

Inside Out

Grapevine Article June 1995 By FH

Were entirely ready to have God remove all these defects of character

If Alcoholics Anonymous were a self-help program, Step Six might read something like this: "Became determined in our minds to overcome all our character defects."

Mercifully, this is not what we are asked to do in AA. In fact, no action at all is called for in Step Six. I cannot imagine more passive language than "Were entirely ready to have God remove all these defects of character." We are not admonished to reform our character, to make deep and sincere resolutions to change our objectionable behavior, to give up anything at all, nor to take on new responsibilities or even new attitudes. The words of the Step sound more like a progress marker on the road to recovery than a call to more action.

Being entirely ready to have God remove all these defects of character was almost a rest stop on my trudging the road to happy destiny; a pause that I desperately needed. For too long I had really tried to be a better person. Attempts to control my drinking ended in total defeat and a sense of hopelessness and aimlessness. Then I came to AA. At the very first meeting I got a tiny glimmer of hope—a softness that I didn't understand or particularly seek. I was so tired of trying that the relief in simply giving up was as near to joy as anything I had ever experienced.

But in the AA meetings I attended people talked about a lot of things other than alcohol. They talked about honesty. I couldn't be totally honest because (I thought) if people really knew what I had done, and was still doing, I might lose my job or at least be totally disgraced. People talked about asking for help, but I pretended to be self-sufficient. They talked about fear and I acted brave and strong. Whole meetings were devoted to discussions of gratitude. I felt more self-pity than gratitude, but I said I was grateful and continued going to meetings.

Nearly every topic, except the First Step, filled me with guilt, shame, and fear, but I hid it well and resolved to try even harder. I approached AA exactly as I had lived for so many years before and during my drinking. "I will do this thing," I thought, but I was never quite able to pull it off. I got so very tired of trying!

All these things that troubled me so much came out in my Fifth Step: my selfishness, dishonesty, repeated failure of self-reliance, and my fears. Once again, I hit a kind of bottom. I not only was defective but I couldn't do anything about it. Nothing!

I didn't feel lost anymore, or hopeless. Neither was I filled with the kind of faith in a Higher Power many in AA expressed. The idea of God doing for me what I could not do for myself was agreeable to me, but I didn't know what to "do"! Step Six said that I was now entirely ready to have that happen. I believed that, and it was true. The relief I felt at this time brought real joy, a change from the inside out. Then I thought about how God might do these things for me. Thinking about it didn't help at all; in fact, pondering the matter only produced new doubts and questions.

I worried about wanting something with an urgency akin to alcoholic craving and that God's way of removing that defect would be to deny me the fulfillment I sought, or that I would be compelled to do things I really didn't want to do. I feared that a certain grim asceticism would be imposed upon me. Self-denial never held any lasting appeal to me!

These doubts and fears were not things I could share with anyone—not even my sponsor who had heard my entire Fifth Step. I feared he would think I was unwilling—the very worst offense in AA! I felt pressured to get on with the real action Steps, Eight and Nine. So I did the very same thing I did with every other Step up to that point. I took a chance! The chance I took was that this thing just might work out for the best.

(continued on page 3)



June Birthdays



Eye Opener Group

SW: 25 years
MF: 7 years
JC: 2 years

Gratitude Group

RR: 1 year
KM: 3 years
SW: 3 years
GH: 7 years
WB: 8 years
SM: 9 years
SW: 25 years
JJ: 34 years
TS: 42 years
EM: 53 years

Lawtey Primary Purpose Group

AC: 11 years
BI: 15 years

New Freedom Group

R: 1 year
DM: 4 years
LJ: 5 years
NJ: 13 years
E: 35 years

In Loving Memory



10/28/1931 – 6/11/2026

She has her angel wings!



SHARE YOUR VOICE in THE POST!

Help keep our recovery fellowship connected and informed.

WHAT WE ARE LOOKING FOR:

- **RECOVERY STORIES:** reflections on Steps, Traditions, and Concepts.
- **EVENT ANNOUNCEMENTS:** group activities, speakers, and service opportunities.
- **SOBRIETY ANNIVERSARIES:** milestones to celebrate.

HOW TO SUBMIT YOUR ITEMS:

- **BY EMAIL:** post@AAGainesville.org
- **BY MAIL:** Delivered to the NCFI Office.

