# November 2015. Volume 53 Issue 11

Northeast Florida Intergroup Newsletter Published in Northeast Florida Since Nov. 1962



Northeast Florida

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*Serving the Greater* Jacksonville Area Fernandina Beach, St. Augustine, Orange Park, Macclenny, Middleburg, Palatka, Keystone, Crescent City, Starke & Putnam County, FL. Also including: Folkston & Kingsland, GA., For Flagler County go to www.AAFLAGLER.org



The Intergroup Office will Be Closed Thursday, Nov 26 th Thanksgiving Day Open on Fri., Nov. 27th for business.



### In The Month of November,

### **GRATITUDE Is A Common Topic At Alcoholics Anonymous Meetings.**

Much like sobriety, it is often worn differently from person to person and can be affected by many variables. Whether someone has 30 days, or over 30 years, gratitude is something many AA's have learned to appreciate with time," as more will be revealed. Jratitua

"I'm grateful to be away from the mess and chaos and unmanageability of drinking, "says Richard P., an AA member that recently celebrated 30 days of sobriety. "I'm also grateful that AA allows me to come back in. Sometimes, I feel laughable and unworthy, like I can't come back in, but those fears are estranged when I do come back."

Richard also has a lot of gratitude for the fellow-ship of the program. "I'm grateful for coming here, getting to know people and putting down some roots. Having people around me that know me, hold me accountable and give me feedback I have a lot of gratitude for that.

Sheri R. just received a COLOR token to symbolize a year of continuous sobriety, and she sees a huge difference in how she viewed gratitude when she first came to AA, and she sees a huge difference in now she viewed gratitude when she first came to AA, and how she views it now. "When I was newly sober, around 30 days, I didn't have any gratitude- I was completely oblivious to it. Now, what I'm most grateful for is that this program has allowed me to give to myself, which is something when I was drinking, I could never do. "Sheri further explains, "When I did my 4th step, I was about 90days in and didn't have anything good to put about myself-I was absolutely incapable of thinking there was anything good about me." Today, the progress is huge: I've seen I do have good qualities, and I am worth fighting for that's what I have the most gratitude toward.

' Frank G. is an AA member who has seen his sense of gratitude change over his six years of sobriety. Frank G. is an AA member who has seen his sense of gratitude change over his six years of sobriety. "The gratitude that I know today is the feeling I get inside my heart- It's the byproduct of right living, if I choose to do it."



His current views on gratitude are much different than the ones he had when he first came into Alcoholics Anonymous. "When I got here, I was ungrateful for all the things I didn't have. Over time, I became grateful for the things I did have. Now, the gratitude that I know today is that feeling I get on the inside- It's that feeling in my heart that helps me be better, even when I don't want to. "It comes back to being metallibrate the beautiful the beautif grateful I've been shown a new way of living, if I choose to live it,"
Franks adds. "That's what I have the most gratitude for: Being shown the Solution.

Another woman who is fully entrenched in the AA way of life is Susie S., who has eleven years of sobriety under her belt. "Gratitude in the early days was just not drinking. That was something I wasn't able to do by myself for twenty years, so I was really grateful just to get through a day without taking a drink Susie then talks about what gratitude means to her today. "I was taught that if I was grateful for something, I take care of it. Which, for me, means that what I did yesterday for my sobriety isn't good enough. I have to continue to work at it: to go to meetings, to meet with sponsee's, to go through The Big Book," she says. "And that's helped me through some lean times. Instead of being sorry for what I didn't have, was taught to take care of what I did have and to be grateful that I had it. And as I get longer in sobriety, my gratitude becomes stronger than ever.

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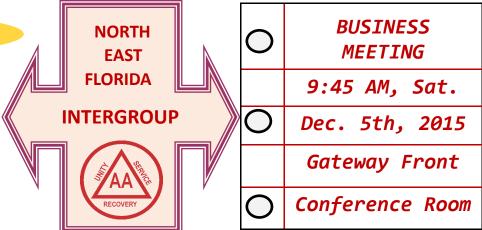


### Speaker Meeting

Dec. 5th, 2015, Gateway's Dining Room

555 Stockton St., 8:00 am
All You Can Eat - \$4.00

8:30 am Speaker Meeting – Speaker – Wanda S.



