

JUST DO IT.

It takes a fair amount of inventory to see "the exact nature" of our character defects. The fourth step is a wonderful growth opportunity for many of us. I have (over time) come to understand and appreciate exactly who and what I am. The resentment part of the 4th step made sense to me- I had strong opinions (resentments) about most people on this planet in one way or another. I was hoping to weed out only the unnecessary resentments, of course. The next part was the fears list- something that seemed completely offensive. After all, men don't have fear.... After a number of years I have found that everything that looks like "emotional twists" in my personality really comes down to two simple things: FEAR or PRIDE (or both). The topic of procrastination comes up often.

Why do we do it? What could cause an intelligent human being to freeze up like that? In my case it is almost always fear. Sometimes it's fear of being rejected, being embarrassed, or doing a task incorrectly. Often it is the fear that someone may judge me poorly. Then there is the excuse of "perfectionism"- a lame explanation to my sponsor for why a job is not worth doing unless done correctly. Fear of failure, pride hurt by not being seen as exceptional. This small issue of labeling procrastination by it's correct name (fear) also brought up something I truly wished not to address. Perhaps this procrastination is really cowardice !! The antidote has been presented to me many times before. I've been told to "feel the fear and do it anyway" (bravery), but this is only possible if I

maintain a strong spiritual connection with my Creator (to the best of my ability for that particular day). Step seven is an ongoing adventure, and God can help me with anything that I'm willing to present to Him (and quit grasping). When I'm in the midst of my fear I find that I often forget this, so I am attempting more prayer (and contemplation) throughout the day. Thankfully we have the 10th step whereupon I can make course corrections as I go through each day. After all, we are "to be of maximum service to God and our fellows."

Mark Your Calendars and Make Plans to Attend the 2025 A.A. International Convention

Vancouver, British Columbia, Canada

July 3-6, 2025

Vancouver will welcome A.A. members from around the world for the 2025 International Convention. This will mark the 90th anniversary of the beginning of our Fellowship's founding.

COMMUNITY NEWS

- ◆ The AA Hotline and Intergroup received 65 calls in January.
- ◆ The new edition of the Where & When is in stock!

From AA World Services, Inc.:

Date: February 15, 2023

"Warm greetings – we hope that this letter finds you well. We are writing today to inform you of an upcoming price increase affecting our English, Spanish, and French books, booklets, and pamphlets. The new prices will go into effect on April 3, 2023, and generally reflect a 20% increase on books and a 30% increase on pamphlets (with rounding and some minor adjustments)..."

- ◆ We are not immune to economic forces, thus, you can anticipate increases in our local prices. If you will need literature in the near future, please email Intergroup SOON so I can send in an order before the prices increase.
- ◆ Huge shout of gratitude to Brian F. for helping with inventory!

We still have service positions available:

- Alternate treasurer
- Alternate secretary
- Hotline chairperson & volunteers

Thank you for the opportunity to serve.

Annie O.

NCFL/District 14 Office Manager

gainesville.intergroup@gmail.com



Tradition 3

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

"The only requirement for AA membership is a desire to stop drinking."

The Third Tradition is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self-protection, we do not wish to erect the slightest barrier between ourselves and the fellow alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of AA was once a rebel himself. Hence we cannot offer to meet him at any halfway mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.

So when he asks, "Are there any conditions?" we joyfully reply, "No, not a one." When skeptically he comes back saying, "But certainly there must be things that I have to do and believe," we quickly answer, "In Alcoholics Anonymous there are no musts." Cynically, perhaps, he then inquires, "What is this all going to cost me?" We are able to laugh and say, "Nothing at all, there are no fees and dues." Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of friendship and understanding. Bankrupt idealist that he has been, his ideal is no longer a dream. After years of lonely search it now stands revealed. The reality of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, "We have something priceless to give, if only you will receive." That is all. But to our new friend, it is everything. Without more ado, he becomes one of us.

Our membership Tradition does contain, however, one vitally important qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered together for sobriety may call themselves an AA group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight AA activities. One can think of no AA member who would like, for example, to see the formation of "dry" AA groups, "wet" AA groups, Republican AA groups, communist AA groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the AA name, even indirectly, to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that AA should offer its experience to the whole world for whatever use can be made of it. But not its name. Nothing could be more certain.