DEADLINE: 12TH of Each Month
for the upcoming issue.

THANK YOU FOR YOUR SERVICE!



Inside Out, continued

Maybe, just maybe, what God had in store for me would be good and maybe I would even like it. At last, after years of trying to figure out what was right and then trying even harder to do it, I was entirely ready to have God remove all my defects.

That chance was certainly worth taking. After all, if life became too grim I could always reclaim control and try again on my own. For one week, morning and night, I said the Seventh Step prayer. The words "My creator, I am now willing that you should have all of me, good and bad. . ." reminded me of words from a hymn that we sang in church when I was growing up: "Just as I am. . . I come to Thee." I didn't have to do anything! I was me, still living in a lot of the mess that I had made. That was okay for the moment. But I knew that change would have to occur and that I would need to participate in the process.

Change did occur. I was surprised, as I continued with the next six Steps, that what really changed about me was my "wants." The urgency of self-gratification left me. Personal ambition (a quality I always valued) became focused on being useful to God and others. I found myself telling the truth most of the time and found that others valued that more than my super-human efforts of the past. I have stopped fighting, I hate no one, and I now know the meaning of the word

serenity. God is doing for me what I could not do for myself.

Sometimes people try to make the Sixth Step into an action Step. I hear statements at Step meetings like "It does no good to ask God to remove your defects unless you are willing to take the action necessary." Another oft-quoted adage in meetings is "God helps those who help themselves." However, I have no reason to believe that at all. The more I tried to help myself the more self-reliant I became and the farther I was from any real dependence upon God. When this self-reliance failed (as it inevitably did), fear possessed me and I drank. What I find to be true now is that God helps those who trust him.

Of course action is necessary. We do not try to escape from life's demands. My problem, though, was trying too hard to figure out what to do, then trying too hard to do it on my own, depending totally on my own resources and imagined strengths. The point of Step Six is that we stop this self-centered imagining and planning. We don't ask to see anything in the future, make no commitments to specific goals, and surrender ourselves to a future yet to be revealed. Without this break from busy action I could not have continued with the AA program. With it, I am changing—from the inside out.

Community News

Intergroup contributed printing and books to District 14's Founders' Day celebration on June 13. I had the pleasure of working the welcome table and enjoyed seeing friends, old and new!

We hear from the Founders' Day planning committee that they are sincerely grateful for the support. Let us know if you want NCFI to carry fancy triplate medallions. We have a few at the Intergroup office, for those 5 year milestones in sobriety. They are a bargain here for \$12.50.

I'll keep announcing this: The Intergroups & Central Offices of AA (ICOAA) special workers conference is being held in San Antonio TX in November. Ask your group if they want to contribute to my growth as Intergroup manager with a special supporting contribution.

I'm not retiring from my position as Intergroup office manager until **DECEMBER OF 2027**. The NCFI committee will decide in the fall of 20-27 who they want to take the position.

Thank you for supporting YOUR Intergroup!

A.O.
NCFI Office Manager
gainesville.intergroup@gmail.com

North Central Florida Intergroup

Located at the Land Title Plaza
on the back side of Building 1000

2632 NW 43rd Street
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

Chairperson's Corner

We have a date for the 2026 Gratitude Dinner:
Saturday, November 21!
More will be revealed as the year goes by.

We now have a new POST Editor, Jennifer. Welcome
to Intergroup!

Upcoming Workshops:

- POST & Grapevine Workshop, Saturday July 18,
2 – 4 pm, Triangle Club, 1st workshop commit
tee June 18, 6:45 pm,
- Sponsorship Workshop, put on by Eyeopener
Group. Saturday, August 2 – 4 pm at the Triangle
Club.
- How To Chair a Meeting Workshop Sunday, Sep-
tember 13, 2-4pm @ Triangle Club, with topics
such as literature vs. discussion meetings, dealing
with an attendee in crisis, etc. Next committee
meeting Friday, June 19. 6:45 Triangle Club.

In your service,

S.-G.W.
NCFI Chair

GROUP CONTRIBUTIONS MAY 2026

GROUP NAME	AMOUNT
As Bill Sees It	\$100.00
Eye Opener	\$222.00
Eye Opener Online	\$63.00
Free Thinkers	\$100.00
Living Sober Online	\$70.00
Mayo	\$83.80
Peace Seekers	\$50.00
TILIS Men's	\$175.00
Williston Winners	\$40.00
Total	\$903.80

Thank you for supporting North Central Florida
Intergroup!