<u>Committee</u>	Time / Date	<u>Location / Notes</u>
Archives	Noon, Mon., Nov. 2nd , 2015	Intergroup office.
Finance	5:30 pm , Tues., Dec. 22nd, 2015	Intergroup office. Please call the IG office at 399-8535 for more information.
Intergroup Steering Committee	5:30 PM, Tues., Nov. 24th, 2015	Intergroup Office. All members are welcome to attend.

	2015-2017 District Committee and Meeting Information						
	Position & Name	Phone Phone	Meeting Time, Day & Location				
District 1:	DCM - Steve H.	904-307-5518	3rd Tuesday each month at Intergroup Office				
District 4:	DCM - Deb B	904-314-7155	7pm Every 3rd Thursday @The Amelia Room				
			906 S 7th St, Fernandina Beach, FL 32034				
District 3:	DCM- Anthony S.	904-302-1907	2nd Monday 6:30pm @ Anthony's house				
District 6:	DCM- Chris B	904-501-0043	1st Monday of each month @ 6:00pm @Flagler				
			Hospital in Osceola Room				
District 24:	DCM-Amy W.	386-538-2028	Meets the second Wed of every month @ 6:30pm				
			Lion's Club-318 Oseola Ave, Palatka, FL 32177				
District 25:	DCM-Chris P		Neptune Beach Library 2nd Wed @ 7:00pm (3rd Street)				
District 30:	DCM - Jack B.	302-668-7553	3rd Friday of each month @ 6:30pm				
			Christian Family Chapel 10365 Old St. Augustine Rd.				



### We are not a glum lot . . .

After long and solemn deliberation, Pat and Mike decided to swear off and were on their way to their first AA meeting. En route they came to a saloon. Said Mike to Pat: "Let's stop in for our last drink together." Said Pat to Mike: "No, let's not. The AA members might smell it on our breath. Better to wait until we come back after the meeting"



Bob C. Bob H. Charlie M. Christopher G. Faith L. Fred H. Holly C. Jack B. John G. Mary M. C. Michael H. Rick T. Sam L. Ski V. Steve H.

Susan I. Walter S

#### INTERGROUP OFFICERS

#### Chairman:

Carl G. Phone: 904-497-9769 Email: cgian9@gmail.com

### Vice Chair / Treasurer:

Rick T. Phone: 904-652-4214

### ADD-ALINE

Mike M. 904-807-8750 nefladdaline@gmail.com All articles due to Intergroup by the 20th of the month

### **ARCHIVES COMMITTEE**

Chaz H. 904-568-4836 4chacon@att.net

### **BANQUET CHAIRS**

Holly C. 904-662-0646 Linda G. 904-608-1634 Banquet Volunteers Please Call The Intergroup Office

#### **CORRECTIONS COMMITTEE**

Mike M. (men in jail) 904-294-5064 Monique S. (women in jail) 904-210-8111

### CPC/PI

Cooperation with the Professional Community & Public Information. Andrew O. 904-303-7019

### **GRAPEVINE COMMITTEE**

Cheryl Ann L. 904-401-6412 chilly5555@gmail.com

### PHONE ARMY

Holly C. 9046620646 hollyjowhatchaknow@yahoo.com

### TREATMENT FACILITY COMMITTEE

Craig W. 904-238-3333

### TRADITIONS MEETING

Starting NOV. 7th, 2015
At the Trout River Group
9745 Lem Turner Road, Jax. FL
PRESENTER: SUE G.

### STEP

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

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### TRADITION

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

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### CONCEPT

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious

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### All AA members invited !!!

Who's making the decisions for AA?
"OUR Groups or THEM"

## NOW GET THE FULL STORY SAVE THE DATE!

1:00 p.m.. to 3:00 p.m. Sunday, November 15, 2015



The JABA Club (3645 Spring Park Rd, Jax., FL)

Our NEFL Area 14 Delegate will be returning to Jacksonville!!

Northeast Florida Intergroup District Council will be providing some food, we invite you to join us & please bring a side dish or dessert.

If you have questions, contact your DCM or GSR.