Let us of AA therefore resolve that we shall always be inclusive and never exclusive, offering all we have to all, save our title. May all barriers be thus leveled, may our unity thus be preserved. And may God grant us a long life--and a useful one!

-Bill W, from the February 1948 Grapevine

HEARD IN A MEETING:

"I AM GRATEFUL THAT I GOT TO WAKE UP ON THE RIGHT SIDE OF THE DIRT TODAY!"

february anniversaries

Pamphlet Palooza

DD – 30 yrs

Women's Step Study

NP – 2 yrs

DR – 31 yrs

Tuesday Night Step Study

JK – 1 yr

DW – 14 yrs

Sisters in Sobriety

CC – 6 yrs

KK – 10 yrs

Eye Opener

JH – 1 yr

EH – 5 yrs

ST – 11 yrs

TR – 21 yrs

LP – 34 yrs

Downtown Group

DH – 10 yrs

10th and 11th Step Group

JS – 32 yrs

Hampton Hole in the Wall

RD – 17 yrs

Free to Be

CE – 6 yrs

SG – 10 yrs

SA – 42 yrs

Hawthorne Keep it Simple

PA – 17 yrs

LM – 41 yrs



Listen to Grapevine's New Weekly **PODCAST!**

AA Grapevine's half-hour variety podcast features...

- powerful interviews with AA members on getting sober, meetings, service, Steps, sponsorship and more!
- current information about AA and AA Grapevine
- jokes, fun AA banter and surprise guests!

Each week, longtime AA members Don and Sam will interview sober alcoholics, writers of current Grapevine stories, general service reps and more about their experience, strength and hope in a casual "meeting after the meeting" manner. A new episode will be available in English each Monday at 9:00 a.m. EST.

To listen to new or past episodes, visit: www.aagrapevine.org/podcast (or wherever you get your podcasts)

Follow us on Instagram!
[@alcoholicsanonymous_gv](https://www.instagram.com/alcoholicsanonymous_gv)

- See the new magazine issues on release
- Learn about new and existing Grapevine books
- See clips from our YouTube Channel
- Get inspiration from our cofounders and more!

To order this item or any other product from our collection, visit us at www.aagrapevine.org and click on store or call (800) 631-6025 US/Canada (847) 559-7237 International or fax us at (847) 564-9453.

*March Birthdays?
Send them by Mar 12th to
POST@AAGainesville.org*

GOD PULLED YOU OUT OF THE
PIT SO YOU COULD GO BACK
IN AND GET MORE PEOPLE
OUT.
NEVER FORGET THAT.

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 6301

Jacksonville, FL 32205

(Checks payable to NFAC)