Treasurers, please send your email address for
receipts:

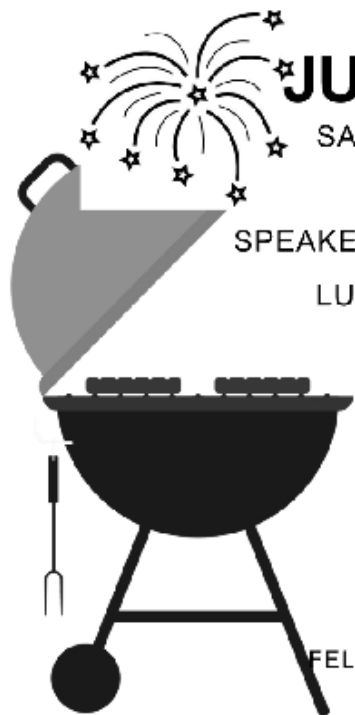
Gainesville.Intergroup@gmail.com

NORTH CENTRAL FLORIDA INTERGROUP, INC (a 501c3 non-profit corporation)

Registration #: CH13265

Expiration date: October 15, 2026

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING
TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.



JULY 4TH BBQ

SATURDAY, JULY 4, 2026

NEW LIFE GROUP

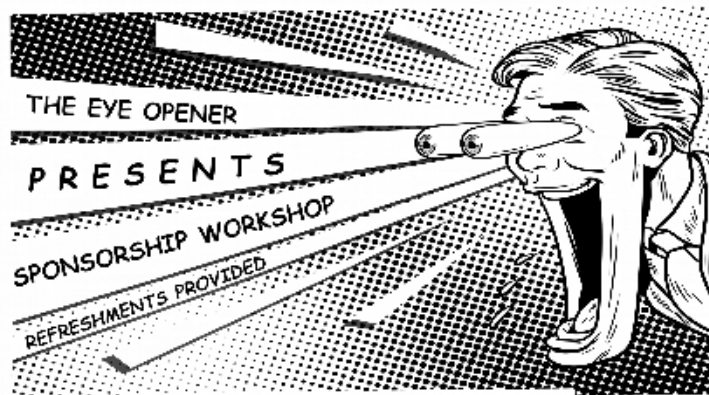
SPEAKER MEETING 12:30 PM

LUNCH SERVED 1:45 PM

THE TRIANGLE CLUB

1005 SE 4TH AVENUE

CELEBRATE WITH FOOD,
FELLOWSHIP, & 50/50 RAFFLE



WHEN: SATURDAY, AUGUST 22, 2026

TIME: 2PM-4PM

WHERE: TRIANGLE CLUB

1005 SE 4TH AVE, GAINESVILLE, FL 32601

FEATURING PANELIST,

MEREDITH R.

PHIL A.

SUSAN W.

Tradition Six

HOSPITALS AND A.A.

Excerpts from Bill W.'s "Adequate Hospitalization" article in AA Grapevine in 1947... background for Tradition Six

Many sanitariums and private hospitals are necessarily too high priced for the average alcoholic. Public hospitals being too few, asylums and religious institutions too seldom available, the average group has been hard put to find spots where prospective members can be hospitalized a few days at modest expense.

This urgency has tempted some A.A. groups to set up drying-out places of their own, hiring A.A. managers, nurses, and securing the services of a visiting physician. Where this has been done under the direct auspices of an A.A. group it has almost always backfired. It has put the group into business, a kind of business about which few A.A.'s know anything at all. Too many clashing personalities, too many cooks spoiling the broth, usually bring about the abandonment of such attempts.

We have been obliged to see that an A.A. group is primarily a spiritual entity; that, as a group the less

business it has to transact, the better. While on this theme it ought to be noted that practically all group schemes to finance or guarantee hospital bills for fellow members have failed also. Not only do many such loans go unpaid, there is always the controversial question in the group as to which prospects deserve them in the first place.

