

Enjoying the Mess

A grandmother expresses gratitude for the joy of sobriety, even when it's time to clean up.

It was time to take my grandson home after spending a day together. It was around 9:00 in the evening. He had had his bath and was in his pajamas, but he was stalling. I could hear his priceless giggles in the other room. I was clueless about what he was doing but he sounded so happy. I stood at the door listening to him and my memories of the past slid in.

Was there any laughter like this when I was out drinking? No, mostly tears. I was moaning in pain and self-pity. But laughter? Never.

My drinking history is familiar to most alcoholics. I was a hot mess. I had been arrested for my third DUI. I had crossed that invisible line from social drinking into daily need. I was defeated by alcohol. It owned me totally. I could not make any decisions. My life consisted of quickly finishing what I had to do so I could start drinking to ease my pain.

I was middle-aged with two failed marriages behind me. I had lost a child in a car accident. The driver who killed my child was over the legal limit of alcohol and was looking at significant time in prison. And yet, there I was turning into the very thing that killed my child.

But now I'm sober and I'm spending time with my 5-year-old grandson. His laughter is infectious. I called out to him to say it was time to leave and yet he continued to laugh. When he finally came to the kitchen and sat on my lap, he had a mischievous look in his eye. I told him how much I loved him, put his coat on, and placed him in his booster seat to drive him home.

When I dropped him off and returned home, I looked in the bathroom. He had unrolled the entire roll of toilet paper. It was heaped on the floor in so many directions. The pile of paper was just like my life had been when I drank. There was no way to see where anything started and where it ended. As I looked at this pile of endless

paper, I began laughing so hard. I dropped to my knees and thanked God that I found a better life.

Each day, I've been given a clean slate to write a new day's activity. I can choose. I can use this slate to engage in old behaviors of drinking and self-pity or I can use this clean slate to continue to allow God to give me guidance and inspiration.

Through AA, I am learning how to make and keep personal relationships, the kind I could only imagine when I was drinking. The wonderful and caring souls I meet in AA want nothing from me. We depend on each other. Maybe someone's going through a tough time. A drink may be looking good, or maybe they've had a terrible day. We sober alcoholics have bad days sometimes. We are like others except we just can't drink. It is that easy or hard. The Steps are in order for a purpose. We can't skip around and do the Steps that seem the easiest. It's because of the hard work in AA that I've been given the privilege of having my grandson come to my house.

Some days are better than others. I get sad, I worry, and I experience stress. But I turn these over to God and pray. My grandson keeps me on my toes and I learn something new each day. He's surrounded genetically on both sides by the disease of alcoholism, but I cannot worry; we will cross that road when it's time.

Until then, I will enjoy the show. The toilet paper heaped on the floor reminds me that I never want to return to that old life of pain and tears. I want to be here as long as possible to enjoy the next chapter of my life. I'm grateful that God has a rich sense of humor. I want to laugh so hard that tears roll down my face every day.

*M.B.
Marion, Ohio*

Community News

The AA Hotline and Intergroup received 23 calls in April/May.

We have service positions available:

- POST Alternate chair
- Alt Webmaster
- Intergroup Office volunteers



We have 2022 Grapevines on sale \$1.00 each. (New ones are \$2.50 each.)

Living Sober and Drop the Rock 2nd Ed. are back in stock.

PLEASE, PLEASE be sure your group treasurer includes your group name on Checks, PayPal or Venmo donations to Intergroup so we can give your group credit. An email or mailing address makes it possible for us to send your receipt/thank you note.

In Love and Service,

Annie O (gainesville.intergroup@gmail.com)



When it comes to working your seventh step, the quality of humility really breaks down to having a reasonable perspective of yourself. It is quite simply seeing the truth of your life and your place in the world. In AA terms it is the practiced art of being “right-sized.” When you humbly ask your Higher Power to remove your shortcomings you are recognizing that you are neither too big nor too small. Gone is your self-entitlement or grandiosity; as is your shame, regrets or unworthiness.

You’ve actually already taken your very first act toward humility, by admitting your powerlessness and unmanageability. Typically when practicing step seven recovering addicts realize that humility is not a state of being in despair or groveling, but a state of peace, serenity, and acceptance of “life on life’s terms.”

In The Twelve Steps and Twelve Traditions it is stated, “the attainment of greater humility is the foundation principle of each of AA’s twelve steps.” The seventh step of AA is an ongoing opportunity for us to embrace the pursuit of humility as a fundamental aspect of staying sober.

