

Northeast Florida Intergroup Services 3128 Beach Blvd. Jacksonville, FL

Phone: 904-399-8535 Fax: 904-399-9537

E Mail: neflintergroup@gmail.com Web Site: neflaa.org 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



or call (386) 445-4357

# WE JUST WANT TO SAY... THANK YOU!

TO ALL WHO MADE THE NEFL INTERGROUP FREE SPRING FLING PICNIC SUCH A GREAT SUCCESS

MUCH FUN, GREAT WEATHER, COMPETITION FOR BIG BOOK TRIVIA, EXCITING GAMES.

GOOD DAY OF FELLOWSHIP.

THANK YOU ALL WHO ATTENDED
SUCH GREAT VOLUNTEERS WHO
COOKED, SET UP AND CLEANED
UP AFTER THE EVENT
THANK YOU ALL SO MUCH

>>>>Holly C and Linda G. Co-Chairs.<<<

.....

#### Please Note:

#### The Intergroup

Business Office will be closed Sat. July 2nd and Mon. July 4th in observance of the long Independence Day Weekend



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### FOUNDERS DAY

#### Folkston Group

#### Founder's Day Eating Meeting

July 9, 2016 - Eating at 5:30 PM
1st Baptist Church of Folkston
1320 3rd Street Folkston, GA, 31537 -7:00 PM Speaker
John H. (Jacksonville, FL)
Smoked Chicken and Boston Butt
Please bring a covered dish to share
For more information
call 912-496-1007 or 912-390-1629

# MEETING THAT NEEDS

## SUPPORT

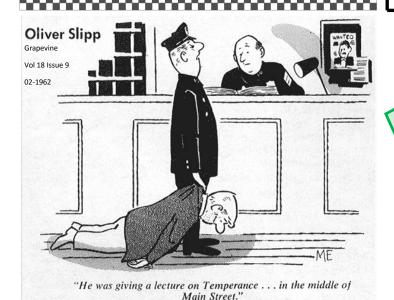
**Spiritual Awakenings** 

A Women's AA Big Book

And 12 & 12 Meeting

6:30 to 7:30 PM

**Christ Episcopal Church** 



Things
We
Cannot
Change

The following member
Will be fondly
Remembered and
Sadly missed
Jonathan R.
St. Nicholas Group

### FAITHFUL FIVERS

Charlie M. Christopher G. Ernie K. Faith L. Fred H. Holly C. John G. Randy O. Rick T. Ski V. Steve H. Susan I. Tim L. Walter S.

<u>INTERGROUP</u> <u>OFFICE</u> <u>LOG</u>		
<u>DESCRIPTION</u>	Apr, 2016	Apr. 2015
A. A. Information	198	201
Admin. & Other Information	78	64
12 Step Calls	6	2
Visitors to the Office	83	79

#### **BREAKFAST AND**

#### **FELLOWSHIP**

**Speaker Meeting** 

June 4th, 2016 Gateway's Dining Room 555 Stockton St.

8:00 am All You Can Eat Breakfast — \$4.00 8:30 am Speaker Meeting NORTH

EAST

FLORIDA

INTERGROUP



INTERGROUP
BUSINESS MEETNG
9:45 AM

SATURDAY JULY 2, 2016 GATEWAY FRONT CONFERENCE ROOM

<u>Committee</u>	<u>Time / Date</u>	<u>Location / Notes</u>
Archives	Noon, Mon.,	Intergroup office. 1st Monday of the Month
	June 6th, 2016	
Finance	5:30 pm , Tues.,	Intergroup office. Please call the IG office at 399-8535 for more infor-
	June 21st, 2016	mation.
Intergroup	5:30 PM, Tues.,	Intergroup Office. All members are welcome to attend.
Steering Committee	June 28th, 2016	
New Intergroup	8:30 AM	Front Conference Room (Gateway, 555 Stockton St.) To familiarize the
Rep Orientation	Aug. 6th 2016	new IG Reps with the flow of the Business Meeting, Parliamentary Proce-
		dures, Robert's Rules of Order, etc.

