

May: Recovery, Mental Health, and the Courage to Heal

May is Mental Health Awareness Month, a time dedicated to shining light on something many of us in recovery know deeply: healing is about much more than putting down the drink or drug. Recovery asks us to care for our whole selves, mind, body, and spirit.

When many of us first arrive in Alcoholics Anonymous, we come in carrying more than addiction. We bring fear, shame, anxiety, depression, grief, trauma, loneliness, and exhaustion. Some of us spent years trying to numb emotional pain, only to discover that sobriety, while life-saving, doesn't magically erase the underlying struggles. It simply gives us the chance to finally face them.

That can feel intimidating. But it can also be the beginning of true freedom.

AA gives us powerful tools for mental wellness: honesty, connection, service, humility, prayer, meditation, inventory, and fellowship. The program reminds us that we are not meant to heal in isolation. In a world that often tells people to "tough it out" alone, AA teaches something radical: healing happens together.

When we share honestly in meetings, we protect our mental health.

When we call a sponsor instead of isolating, we protect our mental health.

When we pray, journal, take a walk, ask for help, or simply admit "I'm struggling today," we protect our mental health.

That matters.

Mental health challenges do not mean we are weak. They do not mean our program is failing. They do not mean we are "doing recovery wrong." They mean we are human.

Many in AA also benefit from outside help: therapy, counseling, support groups, medication, or professional mental health care. Seeking help beyond the rooms is not a contradiction to recovery. It can be an extension of it. The Big Book reminds us to use all the resources available to us. Sometimes courage looks like raising your hand in a meeting. Sometimes it looks like calling a therapist. Both are brave.

This month, let's remember that emotional sobriety matters too. It's not just about abstinence. It's about learning how to live, how to feel, how to respond instead of react, and how to stay present through life's joys and heartbreaks without reaching for an escape hatch.

Progress in mental health rarely looks dramatic.

Sometimes it's tiny, almost invisible:

getting out of bed,
answering the phone,
making the meeting,
taking the next right action.

Those quiet victories count.

If you are struggling right now, please know this: you are not alone. Your feelings are not too much. Your story is not too messy. There is room for your pain in recovery, and there is hope for your healing.

In AA we often say, "Keep coming back."

This May, perhaps we can expand that:

Keep coming back to the meetings.

Keep coming back to your Higher Power.

Keep coming back to the people who love you.

And most importantly, keep coming back to yourself.

You are worth the work.

You are worth the healing.

And you never have to do it alone.



May Birthdays

By the Book

SL - 3 yrs

MS - 3 yrs

AR - 9 yrs

DD - 19 yrs

Starke Happy Hour Group

DT - 5 yrs

Eye Opener ONLINE

Group

CA - 3 yrs

CB - 21 yrs

CC - 1 yr

MD - 4 yrs

PW - 5 yrs

DK - 41 yrs

AR - 5 yrs

DC - 1 yr

New Freedom

CA - 8 yrs

RH - 20 yrs

BS - 34 yrs

FR - 36 yrs

Tuesday Night Step Study

MR - 36 yrs

PB - 11 yrs

P - 48 yrs

The Way Out Group, High Springs

BM - 45 yrs

NT - 2 yrs

ML - 19 yrs

BB - 17 yrs

Gratitude Group

MC - 2 yrs

JD - 3 yrs

Sisters in Sobriety

DN - 13 yrs

DB - 18 yrs

Women's Serenity Seekers

CW - 27 yrs

JW - 1 yr

Aloha District 14,

May has been moving in District 14! Just like Florida's Weather, we've seen a few lows, a lot of highs, and plenty happening inbetween. Good News, contributions are up and THANK YOU to the groups stepping up to support District 14. Your generosity helps us continue serving the fellowship and carrying the message. Please continue discussing in your group conscience how we can help the district meet its budget.

Founder's Day Celebration! "Around the World in 91years" Where: Trinity United methodist Church 4000 NW 53rd Ave, Gainesville. Time: 4-830pm. Planning meetings continues @ Triangle 7pm every Thursday May 28, June 4 & 11. Join in and be part of this incredible event. Tickets \$5 - can't beat it. Dinner, speaker & fellowship! Be sure to check out our NEW Archives Tree at Founder's Day. We need your story of how your group started.