General Service Office

PO Box 2407

James A. Farley Station

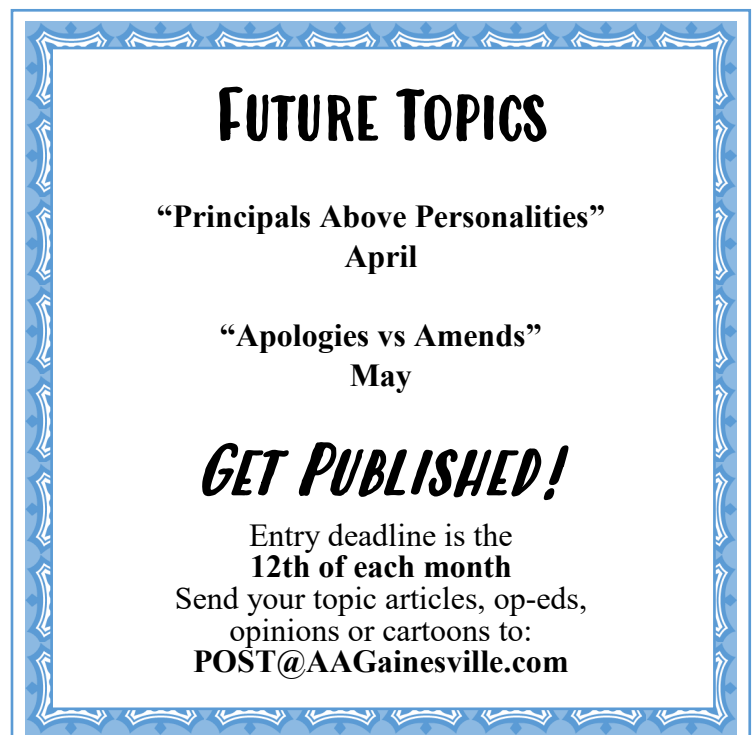
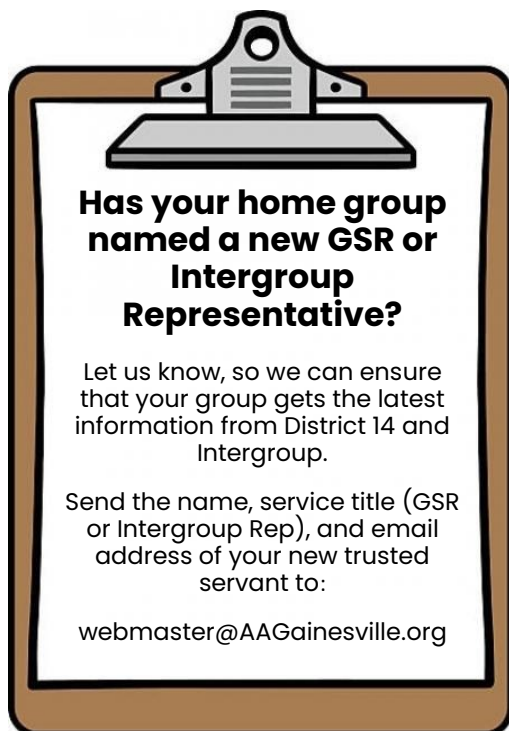
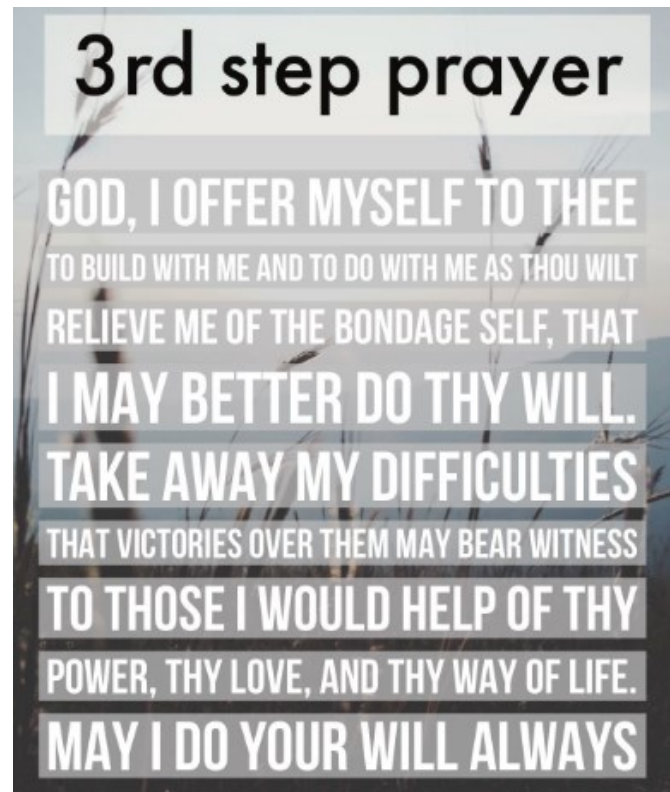
NY, NY 10116

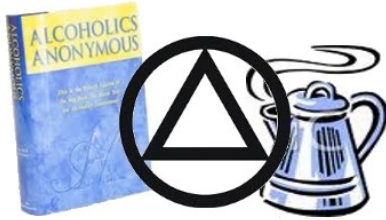
(Checks payable to GSO)

Step 3

“Made a decision to turn our will and our lives over to the care of God as we understood him.”

This step seemed impossible to me. How could I turn something over to someone I didn't believe in or have a concept of. And my "life"? My "will"? How the heck does one turn that over? It just seemed to be an overwhelming task. This is where the direction of a sponsor - my sponsor - brought it to an understandable task. First of all she said that as I was still "coming to believe" in a higher power of my own understanding, that I could simply make a decision not to handle all of my world's issues on my own. My "life", in these terms could be thought of as my thoughts and, and my "will" as my actions. I could certainly turn my thoughts and actions over - and my sponsor let me practice doing that with her. I had to continue to pray to a God of my misunderstanding, and through these simple actions, repeated consistently every day, I found that even without much thought or effort I started turning my will (actions) and life (thoughts) over to a power greater to myself. Life still gets overwhelming, but because I have practiced the actions of talking with my sponsor, other alcoholics and yes, talking with my Higher Power, I know I never had to do this alone every again. And for this I am sincerely grateful.