2015-2017 District Committee Contact and Meeting Info

	Position & Name	<u>e-mail</u>	<u>Phone</u>	Meeting Time, Day & Location
District 1:	DCM - Steve H.		904-307-5518	3rd Tuesday @ 6:45 pm each month
			904-654-3784	at the NEFL Office
District 4:	DCM - Deb B	deb_deb2@msn.com	904-314-7155	7:45pm Every 3rd Thursday @The Amelia Room
				906 S 7th St, Fernandina Beach, FL 32034
District 3:	DCM- Anthony S.	rackmeister@bellsouth.net	904-302-1907	2nd Monday 6:30pm @ Anthony's house
		_	904-708-8618	
District 6:	DCM- Chris B	dcmdist6@gmail.com	904-501-0043	1st Monday of each month @ 6:00pm @Flagler
		_		Hospital in Osceola Room
District 24:	DCM-Amy W.	awheat567@gmail.com	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		352-209-1904	Neptune Beach Library 2nd Wed @ 7:00pm
				(3rd Street)
District 30:	DCM - Jack G.		714-661-3918	3rd Friday of each month @ 6:30pm
				First Christian 11924 San Jose Blvd

#### New Women's Open Discussion Meeting

Orange Park Group 1835 Smith St.

Orange Park, FL

10:30 AM, Saturday
Handicapped Accessible
For Further Information
Please Call Susan S. 904-373-0058



60th Annual Florida State Convention

"New Freedom New Happiness"
August 3rd - August 7th, 2016
at Innisbrook Golf Resort, Palm Harbor, FL

Speakers workshops Panels
Marathon meetings

WEB SITE: 60.FLSTATECONVENTION.COM

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#### INTERGROUP OFFICERS **Chairman:**

.......

Carl G. Phone: 904-497-9769 Email: cgian9@gmail.com <u>Vice Chair / Treasurer:</u>
Dan. B. Phone <u>904-737-7532</u>.

#### ADD-ALINE

Mike M. 904-807-8750 nefladdaline@gmail.com All articles due to Intergroup by

the 18th 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. Maggie R. 904-707-6125

#### **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

**Young People In Alcoholics Anonymous** 

904-712-0096

#### STEP SIX

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

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#### TRADITION SIX

"An A. A .group ought never endorse, finance or lend the A A name to any related facility outside enterprise, lest problems of money, property and
 prestige divert us from our primary purpose.

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#### **CONCEPT SIX**

On behalf of A.A. as a whole, our General Service Conference has the principle responsibility for the maintenance of our world services, and it traditionally has the final decision respecting large matters of general policy and finance. But the Conference also recognizes that the chief initiative and the active responsibility in most of these matters should be exercised primarily by the Trustee members of the Conference when they act among themselves as the General Service Board of Alcoholics Anonymous.

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ment, great fellowship and more!

\*\*\*\*\*\*\*\*\*\*

Please save the date! The Florida Unity Roundup is our annual roundup to strengthen and unify our area AAs and AFGs. All of the recovery community is invited to join us in Jacksonville for our annual event this September 23, 24 & 25, 2016. We will celebrate our recovery with outstanding AA and Al-anon speakers, panels, a Saturday night banquet, entertain-

>>>> More Information in the July Add A Line <<<<<

**VOLUNTEERS MEETING———** The first 2016 Unity Roundup Volunteers meeting will be 2:30pm, Sat. June 11th at 3645 Spring Park Road, Jacksonville, FL. Please come and hear about the kick off event planned for Aug 27th and how YOU and YOUR group can get involved with Huggers / Greetings and the Hospitality Committee.

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HEARD

THROUGH

THE **GRAPEVINE** 

A friend recently loaned me "HAPPY, JOYOUS & FREE, A LIGHTER SIDE OF SOBRIETY" published by the AA Grapevine. I skimmed the titles in the Contents for a good read and was intrigued by the story "Advanced Techniques For Sponsorship Avoidance" by Jacqui H. Hummm... what's that about? Well, it's the author's convoluted path to learning the true purpose of sponsorship. It begins with her pat answer to all her sponsors suggestions; "yes, but....". Jacqui H. then progresses thru several specific techniques for avoiding her sponsor altogether and some of my favorites include:

- 1. Call her after all major decisions in your life and tell her how well you've managed by your-
- 2. Avoid calling her when you feel angry because you know she will help you look for your part in it.