Book now for Area Assembly July 24-26 In Orlando Marriott Lake Mary. Book also for 68th Florida State Convention in Orlando August 6-9th. aagainesville.org for more information under the events tab. Delegate LP. recently returned from the 76th General Service Conference and shared outcomes and agenda items at the Post-conference gathering with District 14, 16 & 17 in Ocala. Men's Workshop - "Vulnerable Warriors" @ Triangle on May, 30th. Time - 130-330pm This is going to be something special- you won't want to miss it. Want to connect? Check the POST (pg 10) for District 14 committees, when and where. Pick on that speaks to you - or simply come explore. Service is where many of us found fellowship, purpose, and lifelong friendships.

Thank you again for your support and service,
CD, DCM for District 14, Area 14 & Panel 75.



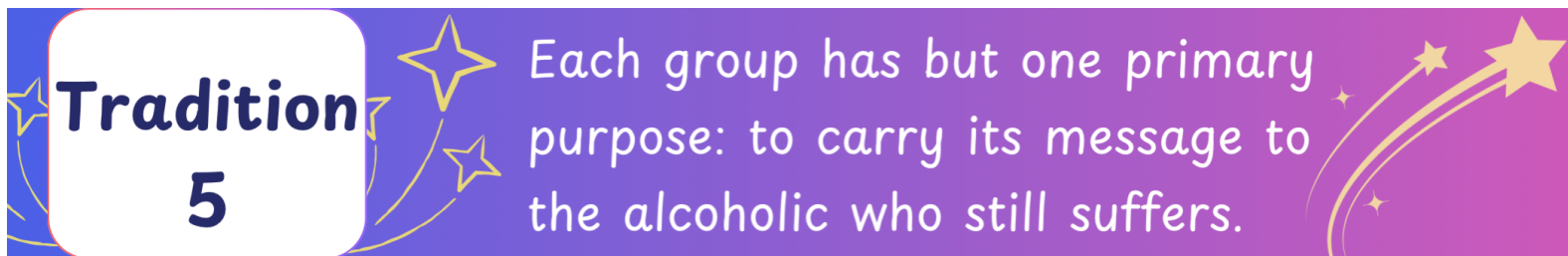
Community News

District 14's Founders' Day celebration, on June 13, will be here before we know it! There are lots of opportunities for service on the day of the event. Ask one of the committee members how you can help out. Check out the Grapevine table, the Archives display, visit Alanon and the photo booth while you're there. Intergroup is a contributing sponsor of the celebration. We hear from the planning committee that they are sincerely grateful for the support. We have started carrying a limited selection of fancy triplate medallions for those 5 year milestones in sobriety. Come check them out at the Intergroup office. They are a bargain here for \$12.50 each. The Intergroups & Central Offices of AA (ICOAA) special workers conference is being held in San Antonio, TX this year. Ask your group if they want to contribute to my growth as Intergroup manager with a special supporting contribution.

Thank you for supporting your Intergroup!

AO.

gainesville.intergroup@gmail.com



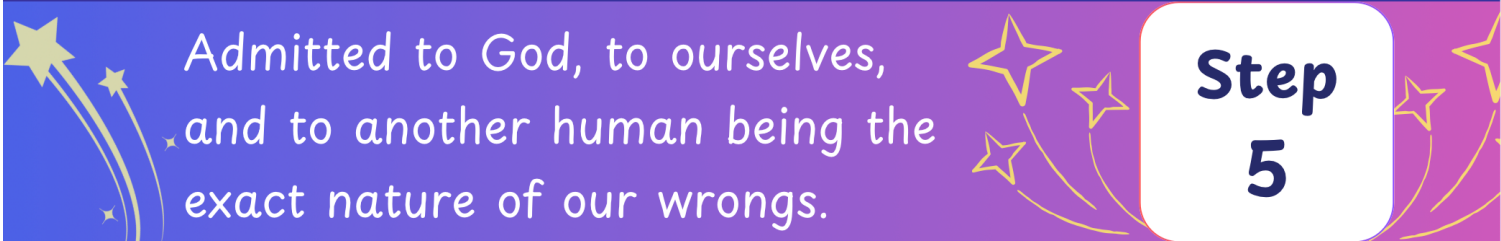
Every newcomer learns (some of us the hard way) that the business of staying sober must have top priority. If we fail at that, we can't succeed at anything else. The Fifth Tradition tells us that groups should remember *their* "one primary purpose."

