

A Publication of North Central Florida Intergroup



Volume 29, Issue 3 March 2024

# Keep it Simple, Smartypants!

I first read the Big Book in a college literature course. We were learning about spiritual conversion experiences, and we read about the founders of AA alongside the founders of the Nation of Islam and the so-called "Mind Cure." The way the class was set up, it was impossible not to think that AA is just one more religion and should be treated with skepticism.

It was maybe the worst AA introduction an alcoholic could have. I was set up to believe I was better than AA. It was something to be studied, not something a thinking person should accept.

Intellectual arrogance is one of my most serious sins. When I came to AA, I embraced the social and practical aspects of the program, but I kept its spiritual doctrines at a distance. They were just another "theology" to be discussed and critiqued. As long as I had this attitude, my recovery was stunted. I felt separated from my fellow AAs and their higher powers as they understood them. I lost a sponsor because of my do-itmyself attitude. I didn't drink, but I wasn't sober.

It wasn't until I finally accepted some good advice that things began to change. The advice is built on the principle of "keep it simple." It was: don't talk *about* God so much. Instead, talk *to* God. I wasn't sure I knew God could be talked to, but I talked anyway. I spoke to a God, not of my understanding but, crucially of my ignorance.

Actions in ignorance can be lifesaving. My talking to God in total ignorance led not to knowledge but to something better: hope. Now my faith is revived and I talk with God every day. I don't worry about Theology. I've got something better: God.

C.P. Grand Rapids, MI



Greetings all,

My apologies, the January group contributions page was TOTALLY incorrect. January and February contributions are reported in this edition of the POST.

The new edition of the Where-and-When meeting list is in stock at the Intergroup office for 75 cents each. This is the price per copy paid to the printer by Intergroup.

Please help us plan our A.A. World Services order. Please email <u>gainesville.intergroup@gmail.com</u> well in advance of your need if you would like to order a LARGE number of books or pamphlets. (More than twenty is LARGE and a month is well in advance.) It would be sincerely appreciated.

In grateful service,

A.O. (gainesville.intergroup@gmail.com)



In step three of AA you are making a decision: it's that simple. You make decisions all day every day, right? Making a decision to turn your will over to God or a "Higher Power" can be just like putting on a new pair of glasses and seeing everything more clearly.

When we've taken steps one and two we have learned and accepted that our lives are unmanageable, we are alcoholics and a power greater than ourselves can restore us to sanity.

What if we were to surrender the manageability part? We can surrender a lifetime of self-will run amok by making the decision to turn it all over to a Higher Power and allow someone and something to care for us. We can stop wearing ourselves out trying to make and force everything to happen as if we were in charge of everything in the world.

Recovery is a spiritual process and step three is when the doors of hope, faith, and trust are opened allowing us to once again take a deep breath and feel the serenity: a gift of sobriety. The essence of step three is turning over your will, getting out of the way, and being restored to reality, honesty, balance, and peace of mind.



10th and 11th Step group CR - 2 yrs BH - 7 yrs

## Free to Be

TM - 1 yr M - 3 yrs

# Gratitude Group

LK - 14 years P - 2 years

# Jonesville AA Group

JE - 7 yrs

Lawtey Primary Purpose Group JW - 1 yr SH - 30 yrs

Sisters in Sobriety CW – 33 yrs

<u>Tuesday Night Step Study</u> LK - 14 yrs JW - 41 yrs



### New Freedom

D - 1 yr RB - 7 yrs A - 1 yr S - 9 yrs J - 1 yr J - 1 yr MC - 44 yrs G - 2 yrs M - 37 yrs (Feb)

# The Way Out Group, High Springs

PD - 34 yrs

Please consider serving as an Intergroup Home Group representative. One year of sobriety is recommended. Attendance at Intergroup monthly meetings is required.

Also, consider volunteering as an Alternate Phone Chair for Intergroup. The position requires 1 year of sobriety and a working phone. Training is available. If interested, please text E. directly at 352-359-2042.

The Intergroup office can always use more help. Volunteers need a minimum of two year's sobriety. They work at least one shift (3 hours) per month on the Intergroup schedule. Meet new people and be of service. Email A.O. if interested at <u>gainesville.intergroup@gmail.com</u>.



**Tradition Three (Long Form):** Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation.

This tradition seems to create more controversy at the A.A. Group level than any of the other eleven traditions. Sometimes I think the long form of this tradition should be posted (along with our A.A. slogans) for all to see when anyone attends a meeting of A.A.

