales	\$1,373.32	\$12,110.53	Committee Expenses	\$0.00	\$0.00
Sales Tax Collected	\$94.98	\$849.50			
Card Convenience Fees	\$12.00	\$60.50			
Activities Revenues	\$0.00	\$254.64			
Total Revenues	\$1,480.30	\$13,275.17	Activity Expenses	\$0.00	\$200.00
Contributions			Purchases	\$2,809.58	\$10,646.21
Faithful Fivers	\$79.00	\$812.00			
Group Donations	\$1,096.58	\$6,459.64			
Other Dortion	\$311.90	\$1,708.52			
Total Donations	\$1,487.48	\$8,980.16			
Interest	\$42.82	\$263.72	Total Deposits	\$2,967.78	
Overhead Expenses			Total Combined Expenses	\$4,921.02	
Intergroup Monthly meeting	\$20.00	\$160.00			
Internet	\$77.22	\$617.71	Gain/Loss	-\$1,953.24	
Office Expenses	\$60.31	\$396.12			
Rent	\$275.00	\$1,775.00	Checking, End of Month	\$1,419.21	
Office Manager Salary	\$825.67	\$7,651.34	Business Shares	\$8,997.63	
Paypal and Square Fees	\$12.92	\$135.51	Certificate of Deposit	\$9,154.88	
Payroll Taxes	\$0.00	\$459.00			
Postage	\$90.30	\$292.74			
Printing POST	\$117.25	\$987.58			
Printing Other	\$0.00	\$687.60			
State Sales Tax	\$78.19	\$812.03			
Telephone	\$419.46	\$1,803.34			
Other Expenses	\$135.12	\$251.17			
Total Overhead Expenses	\$2,111.44	\$16,229.14			

*Courage doesn't always roar. Sometimes
courage is the little voice at the end of the day
that says I'll try again tomorrow.*

-Mary Anne Radmacher





**NORTH CENTRAL FLORIDA
INTERGROUP**
August 27, 2023
Monthly Meeting

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

WELCOME! To New IG reps – MC: M - Queer and sober new IG; J - Sunlight of the Spirit

Chair Report – MC : Spreading the word about IG and creating the committee for Gratitude dinner.

Alt Chair Report - A: trying to spread the word about IG and Zoom is a work in progress

Last month's minutes – KM, Secretary; JG, Alt Secretary: B, motion to accept, second by GA

Treasurer Report – MR, Treasurer: Reviewed the treasurer's report. Weed motion to accept, Catherine second.

Phone Committee – M: No new announcements. Phone shifts are "full up" C asked about the 12-step phone list and AO advised that it was in the manual.

P.O.S.T. – S gave update for articles. SG asked a question about an activity that she had at the Triangle Club, does the notice need to go to the POST or the Webmaster. AO advised that MG will be out of town so the deadline will need to be submitted the first week of September.

Office Manager - AO: New order of soft cover BB and 12&12 received. Group treasurers to make sure that they email AO and she can email the receipts instead of mailing them. Does IG want to participate in the service fair? A has a contact at the FOL and asked AO if she wanted old editions of the BB or other literature. AO said no. A asked if there were any of the older, discounted books still available.

Website – Webmaster; TC: Meeting list is updated with all requests. Events section not showing current events, but he deleted and reinstalled. Working on getting the events uploaded. Working with SS of accessibilities to make sure that it can be as accessible as possible. If anyone has to change a meeting, there is a meeting change form on the website, please use this. webmaster@Aagainesville.org is the only email address that will be useful for getting information to update the website.

DCM Report – Eve: next area assembly in Howie in the Hills 9/29-10/1. Plain language translation workshop was on August 20th. Service fair date is 10/21 @ Triangle Club from 10am-1pm. Speaker will be LP. SS asked if anyone is interested in proof-reading, Shadesachs@gmail.com. Working on bringing meetings to hospitals.

Archives - looking for people with 30 years or more to be interviewed., please contact GregNorm5@aol.com.

Corrections (N) - getting more meetings, need an updated badge NathanOhair1@gmail.com. New head of CPCPI - R. BR the GV rep, looking for updates to GV reps. MEGR9@YAHOO.COM. Photo contest for a calendar.

Literature (JW) - reach out to her for more pamphlets: JRussell6769@gmail.com.