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:
March 26th @ 1:00



Intergroup Chairperson's Corner

Hello everyone,

I hope sobriety finds you all well. Positions at Intergroup are available. Alternate positions for many committees are available. Alternate positions are needed to shadow their respective committee chairs and to fill-in in their possible absence. Every position helps us all to continue to carry "The Message" to the alcoholic who still suffers. Being part of this service is essential to our sobriety. Come and join us on the last Sunday of every month at 1 pm at our Triangle Club. We hope to see you there!!

Yours in service,

Matthew C

campbellmatthew0723@gmail.com

(352) 682-6728

January Group Contributions

By the Book \$30.00

Free Thinkers \$100.00

Hampton Hole in the Wall \$145.01

Hampton Nooners \$65.25

Lawtey Primary Purpose \$300.00

Peacekeepers \$75.00

TGIF \$75

Wholesale Miracle \$66.40

Women in Action \$3.36

Young People's \$108

Unknown/Unnamed group \$70

Individuals, Faithfuls \$56.71

Total \$1019.74

Thank you for helping to carry the message!

North Central Florida Intergroup Treasurer's Report, January 2023

	Current	Y.T.D.		Current	Y.T.D.
Sales	\$1,690.31	\$1,690.31	Committee Expenses	\$0.00	\$0.00
Sales Tax Collected	\$115.62	\$115.62			
Card Convenience Fees	\$8.00	\$8.00			
Activities Revenues	\$0.00	\$0.00			
Total Revenues	\$1,813.93	\$1,813.93	Activity Expenses	\$0.00	\$0.00
Contributions					
Faithful Fivers	\$49.00	\$49.00	Purchases	\$656.60	\$656.60
Group Donations	\$1,038.02	\$1,038.02			
Other Donations	\$7.40	\$7.40			
Total Donations	\$1,094.42	\$1,094.42			
Interest	\$0.75	\$0.75			
			Total Deposits	\$2,908.35	
Overhead Expenses			Total Combined Expenses	\$2,291.94	
Intergroup Monthly meeting	\$20.00	\$20.00	Gain/Loss	\$616.41	
Internet	\$77.17	\$77.17	Checking, End of Month	\$2,355.75	
Office Expenses	\$4.59	\$4.59	Business Shares	\$13,494.42	
Rent	\$190.00	\$190.00	Certificate of Deposit	\$8,891.91	
Office Manager Salary	\$825.67	\$825.67			
Paypal and Square Fees	\$17.28	\$17.28			
Payroll Taxes	\$0.00	\$0.00			
Postage	\$65.03	\$65.03			
Printing POST	\$120.60	\$120.60			
Printing Other	\$32.60	\$32.60			
State Sales Tax	\$76.15	\$76.15			
Telephone	\$196.75	\$196.75			
Other Expenses	\$9.50	\$9.50			
Total Overhead Expenses	\$1,635.34	\$1,635.34			

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

If you light a lamp for somebody,

it will also brighten your path.

-Buddha



NORTH CENTRAL FLORIDA INTERGROUP MONTHLY MEETING MINUTES

DATE OF MEETING: JANUARY 29, 2023 @ 1:00PM

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

WELCOME! To New IG Reps – MC: AR-10th & 11th Step, RB- 4th Dimension, AW-Vulnerable Warriors, AW-PPG Lawtey, Scott-Solutions, Mark-TNSS, WD-Eye Opener

Chair Report – MC.- No report. New agenda form

Alt Chair Report - Brian - Plans to visit meetings around the area to promote Intergroup

Minutes – DK, Secretary - Not present, KM sat in to assist. Minutes read and accepted

Treasurer Report – PB, Treasurer; MR, Alt Treasurer - report read, oddities explained, Terina needs excel file for post, Scott questioned \$15K reserve, it was explained that this included the funds from the Gratitude dinner and throughout the year, that amount would dwindle.

Phone Committee – SS. - It was noted that Leslie would not be able to stand for the position, so we still need a Phone Committee coordinator. There is an opening on the phone line for 7pm-10pm on Fridays.