Bill W., one of our Co-Founders who wrote this tradition probably said it best; "You are an A.A. member if you say so. No matter what you have done, or still will do, you are an A.A. member as long as you say so."

The unique feature of this tradition is that A.A. is probably the most inclusive organization that was ever created. Our Society was inclusive at a time when many of our members could never assemble in the United States. Eventually, the rest world caught up but A.A. is essentially a society within a society. My first A.A. Sponsor (who got sober on March 19, 1966) used to say to me "We don't care if you are from Yale or from Jail, sit down up front and take the cotton out of your ears and stick it in your mouth!"

When a newcomer finally attends an A.A. meeting, I firmly believe they are not sure what their affliction is. If they are a problem drinker it is the members of that A.A. group to find out if they are a real alcoholic. When some of our new members come from drying out spots that may be profit-oriented such as a treatment facility, they are allowed to identify themselves if they think they may have more than one problem. An example of this is when a member introduces themself as an alcoholic/addict. Essentially all you have to say is that you are an A.A. member and you are really on the road to recovery when you join an A.A. Group.

Many A.A. groups today have integrated into their meeting formats a "Blue Card" that is read at the beginning of each meeting. The "Blue Card" can be used at both open and closed meetings of A.A. The "Blue Card" is essentially a "heads up" that if you share at an A.A. meeting, we can only discuss our problems with alcohol and the disease of Alcoholism.

Our A.A. literature carries our message also. There is a Service piece of A.A. literature titled "Information on Alcoholics Anonymous" which is a valuable tool for anyone new attending A.A. The pamphlet titled "The A.A. Group... Where It All Begins" is probably the most comprehensive pamphlet published by our General Service Office. This pamphlet protects our A.A. message also because it includes our A.A. Traditions and their importance for our society to survive.

By D.F.



# 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

# **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 <u>Activities@AAGainesville.org</u>. 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.



#### Hello folks!

Intergroup chairman A.B. here, continuing to trudge the road to a happy destiny and hoping all is well.

Our phone committee has shift openings, Sunday 7 pm-11 pm, and Monday 10 pm-7 am. We also need an alternate phone chair. The position requirements are **<u>six months</u>** of continuous sobriety and a working phone. Training is available. Contact E. directly at 352-359-2042 if you are interested in helping with this important service work.

M.G., our POST chair, still needs articles for the POST. She will be generating a flyer for signing up volunteers to write articles. Please announce to the groups if you would like to contribute to the post. Contact M.G. at email: <u>post@aagainesville.org</u>.

Updated Where and When's will be produced this week for \$0.75/each. If you have changes to your meeting date/ time or location, you can go to <u>aagainesville.org</u> and request to make the change.

Spanish language Big Books, 12&12, and Living Sober books are in stock. Volunteers to work in the office are always appreciated. Please contact Annie at <u>gainesville.intergroup@gmail.com.</u>

I can be contacted at <u>bryca137@aol.com</u> if further information or help is needed.

In Unity, Service, and Recovery,

Thanks, A.B.

# January 2024 Contributions Eye Opener \$149.10 Front Porch Palaver \$75 Hampton Hole in the Wall \$128 Kanapaha Step Study \$200 Living Sober (Lake City) \$25 Sat 10th &11th \$180 Queer & Sober \$50 Step It Up (Trenton) \$15 Tuesday Night Step Study \$120 Individuals, Faithfuls \$65 Total \$1007.10 February 2024 Contributions

Free to Be \$50

Haile Freedom \$301

Lawtey Primary Purpose \$200 Steps to Freedom \$30

Survivors \$20 Tues Night Step Study \$120

Women's Big Book \$12.00

Individuals, Faithfuls \$65

Total: \$798

Thank you for helping to carry the message!

# North Central Florida Intergroup Monthly Meeting Minutes February 2024



Open the meeting with the Serenity Prayer and Introductions

### Welcome New Intergroup Representatives (Andy B.): Phillip - YPG

**Chair Report** (AB): Not much to report. Letting people know about the meeting with time and place. Would like to get more people involved in InterGroup. Literature table, please sign in. Creating a new sign-in sheet for the meeting. A new agenda sheet was created.

Alt Chair (SGW): Ditto ^

**Secretary Report-Minutes** (KM): If you would like the minutes emailed to you, please let me know. Also, if you are receiving the minutes and don't want them, let me know.

Treasurer Report (MR) - The report was discussed via the POST. IG brought in a net of \$43.54

### **Committee Reports**

**Phone Committee:** (E.) Since last month a volunteer came forward for the Sunday open shift. Openings Sunday 7p-11p, Monday 10p-7a; if you would like to take either of these shifts, please text Ellen directly at 352-359-2042.