Treatment - all meetings are covered, but could always use new meetings. Interested persons contact KN 352-219-8117.

Old Business: None

New Business: Gratitude dinner committee Saturday, November 18th at Trinity UMC. Tuesdays at 7pm seem to be the best day for meetings. Sept 5th and 12th are open days that are available. We need a chair for the committee. MC will be until the committee is formed. EC mentioned that the 5th was after Labor Day. Motion made by GA to make the 12th the day. C seconded. Motion passed. First planning meeting will be Tuesday, September 12 at 7pm.

AO: Does IG want to participate in the service fair on October 21st? C made a motion for IG to participate in the service fair. A Seconded. Motion passed. SG mentioned that if any props are needed, she is the go-to girl.

Other Notes: B motion to adjourn. C second. Motion passed.

Close Meeting with Responsibility Declaration

Date of next meeting: Sunday, August 27, 2023





District 14 Meeting Minutes—7/12/2023

Call to order with Serenity Prayer; Introductions with sign in sheet; July minutes approved-alternate secretary JMP taking notes.

Treasurer's Report-DC- Group and individual contributions were \$89.99 but committee expenses were \$393.00. Corrections over budget may need to be modified (see New Business). DC stated he based proposed committee budget amounts on the previous year.

DCM Report-EC - EC reviewed Where and When with GSRs: currently 84 meetings in our District. The next Area Assembly will be at The Mission Inn located in Howie in the Hills, 9/29-10/1. EC will be out of town; Alternate DCM will attend. On 8/20, 3:00pm, there will be a zoom meeting, **Plain Language Translation, a tool for accessing the Big Book**. For more information contact Accessibilities@MarylandAA.org

Alternate DCM-SF - SF is spearheading the planning for the Service Fair. Committee chairs came an hour early to the district meeting, to kick around ideas and dates. Going to meet early for the next district meeting in September as well. Presented this month's Tradition 8 and Concept.

Accessibilities: SS sent a report - 3 new members at the July committee meeting. Development of the Accessibilities Survey is being worked on. Accessibilities page is being built on the website if anyone wants to proofread the page let SS know: shadesachs@gmail.com. An idea by a visitor, M, was brought up to bring an AA meeting to hospitals once a month. More discussion to come in future.

Archives: RG sent a report - Service Fair coming up. They are always looking for AA members with 30+ yrs to interview about changes in AA over time. Updating the History Tree for our district. Archives has papers from long ago with meeting times and places to share on display. If anyone has AA history let GN know: gregnorm5@aol.com

Corrections: N - N requested an increase in the budget for the Corrections Committee. He believes his budget was low the last 2-3 years because during pandemic, Alachua County jail had stopped volunteers from coming in. The Corrections committee spends their money on AA books to give inmates. Please see the outcome of this request under New Business. N went to orientation at Alachua County jail to find out what information volunteers need to complete to satisfy the rules. Badges are the key to getting in the jail - For more information or questions please get in touch with N at nathanohair1@gmail.com

CPC/PI: R - GN is helping R out with a contact list for outreach. He is putting together a summary for the website; what to present at the service fair; and setting up monthly meeting time and place. He is using his personal Zoom account and would like AA to provide him with one.

Grapevine: BR - If groups have any updates or changes in Grapevine Representatives, please let BR know. Megr9@yahoo.com. In September, AA will have 2 apps for grapevine-English and Spanish. Grapevine is currently holding a Photo Contest with a deadline of December 1st. Photos are to be used to make a wall calendar.

Literature: JW - District 14 Structures and Guidelines were reviewed regarding responsibilities of the Literature Committee. Literature committee provides free literature for racks to AA groups. If running out of specific pamphlets, let JW know jrus-sell6769@gmail.com

Treatment: KN - All meetings are currently being covered. However, more meetings can be developed, so if interested, please call KN for more info, (352) 219-8117

Website: TC - Working with SS on the Accessibility webpage. Email TC if you have questions: tc@corwine.org.

Intergroup: MC - When District Committee members purchase literature at the Intergroup store, they are entitled to a 10% discount. Be sure to let the volunteer working at the office know about this. They are working on making Intergroup store more accessible. Saturday 11/18 is the Gratitude Dinner at Trinity United Methodist Church. The first planning meeting is Sunday, 8/27 at 1pm at the Triangle club. Intergroup needs an alternate chair.