In still other instances A.A. groups, driven by their acute need for medical aid, have started public money-raising campaigns to set up "A.A. hospitals" in their communities. These efforts almost invariably come to naught. Not only do these groups intend to go into the hospital business, they intend to finance their ventures by soliciting the public in the name of Alcoholics Anonymous. Instantly all sorts of doubts are generated; the projects bog down. Conservative A.A.'s realize that business ventures or solicitations carrying the A.A. endorsement are truly dangerous to us all. Were this practice to become general the lid would be off. Promoters, A.A. and otherwise, would have a field day.

This search for reasonably priced and understanding medical treatment has brought into being still another class of facilities. (continued on page 6)

These are restfarms and drying-out places operated by individual A.A.'s under suitable medical supervision. These setups have proved far more satisfactory than group directed projects. As might be expected their success is in exact proportion to the managerial ability and good faith of the A.A. in charge. If he is able and conscientious, a very good result is possible; if neither, the place folds up. Not being a group project and not bearing the A.A. name, these ventures can be taken or left alone. The operation of such establishments is always beset with peculiar difficulties. It is difficult for the A.A. manager to charge high enough rates to make the venture include a fair living for himself. If he does, people are apt to say that he is professionalizing, or "making money out of A.A." Nonsense though this may often be, it is a severe handicap nevertheless.

Yet, in spite of the headaches encountered, a good number of these farms and sobering-up spots are in active operation and can seemingly continue just as long as they are tactfully managed, do not carry the A.A. name, and do not publicly solicit funds as A.A. enterprises. When a place has an A.A. in charge we sometimes do take thoughtless advantage of the fact. We dump alcoholics into it just to get them off our hands; we promise to pay bills and do not. Any A.A. who can successfully manage one of these "drunk emporiums" ought to be congratulated. It is a hard and often thankless job though it may bring him deep spiritual satisfaction. Perhaps this is the reason so many A.A.'s wish to try it!

NCFI Treasurer's Report

May 2026

	Current	Year to Date		Current	Year to Date
Sales	\$899.95	\$7,545.10	Service Expenses		
Tax Collected	\$67.60	\$553.60	Literature Purchases	\$1,558.27	\$7,298.06
Card Use Fees	\$9.50	\$81.50	Mailing POST	\$0.00	\$118.73
Total Sales Revenue	\$977.05	\$8,180.20	Printing POST	\$124.62	\$636.50
Grateful Givers	\$110.00	\$680.00	Website Hosting	\$12.99	\$64.95
Group Contributions	\$903.80	\$4,416.20	Alkathon	\$0.00	\$366.82
Roundup Contributions	\$44.72	\$203.28	Other Service Expenses	\$237.50	\$537.50
Other Contributions	\$0.00	\$874.00	Total Service Expenses	\$1,933.38	\$9,022.56
Total Contributions	\$1,058.52	\$6,173.48	Fundraising Expenses	\$0.00	\$0.00
Interest	\$32.19	\$156.07	Fundraising Income	\$0.00	\$0.00
Electronic Payment Fees	\$11.24	\$108.60	Transfers From Business Shares	\$0.00	\$0.00
Insurance	\$1,040.88	\$1,821.54	Total Income	\$2,035.57	\$14,353.68
Internet	\$87.10	\$435.50	Total Deposits	\$2,035.57	\$14,353.68
Monthly Meeting Rent	\$0.00	\$100.00	Transfers To Business Shares	\$2,800.00	\$2,800.00
Office Expenses	\$86.78	\$446.11	Total Expenses	\$4,866.40	\$21,363.77
Office Rent	\$350.00	\$1,750.00	Total Withdrawals	\$7,666.40	\$24,163.77
Payroll Taxes	\$0.00	\$229.50	Gain/Loss	-\$5,630.83	
Postage	\$0.00	\$0.00	Checking	\$987.51	
Printing	\$0.00	\$24.30	Business Shares	\$4,307.82	
Salary	\$825.67	\$4,651.34	Certificate Of Deposit	\$10,428.64	
Sales Tax	\$121.75	\$510.61			
Telephone	\$286.72	\$1,434.41			
Other Expenses	\$122.88	\$829.30			
Total Overhead	\$2,933.02	\$12,341.21			

North Central Florida Intergroup

Monthly Meeting Minutes

May 31, 2026

Meeting Opened with Serenity Prayer

Welcome to new Intergroup Reps: None

Chair Report, S.-G.: You can always find up to date information from the Chair on the POST under the Intergroup Chairperson's Corner on page five (5).

