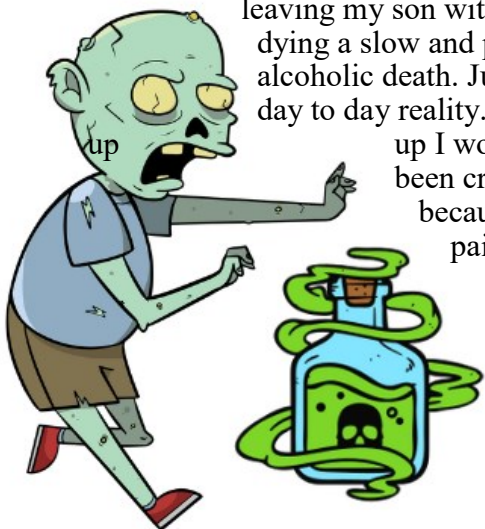


HOW DARK IT IS BEFORE THE DAWN

“Everyone became resigned to the certainty that I would have to be shut up somewhere, or would stumble along to a miserable end. How dark it is before the dawn! In reality that was the beginning of my last debauch. I was soon to be catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes.” -Big Book *Bill's Story*, p.8

This is one of the passages of the big book that had a providential effect on my life in early sobriety because of how much I related to it. There had been many reasons that I wanted to and felt like I needed to get sober. I had never been able to hold a job or pay bills. I did not have the capacity to be a good mom, daughter, friend or spouse. I had caused all kinds of chaos. The list went on and on. But there were two primary reasons that I got desperate enough to become ready to start building a brand new life: I knew for sure that my disease was going to kill me, and I was losing my ever loving f%!\$#@g mind.

It was absolutely terrifying to think of leaving my son without a mother or dying a slow and painful alcoholic death. Just as horrific was my day to day reality. When I would wake up I would realize that I had been crying in my sleep because I was in so much pain. I could not even believe how sick I had gotten. I could not leave the house or face people that I knew because I



was so ashamed and scared of anyone finding out how bad things had gotten. I would have seizures while alone at home from withdrawal and spend most of my waking life crying and pleading with the universe to help me because I had no hope that I could stop on my own. I did not really believe in a higher power at that time and had not tried to seek a spiritual way of life, but it was really all I had when I was trapped in my home and my mind, slowly losing my grip on reality. I was all alone and screaming out for help from within.

Even though I did not believe in miracles, I knew that was exactly what it would take to save me from the mess I had gotten myself and my family into. And that was exactly what I got when I came to AA and started working a program of recovery.

Immediately the light came on inside me and I started to be transformed into the woman that I had always dreamed of being but never thought I would get to be. My higher power removed my desire to drink right away and it has not returned for over nine years. Something that I carried around with me for 15 years and controlled my entire life just disappeared, and most days I still cannot believe that it is true. It is a true miracle.

Life can still be very difficult for me in sobriety, often depending on how many problems I am choosing to create for myself. Navigating the challenge of getting to know myself and love myself has felt impossible at times. But as I just stive each day to make even the smallest amount of progress, I see myself continue to be formed into the person my higher power dreamed me to be. I am growing into the best version of myself and it is a painful but beautiful process. Today there is nobody else in the world I'd rather be.

COMMUNITY NEWS



- ◆ Intergroup is looking for a new office manager, this is a paid position. Contact Fred at 386-628-2541
- ◆ Intergroup and the AA Hotline received 46 phone calls in August
- ◆ The office is always looking for volunteers to staff the office, several openings are available. Call 386-628-2541
- ◆ Gratitude Dinner committee meetings have started.....be a part of. Volunteers needed to make this year's the best.
- ◆ The Office is fully stocked, call ahead and we'll have your order ready.
- ◆ Venmo and Paypal QR codes now available at the office, making payments and donations a snap.

— CALL FOR STORIES —

Fifth Edition Big Book

Deadline for submissions: October 31, 2022 The trustees' Literature Committee is delighted to invite A.A. members to contribute stories of recovery to the Fifth Edition of the Big Book, *Alcoholics Anonymous*, through the new story submission section on the G.S.O. website.

The new page features:

- Guidelines and suggestions on how to write your story;
- Automatic copyright signing process;
- Acknowledgment receipt (**Note:** The anonymity of all authors will be observed whether their story is selected for publication or not).

If you have any questions, please email 5BBStory@aa.org.