Additional Information regarding GSO Topics will soon be on Intergroup website: NEFLAA.org 

### Area 14 — Cooperation With The Professional Community



"How To Start and / or Improve CPC-PI Committees In Your District"

Facilitated my Area 14 Service Coordinators Marty C. & Donna W. Serving Districts: 1, 3, 4, 6, 24, 25 & 30

*Time:* Noon to 4:00 PM ~~~~~~ *Date:* Saturday, Nov. 14th, 2015

Place: Alco Club, 51 East 1st Street, Jacksonville, FL



>>>> Pot Luck Lunch < < < < < Please bring a dish to share with other attendees

THANK YOU!



### Website Design Service Opportunity

The NEFL Intergroup office is in need of a volunteer member of our fellowship with a minimum of 2 years sobriety, that has a knowledge of WordPress, MySQL database, and/or php scripting to help support our website design, on an occasional basis. We would be interested in seeing examples of previous work. If you are interested, please contact Amy at the NEFL Intergroup office, 904-399-8535



New Intergroup Orientation

8:30 AM Sat, Jan. 2nd, 2016

Held in the same room as the NEFL Intergroup Business Meeting. (Gateway, 555 Stockton St.)

To familiarize the new IG Reps with the flow of the Business Mtg, Parliamentary Procedures, Robert's Rules of Order, The 12 Concepts To World Service, and why General Service is vital to the survival of AA.

### GRAPEVINE November 2015

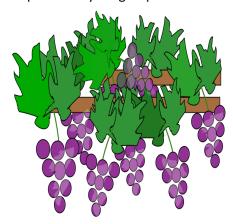


Hi, I'm Cheryl Ann L., and it's my pleasure to serve you as your Intergroup Grapevine Committee Chairperson. The most recent Grapevine Magazine focused on the topic of resentments, and as you can guess, the stories illustrated how alcoholics love to collect, focus on, embellish, and remain locked in resentment mode. This is certainly not to say that those outside our fellowship don't follow the same thought process. Our various forms of social media cover just about every dramatic, petty, personal affront known to humankind and we seem encouraged to endlessly dwell on them. But we are a special breed of people; we have been given a chance and pathway toward recovery from our deadly addiction to alcohol. And one of these paths toward recovery involves looking at me first and not the other guy. How painfully honest! Surely I'm entitled to a

little self justified anger and resentment once in awhile especially when Mr./Mrs./Ms. Blah Blah did A, B, or C to me for some totally unwelcomed reason. But seriously, who likes the discomfort, misery, and all out bad feeling of carrying around resentments? If I am again honest with myself, I would much rather be having a great day, unbothered by petty annoyances, and enjoying all I have living in freedom from alcohol. I heard a great saying the other day that set my mind on a recovery path and it went like this; "Have a Great Day, Unless You Have Other Plans." How like this alcoholic to of course want the very best day, but totally sabotage that day with fear, anger or resentment. Often I've already made plans in my head to carry around and focus on my worst thoughts instead of starting the day or pausing in it to review my best thoughts. At any time, I can chose to think of the positive actions I have learned in the fellowship or turn the problem over with my sponsor or to simply think on it for

So what are our plans for today? And by the way, "Have a Great Day"!

Please consider a personal subscription to the Grapevine for yourself or a friend. Possibly your group has more than a "prudent reserve" in funds and you may consider buying a few subscriptions for your group to share



amongst members. And don't forget that the Grapevine Website also offers extensive archives on AA's history and writings as well as other books and items not available on AA's Website. To find information on monthly Grapevine subscriptions please go to <u>aagrapevine.org</u> or 1-800-631-6025.

# January 2016 will be the 75<sup>th</sup> Anniversary of A A in Florida. So the question is how do we celebrate this event?

better answers from my Higher Power.