Alt-Chair Report, J.: Workshop on how to chair a meeting has been set for 09/13/2026 2PM - 4PM at Triangle Club. The next planning committee meeting is June 19 at 6:45PM at the Triangle Club.

Secretary Report, J.G.: Minutes were reviewed and approved.

Treasurer Report, M & G.D.: The Treasurer's report was reviewed and approved.

Committee Reports

Phone Committee, E: There are several slots available. Please reach out to Ellen if you are interested.

POST, J: Not present. Birthdays are due the 12th of every month for the next month's issue of P.O.S.T.

Office Manager's Report, A: Annie will be on vacation from the end of August to the beginning of September and will work with Intergroup volunteers to cover time at the office. A is interested in participating in the Intergroup Central Office AA annual meeting, to be held in San Antonio. Last year, Intergroup voted to cover Annie's expenses for this trip. In order to support her travel, please consider providing additional contributions to Intergroup, earmarked for that trip. It is expected that the trip will be about \$2,000. A is beginning to find her replacement so she can retire. It is expected that her retirement will be in early 2027. If you are interested in the Intergroup Office position, please review the position description in the By-Laws and reach out to A if you have questions or are interested.

Website Report, R: All previous issues of the POST have now been uploaded onto the Website.

DCM Report, L, Alt DCM: Thanked everyone for their participation in events hosted by District. This year, Linda and Cecil visited 75 Groups in the District. Linda also encouraged people to visit the Lost and Found Clubhouse in Ocala, as they have a lot of events and are a great group.

Old Business: S-G is heading up a workshop on writing and submitting to Grapevine and P.O.S.T. on 07/18/2026 2PM - 4PM at Triangle Club. Committee to meet June 18 at 6:45PM.

New Business: M, the liaison for Trinity Church, shared the possible dates for the next Gratitude Dinner meeting. It was decided and voted on that the Gratitude Dinner would take place on November 21. Stay tuned for upcoming planning meetings!

Become a **GRATEFUL GIVER**



A **Grateful Giver** is an AA member who contributes monthly to North Central Florida Intergroup with grateful memory of just how much was spent on alcohol at the bar or liquor store.

By making automatic payments through the bank, Venmo or paypal we don't even have to think about it! It couldn't be easier!



PayPal

INTERGROUP



venmo

DISTRICT 14

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

P.O. Box 357254
Gainesville FL 32635-7254
(Checks payable to North Florida District 14)

North Florida Area Assembly

PO Box 840066
St Augustine, FL 32080
<https://www.aanorthflorida.org>
(Checks payable to NFAC)

General Service Office

PO Box 2407
James A Farley Station
NY, NY 10116
(Checks payable to GSO)

District 14

Business Meeting Minutes

May 13, 2026

Committee Reports

Treasurer's Report

The current bank balance was reported at \$13,215.93, with a full expense breakdown provided in the accompanying table. Contributions for the current month totaled \$761, compared to approximately \$1,200 and \$1,100 in the two prior months. The minimum contribution needed to sustain operations is \$750 per month. Member groups were thanked for revisiting their pie charts through group conscience, which was credited with improving contribution levels.

Alt DCM Report

Eleven GSRs and four visitors were present at the most recent Area Assembly. A skit was held at the Triangle Club with 13 groups participating — described as both fun and informative. A new GSR workshop at 4:30 PM is being considered for the next two assemblies to accommodate members unable to attend the Friday evening or Saturday morning sessions. The Sunday business meeting, though delayed by technical difficulties, was noted as one of the shortest on record. A motion to provide donuts at future business meetings was voted on and approved. Groups were thanked for their increased contributions, which were acknowledged by GSO. District 14 members were recognized for traveling to support the Bronson Group, which expressed appreciation. The Saturday night ice cream social at the Assembly was a sell-out. The next Area Assembly is scheduled for July 24–26.

Tradition and Concept Readings

- Tradition Five: "Each group has but one primary purpose — to carry its message to the alcoholic who still suffers."
- Concept Five: The right of appeal throughout AA's structure; the minority opinion should be heard and personal grievances given careful consideration.