**POST:** (MG): Things are going well. Creating a flyer for signing up to volunteer to write articles. Please announce to the groups that if you would like to contribute to the post, please contact MG at <a href="mailto:post@aagainesville.org">post@aagainesville.org</a>.

**Office Managers Report:** (AO): Updated where and when will be produced this week for \$0.75/each. If you have changes to your meeting date/time or location, you can go online to aagainesville.org and request to make the change. Spanish language books are in stock: Big Book, 12&12, and Living Sober. Volunteers to work in the office are always appreciated. Please contact AO at <u>gainesville.intergroup@gmail.com</u>

Website: (TC) Not present. Nothing to report. webmaster@aagainesville.org

**DCM Report:** (EH / S.) Not present. The report was read by KM. DCM committee chairs need to contact T. (webmaster) to give their email, so he can merge them. Meetings are 2nd Wednesday of the month at 6:30pm at Westminster Church by Westwood Middle <u>District 14 minutes - Feb 2024</u>

**Available Positions** (AB): An alternate phone chair requires 1 year of sobriety and a working phone. Training is available. Please contact Ellen via text.

Old Business: (AB): None

**New Business:** (AB): M.- motion to move the March meeting to the 24th due to the last Sunday of the month being Easter, E. second. SGW- inquiring whether the chair and alt chair have a vote when something needs to be voted. MR advised Only IG reps can vote.

Date of next meeting: Sunday, March 24th @ 1:00pm @ The Triangle Club

All IG meetings are available on Zoom - you can attend and participate from home!! The link is available on the IG website.

# North Central Florida Intergroup Treasurer's Report -February 2024

	Current	Y.T.D.		Current	Y.T.D.
Sales	\$1,658.35	\$3,151.61	Committee Expenses	\$0.00	\$0.0
Sales Tax Collected	\$123.31	\$217.38			
Card Convenience Fees	\$8.50	\$16.00			
Activities Revenues	\$0.00	\$0.00			
Total Revenues	\$1,790.16	\$3,384.99	Activity Expenses	\$0.00	\$200.00
Contributions					
Faithful Fivers	\$65.00	\$130.00	Purchases	\$49.59	\$740.23
Group Donations	\$733.00	\$1,675.10			
Other Dontion	\$28.37	\$43.08			
Total Donations	\$826.37	\$1,848.18			
Interest	\$39.61	\$39.61			
			Total Deposits	\$2,616.53	
Overhead Expenses					
Intergroup Monthly meeting	\$20.00	\$40.00	Total Combined Expenses	\$1,902.92	
Internet	\$77.22	\$154.44			
Office Expenses	\$157.43	\$164.18	Gain/Loss	\$713.61	
Rent	\$275.00	\$550.00			
Office Manager Salary	\$825.67	\$1,651.34	Checking, End of Month	\$4,703.21	
Paypal and Square Fees	\$12.80	\$36.64	Business Shares	\$11,999.62	
Payroll Taxes	\$0.00	\$0.00	Certificate of Deposit	\$9,407.13	
Postage	\$58.59	\$58.59			
Printing POST	\$118.59	\$230.48			
Printing Other	\$0.00	\$0.00			
State Sales Tax	\$91.83	\$217.73			
Telephone	\$216.20	\$432.39			
Other Expenses	\$0.00	\$0.00			
Total Overhead Expenses	\$1,853.33	\$3,535.79			

Easter Sunday, March 31, Triangle Club 11:00 am As Bill Sees It Open Meeting 12:30 pm Lunch This is a free event! Please bring a side-dish or dessert to share! Sponsored by

Eyeopener, New Life, Gratitude & Downtown Groups

# DISTRICT 14

# FEBRUARY MEETING MINUTES

Opened with the Serenity Prayer; introductions Secretary's Report: Minutes were accepted as read.

**Treasurer's Report: D.** presented his report and also the proposed budget for District 14 for Fiscal Year 2024 which will commence in April of 2024. GSR or their Alternates will vote to approve the new budget at the March 13, 2024 meeting.

**DCM – E.:** Next Area Assembly, April 5-7, in Howie in the Hills at the Mission Inn. On March 17, District 14 will be cohosting a **Preconference Workshop** with Ocala District 17 at the DAV in Belleview. Fliers: aanorthflorida.org check on the **Activities** tab (on the left-hand side) for Area 14. Regarding GSO's request for input about how to respond to proposed changes to the writings of AA's founders, there will be a "sharing" session held at the GSC\* in April. E. encouraged GSRs to either speak to M. at the area assembly or email her with their viewpoints. More information regarding AA GSC\* Agenda Items is expected in the last two weeks of February. E. will forward them to GSRs and Committee Chairpersons immediately upon receiving them.