Tradition 10

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

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

Tradition Ten – An Essay by Bill W.
September 194

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well-known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement.

But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, it is prudent to suppose that automatically these great gifts and attributes shall be ours forever? If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worth of our present blessings?

Seen from this point of view, our AA Traditions are those attitudes and practices by which we may deserve, as a movement, a long life and a useful one. To this end, none could be more vital than our Tenth Tradition, for it deals with the subject of controversy – serious controversy.

On the other side of the world, millions have died even recently in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society, and nation is saying to the other, "You must do as we say, or else." Political controversy and reform by compulsion have reached an all-time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that AA must continue to live, or else many of us and many of our fellow alcoholics throughout the world will surely resume the hopeless journey to oblivion. That must never be. As though by some deep and compelling instinct, we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

Wilson, William. *The Language of the Heart*. New York: AA Grapevine, Inc., 1988. Print.

HEARD IN A MEETING:

"I have found that the process of discovering who I really am begins with knowing who I really don't want to be."



September Anniversaries

4th Dimension

JC - 19 yrs

JC - 15 yrs

KN - 15 yrs

Eyeopener

DS - 36 yrs

Wholesale Miracle

AO - 35 yrs

Women's Serenity Seekers

KC - 4 yrs

CD - 20 yrs

Hampton Hole in the Wall

DA - 4 yrs

AA - 13 yrs

SA - 15 yrs

Starke Happy Hour

DG - 4 yrs

SA - 15 yrs

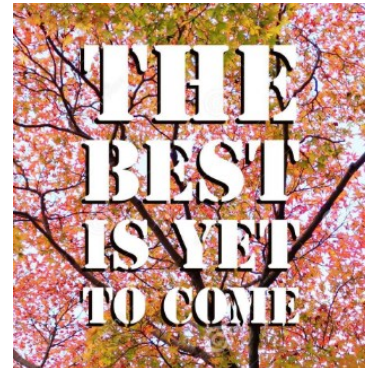
**October Birthdays?
Send them by Oct 12th
to
POST@AAGainesville.org**

Women's Step Study

MS - 13 yrs

LM - 18 yrs

MS - 36 yrs



7th Tradition Addresses

North Central Florida Intergroup

2632 NW 43rd Street, Suite 1182

Gainesville FL 32606-7551

(Checks payable to: NCFI)

District 14

PO Box 357254

Gainesville, FL 32635-7254

(Checks payable to District 14)



North Florida Area Assembly

PO Box 226

DeLeon Springs, FL 32130

(Checks payable to NFAC)

General Service Office

PO Box 2407

James A. Farley Station

NY, NY 10116

(Checks payable to GSO)

Step 10

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

My ‘Bespoke Step 10/ Assets Prayer’

It’s a honest program, so I have to admit- I am AWFUL on doing written step 10. I will do spot checks, like what’s my part, take responsibility and speak to a sponsor or friend in fellowship before I clear my side of the street. Butttt, it often ends up being more like a mini step 4 by the time I get into enough pain to sit down with pen and paper and do it.

I have however developed a little step 10 (and 11 I suppose) method for making my own bespoke Step 10 prayer for chronic issues, lingering resentments, fears that something will or won’t happen that is taking away my peace and just generally when I need reminding/ refocusing on what’s my role in the job of managing defects and shortcomings.

I start out with my 4 column inventory process like in step 4- similar to how it is in the in the Big Book but also with a 4th column for defects of character (I have a list of 14 to choose from the way I was originally sponsored when I first did my steps):

Who/what/ resentment or fear is about	Resentment/ fear	Affects my... (social instincts)	Defects of character
		Emotional security, Financial security, Self-esteem, Personal relations, Sex relations, Ambitions	Pride, Self-pity, Self-centered, Lust, Greed, Selfishness, Jealousy, Envy, Dishonest, Arrogance, Intolerance, Sloth, Gluttony, Impatience

So, for example...