**JUNE 2016** BY CHERYL L.

3. Tell her only what you think she needs to hear, omitting the details that you consider unimportant and slanting the story in your favor.

These are classics! She writes several more, but I think you get the idea.

COMMITTEE CHAIRPERSON

**GRAPEVINE** Moving on, she writes about the truer "techniques", those hard won lessons that are the real path to recovery. Jacqui H. writes "It's hard to ask for help, but even harder to do the action recommended. My favorite phrase in the Serenity Prayer is "courage to change the things I can." It takes courage to admit I'm wrong, courage to agree that my way causes me pain and misery, courage to accept help, and courage to change habits that have been forty-one years in the cultivation..... Today, I pickup that one hundred pound phone and call her when I'm confused and into self-will. And I try to act on her recommendations even if I'm convinced that they won't work. My sponsor isn't a sounding board, just waiting to catch my whining.

She's someone whose sobriety I respect and who has spent more years living sober than I have. She is someone who has what I want - courage.'

May you be blessed with courage today.

FORMING TRUE PARTNERSHIPS", How AA members use the program to improve relationships ", a NEW Book published by the Grapevine and available online at AAGRAPEVINE.ORG/BOOKS.

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 achieves on AA's history and writings as well as other books and items not available on AA's Website. To find information on Grapevine Magazine subscriptions or books please go to aagrapevine.org or 1-800-631-6025.

Many times, as I made my way through the Big Book, I was told I must learn to trust again. As most alcoholics, I have trust issues and relationship problems.

Page 185 says: The aggrieved victim would then rightly declare that his trust had been broken.

Page 37 Besides, we think, there is no one we can surely trust.

Learning to trust anyone was difficult but I knew I must if I wanted to grow.

Further reading showed: The only condition is that he trust in God and clean house, page 98

The answer for me is on page 68: We trust infinite God rather than our finite selves.

I was able to trust my sponsor, as she has had much success in getting sober and I trust God. I know we as humans, are not always trustworthy. As much as I want to be trusted, I may let you down. God has carried me through some very hard times and He, alone, do I completely trust. I am sober today through God's grace and I thank Him. Today, I TRUST- Totally Rely On Spiritual Truths.

Hope to see you at a meeting soon. Shirley J Westside



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# CELEBRATING SOBRIETY



#### CORRECTION FROM THE CENTRAL GROUP

March Birthday

Ben W. 58 years.

#### A P R I L G R O U P

#### EASTSIDE

Romney L. 30 yrs. Felix 5 yrs.

#### Surrender to Win

Curtis L. 19 yrs

# M A Y R O U P

#### ARLINGTON

Jennifer J. 9 yrs.
Jeri P. 6 yrs.
Christina H. 3 yrs.
Donna W. 2 yrs.
Lisa M.F, 1 yr.

#### BEACHES UNITY

Laura C.	36	yrs.
Steve I.	25	yrs.
Phil V.	25	yrs.
Mike K.	15	yrs.
John B.	13	yrs.
John B.	8	yrs.
Curt P.	4	yrs.
Bill T	3	yrs.
Jeremiah B	3	yrs.
Mark L	3	yrs.
Tim H.	3	yrs.
Diana	2	yrs.
Chris F.	1	yr.
Chris B.	1	yr.
Matt P.	1	yr.

#### **EASTSIDE**

Fahmeeda V.	25	yrs.
Nathaniel	12	yrs.
Isaac	5	yrs.
Willie	4	yrs.

#### 

#### FERNANDINA BEACH

Becky B.	14	yrs.
Nita V.	5	yrs.
Brian L.	4	yrs.
Tommy P.	3	yrs.

#### FIESTA

Dick S.	31	yrs.
Vicki H.	27	yrs.
Tim P.	13	yrs.
Todd 1.	7	yrs.
Michelle	5	yrs.
Sam A.	5	yrs.
Sandy S.	9	yrs.
Jerald K.	3	yrs.
Barbra	3	yrs.
Belinda	2	yrs.
Buster	2	yrs.
Shannon	1	yr.
Jessica	1	yr.
Brandi s.	1	yr.