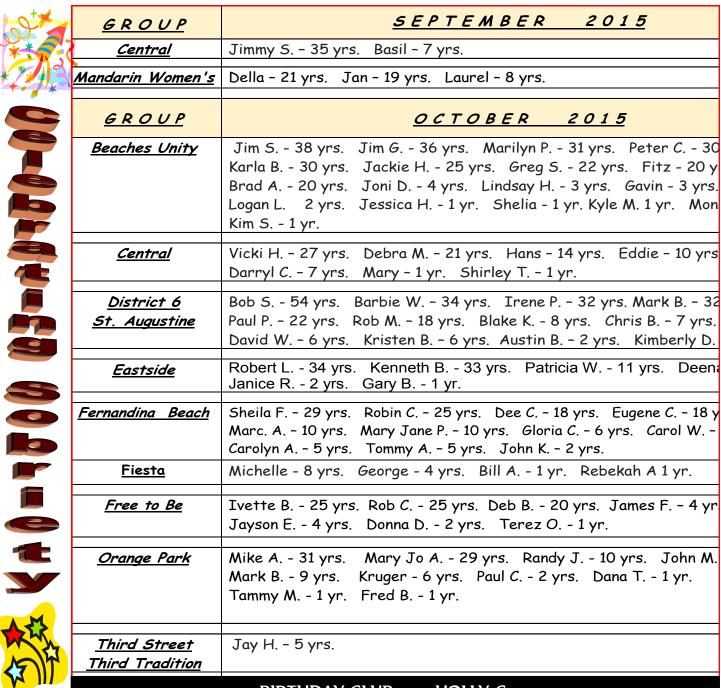
It all started in late 1940 when a Commander in the U.S. Navy moved to Jacksonville to prepare the Navy for the possibility of war. He had attended AA meetings n Los Angeles however. meetings were not possible here in Jacksonville. The commander's wife went to the base doctor and asked in confidence if he knew of any alcoholic that the Commander could develop as a recovery relationship. The Doctor had such a person. Junious C. and Tom S. met for the first time on the U.S. Naval Station Jacksonville in late 1940. They started the first group at

2747 Riverside Ave, January 6, 1941. This fledgling group grew into over 500 meetings a week that we have today!

The Archives Committee is currently working on ideas for the Celebration! We are looking for "Old Timers" who knew Tom or Junious and would be willing to share their memories at this celebration! We would also like to make copies of any pictures, newspaper clippings and other written artifacts for this period.

The time is rapidly approaching so please contact us for more information or ideas.

Archives Committee: 904-568-4836



### -~~~ BIRTHDAY CLUB — HOLLY C. ~~~~



group and keep them informed.

INTERGROUP OFFICE LOG	Aug. 2015	Aug. 2014	Sept. 2015	Sept. 2014
A. A. Information	195	267	253	221
Administrative & Other Information	68	33	65	55
12 Step Calls	2	2	3	11
Visitors to the Office	84	123	123	100

	Sep 15	Jan - Sep 15
Ordinary Income/Expense		
Income		
4000 · Contribution Income		
4002 · Groups	•	\$37,939.20
4003 · Pink Can Contribution	\$7.00	
4005 · Faithful Five	\$40.00	
4006 · Birthdays	\$9.00	\$258.00
4007 · Other Contributions		\$200.00
4008 · Anonymous		\$263.86
4010 · IG Breakfast	\$124.50	
Total 4000 · Contribution Income	\$3,027.07	
4020 · Retail Income	\$4,015.31	\$35,353.70
4060 · Income - Fundraisers		
4062 · Banquet	\$1,650.00	\$7,485.00
4065 · Cake Auction		\$2,175.00
4067 · Raffle Tickets		\$730.00
Total 4060 · Income - Fundraisers	\$1,650.00	\$10,390.00
Total Income	\$8,692.38	\$87,775.35
Cost of Goods Sold		
4510 · Cost of Retail Sales	\$2,694.06	
4540 · Cost of Event - Banquet Expense	\$1,800.00	
Total COGS	\$4,494.06	\$30,264.44
Gross Profit	\$4,198.32	\$57,510.91
Expense		
Total 5100 · Office Expense	\$271.10	\$1,913.46
5110 · Telephone	<b>\$161.12</b>	
5120 · Telephone Answering Service	\$80.00	\$720.00
5130 · Postage - Freight	\$52.67	\$383.06
5140 · Utilities	\$229.74	\$1,792.00
5145 · Advertising	\$51.00	\$459.00
5180 · Leased Equipment		\$20.95
5195 · CC Fees	<b>\$7</b> 6.04	\$584.99
5200 · Professional Fees		\$50.00
5210 · Building Rent	\$900.00	\$8,100.00
5220 · Dues/Fees/Licenses		\$61.25
5235 · Training	\$1,022.31	\$1,229.51
5265 · Security	\$27.40	\$246.60
5280 · Pink Can Expense	\$280.15	\$1,202.36
5290 · Breakfast	\$68.36	\$462.93
5300 · When & Where Cost	\$202.31	\$2,533.06
5500 · Committees Expense	000.07	<b>0050.00</b>
5520 · Archives	\$36.87	\$359.86
5530 · CPC/PI	<b>6045.04</b>	\$16.00
5540 · Corrections	\$215.04	\$4,132.17
5560 · Newsletter	\$229.00	\$2,289.98
5590 · Treatment	£400.04	\$9.78
Total 5500 · Committees Expense	\$480.91	\$6,807.79
Total 6555 · Wages Total	\$3,008.73	\$28,387.53
Total Expense	\$6,911.84	\$56,350.22
Net Ordinary Income or (Loss)	(\$2,713.52)	
6305 · Interest Income	\$22.62	\$22.62
Net Income or (Loss)	(\$2,690.90)	\$1,367.28