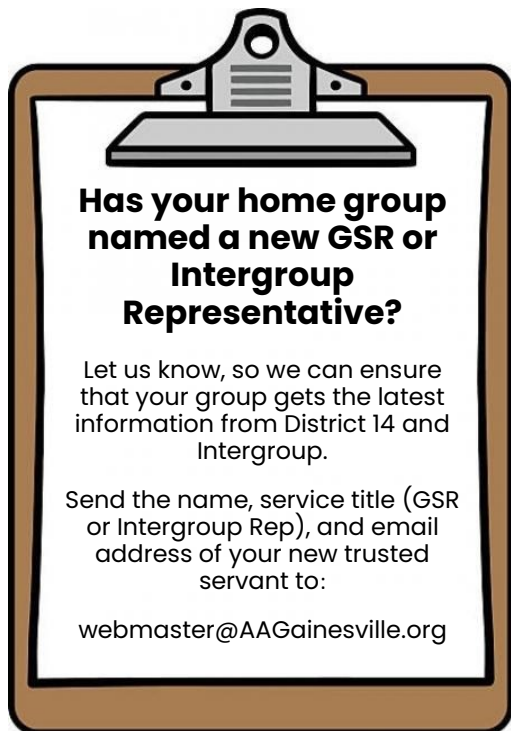
Ex-husband (resentment)	Not fair owes money, problems with childcare, lies	ES, FS, SE, PR, A	P, SP, SC, G, Sf, D, A, Int, Imp
Finances (fear)	Time off work and taking a vacay	ES, FS, (SE), A	SP, SC, G, D, A, Int, Imp
Friend (fear and resentment)	Annoyed at a petty argument, scared I offended her	ES, SE, PR, A	P, SP, SC, D, A, Int, Imp

Then I go through and try to really get into the feeling the crux of the matter and find my top 3 defects for each situation- (very personal and can be very humbling to really admit it to myself what’s bothering me and what’s my motives) and put a colored ring around them-

Sooo-For example- in the resentment to my ex husband- MY TOP 3 are:-

Arrogance -I think Im right in my judgements of him, think im seeing the situation clearly and so justified, **self pity**, poor me I did everything right and been so wronged, **Greed**, I worked hard and helped him financially and still I have to pay out for XYZ. I do this for all the issues that are on my grudge list/ bugging me and then sit down with a clean fresh page, light a candle, take a deep breath, and pray. I write at the top of the page :

‘Dear God, please show me how I may be...’ and then go through each of the top 3 defects in each instance, imagining what my higher power would have me be the best version of myself, writing not just the dictionary definition of the opposite asset to that defect, but what that might look like in this situation. I try to keep the language completely positive, so for example to write ‘be generous of spirit’ instead of ‘don’t be spiteful’. Honestly it usually comes to my pen easily as inspired thought when I start to pull apart my true feelings. -LL

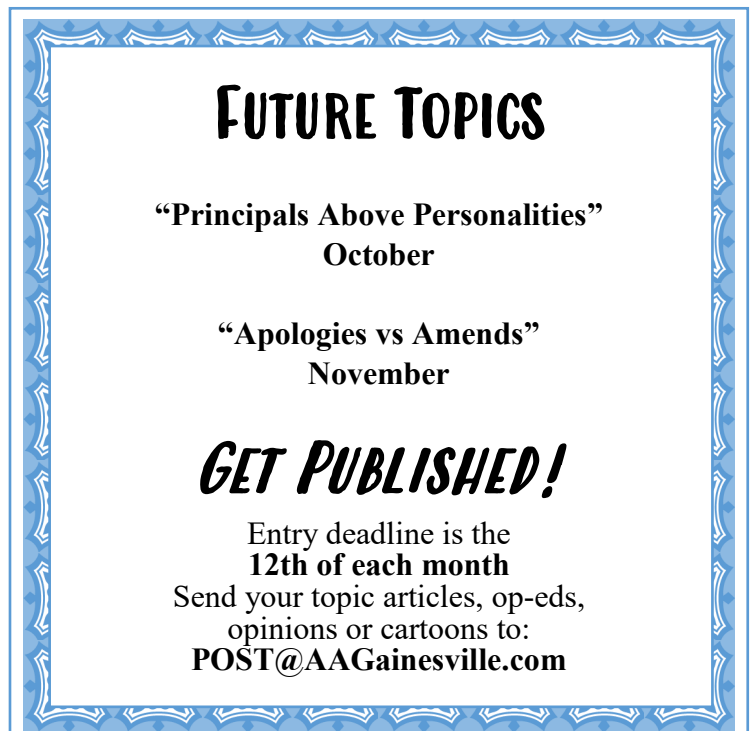


Has your home group named a new GSR or Intergroup Representative?

Let us know, so we can ensure that your group gets the latest information from District 14 and Intergroup.