Often, unthinking enthusiasm puts a group off the main track. One, for instance, offered an "expanded A.A. program" that included helping newcomers to find jobs. Tradition Five doesn't frown on the individual A.A. who tells another about a good opening. But when the group turns itself into an employment agency, newcomers may get confused about *their* primary purpose. A.A.'s function is to help them get sober — then they can find work for themselves.

Using discretion, a member may lend a few dollars needed for a meal or a hotel room, or may even invite a broke alcoholic to be a temporary houseguest. But the A.A. group as a whole is not a friendly finance company, nor a welfare department, nor a housing bureau.

Even when acting on their own, as individual members, A.A. lay people certainly shouldn't award themselves honorary medical degrees and hand out diagnoses and prescriptions and amateur analysis of other people's neuroses. Exactly because this personal failing is so common, the A.A. group in all its dealings should be extra careful to emphasize that it is not invading the medical field. Through the personal experiences of its members, it is qualified to carry only one message: how an alcoholic can recover in A.A. That's all.

Yet one group recently felt itself equipped to set up an "*alcoholism* information center." The temptation is understandable; it was even stronger at the time this Tradition was written, because public ignorance about alcoholism as an illness was more widespread than it is now. Since then, other agencies have sprung up to assume the task of educating the general public on alcoholism. That is not A.A.'s purpose, but these agencies also are trying to help the active alcoholic. They are our friends and Tradition Six marks the boundaries of the relationship....



Admitted to God, to ourselves,
and to another human being the
exact nature of our wrongs.

Step 5

Step 5: The Freedom Found in Telling the Truth

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."

At first glance, Step Five can feel like standing barefoot at the edge of a cold lake. You know stepping in is necessary, but every instinct says, *maybe tomorrow*.

After completing Step Four, we often sit with pages full of resentments, fears, harms, and patterns we may have spent years avoiding. It can feel overwhelming. Vulnerable. Even terrifying. Our minds begin bargaining: *Do I really need to say all of this out loud? Isn't writing it down enough?*

Step Five answers gently, but firmly: *No. Healing requires voice.*

There is something transformative about speaking our truth aloud.

Secrets thrive in darkness. Shame feeds on silence. For many of us, addiction was built on both. We hid our actions, minimized our motives, rewrote our stories, and convinced ourselves that if no one knew the whole truth, maybe we could outrun it.

But Step Five asks us to stop running.

It invites us into honesty at a new level, not just admitting *what* we did, but understanding *why* we did it. Not just recounting mistakes, but uncovering patterns. Pride. Fear. Dishonesty. Self-centeredness. Pain.

This is not an exercise in self-punishment. It is an act of liberation.

When we sit with a sponsor, trusted person, clergy member, or another safe guide and share our inventory, something extraordinary often happens: the monsters shrink.

The shame that felt unbearable becomes manageable. The story we thought made us uniquely broken

suddenly sounds... human.

We hear ourselves tell the truth, and somehow survive it. More than survive it, we begin to heal.

Step Five also teaches us humility. It reminds us we were never meant to carry our burdens alone. Recovery is not a solo expedition through the wilderness. It's a caravan. Others have walked this path. Others have spoken these same difficult truths. Others have discovered what waits on the other side: relief. And relief is real.

People often describe completing Step Five as if a weight has been lifted. The air feels lighter. The body unclenches. Sleep comes easier. The spirit exhales.

That doesn't mean it's easy. It means it's worth it.

If you are approaching Step Five, know this: fear is normal. Nearly everyone feels it. But courage is not the absence of fear. It is walking through fear toward freedom.

And if you've already completed Step Five, perhaps this is a reminder of what it gave you: proof that honesty heals.

In a culture that often rewards image over authenticity, Step Five offers a revolutionary alternative:

Tell the truth.

Tell the whole truth.

And discover that you are still loved.

Maybe even more so. Because that is the quiet miracle of Step Five: we expect judgment, but often find compassion.