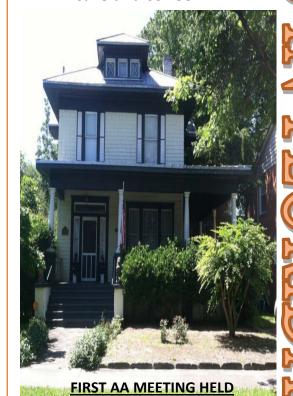
Account Balances as of September 30, 2015				
Petty Cash	\$100.00			
Checking Account	\$8,443.47			
Saving Account	\$10.00			
Total	\$8,553.47			
CD 12 Month 51	\$20,218.21			
CD 18 Month 52	\$11,702.67			
CD 18 Month 42	\$10,098.48			
Total Prudent Reserve	\$42,019.36			
Inventory Asset Value	\$15,727.19			

Jan 16. 2016

2 PM — 6 PM San Marco Club 1423 San Marco Blvd Jacksonville, FL

# YOU'RE INVITED In celebration of 75 Years of AA in Florida!

We will have speakers, displays, cake and coffee



**HERE JAN. 1941** 

TOTAL	NOVEMBER 2015	ADD A LINE	Page 8 of 8
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Sentember	2015	YTD	Groun	Contributions
GENTEILINEI	2010	טוו	GIUUD	CONTINUUTORIS