P.O.S.T. – TS - articles are needed for upcoming POST. There might be an issue with the email address, so TS is going to investigate. Still in need of an Alternate POST person. TS is nearing the 3 years and would like to have someone to train to take over.

Lit & Merchandise/W&W – AO. - New POST is available. Treasurer pamphlets are available. Where and When's will be available next week, there was a delay at the printer. Will be conducting an inventory of all things at the Intergroup office soon.

Website – NL. - Not present - POST needs to be uploaded for February

Activities – PC. - Nothing new to report. She still needs access to the email.

DCM Report – EC-

66th Florida State Convention will be held in Wesley Chapel August 10-13th 2023. Host hotel is sold out, but overflow hotel is available. Website is 66.Floridastateconvention.com.

59th International Women's Conference will be on February 16th-19th in Dallas, TX. In person registration is sold out, but you can still attend virtually. Info available at internationalwomensconference.org

Report on finances from GSO: this year's income is expected to fall short by \$1.4 million, but last years income provided a surplus of \$1.119 million.

District 14 is working with the Lake City and Tallahassee Districts to schedule a pre-conference workshop on April 9th at Alligator Park in Lake City. Flyer with more info will be available at the next District 14 and Intergroup meetings.

The next Area Assembly will be April 14th-16th at Howey-In-The-Hills

District 14 Committee Reports

ACCESSIBILITIES - Asking for all groups to elect or appoint reps to attend committee meetings and help evaluate needs and make suggestions. A new meeting is being started up for people with dual diagnoses.

ARCHIVES - A number of the committee members are attending a conference in Tampa. They may start meetings to plan Founder's Day in March.

TREATMENT - KN reports that all of the meetings are covered. There are three new meetings: two at Meridian Detox: 7pm Wednesday and Sunday, one at Bridge House: 7pm Thursdays. The meeting time of the Treatment Committee is wrong on the website, it meets at 5:45 pm on the last Thursday of the month at the Triangle Club.

There is still a need for an alternate DCM.

Brian asked about information regarding the formation of a "virtual" district and there will apparently be a new district formed with the meetings that are staying in the ZOOM format.

Old Business:

New Business: KM stood for Secretary, voted and accepted. MR nominated TC for alternate Webmaster, voted and accepted. Positions still needed are Phone Committee Coordinator, Alt-POST Coordinator, Alt-Secretary, Alt-Treasurer. A minimum of 1 year of sobriety is required to stand for these positions. Brian asked that we get the word out to the meetings.

TS brought up the idea for a book of articles from previous POST, will mention at meetings to see if there is any interest.

Close Meeting with Responsibility Declaration

District 14

Minutes from January Business Meeting

Minutes read and approved with revision: Archives Budget increased to \$300.00 per year.

DCM's report: EC brought GSR Pamphlets and encouraged GSRs to take one, AA Service Manual – how many need one? She will ask Intergroup to get them for us. SS mentioned that they may not be available from GSO.

Florida State Convention is in August 10-13th, International Women's Conference in Texas only available to attend online for a cost of \$10, informed Committee chairs that they can be reimbursed for mileage to the Area Assembly, Area 14 is offering Service Workshops on Thursdays on Zoom, Eve read excerpts from a letter from Bob W., the GSO General Manager regarding AA's current financial status.

Committee Reports:

Accessibilities: SS is planning a workshop at the Triangle Club sometime in the next few months. She asks for all groups to elect or appoint Accessibility reps to attend committee meetings and help evaluate needs and make suggestions. A new meeting is being started up for people with dual diagnoses and she is helping with that.

Archives: A number of the committee members are attending a conference in Tampa. They may start meetings to plan **Founders' Day** in March. (Next planning meeting is March 7, 7 PM at Triangle Club.)

Corrections: There is no Chair.

CPC/PI: There is no Chair.

Grapevine: Beth announces that The Grapevine is making two changes: An new order fulfillment mode and an integration of the online store with the main Grapevine website.

Literature: Jennifer is working out what her role is and has taken possession of the display that Brian made.

Treatment: KN reports that all the meetings are covered. There are three new meetings: two at Meridian Detox, one at 7:00 PM on Wednesday and one at 7:00 PM on Sunday, and one at Bridge House at 7:00 on Thursday. The meeting time of the Treatment Committee is wrong on the website; it meets at 5:45 PM on the last Thursday of the month at the Triangle Club.