ALT DCM: S. was absent. Handout of Tradition 2 and Concept 2 given to all attendees.

#### SERVICE COMMITTEE REPORTS:

Accessibilities: S. reports that they are bringing in two new meetings starting in March: St. Francis House, Fridays at 10:00 am, and at Changes Healing House, Tuesdays at 6:00 pm. If you are willing to bring a meeting to either location once a month, please email S. at shadesachs@gmail.com.

Archives: SGW reported that four members journeyed to Tampa to attend the Dr. Bob's House workshop. Founders Day,

June 8<sup>th</sup>. The church has been reserved and planning meetings will start in March. Please send Archives your group histories. Interviews of AA's with 30 or more years of sobriety are needed. B. is working on two at present.

**Corrections:** N Committee has a new member serving the Lancaster Correctional Institute, working with the chaplain to bring meetings into the facility. Meetings also at the Lancaster Work Camp. There are now 6 meetings at the facility. Always need new members to bring meetings into the Alachua County Jail, Lake Butler.

**CPC/CPI: R-** Three new people have joined the committee. The committee reached out to Shands (Liver Transplant Department). Met with an addiction psychiatrist who was interested in having AA pamphlets to hand out to patients and to place in literature racks. Continue to maintain literature racks in libraries. The committee could use help placing literature in racks in the Archer, Newberry, and Waldo libraries. Sent emails to counseling centers at Santa Fe College and UF. Received a reply from a counselor at the UF Counseling Center at UF. The counselor mentioned that they are exploring having an AA meeting on campus. The committee meets via Zoom, on the 2<sup>nd</sup> Thursday of the month. Email zoom@aagainesville.org for the link.

**Grapevine: B** Committee continues to spread the word about the new Grapevine and La Vina (Spanish Language Grapevine) apps. The Grapevine is always in need of stories.

**Treatment: K** reports that the Treatment Committee is doing well. The VA Behavioral Unit (across from Shands) would like us to start bringing a meeting there on Saturday afternoons. If any group wants to cover a meeting, please send a representative to our monthly meeting which meets on the last Thursday of the month at the Triangle Club.

Website: T introduced Alternate Webmaster; a small group is working on improving the website.

**Intergroup:** A reported that SGW is the Alt Chair of Intergroup. We need an Alt Chair for the phone answering group. E.'s phone number is 352-359-2042. Articles are needed for the front page of the Post. Submissions can be made to <a href="mailto:post@aaginesville.org">post@aaginesville.org</a> AO reports that mini Big Books and 12 and 12's are on sale, as well as a \$5.00 replica of the original edition of the Big Book.

**Old Business:** Because of a low participation rate in our District 14 Inventory, E. will resubmit to GSRs and we will revisit next District meeting.

**New Business:** (A) Proposed Budget – discussion of increasing funds for CPC/PI (tabled for next month); (B) District needs an Alternate Treasurer within the next few months.

Meeting closed with **Responsibility Statement** 

\*GSC – General Service Conference (held in New York in April)

# DISTRICT

#### Treasurer Report March 2024 Meeting

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

		Amount	Year to Date
Opening Bank Balance	\$	15,705.04	
Group and Individual Contributions	\$	717.00	\$ 7,031.77
Committee Expenses	\$	(1,132.03)	\$ (4,664.84)
D14 Expenses (includes rent/PO Box/sponsored events/website)	\$	(27.00)	\$ (3,123.28)
Earned Interest	\$	1.23	
Total Expenses	\$	(1,159.03)	\$ (7,788.12)
Closing Bank Balance	\$	15,264.24	
One Month Difference in Bank Balance	\$	(440.80)	
Money Held in Reserve:			
Founders' Day Seed Money 2024	\$	1,536.50	
Service Fair - Reserve for 2024	\$	600.00	
	\$	5,000.00	
Operating Cash (bank balance minus reserves)	¢	8.127.74	