GROUP	MONTH	YTD A	tt GROUP	MONTH	YTD	Att	GROUP	MONTH	YTD	Att
A Design for Living		\$30.00	It's Come to This	\$75.00			Saturday Night Live Group		\$300.00	
Alexis Group	\$15.00	-	( It's In the Book	7	\$210.00		Sawgrass Dutch Group		\$50.00	
Amethyst Group	, , , , , ,		James Gang II		\$150.00		Serenity at Noon		\$446.00	
Arlington Group	\$184.01		( Joy Group		\$120.00		Sober Sisters		\$210.00	
Azalea City Group	\$300.00		Keep It Simple (Fern. Bch.)		\$497.00		Sojourn Group		\$315.00	X
BAA	7	\$500.00	Ladies Unity Group		\$103.43		Solutions Group	\$90.00	\$204.00	
Baymeadows Group		\$50.00	Language of the Heart			X	Sons of the Spirit	Volice	\$90.00	
Beach Blvd Group			Lest We Forget		\$75.00	**	St Nicholas		\$134.32	χ
Beaches Unity Group			Living In The Light	\$150.00	\$300.00		Step A Month Group		\$150.00	Ť
Beachside Step Study		\$284.30	Los Lobos Mens Group	V.00.00	\$525.00		Stepping in Sobriety		\$125.00	
B.L.I.S.		\$210.00	MacClenny Group		\$125.00		Stepping Stones Group - PV		\$175.00	X
Callahan		\$150.00	Mandarin Big Book Step Stud	lv	\$100.00		Stepping Up	\$65.00	\$585.00	
Central Group			Mandarin Group	''	\$500.00		Student Group	\$600.00	\$890.00	
Clean & Free		\$20.00	Mandarin Hi-Noon		\$1,459.09		Sunday Morning Group	\$346.20	\$450.60	
Conscious Contact Group		\$458.31	Mandarin Sunset Group		\$520.00		Sunrise Breakfast Group	ψ040.20	\$133.00	
Contentment Group		\$125.00	Mandarin Women in Recovery	,	\$300.00		Surrender To Win		\$100.00	Y
Coyote Mens Group		\$1,500.00	Mandarin YPG	,		v	Switzerland Group		\$820.00	
Design For Living		\$1,300.00	Men's Red Eye		\$63.40	<b> ^</b>	The Alcoholics Group		\$75.00	^
District 6 St. Augustine		\$250.00	Middleburg Group		\$200.00		The James Gang		\$1,300.00	
Downtown Group		\$1,000.00	Morning After Group		\$75.00		Third St Third Tradition		\$1,300.00	v
Eastside Group	\$30.00		Neptune Beach Book Study		\$35.00	-	Thirsty Thursday		\$50.00	^
Fernandina Beach Group	\$30.00		New Beginnings Group		\$450.00	$\vdash$	This Too Shall Pass		\$150.00	v
Fiesta Group		\$749.75	New Horizon Group		\$60.00				\$90.80	-
<u> </u>						-	Timuquana Ladies of Grace TLC Group			^
Fifth Tradition Group			Nocatee Sobriety		\$290.00				\$161.00	
Florida Unity Roundup		\$500.00	Oldest City Men's Group		\$219.21		Triangle Group		\$36.40	
Freedom Group		\$20.00	On the Way Home Group		\$532.50	\ \ \	Trinity Group		\$225.00	
Free Men's Group		\$1,063.00	Orange Park Group			X	Trout River			X
Free to Be	****		Orange Park Step Sisters	405.00	\$525.00		Truly Blessed Women's Mtg		\$50.00	
Fruit Cove Book Study	\$200.00		Ortega Group	\$95.00	\$353.00	ļ.,	Vilano Beach Combers		\$135.00	
Fruit Cove 11th Step Meditation		\$150.00	Phoenix Men's Group			X	Villagers Group		\$99.00	
Fruit Cove Fresh Start	\$250.00		Ponte Vedra Women's		\$170.08		Way Out Group		\$90.00	ļ.,
Fruit Cove Step Study	\$200.00		Primary Purpose Group		\$500.00	_	We Agnostics & Free Thinkers			X
Green Cove Springs			Q Branch Group		\$1,150.00		West Jax Men's Group		\$40.00	
Greenland Road Group			( Riverside (Tom S.) Group		\$152.00		Wesconnett Group	\$174.91	\$542.77	
Half Way Through		\$12.58	Riverside/Ortega Group	\$21.00	+		Westside Group			X
Happy Destiny Group		\$44.00	Riverside YPG		\$140.00		Winners Group			X
Happy Hour Group		\$50.00	Riverview Study Group		\$20.00		Women Enjoying Sobriety		\$660.00	
Helping Hands		\$75.00	Salisbury Mens Group		\$40.00		Women In Recovery			
Hooked on Sobriety			San Man Group		\$300.00		Women Speak		\$35.00	
House on Shirley Street		\$125.15	Sand Dollar Group		\$121.00		Women's Candlelight	\$50.45	\$102.97	
I Am Responsible		\$450.00	Sand Piper Step Study		\$10.00		Women's Upstart Group		\$225.00	
Groups Contributing in September =	17, For the Ye	ear = 117					Total Contributions	\$2,846.57	\$37,939.20	

Represented at October 3, 2015 Business Meeting (IG Reps Signed In-30, Total Signed In-41)



My sobriety has become my number one priority. Without my sobriety, I will be useless all over again. I have finally discovered that feeling of usefulness. I have realized that my life has purpose and I am able to be helpful to others. All my good, bad and indifferent has meaning. I have found peace within my self by earning self esteem. Working my steps, going to meetings, talking to fellows and being of service has taught me there is something to look forward to, living this meaningful life. The saying "more will be revealed" has proven to be very accurate. I am truly grateful that I was not able to remember eve-

rything in the beginning of this journey because I don't know if I would have continued. But instead, a little of my past comes back right in the moment that it is helpful to someone else. Walking the walk, trudging the road to happy destiny and finding peace, is a gift that I wish I could give to everyone, anyone who is suffering. So if you are new, struggling, or coming back, they say "Don't quit before the miracle happens" there is a reason, I gave up the first time too soon. God saw fit to give me a second chance at this life. I believe in my heart that my relapse was divine because I always had that lingering feeling that I may not be an alcoholic. With the relapse, came the knowledge of the fact that I am a REAL alcoholic, beyond a shadow of a doubt and I couldn't be happier! (Dawn W. Mandarin Young Peoples Group)