<https://www.jasonwahler.com/12-steps-of-aa/step-seven-of-aa-alcoholics-anonymous>

JUNE BIRTHDAYS

4th Dimension

CG - 53 years
FR - 33 years

10th & 11th Step Group

ST - 37 years

Eye Opener Group

GH - 4 years
J - 26 years
MF - 4 years
M - 1 year

Free to Be

TH - 5 years
KM - 10 years
MM - 16 years

Pamplet Palooza

KP - 36 years
DK - 38 years
BL - 12 years

Sisters in Sobriety

KM - 4 years
MS - 9 years

Starke Happy Hour Group

LA - 1 year

Tuesday Night Step Study

B - 8 years

Gratitude Group

J - 23 years
EM - 50 years
JJ - 29 years
SW - 22 years
WB - 5 years
GH - 2 years
RV - 1 year
SR - 1 year



July Birthdays?

Send them by July 12th 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



Every A.A. Group ought to be fully Self-Supporting, declining outside Contributions.

This Tradition separates us from practically every Organization the Planet that provides services and help to the General Public as a whole. Why? Because we do not ask for one red Cent from anyone outside of our Fellowship. The place in A.A. where Money and Spirituality Mix begins when an A.A. Meeting or A.A. Group passes the Basket. When we pass the Basket at each Meeting this shows our responsibility for the Service work done in A.A. Each Contribution supports the Group, The Intergroup Office, District 14 and Area 14 (General Service Entities), and finally our General Service Office in N.Y.

The whole idea of Self-Support came after a Dinner Event which was held in 1940 with one of the richest men in the U.S., John D Rockefeller Jr. Mr. Rockefeller saw that if he gave this young fledgling Society of Ex-Drunks a lot of Money, that they might squander the Money. Mr. Rockefeller then said to us, "I am afraid that money will spoil this thing." He gave us advice and believed we should be Self-Supporting. He did provide us with some "Seed Money" to get us on our feet which we eventually paid back.

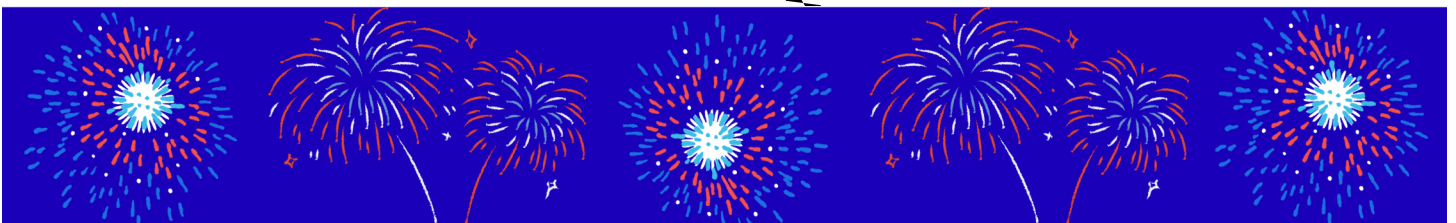
If you go on the AA.org website, you can view how to Contribute to the Service Entities, the Dollar Amount Limitations you can give, and also if your Group wants to send Contributions and in care of a deceased Member of the Group.

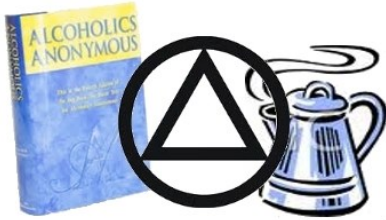
How much do you put in the Basket or Contribute On-Line? Some A.A. Members I know put in what their Last Drink Cost. When I am at my Home Group, I usually put \$5.00 in the Basket. Now that I belong to a Zoom Home Group, I make a Monthly Contribution to our Group Treasurer in care of PayPal.

Love and Service,

DF, Past Delegate, NE Ohio. Panel 59

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





North Central Florida Intergroup

Our office is located at:

Land Title Plaza

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

Office Hours:

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



POST Submissions

Send articles and anniversaries to Post@AAGainesville.org 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 well. The opportunity to provide for a service position has been a rewarding experience for myself and many others. Alternate positions help to keep our "Spirit of Rotation" rolling. Come by the Triangle Club at 1pm the last Sunday of every month to be a part of something truly special. We really hope to see y'all there!!