Send the name, service title (GSR or Intergroup Rep), and email address of your new trusted servant to:

webmaster@AAGainesville.org



FUTURE TOPICS

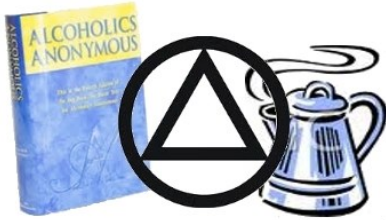
“Principals Above Personalities”
October

“Apologies vs Amends”
November

GET PUBLISHED!

Entry deadline is the **12th of each month**

Send your topic articles, op-eds, opinions or cartoons to:
POST@AAGainesville.com



North Central Florida Intergroup

Our office is located at:

Land Title Plaza

2632 NW 43rd Street
Building 1000, around back at suite 1182
Gainesville, FL 32606-7551
Telephone: 352-372-8091

Office hours:

Monday - Wednesday: 2:00 - 5:00 pm
Thursday - Friday: 12:00 - 6:00 pm
Saturday: 11:00 am - 3:00 pm
Sunday: Closed



POST Submissions

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

Activities Submissions

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

Intergroup

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

Check out our website at
www.AAGainesville.org

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



Intergroup Chairperson's Corner

Hello everyone. I hope sobriety finds you well. A couple of important positions will be rotating out in the spirit of service. We will need a phone committee chairperson to take over our AA hotline. This position will be available at the end of the year, but no need to wait to find out the requirements and training, which will be available. Also, we will need a new Intergroup Office Manager after this year's Gratitude Dinner. It pays \$1,000 per month and will be about 20+ hours per week. Training will be provided.

Let's get that position filled; as with the hotline, the sooner, the better. Our Gratitude dinner is coming up, November 19. Please keep an ear out for our next planning meeting. Service positions will be available for that, as well. Thank you all. We'll see you at the next Intergroup meeting on the last Sunday of every month at 1:00 pm in our Triangle Club's main room.

Yours, in service...

MatthewC.IntergroupChair@Outlook.com

352-682-6828

August 2022 Contributions					
	August	YTD		August	YTD
Anonymous	\$ 5.00	\$ 1,412.56	New Freedom		\$ 790.20
10th and 11th Step Zoom		\$ 70.00	New Hope		\$ 60.00
4th Dimension		\$ 200.00	New Life		
Afternoon Reflections			OutSiders		
Alachua A.A. Thursday		\$ 160.00	Pamphlet Palooza		\$ 40.00
Be Still and Know			Peace Seekers	\$ 50.00	\$ 150.00
Beginners Mind			Primary Purpose		
Beyond Sobriety			Progress Not Perfection		
Bring Your Own Book		\$ 105.00	Promises		
Bronson Believers		\$ 25.00	Promises Beginners		
By The Book			Saturday Night Alachua		
Daily Reprieve			Shiloh		
Down Town Group			Sick As Our Secrets		
Every Step We Take			Starke Happy Hour		\$ 665.29
Every Thing Or Nothing		\$ 75.00	Sober on the Suwannee		
Experience, Strength & Hope			Solutions Group		
Eye Opener Group	\$139.00	\$ 574.50	Stuck on Sobriety		
Free Thinkers			Student Group		
Free to Be		\$ 216.03	Suit Up & Show Up		
Fresh Start		\$ 25.00	Sunday Evening Beginners		
Friday Serenity			Sunday Morning Sobriety		
Friends of Bill W.			Survivors Group	\$ 20.00	\$ 50.00
Geezers	\$100.00	\$ 400.00	T.G.I. F.		\$ 75.00
Gratitude Group		\$ 668.60	Tell It Like It Is		\$ 125.00
Haile Freedom Group		\$ 100.00	The Loft		\$ 40.00
Hampton Hole in the Wall		\$ 416.21	The Way Out Group		
In Black & White			Tues. Night Step Study		
Jonesville Group			Tuesday Alachua Group		
Kanapaha Step Study			Unity Group		
Kanapaha Open Discussion		\$ 225.00	Vulnerable Warriors	\$ 108.00	\$ 108.00
Keep It Simple			We Think Not		
Keystone AA Group			Wholesale Miracles		\$ 213.00
Keystone Heights Beginners		\$ 210.00	Williston Winners		
Language of the Heart			Women's Drunk Squad		
Lawtey Primary Purpose	\$ 20.00	\$ 20.00	Young Peoples Group		
Live and Let Live		\$ 134.95	10th & 11th Step	\$ 100.00	\$ 100.00
Live Oak Group					
McIntosh Group					
Melrose 12 & 12	\$ 75.00	\$ 169.29			
Micanopy Group	\$130.00	\$ 130.00	August's Total	\$ 747.00	
Monday BB Study			Y.T.D	\$7,753.63	