We expect rejection, but often find connection.

We expect to feel smaller, but instead we grow.

One truth at a time.

One conversation at a time.

One step closer to freedom.

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 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.



Intergroup Chairperson's Corner

Intergroup is in need of a new POST editor. Ability to edit, knowledgeable of newsletter layouts, etc. strongly suggested. One year sobriety is also strongly suggested. If interested in position, contact Intergroup @ gainesville.intergroup@gmail.com

Upcoming Workshops:

- POST & Grapevine Workshop, Saturday July 18, 2 – 4 pm, Triangle Club, 1st workshop committee 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, September 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,

SG W.
NCFI Chair

Monthly Group Contributions

APRIL 2026 CONTRIBUTIONS

Geezers \$100

Jonesville \$75

Soul Sisters \$50

Please be sure that Intergroup has a valid email address to send thank you notes.

Group treasurers, please be sure Intergroup has an email contact for you. First class stamps are up to \$.78 each!



THE PROMISES

8th Annual Women's Spiritual Retreat
June 19-21, 2026
Luther Springs
264 Vause Lake Rd, Hawthorne, FL

A non-AA, 12-Step based experience focused on healing & personal growth.
Includes: Daily Meetings, Guided Meditation, Yoga.

Accommodation Options (inc. room, meals, activities):

- 🦋 Single: \$225
- 🦋 Double: \$185
- 🦋 Cabin (10 Bunkbed): \$125
- 🦋 Daytime Only (Sat): \$100

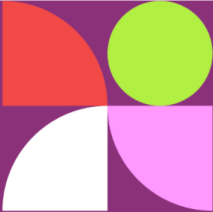
**Please bring your own linens and towels.*

REGISTER:

SCAN QR CODE:



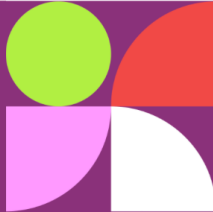
Registration Deadline: 06/13/2026. 42 Guest Limit.
Questions? Email: ncflwomensretreat@gmail.com



North Central Florida Intergroup

Monthly Meeting Minutes

April 2026



North Central Florida Intergroup
Meeting Minutes April 26, 2026

Meeting Opened with Serenity Prayer

Welcome to new Intergroup Reps: None

Chair Report, SG: See Intergroup Chairperson's Corner on page five (5) of April 2026 P.O.S.T. Also, Eye Opener Group is hosting a workshop on sponsorship at Triangle Club on 08/22/2026 2PM - 4PM. Jacksonville adopted NCFL Intergroup's Newcomer Packet.

Alt-Chair Report, J: Workshop on how to chair a meeting has a tentative date of 09/13/2026 2PM - 4PM at Triangle Club. The next planning committee meeting is 05/08/2026 at 6:45PM at Triangle Club.

Alt-Secretary Report, JH: Minutes were reviewed and approved.

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

Committee Reports

Phone Committee, E: Not present. All time slots are being covered. New phone committee members received phone committee manuals.

POST, M & 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: Remember to subscribe to Grapevine for "Carry the Message" Project. Deaf and ASL meetings are available online. Tickets for Founder's Day will be available at the end of April. 04/30/2026 is the next planning committee meeting at the Triangle Club.

Website Report, R: No issues. Meeting changes are being updated. See aagainesville.org for events in District 14.

DCM Report, L, Alt DCM: Not present. Read Concept Four (4) regarding right of participation.

Old Business: SG 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 in the first week of June.

New Business: Look for an article in P.O.S.T. regarding meeting exchange. Founder's Day Planning Committee requests Intergroup to cover the expense of tickets & flyers for Founder's Day Dinner. Motion made, seconded, and passed.