In service,

MC

Campbellmatthew0723@gmail.com

April and May Contributions

Gratitude group (April)	\$707.82
Hampton Hole in the Wall (April)	\$126.50
Hawthorne Group (April)	\$25
Hawthorne Keep it Simple (May)	\$50
Keystone Heights Group (April)	\$40
Sick As Our Secrets (April)	\$75
Sisters in Sobriety (May)	\$82
Solutions (May)	\$200
Starke Happy Hour (May)	\$100
The Loft (April)	\$10
Wholesale Miracle (April)	\$82
Individuals April and May	\$1220

Thank you for helping Intergroup to carry the message!

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

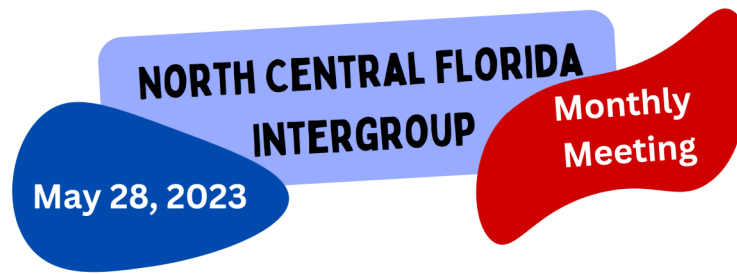
Being a Faithful is probably the most painless. Just make it an automatic monthly payment from your PayPal, Venmo or bank account. We appreciate every cent!

North Central Florida Intergroup Treasurer's Report—May 2023

	Current	Y.T.D.		Current	Y.T.D.
Sales	\$2,186.50	\$9,105.45	Committee Expenses	\$0.00	\$0.00
Sales Tax Collected	\$164.04	\$632.05			
Card Convenience Fees	\$7.50	\$35.50			
Activities Revenues	\$254.64	\$254.64			
Total Revenues	\$2,612.68	\$10,027.64	Activity Expenses	\$0.00	\$200.00
Contributions					
Faithful Fivers	\$144.00	\$585.00	Purchases	\$514.22	\$6,046.06
Group Donations	\$492.00	\$4,216.98			
Other Dention	\$10.43	\$1,261.53			
Total Donations	\$646.43	\$6,063.51			
Interest	\$36.83	\$142.49			
Overhead Expenses			Total Deposits	\$3,259.11	
Intergroup Monthly meeting	\$20.00	\$100.00	Total Combined Expenses	\$2,166.95	
Internet	\$77.22	\$386.05			
Office Expenses	\$93.05	\$228.74	Gain/Loss	\$1,092.16	
Rent	\$190.00	\$950.00			
Office Manager Salary	\$825.67	\$4,651.34	Checking, End of Month	\$3,927.11	
Paypal and Square Fees	\$10.31	\$98.58	Business Shares	\$11,996.13	
Payroll Taxes	\$0.00	\$229.50	Certificate of Deposit	\$9,033.65	
Postage	\$37.32	\$174.01			
Printing POST	\$124.62	\$632.48			
Printing Other	\$0.00	\$687.60			
State Sales Tax	\$77.30	\$532.81			
Telephone	\$197.24	\$988.94			
Other Expenses	\$0.00	\$116.05			
Total Overhead Expenses	\$1,652.73	\$9,976.10			

"We cannot tell what may happen to us in the strange medley of life. But we can decide what happens IN us – how we can take it, what we do with it – and that is what really counts in the end."

– Joseph Fort Newton



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

Chair Report – MC: Asked everyone to keep putting out the word in our groups about having intergroup reps in the meetings and participation in the Intergroup monthly meeting. Also, to put the word out that the Intergroup office needs volunteers.

Alt Chair Report - AB: Reiterated that people should spread the word about the Intergroup meeting and share out the service positions that are available. There are always opportunities for service.

Secretary report–KM, Secretary; JG, Alt Secretary: April meeting minutes read, Motion to accept, second. Minutes accepted.

Treasurer Report – MR, Treasurer: May report was read, motion to accept the report as read, seconded. Treasurer’s report accepted.

Phone Committee – M: Not present. Updates were relayed by IG Chair MC, via text. All shifts are currently covered!! S said that she is willing to assist if M needs help until an alternate is found. Al mentioned again that she wanted to thank S for her service. T mentioned making a thing in the POST. A inquired what are the duties of the phone chair and alt chair. A explained.