Most books and some merchandise are priced over cost to support the shortfall of the 7th tradition contributions to support our services

Intergroup Treasurer's Report: August 2022

Sales	Current	Y.T.D.	Purchases	Current	Y.T.D.
A.A. Literature & Misc.	557.97	7,787.72	A.A. Literature & Misc.	863.54	5,693.86
Chips	96.28	938.78	Chips	0.00	533.92
Medallions	155.00	1,254.25	Medallions	0.00	487.63
Where and Whens	45.00	452.25	Where and Whens	0.00	543.75
Total Sales	854.25	10,433.00	Total Purchases	863.54	7,259.16
Sales Tax Collected	47.09	631.92			
Activities Revenues			Activities Expenses		
Gratitude Dinner Cake Auction	0.00	0.00	Alkathon	0.00	0.00
Gratitude Dinner Contributions	0.00	0.00	Emotional Sobriety Workshop	0.00	67.00
Gratitude Dinner 50/50 Raffle	0.00	0.00	Gratitude Dinner	0.00	0.00
Gratitude Dinner Tickets	0.00	0.00	Service Fair	91.57	91.57
Total Activities Revenues	0.00	0.00	Total Activities Expenses	91.57	158.57
Contributions			Committee Expenses		
Faithful Fivers and Tennesers	139.00	822.00	Phone Committee	0.00	0.00
Group Contributions	747.00	7,753.63	Steering Committee	0.00	0.00
Total Contributions	886.00	8,575.63	The Post	0.00	0.00
Overhead Expenses			Total Committee Expenses		
Corp Filing Fees	0.00	131.25		0.00	0.00
Insurance	0.00	0.00	Fund Balance		
Intergroup's Monthly Meeting	20.00	236.06	Checking		
Internet	77.17	605.36	Checking @ 1st of Mo.	3,195.79	
	-114.28	1,246.34	Current Deposits	1,787.34	
Office Rent	190.00	1,520.00	Current Expenditures	2,567.16	
Office Manager Salary	825.67	7,103.90	Ending Balance, Checking		2,415.97
Paypal & Square Fees	17.46	201.99			
Payroll Taxes	0.00	417.12			
Postage	18.96	203.39			
Printing: Other	65.00	65.00			
Printing: Phone Volunteer Packets	0.00	0.00			
Printing: POST	127.30	981.50			
State Sales Tax	81.60	683.01			
Telephone	303.17	1,511.27			
Total Overhead Expenses	1,612.05	14,906.19			
Reserves					
Gratitude Dinner Reserve		3,500.00			
Office Reserve Available		10,000.00			
Office Reserve CD		4,853.84			



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

**NORTH CENTRAL FLORIDA INTERGROUP MONTHLY HYBRID MEETING
AT THE TRIANGLE CLUB & ON ZOOM
AUGUST 28, 2022 MINUTES**

Opening – MC, Chair, opened the meeting with a moment of silence and the Serenity Prayer at 1:00 PM.

In Attendance (18 Live; 4 Zoom*) MC (Chair); M R (Alt Treasurer); F S (I/G Office Mgr); TS* (P.O.S.T.); and SS (Phone Committee). **I/G Board members:** AO (Wholesale Miracle); BB. **District 14 (D14):** TD (DCM). **IG Reps/Alts:** BK* (Alt/Afternoon Reflections); CW (Fourth Dimension); C H (Solutions Group); GH* (Gratitude Group); GN (Downtown Group); JS (Fresh Start); LM (Keep It Simple Hawthorne); NF (Kanapaha Open Discussion); PC (Women’s Serenity Seekers) & SS (New Freedom). **Guests** CD (Lawtey PPG); LF (Fresh Start); RB (Young People’s Group) & TD (New Freedom);

Chair Report – MC: No report. **Alt I/G Chair Report – BF –** Not present.