Accessibilities

The Grace Marketplace meeting continues to go well, with several regulars now attending weekly. A note was shared regarding an ongoing discussion in the accessibilities community about serif fonts (e.g., Times New Roman) — studies indicate approximately 20% of people cannot read these fonts. There is a push for the next edition of the Big Book to adopt a more accessible font. Members were encouraged to use accessible fonts (such as Arial or Aptos) when creating flyers and materials.

Archives

Seven members attended the last meeting. The Founders Day planning meeting is scheduled for the following day (Thursday) at 7:00 PM at the Triangle Club, with weekly meetings every Thursday leading up to Founders Day on June 13. A group history questionnaire is available on the Area 14 website (aanorthflorida.org) under the Documents tab — members were encouraged to complete and submit updated group histories. Four new group histories were received in April. The next regular meeting is the first Tuesday of the month at 6:00 PM at the Triangle Club.

Corrections

No Corrections Committee meeting was held in April. The corrections workshop at the Area Assembly was noted as highly productive. Progress is being made on an Area 14 Bridge the Gap hotline, with QR code flyers available for AA members wishing to get involved in helping individuals released from incarceration or treatment. Several new volunteers were recently cleared for the Alachua County Jail, improving coverage. There is a current need for male volunteers at the prisons served by the district. Members were encouraged to visit aagainesville.org for volunteer applications. Remote sponsorship is available through the Secures app for those unable to travel to Lowell Correctional; interested parties can correspond with incarcerated women via email or short video sessions and may request a list of women seeking sponsors.

CPI (Cooperation with the Professional Community/ Intergruop Public Information)

No meeting was held in April. The committee is working to restock literature racks at approximately 18 locations in the Gainesville area and may reach out to groups for assistance. The Adopt-a-Doc packets are available. The committee has been invited back for the second annual "Together We Rise" event hosted by Zero Hour Life Recovery Center, scheduled for September 5 at the MLK Community Center in Gainesville. The committee is also in contact with the Nehemiah Project. The next CPI meeting is the second Thursday of each month at 8:30 AM via Zoom.

Grapevine

A new Grapevine book titled Gratitude — a collection of personal stories about thankfulness — has been released. Flyers with ordering information were available at the meeting. The Grapevine Committee will have a display table at the Founders Day celebration dinner in June. Flyers for a Post and Grapevine Workshop on July 18 were distributed. The June issue of the Grapevine will focus on young and sober members. The next committee meeting is Monday, June 1, at 6:30 PM at the Triangle Club.

Literature

The final report of the Fifth Edition Big Book subcommittee was forwarded to the 2026 Conference, along with a suggestion to publish the 30 stories from the Fourth Edition as a standalone book (similar to prior editions' Experience, Strength and Hope volumes). Book prices increased on May 4 — the Big Book is now \$15. The Kindle version of the Big Book now supports page numbers; instructions for enabling this feature were shared for various devices (Kindle, iPhone, iPad, Android).

Treatment

In April, 44 meetings were taken into seven treatment facilities. The teen recovery meeting in Lake City needs coverage — interested members should contact the appropriate coordinator. The VA meeting continues to receive a strong response, though new faces are always welcome. Donations of new and used literature are appreciated. The committee meets the last Thursday of the month at 5:45 PM at the Triangle Club.

A meeting was held in April. The Post editor position is open — candidates should have newsletter layout experience and one year of AA sobriety per bylaws. Contact: gainesville.intergroup@gmail.com. Upcoming workshops include the Post and Grapevine Workshop on Saturday, July 18, from 2:00–4:00 PM at the Triangle Club, and a "How to Chair a Meeting" workshop on Sunday, September 13, from 2:00–4:00 PM at the Triangle Club (first planning meeting June 18 at 6:45 PM). The Eye Opener Group sponsorship workshop is scheduled for August 22, 2:00–4:00 PM at the Triangle Club.