Website: No representative present.

Intergroup: MC reports that the Alcathon was a success and reminds that Intergroup needs a Secretary, a Phone Committee Chair and an Alternate Treasurer.

Old Business:

We still need an Alternate DCM.

Doug was nominated for Treasurer. He was elected.

Paulie was nominated for Secretary. He was elected.

New Business:

Committee chairs emails will be sent to Website (posted anonymously as a link)

Please think about and be ready to share your ideas about having service workshops in the upcoming year.

Research Structures and Guidelines about having Treasurer and DCM (married couple) on the same account.

Will bring to next meeting.

NO nominated for Corrections Chair. He was elected.

DISTRICT 14

Treasurer Report February 2023 Meeting

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

	Amount	Year to Date
Opening Bank Balance	\$ 15,591.93	
Group and Individual Contributions	\$ 533.45	\$ 4,432.65
Committee Expenses	\$ (324.86)	\$ (2,095.29)
D14 Expenses	\$ (352.14)	\$ (3,722.68)
PayPal Expense	\$ -	\$ -
Earned Interest	\$ -	\$ -
Total Expenses	\$ (677.00)	\$ (5,817.97)
Closing Bank Balance	\$ 15,448.38	
Money Held in Reserve:		
Founders Day (677.50+3,336.00=4,013.50 less 2,850.00)	\$ 1,163.50	
Service Fair - Reserve for 2022	\$ 300.00	
Prudent Reserve	\$ 5,000.00	
Operating Cash (bank balance minus reserves)	\$ 8,984.88	

*Note - Please indicate Group Name & Number on Contributions

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

	January Spent	Year to Date Spent	Annual Budget	Remaining Budget Avail.
D14-Rent/PO Box	\$ (27.00)	\$ (493.77)	\$ 725.00	\$ 231.23
D14 Sponsored Events/Area	\$ (325.14)	\$ (2,558.46)	\$ 2,500.00	\$ (58.46)
Accessibilities	\$ -	\$ -	\$ 200.00	\$ 200.00
Archives	\$ -	\$ (557.85)	\$ 550.00	\$ (7.85)
Corrections	\$ -	\$ (233.52)	\$ 1,600.00	\$ 1,366.48
CPC/PI	\$ -	\$ -	\$ 750.00	\$ 750.00
Grapevine	\$ -	\$ (101.49)	\$ 210.00	\$ 108.51
Literature	\$ (8.67)	\$ (87.08)	\$ 200.00	\$ 112.92
Treatment	\$ (316.19)	\$ (1,115.35)	\$ 1,500.00	\$ 384.65
Website	\$ -	\$ (670.45)	\$ 750.00	\$ 79.55
Total	\$ (677.00)	\$ (5,817.97)	\$ 8,985.00	\$ 3,167.03

Breakdown of Month Expenses

District 14 - District meeting room	WPC (1/11/2023) (check #240)	\$ (27.00)
D14 Area	Area 14 Conference hotel room (CC)	\$ (297.48)
Intergroup	Treatment Committee (check #239)	\$ (316.19)
Intergroup	Literature Committee (check #239)	\$ (8.67)
D14 -- General Expense	Office supplies (CC purchase)	\$ (27.66)
		\$ -
		\$ -
Total Expenditures		\$ (677.00)

FOUNDERS DAY PLANNING MEETING

Tuesday, March 7, 2023, 7 pm
Triangle Club

We need lots of volunteers to help make this year's Founder's Day a success, and our first planning meeting is coming up! There are many ways you can help - there is something for everyone! This is a great way to mix fun and service, so please join us!

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

AA District 14
@AADistrict14



paypal.me/AADistrict14



https://paypal.me/AADistrict14?country.x=US&locale.x=en_US

To send in money via PayPal, choose "Family or Friend," not business.

DCM'S CORNER

The January Area Assembly was very well-attended. This panel's theme is "Love through Service." Our district hosted a workshop on Traditions 1, 2 and 3 given by Cecilia, a past delegate. She strongly encouraged the taking of Group Inventories (to promote unity) and recommended using "The AA Group...where it all Begins" pamphlet (<https://www.aa.org/aa-group-where-it-all-begins>) and the Traditions Checklist (<https://www.aa.org/traditions-checklist-aa-grapevine>), as well. Area 14 (North Florida) needs a Technology Chair (can be done on Zoom) and a Grapevine Service Coordinator. Please reach out to Mary, our current delegate at her email: delegate@aanorthflorida.org for more information or to offer your service.