Secretary Report – PC: July 31, 2022 minutes were approved. Motion to accept by GN, seconded by Jeff. Motion passed unanimously

Treasurer Report – MR: MR reviewed the report on page 7 of the July POST. Group contributions were \$1,315.1 and sales were \$1,333.85. Overhead was \$1,921.12 and total purchases were \$645.54. Revenue was only about \$82 above expenses so we are not heading in a good direction. Mark suggested reminding groups that we depend on their support. Motion to accept the report was made by GN and seconded by PC. Motion passed unanimously.

Phone Committee –SS: SS stated she has served as phone committee chair for several years now and asked if she should rotate out or should she remain. She is happy to continue to serve but believes in spirit of rotation. It was suggested that she remain in her current position until elections are held and see if anyone else would like to stand for the position and she agreed. She stated that AO and DK have agreed to help her in her efforts on the committee. The hotline currently has the Thursday from 12AM – 7AM slot open. **For more info, call Sue S. at 352.301.0354.**

P.O.S.T. – TS: Things are going well and nothing to report.

Intergroup Office - FS: **1)** The office is fully stocked. **2)** They have a new chip case, complete with a starter set of chips, for \$23. **3)** They are working on a newcomer packet that should be ready in a couple of weeks.

Website – FS: The website is almost done and could be ready to go live in a few weeks. The new website will have QR codes for donations.

Activities Committee (Comm.) – Pati C: **1) New Life’s Labor Day Speaker Meeting**, Monday, September 5th at 12:30 PM at the Triangle Club. Please bring a side dish or dessert to share. **2) District 14 2022 Service Fair** to be held on Saturday, September 10th at the Triangle Club from 10 AM to noon; **3) Serenity By The Sea –** September 2nd – 4th in Naples, FL.

D14 DCM Report – TD: **1)** D14 is hosting a Service Fair on September 10th at the Triangle Club with representation from all service committees and fun and prizes; **2)** Accessibilities and CPC/PI still need chairs and Literature chair will soon as Brian is rotating out; **3)** D14 will host another workshop called, “Business Meetings and Roberts Rules of Order” in October; **4)** Area Assembly is October 7th – 9th and it is a voting assembly so very important for GSRs to attend.

Old Business – No old business

New Business – 1) The Gratitude Dinner will be on November 19th at Trinity United Methodist. Planning committee’s first meeting will be on September 20th at 7 PM at the Triangle Club. **2)** On November 23rd FS will be stepping down as Intergroup Office Manager so we need to start searching for his replacement immediately. Position description is in the Bylaws which can be found on our website at <https://aagainesville.org/>.

Motion to **adjourn** was made by GN and seconded by JS. Motion passed unanimously and **MC** closed the meeting at 1:47 PM with the Responsibility Pledge.

Respectfully submitted: PC

District 14 Business Meeting Minutes
August 10, 2022

Meeting called to order – 6:30 PM by EC., Alt. DCM

In Attendance:

Officers: EC- Alternate DCM. AR- Secretary

Committee Chairs: JW.- Grapevine, KN.-Treatment; BF.- Literature; NL.- Website; RG.- Archives;

Intergroup Reps: - MC.

GSRs/Alts: MR.- Tues. Night Step Study; LM.-Free to Be; DH.- Downtown; BM.- Eye Opener; DG.- Gratitude Group; RD.- Alt. GSR, Gratitude Group; CD.- Lawtey PPG; TS.- SOS Candlelight; GN.- Archives/Downtown

Minutes of July meeting: Accepted as submitted

Alt DCM's Report- EC.- no report

Alt. DCM Calls for Committee Report

Accessibilities- Chair position open; no report.

Archives- RG.- Collecting Group Histories, pictures, how things were handled during COVID. Sat. 8/27/22 from 9-12 will be work day at Triangle Club to clean up for Service Fair.

Corrections- BB.- not present.

CPC/PI- Chair position open, Susan interested in chairing, will vote next month.

Grapevine – JW.- no report, nothing new.

Literature – BF.- Three people attended last meeting. Display kept in possession of Committee, plan to take it around to group meetings, will be at Service Fair.

Treatment:- KN.- covering all meetings, looking for more volunteers. She will be pairing people with more experienced volunteers. Meets last Thurs. of month at Triangle Club 6 PM. Needs someone for Recovery Fair at UF, 8:15 to Noon Sat. 9/24/22 Depot Park 5K. Contact her via website.