Upcoming Events and Workshops

- Love and Service Workshop — Lost and Found Club, 616 S. Pine Ave., Ocala — Saturday, 10:30 AM–12:00 PM
- Pre-Area Conference Workshop (District 17, Ocala) — May 24, 12:00–2:00 PM
- Men's Vulnerability Workshop — May 30, 1:00–3:30 PM, Triangle Club
- Founders Day — June 13, Triangle Club
- Post and Grapevine Workshop — July 18, 2:00–4:00 PM, Triangle Club
- Area Assembly — July 24–26
- Florida State Young People's Conference ("We Have Been Strangely Insane") — August 21–23, Sunset Secret Resort, Charlotte Harbor
- 64th Annual Florida State Conference — August 6–9, Orlando
- Eye Opener Group Sponsorship Workshop — August 22, 2:00–4:00 PM, Triangle Club
- "How to Chair a Meeting" Workshop — September 13, 2:00–4:00 PM, Triangle Club
- Zero Hour Life Recovery "Together We Rise" Event — September 5, MLK Community Center, Gainesville

New Business

A motion was made and approved to transfer \$1,000 from the Founders Day seed money reserve (currently \$2,392.50) to the district's operating cash, making the funds accessible for district use.

A proposal was introduced for quarterly "Meeting Exchange" gatherings, in which groups would host or

visit one another on a rotating basis to build unity, support fellowship, and strengthen service. Members were asked to bring the idea back to their groups for conscience discussion.

A reminder was given that the group voted to use a microphone during meetings to support members who are hard of hearing and to improve recording quality. Members were asked to honor this group conscience decision.

District Update

District 14 currently has 65 groups. Two new groups were added and one was discontinued, with materials redistributed. Group visits are ongoing, with five groups remaining.

Adjournment

A motion to close was made and approved. The meeting closed with the Responsibility Pledge.

Minutes compiled from meeting transcript. District 14
— Alcoholics Anonymous.

UNITY IN SERVICE – AA GROUP MEETING EXCHANGE

Calling All AA Groups,

We are introducing the idea of **Quarterly Meeting Exchange Gatherings**—an opportunity for groups to connect, support one another, and strengthen AA as a whole.

What is a Meeting Exchange?

Participating groups can “book” or host one another’s meetings on a rotating quarterly basis. This allows members to:

- Experience different group formats and perspectives
- Build unity across our AA community
- Support and encourage one another in service and recovery

Purpose:

To promote fellowship, strengthen group connections, and carry the message more effectively—together.

How It Works:

Groups wanting to participate will attend exchange meetings held quarterly and exchange meetings with each other. The group usually has 1-2 members attend the exchange and book with various groups. These meetings will be held at the Triangle Club on a specific day, date and time. These meetings are usually held on weekends to accommodate all.

Interested in Participating?

We welcome all groups to be part of this shared effort in unity and service. *Let’s come together to support AA as a whole—one meeting at a time. Please share your thoughts on this with your groups and see if this is something of interest thank you from:* *a grateful member of AA.*

PRODIGAL SONS V

CENTRAL FLORIDA AA MEN'S 12-STEP RETREAT • FALL 2026

WHAT & WHEN

Oct 23 – 25, 2026 (Reg 3PM Fri / Starts 4PM)

3-Day Men's 12-Step Retreat open to all AA members. Presented by recovered alcoholics using AA conference literature.

ACTIVITIES

- Step Presentations & Breakouts
- AA Speaker Meeting & Bonfire
- Lakeside Meditation & 6 Meals

WHERE

Warren Willis Conference Center
4991 Picciola Rd, Fruitland Park, FL
34731

REGISTRATION & COST

\$240.00 • Double room (2 men per room)

\$285.00 • Single room (*Limited availability*)

\$135.00 • Commuter (Events & meals only)

\$20.00 • New! Logo T-Shirt (Made to order)

PAYMENT DUE: AUGUST 25, 2026

www.prodigalsonsv.com • prodigalsonsv@gmail.com • Daniel S: 941-730-4274

★ SAVE THE DATE ★



Southeast Regional Forum 2026

 September 18–20, 2026

 Hilton Raleigh North Hills – Raleigh, NC
and be rocketed into the 4th Dimension!

More info: aa.org/regional-and-local-forums

*North Central Florida Intergroup &
District 14 Grapevine Committee
Invites You To A*

POST & Grapevine Workshop

July 18th, 2 – 4 PM

Triangle Club

1005 SE 4th Avenue
Gainesville, FL 32601

LEARN HOW TO SHARE YOUR
EXPERIENCE, STRENGTH & HOPE

by
WRITING,
GRAPHICS,
HOW TO SUBMIT ARTICLES, FLYERS, ETC.

HOPE TO SEE YOU THERE!