P.O.S.T. – TS: Alternate - M: This month’s POST was done entirely by M and TS is officially stepping down. An alternate chair for the POST is needed. 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. Living Sober and Drop the Rock are back in stock. Looking for volunteers for the Intergroup office. Office hours are M-W 2-5, Th-F 12-6 and Sat 11-3. Feel free to call or stop by to see how you can help. Two years of sobriety and math and some computer skills are needed. AO mentioned that there is an Intergroup Office manager conference in October in Kentucky and she is looking for support to attend. She will come back to the group with the amount needed for travel.

Website – NL, Webmaster; TC, Alt Webmaster: no one present, but T was texted and mentioned that there was a meeting in Lake City that was asking to be added to the website.

DCM Report – EMH: Shared DCM report, see notes. Big items: still need Alt DCM. Area assembly in Howie in the Hills. Corrections reps are needed, so if your group doesn’t have one, think about getting one. If your group doesn’t have a Grapevine rep, maybe you should get one of those too!

Old Business: None

New Business:

*AR. Shared about the Women’s Retreat June 23-25, which will be held in Hawthorne. Registration starts May 1. Flyers were distributed and information will be posted on the website soon.

Motion to close. Seconded. Meeting adjourned. Close Meeting with Responsibility Declaration

Date of next meeting: Sunday, June 25 2023



District 14 Meeting Minutes - 5/10/2023

Call to meeting with Serenity Prayer and introductions.

Previous month's minutes approved with revisions.

Treasurer's Report – approved

DCM Report: Delegate of Area 14 (North Florida) will present a post conference report during the July Area 14 Assembly at 4:30 Saturday. Agenda items include a new plain and simple language translation of our book Alcoholics Anonymous. E provided information about the International Convention. (AA.org website should be investigated about Canada requirements if there is a personal history of prison time or a conviction of a DUI). Information on Service Workshops being held by Area 14 officers is being held every Thursday at 6pm on Zoom. (See aanorthflorida.org for more information)

Tradition 5 and Concept 5 reviewed

Accessibility: The last monthly meeting had 4 attendees. Please elect an accessibility representative from each home group. If people are unsure about what Accessibilities is, please feel free to direct them to S. A workshop is scheduled on May 20, 2023, at 10 am at Triangle Club. If your group has accessibility issues or questions, please contact S by email at shadesachs@gmail.com.

Archives: R is very busy getting ready for Founder's Day. Volunteers are needed and appreciated. The theme is Women Lighting the Way in AA. Tickets will be available at AA office, Triangle Club and from Kirk. Our speaker will be Carson.

Corrections: N would like to encourage every group to ask their members for help to take meetings into the prisons. He is gathering more specific information about each facility. They may soon be taking meetings into the Lake Butler Reception Center.

CPC/PI: Literature from CPC/PI is being replenished at the Millhopper Library, Tower Road Library and at the Safety Council.

Grapevine: A list of all Grapevine representatives and their contact information is being compiled. B from Grapevine and J from Literature want to combine their monthly meetings to take place on the first Monday of the month at the Triangle Club at 6:30 pm. Literature: Meeting monthly with the Grapevine group. Time and place above.

Treatment: No report

Website: T will be adding the Structures and Guidelines for District 14 to the website.

Intergroup: All positions are filled. Phone times needing coverage are Monday 7am-10am; Tuesday 7am-10am; and Friday 7 p.m. to 10 p.m. Intergroup needs volunteers to help keep the office open.

Old Business: The Alt-DCM position continues to remain open. Suggested experience is prior service as a GSR and 3-5 years of sobriety. The microphone and speaker system cost of \$214.95 was reimbursed to E. This microphone and speaker system was purchased to improve conditions for attendees with hearing challenges. It will be made available to all AA groups in District 14 to try out in their meeting before purchasing their own.

New Business: 5th Annual Women's AA Retreat 6/23- 25/2023. Applications on website to attend with scholarships available. Motions made and passed to provide one reprint of the First Edition of the Big Book and a current edition, along with \$200.00 to be used as scholarship funds.

Meeting Adjourned at 7:30 p.m. with the Responsibility Pledge.