#### FREE TO BE

Nancy R	45	yrs.
Ron H.	17	yrs.
Marcus T.	12	yrs.
Jennifer B.	7	yrs.
Andrew C.	3	yrs.
Kacey C.	1	yr.

#### MANDRAIN WOMENS

Peggy W.	38	yrs.
Martha C.	16	yrs.
Monique J.	5	yrs.

#### ORANGE PARK

Geno G.	35	yrs.
Diane C.	28	yrs.
Jay H.	26	yrs.
James T.	9	yrs.
Michele S.	9	yrs.
Јо Н.	7	yrs.
Joan M.	4	yrs.
Phillip F.	3	yrs.
Bradley B.	3	yrs.
Jennifer	3	yrs.
Ron M.	2	yrs.
Jessica H.	1	yr.
Andrea F.	1	yr.
Kent J.	1	yr.

# M A Y G R O U P

#### ST. NICHOLAS GROUP

Debbie G.	34	yrs.
Ron H.	17	yrs.
Shannon K.	11	yrs.
Jeri P.	6	yrs.
Charles R.	2	yrs.
Travis C.	1	vr.

#### TROUT RIVER

Vinnie	A.	17	yrs.
Jim S.		10	yrs.

#### WESTSIDE

Cathy R.	34	yrs.
Diane H.	32	yrs.
Mark G.	31	yrs.
Eric P.	22	yrs.
Randall C.	21	yrs.
Larry Y.	19	yrs.
Tom A.	19	yrs.
Leroy M.	16	yrs.
Jim S.	14	yrs.
Timothy Mc.	14	yrs.
Mike C.	13	yrs.
Greg J.	9	yrs.
Tinah R.	8	yrs.
Alice H.	4	yrs.
Mary Ann Z.	3	yrs.



# JOIN THE BIRTHDAY CLUB

Show your support for NEFL Intergroup and Join the Birthday Club

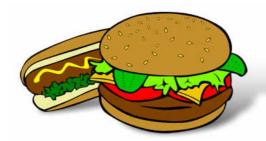
A donation of only one dollar for
every year of your sobriety is all
it takes. Be featured in the special Birthday Club section of the
ADD A LINE.

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	Apr 16	Jan - Apr 16		
Ordinary Income/Expense				
Income				
4000 · Contribution Income				
4002 · Groups	\$7,522.05	\$24,331.17		
4003 · Pink Can Contribution	\$27.54			
4005 · Faithful Five	\$85.00			
4006 · Birthdays	,	\$26.00		
4007 · Other Contributions		\$200.00		
4008 · Anonymous		\$454.51		
4010 · IG Breakfast/Speaker Mtg	\$105.50	\$430.00		
Total 4000 · Contribution Income	\$7,740.09			
4020 · Retail Income	\$3,153.03			
4060 · Income - Special Events	ψο, 100.00	Ψ10,170.00		
4062 · Banquet	\$840.00	\$6,810.00		
4065 · Cake Auction	\$3,224.00			
4067 · Raffle Tickets	\$841.00			
Total 4060 · Income - Special Events	\$4,905.00			
Total Income	\$15,798.12	\$53,168.03		
Cost of Goods Sold	00.400.44			
4510 · Cost of Retail Sales	\$2,129.44			
4540 · Cost of Event - Banquet Expense	(\$17.99)			
4550 · Cost of Event - Spring Picnic	\$919.30			
Total COGS		\$18,161.48		
Gross Profit	\$12,767.37	\$35,006.55		
Expense				
Total 5100 · Office Expense	\$202.12	\$1,089.14		
5110 · Telephone	\$193.42	\$773.71		
5120 · Telephone Answering Service	\$80.00	\$320.00		
5130 · Postage - Freight	\$40.54	\$134.74		
5140 · Utilities	\$149.41	\$611.91		
5145 · Advertising	\$51.00	\$204.00		
5195 · CC Fees	\$63.40	\$395.75		
5200 · Professional Fees	\$300.00	\$350.00		
5210 · Building Rent	\$900.00	\$3,600.00		
5220 · Dues/Fees/Licenses		\$61.25		
5265 · Security	\$27.40	\$109.60		
5280 Pink Can Expense		\$201.34		
5290 · IG Breakfast Expense	\$66.72	\$228.74		
5300 · When & Where Cost	\$206.93	\$905.95		
5500 · Committees Expense				
5520 Archives		\$334.92		
5530 · CPC/PI		\$109.41		
5540 · Corrections	\$279.47	\$2,076.73		
5560 · Newsletter	\$229.00			
5590 · Treatment	\$16.08	\$44.01		
5595 · Website		\$134.91		
Total 5500 · Committees Expense	\$524.55	_		
Total 6555 · Wages Total	\$3,222.43			
Total Expense	\$6,027.92			
Net Ordinary Income or (Loss)	\$6,739.45	\$10,175.27		
Total Other Income				
	\$29.54	\$121.30		
Net Income or (Loss)	\$6,768.99	\$10,296.57		

