



Add A Line

JULY 2019, Volume 59 Issue 7
 Northeast Florida Intergroup Newsletter
 Published in Northeast Florida

**NORTHEAST
 FLORIDA
 INTERGROUP**
 3128 Beach Blvd,
 Jacksonville, FL 32207
 Tel. 399-8535 Fax 399-8537
 Website: www.neflaa.org
 E-mail:
neflintergroup@gmail.com

Office Hours: Mon-Fri
 9 am - 5 pm
 1st Saturday of the Month
 1 pm - 4 pm



For our most up to date
 meetings
 Visit our website
 At
neflaa.org

“Save The Date”

**2019 FLORIDA
 UNITY ROUNDUP**
 October 4, 5 & 6th



*Bringing North
 Florida Together
 for Recovery
 and Fellowship*

The 6th Annual Florida Unity Roundup Will be held at the **Lexington Hotel** on the Southbank Riverwalk 1515 Prudential Drive, Jacksonville FL

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 October 4, 5 & 6, 2019. We will celebrate our recovery with outstanding AA and Alanon speakers, panels, a Saturday night banquet, entertainment, great fellowship and more!

**Please register: and pay securely at
www.floridaunityroundup.com**

Book your Lexington Hotel and Conference Center accommodations directly at the Roundup Rooms
Link: <http://bit.ly/2AH GnG>

A limited number of rooms have been reserved for Round Up at special rates. Parking available for cost per day. (The link is also on the Round Up Web Site)

Lexington Hotel and Conference Center
 904-396-5100
 1515 Prudential Drive, Jacksonville, FL 32207

SPECIAL EDITION FROM THE ARCHIVES COMMITTEE

A CHAT WITH AN OLD-TIMER.

PAGES 9 - 12

**P
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 E**

The NEFL Intergroup would like to say **“THANK YOU”** to Brandy C. for her tenure as Phone Army Chair.
We are currently now requested an AA Member with at least 1 year of Sobriety to fill this position. Call 399-8535 if you are interested.
 Temporary caretakers for the Phone Army are Linda G. 904-608-1634 and Mike M. 904-735-9543

**A
 R
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 Y**

63rd FLORIDA STATE CONVENTION

July 31 - August 4, 2019
DORAL, FL

Registration and Hotel Information
Available at the website:
<https://63.floridastateconvention.com>



SERVICE IN ACTION
63rd Florida State Convention
Volunteer Positions Are Now Available Online

Front registration desk, security, players for the service manual musical, hospitality room, and all spots in between, we have you covered.

Check out the main link
<https://63.floridastateconvention.com>.

Florida Unity Roundup Fundraiser

COOK OFF



LET'S COOK! FIRE UP THAT GRILL AND BRING PLENTY OF YOUR BEST

2-4 PM...Saturday, July 13th...

San Marco Club, 1423 San Marco Blvd, Jax. FL

Test you knowledge, AA Trivia Game

\$25.00 Donation for Cooks, \$5.00 for Gamers

Eat, Play, Support Community, Earn Prizes

ADD - A - LINE

Let us know what's going on.

• **Anniversaries**

• **Special Events**

• **Meeting Changes**

- **Experience, Strength, and Hope Messages**

You write it, we will print it.

E Mail nefladdaline@gmail.com

LOOK

NEW



Winners Group

- ◇ 7 pm-8:15 pm, Mondays, 1400 Cassat Ave
- ◇ Beginners Meeting
- ◇ Format: 15 min speaker, Followed By Ask-It- Basket Meeting

JOIN US AT OUR WEEKLY MEETINGS

MONDAYS: NAS JACKSONVILLE @ 11:30 AM
All Meetings In Bldg. 749 Room 3-B
(Behind Edwards Chapel.)

WEDNESDAYS: MAYPORT @ 4:00 PM
Meetings are in the Mayport Base Conference Room,
NS-Mayport
For more information call Tim R. 516-695-9408

FAITHFUL FIVERS

Brian P. Carl G.
Debra W. J.G.
Jonathan B. Linda G.
Mark Van E. Susan I.
Tom E.

ACCOUNT BALANCES AS OF MAY 31, 2019

	<u>Amount</u>
Checking/Savings	
1021 · Cash - Regions Bank	\$8,782.28
1024 · Cash in Drawer	\$77.73
Total Checking/Savings	\$8,860.01
1360 · Inventory	\$20,652.79
1400 · Prudent Reserve	
1476 · Regions Bank - CD #001	\$20,125.42
1481 · Regions Bank - CD #002	\$10,192.34
1486 · Regions Bank - CD #003	\$6,000.00
Total 1400 · Prudent Reserve	\$36,317.76

Speaker Meeting
August 3rd, 2019
Gateway's Dining
Room
555 Stockton St.