North Central Florida Intergroup

Treasurer's Report

April 2026

	Current	Year to Date		Current	Year to Date
Sales	\$1,664.98	\$6,645.15	Service Expenses		
Tax Collected	\$124.93	\$486.00	Literature Purchases	\$1,585.58	\$5,739.79
Card Use Fees	\$17.50	\$72.00	Mailing POST	\$47.14	\$118.73
			Printing POST	\$124.62	\$511.88
Total Sales Revenue	\$1,807.41	\$7,203.15	Website Hosting	\$12.99	\$51.96
			Alkathon	\$0.00	\$366.82
Grateful Givers	\$90.00	\$570.00	Other Service Expenses	\$0.00	\$300.00
Group Contributions	\$225.00	\$3,512.40	Total Service Expenses	\$1,770.33	\$7,089.18
Roundup Contributions	\$33.66	\$158.56			
Other Contributions	\$648.00	\$874.00	Fundraising Expenses	\$0.00	\$0.00
Total Contributions	\$996.66	\$5,114.96	Fundraising Income	\$0.00	\$0.00
Interest	\$31.06	\$123.88			
Electronic Payment Fees	\$21.00	\$97.36	Transfers From Business Shares	\$0.00	\$0.00
Insurance	\$260.22	\$780.66	Total Income	\$2,804.07	\$12,318.11
Internet	\$87.10	\$348.40	Total Deposits	\$2,804.07	\$12,318.11
Montly Meeting Rent	\$40.00	\$100.00			
Office Expenses	\$226.48	\$359.33	Transfers To Business Shares	\$0.00	\$0.00
Office Rent	\$350.00	\$1,400.00	Total Expenses	\$4,143.66	\$16,497.37
Payroll Taxes	\$0.00	\$229.50	Total Withdrawals	\$4,143.66	\$16,497.37
Postage	\$0.00	\$0.00			
Printing	\$0.00	\$24.30	Gain/Loss	-\$1,339.59	
Salary	\$825.67	\$3,825.67			
Sales Tax	\$115.17	\$388.86	Checking	\$6,940.30	
Telephone	\$286.90	\$1,147.69	Business Shares	\$1,507.82	
Other Expenses	\$160.79	\$706.42	Certificate Of Deposit	\$10,396.45	
Total Overhead	\$2,373.33	\$9,408.19			

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: SW a grateful member of AA.*

★ SAVE THE DATE ★



Southeast Regional Forum 2026

📅 September 18–20, 2026

📍 Hilton Raleigh North Hills – Raleigh, NC

Join us in North Carolina to learn, share, and connect through service – and be rocketed into the 4th Dimension!

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

DISTRICT

14

APRIL MEETING MINUTES

Approval of Previous Minutes

The March meeting minutes were reviewed.

Motion made to approve March minute, seconded, and approved

Treasurer's Report

Financial Summary:

Opening Balance: \$12,060.59

Contributions: \$848.00

Expenses (Rent/Po Box): \$104.98

Closing Balance: \$12,752.50

Motion made, seconded, and approved to accept the treasurers report.

DCM Report

(Reported by Alternate DCM L in C's absence)

Area Assembly: April 10–12

District Inventory: Only 4 responses received; additional questions to be sent out

68th Florida State Convention: August 6–9 in Orlando (volunteers needed)

Gratitude expressed for increased contributions and reduced committee budgets

Alternate DCM Report

Welcomed new GSRs and Alternate GSRs

NFAC website provides resources for new members

Tradition Four and Concept Four were read

Committee Reports

Accessibilities

Continued success at Grace Marketplace, thanks to groups that facilitate

Donated AA books in library being used

Grace Marketplace meetings every Saturday at 1pm in building 8, all are welcome

Archives

Founders Day Dinner is June 13

Next planning meeting April 16

Local group tree has been redone and updated

Need more group histories

Corrections

Strong workshop turnout

Continued need for volunteers

CPC/PI

Zoom meetings ongoing 2 nd Thursday at 8:30pm no

zoom

Zoom is available for any district committees

Adopt-a-Doc added to aagainesville.org website

Literature is being restocked at literature racks

Grapevine

Joint workshop planned

Next meeting May 4

Literature

E-book page numbers fixed and prices increased changes

Our Primary Purpose podcast available at AA.org Treatment

48 meetings across 7 facilities in last month

VA volunteers needed on Saturdays at 11am

Intergroup

Workshops planned; Open House April 18

JP, alt chair will be contacting members to help plan

“How to chair a meeting” workshop

July 18 th 1:30 to 3:30 at Triangle club “Writing for POST and Grapevine” Workshop April 18 th 11am to 2pm will

be Intergroup Open House Intergroup has a new logo

Website Ongoing updates

Contact webmaster (email

webmaster@aagainesville.org) if your committee would like to update their section of the website.