Account Balances as of April 30, 2016					
Petty Cash	\$100.00				
Checking Account	\$19,702.95				
Saving Account	\$10.00				
	\$19,812.95				
CD 12 Month 51	\$20,297.61				
CD 18 Month 52	\$11,747.74				
CD 18 Month 42	\$10,143.14				
Total Prudent Reserve	\$42,188.49				
Inventory Asset Value	\$13,598.99				

Hamburgers, hot dogs and drinks provided by District 6 If you can, BRING A DISH TO PASS Families, newcomers and long-timers are all welcome for an afternoon of fun in the sun.



DISTRICT 6 FOUNDERS DAY PICNIC TREATY PARK

Wildwood Drive

Saint Augustine, Florida



Saturday June 11th, 2016 11:30 am to 3:00 pm Speaker at 1:00 pm Susan and Daryl P. from Port Charlotte, FL

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**April 2016 Group Contributions** 

				April 2010 Group	OUILLIBU	uono					
GROUP	MONTH	APR YTD	Att,	GROUP	MONTH	APR YTD	Att.	GROUP	MONTH	APR YTD	Att.
A Design for Living	\$25.00	\$45.00		Jax Bid for FCYPAA		\$0.00	X	San Pablo Sober Sisters		\$52.29	
A Way Out Group		\$75.00		Joy Group	\$75.00	\$75.00		Seascape Group		\$189.00	
Alexis Group	\$15.00	\$60.00	X	Keep It Simple (Fern. Bch.)		\$200.00		Serenity at Noon		\$292.75	X
Amethyst Group		\$55.00	X	Language of the Heart	\$413.11	\$691.65	X	Sober Sisters	\$146.00	\$272.00	
Arlington Group		\$531.05	X	Living In The Light	\$430.00	\$630.00	X	Sojourn Group		\$0.00	
Azalea City Group	\$450.00	\$450.00		Los Lobos Men's Group	\$250.00	\$250.00		Solutions Group		\$120.00	
BAA	\$200.00	\$400.00		Macclenny Group	\$25.00	\$25.00		Sons of the Spirit		\$0.00	
Baymeadows Group	\$50.00	\$50.00	X	Mandarin 11th Step Meditation		\$66.00		St Nicholas		\$0.00	X
Beach Blvd Group		\$0.00		Mandarin Big Book Group		\$150.00		Step A Month Group		\$50.00	
Beaches Agnostics & Free Thinkers		\$70.00		Mandarin Hi-Noon	\$277.20	\$1,233.46		Step Sisters Grace Group	\$324.50	\$324.50	X
Beaches Unity Group	\$360.00	\$1,440.00	X	Mandarin Monday Night BBS		\$0.00	X	Stepping in Sobriety		\$0.00	X
Beachside Step Study		\$85.24	X	Mandarin Sunset Group		\$0.00		Stepping Stones (St Aug)		\$67.50	X
BLIS	\$93.38	\$93.38		Mandarin Women in Recovery	\$100.00	\$200.00	X	Stepping Up	\$65.00	\$325.00	
Central Group	\$1,143.46	\$2,493.80	Х	Mandarin YPG		\$0.00		Student Group	\$238.50	\$347.39	
Clean & Free		\$20.00	Χ	Men's Blackeye		\$0.00		Surrender To Win		\$100.00	
Conscious Contact Group		\$403.90		Men's Red Eye		\$239.00		Switzerland Group	\$200.00	\$450.00	
Coyote Mens Group		\$450.00	Х	Middleburg Group		\$100.00	X	The James Gang		\$900.00	
District 6: St Augustine	\$300.00	\$300.00	Х	Morning After Group	\$25.00	\$50.00		Thirsty Thursday		\$0.00	Х
Drop the Rock Group		\$0.00		Neptune Beach Book Study	\$85.00	\$85.00		This Too Shall Pass	\$30.00	\$30.00	
Dutch Group		\$50.00		New Beginnings Group		\$0.00	X	Timiquana Ladies of Grace		\$0.00	
Eastside Group	\$60.00	\$120.00	Χ	Nocatee Sobriety	\$85.01	\$275.41		TLC Group		\$50.00	