In April, we will be co-hosting a Pre-Conference Workshop in Lake City at Alligator Park on April 9th from noon-4:00 p.m. Along with information on the upcoming General Service Conference in New York, we will be having a cookout (and some Easter Candy). Please mark your calendar and join us! Can anyone say, "road trip?"

Lastly, District 14 is still in need of someone to help as an Alternate-DCM. Please come to our District meeting the second Wednesday of the month at 6:30 p.m. at the Westminster Presbyterian Church.

In love and service,

EC.



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



The Promises

WE ARE GOING TO KNOW A NEW FREEDOM
AND A NEW HAPPINESS.
WE WILL NOT REGRET THE PAST
NOR WISH TO SHUT THE DOOR ON IT
WE WILL COMPREHEND THE WORD SERENITY
AND WE WILL KNOW PEACE. NO MATTER HOW
FAR DOWN THE SCALE WE HAVE GONE. WE WILL
SEE HOW OUR EXPERIENCE CAN BENEFIT OTHERS.
THAT FEELING OF USELESSNESS
AND SELF PITY WILL DISAPPEAR.
WE WILL LOSE INTEREST IN SELFISH THINGS
AND GAIN INTEREST IN OUR FELLOWS.
SELF SEEKING WILL SLIP AWAY.
OUR WHOLE ATTITUDE AND
OUTLOOK UPON LIFE WILL CHANGE.
FEAR OF PEOPLE AND OF
ECONOMIC INSECURITY WILL LEAVE US.
WE WILL INTUITIVELY KNOW HOW TO HANDLE
SITUATIONS WHICH USED TO BAFLE US.
WE WILL SUDDENLY REALIZE THAT
GOD IS DOING FOR US WHAT
WE COULD NOT DO FOR OURSELVES.
ARE THESE EXTRAAGANT PROMISES?
WE THINK NOT! THEY ARE BEING FULFILLED
AMONG US - SOMETIMES QUICKLY. SOMETIMES
SLOWLY. THEY WILL ALWAYS MATERIALIZE
IF WE WORK FOR THEM.