Workshops

May 2: GSR Workshop (10 AM–12 PM)

May 30: Men's Workshop (1:30–3:30 PM)

Old Business

District Budget finalized for April 2026–March 2027:

\$8,420

Motion made for new budget, seconded, and approved

New Business

Founders Day excess funds to be donated back to District

Closing

Motion to adjourn made and seconded

Meeting closed with the Responsibility Pledge

DISTRICT

14

Treasurer Report April 2026 Meeting				
Report on March Financial Activity Fiscal Year April 2025-March 2026 (Beginning Fiscal Year Balance = \$12,775.60)				
		Amount	Year to Date	
Opening Bank Balance		\$ 12,060.59		
Group and Individual Contributions D14		\$ 848.00	\$ 7,488.93	
Founders Day Ticket Sales/Contributions			\$ 3,663.00	
Committee Expenses		\$ (51.11)	\$ (4,862.86)	
D14 Expenses (includes rent/PO Box/sponsored events/website)		\$ (104.98)	\$ (2,985.01)	
Founders Day Debits			\$ (2,860.00)	
Earned Interest		\$ -		
Total Expenses		\$ (156.09)	\$ (10,707.87)	
Closing Bank Balance		\$ 12,752.50		
Difference in Bank Balance		\$ 691.91		
Money Held in Reserve:				
Founders' Day Seed Money 2026		\$ 848.00		
Service Fair - Reserve for 2025		\$ 600.00		
Prudent Reserve		\$ 7,500.00		
Operating Cash (bank balance minus reserves)		\$ 3,804.50		
*Note - Please indicate Group Name & Number on Contributions				
March District & Committee Expenses				
	Spent	Year to Date Spent	Annual Budget	Remaining Budget Avail.
D14-Rent/PO Box/POST	\$ (27.00)	\$ (534.00)	\$ 1,100.00	\$ 566.00
D14 Sponsored Events/Area	\$ (77.98)	\$ (2,920.79)	\$ 3,000.00	\$ 79.21
Accessibilities		\$ (486.01)	\$ 500.00	\$ 13.99
Archives		\$ (313.92)	\$ 400.00	\$ 86.08
Corrections	\$ (40.00)	\$ (2,127.82)	\$ 2,200.00	\$ 72.18
CPC/PI		\$ (677.78)	\$ 600.00	\$ (77.78)
Grapevine	\$ (11.11)	\$ (51.45)	\$ 200.00	\$ 148.55
Literature		\$ (29.61)	\$ 150.00	\$ 120.39
Treatment		\$ (1,016.37)	\$ 1,800.00	\$ 783.63
Zoom		\$ (159.90)	\$ 200.00	\$ 40.10
Website		\$ -	\$ 100.00	\$ 100.00
Service Fair		\$ -		
Founders Day		\$ (2,860.00)		
Total	\$ (156.09)	\$ (8,317.65)	\$ 10,250.00	\$ 1,932.35
Breakdown of Month Expenses				
D14-Rent/PO Box/POST		WPC Meeting Room	\$ (27.00)	
D14 Sponsored Events/Area		Pre-conference Delegate Visit	\$ (77.98)	
Grapevine		Grapevine Reimbursement	\$ (11.11)	
Corrections		Corrections Workshop	\$ (40.00)	
Total Expenditures				\$ (156.09)

District 14 Service Committees

Committee	When	Where
Accessibilities	6:00 PM 3rd Thursday of every month	Triangle Club 1005 SE 4th Ave
Archives	6:00 PM 1st Tuesday of every month	Triangle Club 1005 SE 4th Ave
CPC / PI	8:30 PM 2nd Thursday of every month	Contact: cpcpi@aagainesville.org
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
Literature	545pm 1st Thursday of every month	Spirit of Truth 4055 NW 43rd Street
Treatment	5:45 PM Last Thursday of every month	Triangle Club 1005 SE 4th Ave

POST Articles Needed

- Do you enjoy sharing about your experiences in AA?
- Would you like to share nuggets of hope and strength about your sobriety with our local AA community?
- Do you enjoy writing?
- Do you need to amp up your AA service contribution?