February 2024 District & Committee Expenses								
		Year to Date			Annual		Remaining	
		Spent		Spent		Budget		Budget Avail.
D14-Rent/PO Box/POST	\$	(27.00)	\$	(745.64)	\$	600.00	\$	(145.64)
D14 Sponsored Events/Area	\$	-	\$	(2,377.64)	\$	2,700.00	\$	322.36
Accessibilities	\$	(193.48)	\$	(363.42)	\$	300.00	\$	(63.42)
Archives	\$	-	\$	(300.00)	\$	600.00	\$	300.00
Corrections	\$	(237.12)	\$	(1,825.01)	\$	2,200.00	\$	374.99
CPC/PI	\$	(385.78)	\$	(615.52)	\$	300.00	\$	(315.52)
Grapevine	\$	-	\$	-	\$	200.00	\$	200.00
Literature	\$	-	\$	(130.90)	\$	150.00	\$	19.10
Treatment	\$	(315.65)	\$	(1,270.09)	\$	1,300.00	\$	29.91
Zoom	\$	-	\$	(159.90)	\$	150.00	\$	(9.90)
Website	\$	-	\$	-	\$	-	\$	-
Total	\$	(1,159.03)	\$	(7,788.12)	\$	8,500.00	\$	711.88

Breakdown of Month's Expenses			
District 14 - Meeting room	WPC (meeting room)	(27.00)	
Intergroup	Corrections Committee	(237.12)	
Intergroup	Treatment Committee	(315.65)	
Intergroup	CPC/PI Committee	(45.47)	
Intergroup	CPC/PI Committee	(340.31)	
Intergroup	Accessibilities	(153.62)	
Reimbursement	Accessibilities	(39.86)	
Total Expenditures		(1,159.03)	

District 14 Service Commit	tees
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Committee	When	Where
Accessibilities	6:00 PM 3rd Thursday of every month	Triangle Club 1005 SE 4th Ave
Archives	6:30 PM 1st Tuesday of every month	Triangle Club 1005 SE 4th Ave
Corrections	6:00 PM 3rd Tuesday of every month	Triangle Club 1005 SE 4th Ave
District 14	6:30 PM 2nd Wednesday of every month	Westminster Presbyterian 1521 NW 34th St
Grapevine	6:30 PM 1st 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

#### Hi friends!

Did you know that (we have heard from AA members from across Northern Florida), our District has a reputation for strong service? Isn't that great? When AA calls, the GSRs, Committee Chair members, etc., show up! I'm so proud and inspired to be a part of such a grateful and active group of people. Now, having said that, our District has two open positions currently: Alternate Treasurer and Alternate DCM. The sobriety suggestion is 2 years and 4 years respectively. Pray about it, talk to your sponsor, and then come be a part of our service family! We need your help!

The next Area Assembly is April 5-7 in Howie-in-the-Hills. Let your GSR know how you feel about the agenda items to be voted on/discussed in April in New York. Be a part of keeping the AA message strong and available to the sick and suffering alcoholic who desperately needs recovery!

In loving service,



# DONATIONS



# 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."

# **Accepted Payments:**

Check payable to NCFI, Cash, Credit Card (fee waived), PayPal, or Venmo









# 7th Tradition Addresses

### North Central Florida Intergroup

2632 NW 43rd St, 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





# North Florida Area Assembly

PO Box 840066 St Augustine, FL 32080 <u>https://www.aanorthflorida.org</u>

(Checks payable to NFAC)

# **General Service Office** PO Box 2407 James A Farley Station NY, NY 10116

(Checks payable to GSO)

Friday & Saturday Dinner	Unity Under the Stars 2024		Bring desert to share on Saturdav Fun		
Fishing			50/50		
Kayaking	Doe Lake- Umatilla Flori April 5 <sup>th</sup> , 6 <sup>th</sup> , and 7 <sup>th</sup>	da	Meetings Speakers		
Saturday Breakfast					
Price includes c	amping for the weekend or da ntal breakfast Saturday, welco	TABLE IN AN AND AND AND AND AND AND AND AND AND			
102455 20 20 <sup>20</sup> 20 20	ch, and send in with payment. s payable to " <b>Unity Under the</b>				
Name	Phone No	email:			
and contraction contraction	tion fee: \$40.00 per adult- \$10 ht: Adults Children (o				
Saturday Day pass fee: \$15.00 per adult- children free (include children in registration) How many day: Adults Children Total \$					
T-shirts \$15 must be ordered by 3/1/23. There will not be any for sale at event. How many: Small Med LG XLG <mark>2XLG (\$17)</mark>					
Additional Scholarship Donation \$ Total \$					
Register o	n line at <u>https://forms.gle/TZix</u>				
Payments	can_be sent to: Unity Under the	eld until payment is received			
	ontact the UUTS committee at				