Website – NL.- Website up to date, new company has taken over and editing almost completed. Has information from every Committee but CPC/PI. She has the private emails for chairs so messages can be forwarded confidentially without names. She reports she has a picture of Gainesville to include.

Intergroup:- MC- all committees listed on website. BF. is Alt. Chair. Need volunteer to answer AA hotline Wed. PM (11:59 PM) thru Thurs. AM (7 AM). New phone manual is still being updated. Nov. 19 will be Gratitude Dinner.

Old Business- Sponsorship Workshop had 52 attendees, was well received. NL and TS Chaired; kudos to MC. for her help.

New Business- Motion to increase budget from \$100 to \$150 for Service Fair (Brian/David, unanimous). Planning Meeting August 20 from 10-12 at Triangle Club. Service Fair will be 10-12 at Triangle Club 9/10/22.

MR. volunteered to present first Sat. in October Workshop on Robert's Rules of Order.

Motion (David/Brian) to use this topic (unanimous). Eve will help with flier. Other suggestions for future topics: How to Chair a Meeting, AA Traditions.

October 7-9, 2022 Maitland Area Assembly (hybrid). Elections will be held. One room for female, one for male GSRs will be available for those attending.

Mary will contact Susan about chairing CSC/PI Committee.

Adjourned with Responsibility Pledge 7:14 PM

Respectfully Submitted: AR., Secretary.

DISTRICT 14

Treasurer Report September 2022 Meeting

Report on August Financial Activity Fiscal Year April 2021-March 2022

	Amount	Year to Date
Opening Bank Balance	\$ 16,230.26	
Group and Individual Contributions	\$ 212.85	\$ 2,316.80
Committee Expenses	\$ (359.84)	\$ (1,870.98)
D14 Expenses	\$ (17.00)	\$ (1,423.52)
PayPal Expense	\$ -	\$ -
Earned Interest	\$ 1.39	
Total Expenses	\$ (376.84)	\$ (3,294.50)
Closing Bank Balance	\$ 16,067.66	
Money Held in Reserve:		
Founders Day (677.5+3,33.60=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)	\$ 9,604.16	

*Note - Please indicate Group Name or Number on Contributions

April 2022 - March 2023 District & Committee Expenses

	Previous Month	Year to Date	Annual	Remaining
	Spent	Spent	Budget	Budget Avail.
D14-Rent/PO Box/PayPal	\$ (17.00)	\$ (358.75)	\$ 725.00	\$ 366.25
D14 Sponsored Events/Area	\$ -	\$ (1,064.77)	\$ 2,500.00	\$ 1,435.23
Accessibilities	\$ -	\$ -	\$ 200.00	\$ 200.00
Archives	\$ -	\$ (257.85)	\$ 550.00	\$ 292.15
Corrections	\$ -	\$ (187.79)	\$ 1,600.00	\$ 1,412.21
CPC/PI	\$ -	\$ -	\$ 750.00	\$ 750.00
Grapevine	\$ -	\$ (50.50)	\$ 200.00	\$ 149.50
Literature	\$ -	\$ (55.30)	\$ 200.00	\$ 144.70
Treatment	\$ (189.39)	\$ (649.09)	\$ 1,500.00	\$ 850.91
Website	\$ (170.45)	\$ (670.45)	\$ 750.00	\$ 79.55
Total	\$ (376.84)	\$ (3,294.50)	\$ 8,975.00	\$ 5,680.50

Breakdown of Month Expenses

District 14 - District meeting room	WPC	\$ (17.00)
Intergroup	web domain	\$ (170.45)
Intergroup	committee expenses treatment	\$ (189.39)
		\$ -
		\$ -
		\$ -
		\$ -
Total Expenditures		\$ (376.84)

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	6:00 PM Last Thursday of every month	Triangle Club 1005 SE 4th Ave

August 2022 - Group Contributions

Group Names	Amount
10th and 11th Step	\$ 20.00
Kamapaha Group	\$ 28.10
McIntosh Group	\$ 130.00
Eye Opener Triangle Club	\$ 34.75
TOTAL	\$ 212.85

DCM'S CORNER

We continue to hold monthly workshops on the 1st Saturday of the month at the Triangle Club from 10 am to noon. The October 1 Workshop topic will be "How AA Business Meetings Work: An Introduction to Robert's Rules." Mark R. has put together a very interesting presentation that will help take the mystery of out "who does what, when, and why"!