Contact:

post@aagainesville.org

to get involved!



District 14 April Contributors:

Downtown Group
Eye Opener
Free to Be
Fresh Start
Womens Serenity Seekers
Tuesday Night Step Study

CONTRIBUTIONS

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)

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.

Prodigal Sons V
Central Florida AA Men's 12-Step Retreat,
FALL 2026

The FALL Retreat is once again around the corner!

WHAT: 3-day, 12-Step Men's Retreat welcome to all members of AA. Based on the 12 steps of Alcoholics Anonymous, presented by recovered alcoholics for other alcoholics in recovery. **Held every Spring and Fall.** Presenters utilize only AA conference approved literature. Events include step presentations, breakout group sessions to work the steps, (6) meals, AA speaker meeting, snacks, coffee, fellowship, bonfire, lakeside morning meditation. Hotel style lodging included with registration fee.

WHEN: Friday October 23 through Sunday October 25, 2026

WHERE: Warren Willis United Methodist Camp and Conference Center
4991 Picciola Rd, Fruitland Park, 34731 <https://www.umccc.org/site/>

WELCOME: Registration begins 3pm Friday, October 23rd. Retreat begins at 4pm

COST: \$240.00: Double hotel room, 2 men per room
\$285.00: Hotel room, single occupancy (limited availability)
\$135.00: COMMUTER: All retreat events/meals minus lodging
NEW!!! \$20.00: Prodigal Sons V Logo T-shirt, made to order.

DEADLINE: PAYMENT DUE on August 25, 2026. Register and pay on our website, or contact us for check/money order instructions.

WHO TO CONTACT: Questions, comments, registration info: send an email to: prodigalsonsv@gmail.com
or call/text DS. at 941-730-4274

SEE MORE INFORMATION ON OUR WEBSITE:

<https://www.prodigalsonsv.com/>

FACEBOOK: <https://www.facebook.com/groups/1238406387681590>



FOUNDERS' DAY FLORIDA STYLE

Recovery- Unity- Service
June 12, 13, and 14, 2026

TALLAHASSEE AUTOMOBILE MUSEUM
6800 MAHAN DRIVE, TALLAHASSEE, FL 32317

SPEAKERS

BB- St Paul, MN (AA)
PO- Fullerton, CA (AA)
KB- Tampa, FL (AA)
CJ-Santa Rosa Beach, FL(AA)
EV- Tallahassee, FL (AA)
GR-Tallahassee, FL (AA)
LJ- Santa Rosa Beach, FL (AFG)

JD-L., and JL. are our
MC'S FOR THE WEEKEND

REGISTRATION

\$30.00 per person, in advance.
\$35.00 at the door.
Registration includes free admission to the Car Museum, complimentary Friday night pizza and Saturday night BBQ dinner.
Doors open at 4:30 on Friday, and the first speaker begins at 5:30.
Please join us in our Ballroom location. Music by the Humble Road Band!

SATURDAY NIGHT WILL FEATURE OUR RAFFLE BASKET DRAWING, 50/50, AND THE SOBRIETY COUNTDOWN

Register online at www.foundersdayflorida.org

Or mail your registration form to:

FDFS- 1700 N. Monroe St., Suite 11221 Tallahassee, FL 32303

POST & Grapevine Writing Workshop

July 18th, 2 – 4 PM

Triangle Club

**LEARN ABOUT HOW TO SHARE YOUR
EXPERIENCE, STRENGTH & HOPE**

by

WRITING

GRAPHICS

HOW TO SUBMIT

HOPE TO SEE YOU THERE!

Around the World in 91 years

Founders' Day
June 13th, 2026

Tickets \$5

4-8:30 pm

4:00-5:00 Fellowship

5:00- 6:15 Dinner

Entrée, 2 sides, and beverages provided.

Please bring a side dish or dessert in a disposable pan.

6:15-6:45 Sobriety Countdown

7:00-7:15 SNL (Sobriety Night Live)

7:30-8:30 Speaker

8:35 50/50 Raffle

Trinity United Methodist Church
4000 NW 53rd Ave Gainesville, Florida