Fernandina Beach Group		\$660.96		Oldest City Men's Group		\$281.96		Tradition Group		\$300.00	
Fiesta Group		\$1,072.38	Х	On the Way Home Group	\$192.09	\$339.41		Triangle Group (Dist 6)		\$60.00	
Florida Unity Roundup		\$500.00		One Step at a Time		\$88.00		Trout River		\$0.00	X
Freedom Group	\$20.00	\$20.00		Orange Park Group	\$350.00	\$650.00		Truly Blessed	\$100.00	\$100.00	
Free Men's Group	\$198.99	\$998.99		Orange Park Step Sisters		\$125.00		Tuesday Night Step Group		\$75.00	
Free to Be		\$0.00		Ortega Group	\$94.00	\$179.00		Villagers Group	\$36.36	\$84.06	
Green Cove Springs		\$200.00		Phoenix Men's Group		\$233.80		We Agnostics		\$85.00	
Greenland Road Group	\$145.00	\$145.00	Х	Ponte Vedra Mens Group		\$100.00		Wesconnett Group		\$163.69	X
Half Way Through		\$79.40		Primary Purpose Group		\$0.00		West Jax Men's Group		\$0.00	Х
Happy Destiny Group	\$158.45	\$283.45		Q Branch Group	\$350.00	\$1,000.00		Westside		\$0.00	X
Happy Hour Group	\$25.00	\$50.00		Riverside/Ortega Group	\$16.00	\$39.00		Winners Group		\$0.00	X
I Am Responsible		\$150.00	χ	Riverside (Tom S) Group	\$44.00	\$44.00		Winning Game Group		\$230.00	
It's Come to This	\$74.50	\$160.75	χ	Riverside YPG		\$105.00		Women Enjoying Sobriety	\$228.50	\$496.00	
James Gang II		\$50.00		Riverview Study Group		\$10.00		Women Speak	\$23.00	\$38.00	
Jax Beach YPG				San Man Group		\$100.00		Total Contributions	\$7,522.05	\$24,331.17	
THE DESCRIPTION		l		Jan man Group		¥100.00		Total Collaboration	Ψ1,022.00	ΨE-1,001.11	_

Represented at the March 2016 IG Business Meeting: IG Reps=33, Total Signed In=42

otal Signed In=42 Groups Contributing in March 2016=41 (Year To Date March 2016=84)



# Attention!!! Please Read!

Important message about Intergroup Breakfast and Business Meetings

Effective June 1, 2016, the main entrance (front doors) will be closed due to construction. All staff, visitors, and Intergroup guests are asked to use the side gate facing, both, Detox parking lot and the I-10 expressway.

Thank you, Gateway Community Services

Life over the past four years has not always been easy, but they

have brought more joy than I could have ever imagined. The days I would wake up angry because I was still alive are gone and even my worst day sober is better than my best day drinking. This past year has brought a lot of pain and confusion with the loss of my father, the darkness in



my faith and just an overall feeling of not knowing what to do next. Even though I have had these feelings of loss and despair throughout this year the program has brought me through every step of the way. I am so blessed to have the steps, fellowship and the overall path of recovery to guide me through the ups and downs of life. Today I know that if I am in a bad place I can simply restart my day with prayer and meditation. I can also use the steps in the Big Book, which has the solution to all my problems. \*Living a blessed life\* From the Mandarin Young Peoples Group