The November 5 workshop topic will be "How to Chair an AA Meeting" and the December 3 Workshop topic will be "What is a Group Inventory?" As always, we will have food, fellowship, and free coffee at our workshops!

District 14 will hold elections for positions of all of the Service Committee Chairs and District Officers at our next business meeting on **October 12, 2022 at 6:30 pm at Westminster Presbyterian Church**. Please see the insert in this month's POST for a description of the various positions. If you are interested in serving on a committee, chairing a committee, or standing for an officer position, please come to the meeting. AA service needs you!

I have always found the Gainesville AA community to be one of the best because of its commitment to recovery, unity, and service! I'm grateful that AA service not only gives me the opportunity to carry the message of recovery to another alcoholic, but also give me a setting to practice sobriety in action among people who are also trying "walk the walk." When I got sober, I had no idea how a sober person would act. In AA service I've seen many examples of how a sober person responds to situations that used to baffle me and had the change to practice what I've seen. Could this help you improve your sobriety?

In love and service,

Tobi



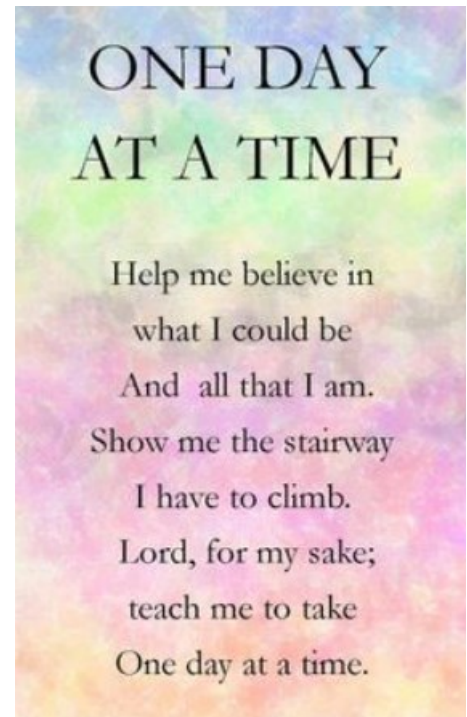
become a
Faithful Fiver

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
or call Fred S. @ 386-628-2541



Service Positions Available

Intergroup needs Volunteers!
Volunteer 3 hours of your time weekly
Mondays or Wednesdays from 2:00 pm till 5:00

Contact Fred @ 386-628-2541

Duties to include;
Helping Customers with Literature and Merchandise
Answering the A.A. Hotline
Familiar with using computer



**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

1005 SE 4th Ave

Triangle Club 40th Anniversary Celebration

Speaker Meeting: 1PM
History of the
Club...Pig
Roast...50/50 Raffle

**October 23
1PM – 5PM**

SOUTHERN STATES WOMEN'S CONFERENCE

JANUARY 27-29, 2023 JACKSONVILLE, FL



SPEAKERS:

Steps 1:	Hilary R. (Dallas, TX)
Steps 2 & 3:	Tina H. (Waukesha, WI)
Steps 4 & 5:	Carla R. (Tujunga, CA)
Alanon:	Sonia L. (Nashville, TN)
Steps 6 & 7:	Dolly A. (Cleveland, OH)
Steps 8 & 9:	Vivian Q. (Bluffton, SC)
Step 10:	Nancy B. (Denton, TX)
Steps 11 & 12:	Kelley B. (St. Petersburg, FL)

Early registration online at southernstateswomensconference.org/registration-2023

Hyatt Riverfront Jacksonville
225 E Coastline Drive
Jacksonville, FL 32202
Group Code: G-SWCG
904-588-1234



ASL Interpreter Provided

**DO YOU HAVE
EXPERIENCE WITH
WORDPRESS?**

**WE NEED YOUR HELP!
PLEASE CONSIDER
SUPPORTING THE
ADMINISTRATION OF
OUR NEW
INTERGROUP
WEBSITE.**

contact: gainesville.intergroup@gmail.com



Are business meetings and
service positions a mystery
to you?

Aren't sure you can be effective in a position?

Then this Workshop
will get YOU started!

**“HOW BUSINESS MEETINGS
WORK:**

*An introduction to
Robert's Rules*

*Saturday, October 1st
10AM til Noon; Gratitude Hall
Triangle Club
1005 SE 4th Avenue*