Old Business- Discussion of district finances will be postponed until next month.

New Business - CD made a motion to increase the budget for the Corrections Committee to \$1600.00. DC (treasurer) stated there is money available above and beyond the Prudent Reserve. A vote was taken, the result was in favor of Corrections receiving the new budget to allow literature for inmates. Meeting Closed with the **Responsibility Pledge**.



DISTRICT

14

Treasurer Report September 2023 Meeting

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

	Amount	Year to Date
Opening Bank Balance	\$ 14,267.73	
Group and Individual Contributions	\$ 346.00	
Committee Expenses	\$ (188.66)	\$ (1,956.83)
D14 Expenses (includes rent/PO Box/sponsored events/website)	\$ (27.00)	\$ (2,118.61)
Earned Interest	\$ 1.22	
Total Expenses	\$ (215.66)	\$ (4,075.44)
Closing Bank Balance	\$ 14,399.29	
One Month Difference in Bank Balance	\$ 131.56	
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)	\$ 7,562.79	

*Note - Please indicate Group Name & Number on Contributions

August 2023 District & Committee Expenses

	Spent	Year to Date Spent	Annual Budget	Remaining Budget Avail.
D14-Rent/PO Box/POST	\$ (27.00)	\$ (583.64)	\$ 600.00	\$ 16.36
D14 Sponsored Events/Area	\$ -	\$ (1,534.97)	\$ 3,000.00	\$ 1,465.03
Accessibilities	\$ -	\$ (41.59)	\$ 300.00	\$ 258.41
Archives	\$ -	\$ -	\$ 600.00	\$ 600.00
Corrections	\$ (188.66)	\$ (1,167.62)	\$ 1,600.00	\$ 432.38
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	\$ (215.66)	\$ (4,075.44)	\$ 8,950.00	\$ 4,874.56

Breakdown of Month's Expenses

District 14 - Meeting room	WPC (meeting room)	(27.00)
D14 Area		
Intergroup	Corrections Committee	(188.66)
Total Expenditures		(215.66)

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

Hi friends! There are some exciting things going on in District 14! First, we are planning ways to reach out to those meetings in our District to see if we can be of service in some way. Can we help you carry the message to the still suffering alcoholic? Can we help you with a group inventory? Would you like to be informed and/or participate in everything going on in AA on a state/national/ global level? We are here to serve you! Unfortunately, it appears that our group contributions have gone **way down** (from \$500/month to \$90 month average) since we had to discontinue Venmo and Paypal (due to new IRS regulations). Can you please ask your treasurer to send contributions by check or money order? The next Area Assembly is September 29-October 1st. The District 14 Service Fair is October 21st at the Triangle Club from 10 a.m. to 1:00 p.m. Join us to play some games, learn about Service, have some yummy eats and hear a great speaker! And lastly, the SSAASA7 - Southern States AA Service Assembly is being held in Maitland, FL on November 17-19th. (www.ssaasa7org for more information).

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



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.

10/21/23

**1005 SE 4th Ave
Gainesville Fl. 32601**

**Triangle Club
10a-1p**

**Guest Speaker
Alt Del. Lori P.**

**Games
Food
Fun!**

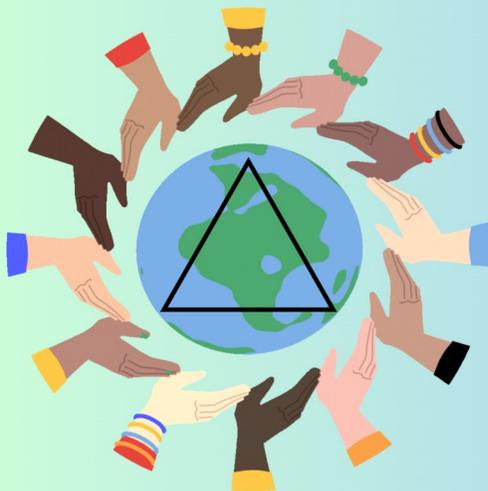
SERVICE

**Free
Open**

FAIR

**SEE
YOU
AT THE
FAIR!**

Con.Eve 352-222-2086 or Stephanie 352-226-6933



Save the Date:

2025

**INTERNATIONAL
AA CONVENTION**

**Vancouver,
British Columbia
July 3-6, 2025**