EVENT FLYERS

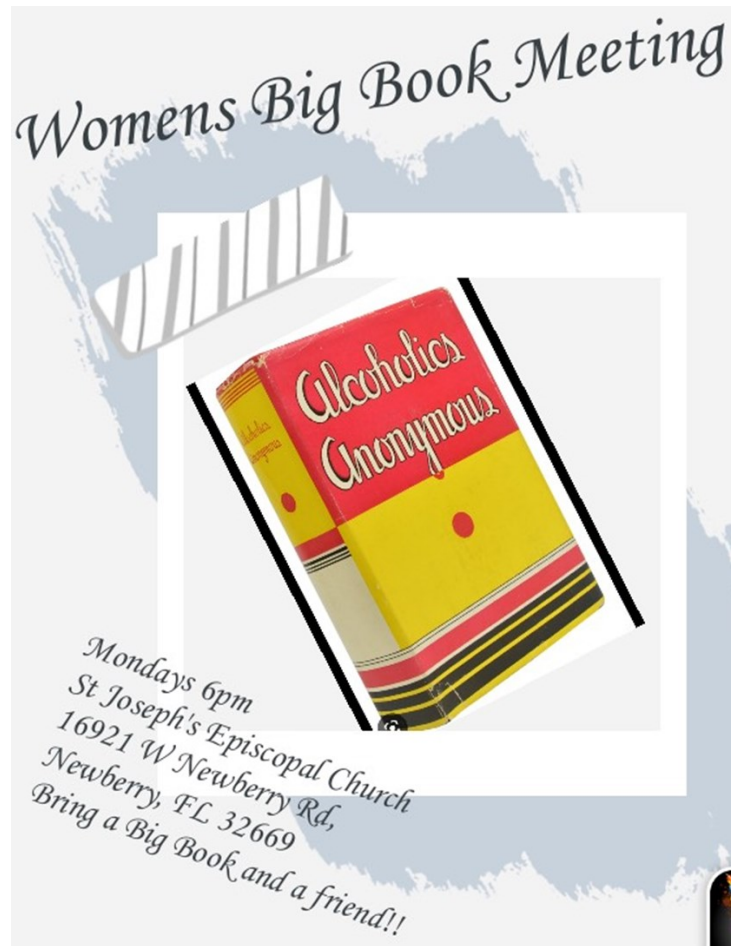
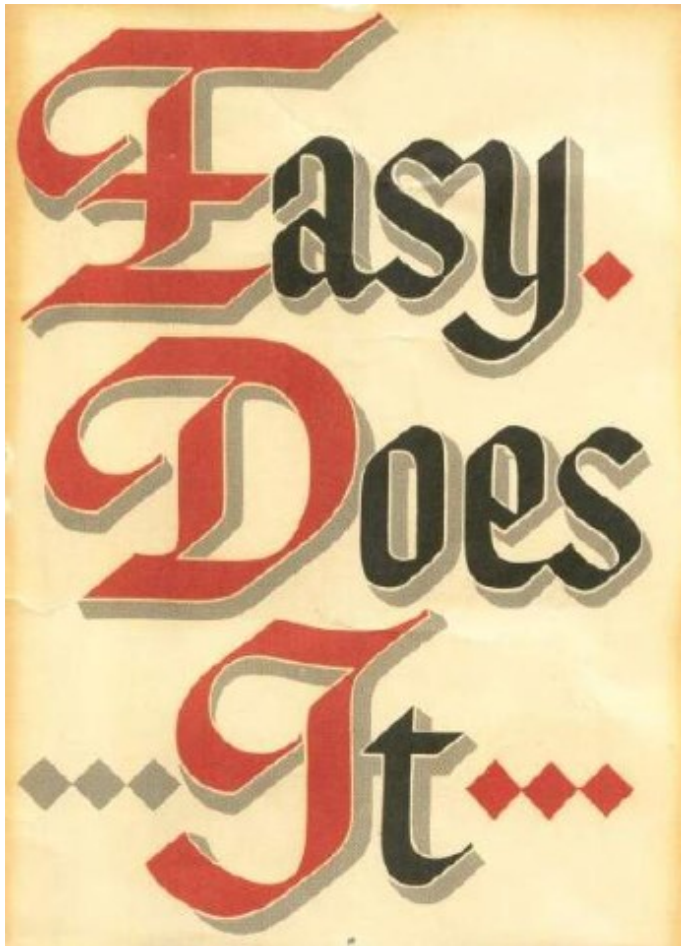
Be sure to submit flyers to promote your AA events on the Intergroup website! Must be in JPEG format and received at least one month in advance.
Send to webmaster@aagainesville.org



**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



Gainesville, Lake City and Tallahassee AA's Pre-Conference Workshop & Cookout



Alligator Lake Recreation Area
420 SE Alligator Glen
Lake City, Florida 32025

In the **Ponderosa Pavilion**



If you cook it, they will come.

Sunday, April 9th at 12 Noon

- Come join us for an afternoon filled with food and excellent information. Bring your AA friends! Hot dogs, hamburgers, and sides. Please bring a side dish or dessert to share (if you can).
- Our delegate, Mary, will share with us all the items that will be voted on at the next General Service Conference meeting in New York. She will be able to answer any questions you might have.
- Let's bring this information back to our groups, get their votes, and be their voice at our next Area Assembly.



Sorry, but no dogs are permitted in the park!

For more information contact:

- Gainesville (Eve at 352-222-2086)
- Lake City (Mark 703-403-0745)
- Tallahassee (Marc 850-815-5222)



Principles of 12 Steps

Steps	Principles of:	Will lead us to:
Step 1	Honesty & Surrender	Powerlessness & acceptance of our problem
Step 2	Belief	Hope & faith in our God for a solution
Step 3	Faith & Commitment	Freedom from self-will run riot and reliance on our God's will
Step 4	Courage & Diligence	Fearless appraisal of ourselves
Step 5	Truth & Integrity	Admission of our true self
Step 6	Acceptance & Growth	Awareness of our personal defects
Step 7	Humility	Allowing God to change us
Step 8	Brotherly Love	Review of our relationships
Step 9	Justice & Forgiveness	Restoration of our relationships
Step 10	Perseverance & Vigilance	Daily recovery
Step 11	Longing & Need	Spiritual growth
Step 12	Gratitude & Serenity	Service to others and serenity in face of all problems

© www.hamrah.co