DISTRICT

14

Treasurer Report May 2023 Meeting

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

	Amount	Year to Date
Opening Bank Balance	\$ 15,539.84	
Group and Individual Contributions	\$ 724.30	\$ 724.30
Committee Expenses	\$ (621.37)	\$ (621.37)
D14 Expenses (includes rent/PO Box/sponsored events/website)	\$ (1,063.48)	\$ (1,063.48)
Earned Interest	\$ 1.25	
Total Expenses	\$ (1,684.85)	\$ (1,684.85)
Closing Bank Balance	\$ 14,580.54	
Change From Previous Month	\$ (959.30)	
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 2023	\$ 300.00	
Prudent Reserve	\$ 5,000.00	
Operating Cash (bank balance minus reserves)	\$ 8,117.04	

*Note - Please indicate Group Name & Number on Contributions

April 2023 District & Committee Expenses

	February Spent	Year to Date Spent	Annual Budget	Remaining Budget Avail.
D14-Rent/PO Box/POST	\$ (475.64)	\$ (475.64)	\$ 600.00	\$ 124.36
D14 Sponsored Events/Area	\$ (587.84)	\$ (587.84)	\$ 3,000.00	\$ 2,412.16
Accessibilities	\$ -	\$ -	\$ 300.00	\$ 300.00
Archives	\$ -	\$ -	\$ 600.00	\$ 600.00
Corrections	\$ (216.24)	\$ (216.24)	\$ 800.00	\$ 583.76
CPC/PI	\$ (15.23)	\$ (15.23)	\$ 200.00	\$ 184.77
Grapevine	\$ -	\$ -	\$ 200.00	\$ 200.00
Literature	\$ -	\$ -	\$ 500.00	\$ 500.00
Treatment	\$ (389.90)	\$ (389.90)	\$ 1,200.00	\$ 810.10
Website	\$ -	\$ -	\$ 750.00	\$ 750.00
Total	\$ (1,684.85)	\$ (1,684.85)	\$ 8,150.00	\$ 6,465.15

Breakdown of Month Expenses

District 14 - Meeting room	WPC (meeting room)	\$ (27.00)
D14 -- General Expense	PO Box annual fee	\$ (194.00)
Intergroup	Treatment Committee	\$ (389.90)
Intergroup	Corrections Committee	\$ (216.24)
Intergroup	Contribution to POST (\$21.22/mo x 12 mos)	\$ (254.64)
D14 Area	Pre Conference Workshop food	\$ (198.14)
Intergroup	CPC/PI Committee	\$ (15.23)
D14 Area	Travel Reimbursement Area 14 Conference	\$ (389.70)
Total Expenditures		\$ (1,684.85)

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 AA! District 14 just hosted Founder's Day at Trinity Methodist Church and it was a HUGE success! R, K, S, N, and many others worked tirelessly to put this evening together for all of us. It was a wonderful evening filled with good food, laughter and a great speaker, Carson. She spoke about how she owes a debt to Alcoholics Anonymous that we can never repay. Isn't that the truth! She shared about her service experiences on the Corrections and Treatment committees and how personally rewarding those experiences were for her. J, J, and friends put on a funny and informative skit about many of the outstanding and brave women in Alcoholics Anonymous who paved the way for all of us. Thank you so much for an absolutely fabulous evening!

District 14 has a microphone and speaker system to loan to meetings to improve accessibility for all our members. Please contact me at dcm@aagainesville.org to arrange this for your group.

Our next Area Assembly is July 7-9th in Howey-in-the-Hills at the Mission Inn. If your group is unable to send your GSR to the assembly, our District has scholarship funds available, so please let me know: dcm@aagainesville.org.

Lastly, our Area 14 Delegate, M, will be giving us an update on the Service Conference held in New York in April. I know our GSRs can't wait to share this information with their groups upon our return!

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



 **PayPal**



venmo

**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

**IT'S
A BEAUTIFUL
DAY TO BE
SOBER**

EVENT FLYERS

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



**NEW AA
CANDLE LIGHT MEETING
WEDNESDAY'S
7PM
TRIANGLE CLUB**
1005 NE 4th Avenue
352-373-9236

Saturday morning
Sunlight of the Spirit
Book Study
New Meeting!

Now serving fresh tea and coffee! Come meet some new friends and get some love and support on your recovery journey! We are here for you!

Big Book, 12 & 12; Fun in Sobriety

Saturday mornings at 9:00



Abiding Savior Lutheran Church
(First building on your right)
9700 West Newberry Road



Front Porch Palaver
Second Wednesday of each Month

Food Served 6:00 pm
Chicken Dumplings & Salad

Open Speaker Meeting @ 6:35 pm

7:10 Fellowship & Dessert

Location: Women's Club
23674 US Hwy No. 27
High Springs, FL
Park in the Town Hall Lot

Sobriety
is my
Superpower

Custom365