8:00 AM All You Can
Eat Breakfast— \$4.00
8:30 AM



INTERGROUP
BUSINESS
MEETING
9:45 AM
Saturday
August 3rd, 2019

<u>Committee</u>	<u>Time / Date</u>	<u>Location / Notes</u>
<i>Accessibility</i>	New Committee	Look for information in forthcoming Add A Lines
<i>Archives</i>	Noon, Mon., AUG 5, 2019	Intergroup Office, 3128 Beach Blvd. 1st Monday of the Month
<i>Finance</i>	5:30 pm, Tues., JULY 16 2019	Intergroup Office, 3128 Beach Blvd. Please call the IG office at 399-8535 for more information.
<i>Corrections</i>	6:00 PM, Thur., JULY 23, 2019	Intergroup Office, 3128 Beach Blvd, Jacksonville, FL
<i>CPC / PI</i>	1:00 PM, Sat., JULY 6, 2019	Intergroup Office, 3128 Beach Blvd, Jacksonville, FL
<i>Intergroup Steering Committee</i>	5:30 PM, Tues., JULY 23, 2019	Intergroup Office, 3128 Beach Blvd, Jacksonville, FL All AA Members are welcome to attend.
<i>Website</i>	6:00 PM, Thur., JULY 11, 2019	Intergroup Office 3128 Beach Blvd, 1st Thursday of the Month

2019-2020 District Committee Contact and Meeting Info

	<u>Position & Name</u>	<u>E mail</u>	<u>Phone</u>	<u>Monthly Meeting</u>
<u>District 1:</u>	DCM - Evonne H.	DCMDist1@gmail.com	904-307-2279	3rd Tuesday @ 6:45 pm in the Intergroup Office, 3128 Beach Blvd, Jacksonville, FL 32207
<u>District 3:</u>	DCM- Lindy J.	District3Area14DCM@gmail.com	832-306-1950	3rd Sunday @ 2:30 pm, 518 Kingsley Ave, Orange Park, FL 32073
<u>District 4:</u>	DCM - Bob C.	cookpr11@att.net	904-860-9356	3rd Thursday @ 7:45 pm St. Peter's Episcopal Church, 801 Atlantic Ave, Room 204, Fernandina Bch, FL 32034
<u>District 6:</u>	DCM- Whitney B.	dcmdist6@gmail.com	603-969-8506	1st Monday @ 6:00 pm in the Flager Hospital, Osceola Room 400 Health Park Blvd, St Augustine, FL 32086
<u>District 24:</u>	DCM - Tim S.	97roadking@gmail.com	408-263-1172	2nd Wednesday @ 6:30 pm in the St. Marks Episcopal Church, 200 Main Street, Palatka, FL 32177
<u>District 25:</u>	DCM - Glenn G.	justgg@aol.com	904-233-6258	2nd Tuesday @ 6:45 pm Neptune Beach Library, 600 3rd St, Neptune Beach, FL 32266 (3rd Street)
<u>District 30:</u>	DCM - Rita H.	flrita@comcast.net	904-703-3655	4th Saturday @ 9:00 am in the Fruit Cove Baptist Church, 210 Ridgecrest Lane, Jacksonville, FL 32259

Northeast Florida Intergroup Office We Are Hiring! Part Time Office Assistant

- 16-20 hours a week — Basic skills and duties that will be required (Not an inclusive List)
- We are looking for a candidate with: Education and Experience High School Diploma or equivalent 2-3 years minimum previous office experience.
- Competent computer skills including MS Office (Word, Excel, PowerPoint, Publisher, etc.) Internet skills including use of e-mails, group messaging and data collection.
- Basic Retail store experience, with QuickBooks Point of Sale software. Key Competencies Verbal and written communication skills Organization and planning skills Work management and prioritizing skills, Problem solving ability.
- Attention to detail and accuracy Flexibility and Reliability Team player and ability to work independently and with office volunteers.



For further information please call the IG office at 904-399-8535 or E Mail: neflintergroup@gmail.com

Committee Chairs

Chairman: Jack G. 714-661-3918
Vice Chair: Dan. B. 904-737-7532
Treas: Ricardo G. 408-460-5493



Steering Committee Chair Preston W.	914-882-9373
Add-A-line Committee- Mike M.	904-399-8535
Contact Mike for information on participating on this committee. <u>All articles due to Intergroup by the 18th of each month.</u> E Mail: nefladdaline@gmail.com	
Archives Committee- Charlie M. E Mail: ggmoyer@aol.com	904-247-3421
Banquet Committee- Co-Chair: Debbie C. E Mail: debiecarter9966@gmail.com Co-Chair: Theresa C.	904-556-4669 904-557-1914
Corrections Committee - Men — Clayton D. E Mail: Claytondavis9333@gmail.com Women — Gayle E. E Mail: notefromgayle@gmail.com	904-832-2120 904-655-3881
CPC/PI Mike S. Cooperation With The Professional Community and Public Information Committee- E Mail: diyornot@gmail.com	850-628-3123
Finance Committee- Bryant G. E Mail: financeNEFLIG@gmail.com	352-575-4005
Grapevine: Roger L. rlehman25@yahoo.com	904-318-8535
Phone Army- VACANT	
Treatment Facility Committee- Paul H. For E Mail call the IG office.	904-759-3211
Website Committee- VACANT	

Step 7

“Humbly asked him to remove our short comings.”

“...The whole emphasis of Step Seven is on humility. It is really saying to us that we now ought to be willing to try humility in seeking the removal of our other short-comings just as we did when we admitted that we were powerless over alcohol, and came to believe that a Power greater than ourselves could restore us to sanity.”

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TRADITION 7

“Every AA group ought to be fully self-supporting, declining outside Contributions.”

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CONCEPT SEVEN

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

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Sponsorship Workshop

11 am to 1:30 pm, August 31, 2019

Baymeadows Baptist Church,

4826 Baymeadows Road

Zack Z, Laura P. and Dwayne F. will share how they work the 12 Steps with their sponsees.

Food and refreshments by Districts 30

If questions, call Rita H. at (904) 703-3655



In the opening paragraphs of the chapter devoted to step seven in *The Twelve Steps and Twelve Traditions*, Bill Wilson emphatically states, "the attainment of greater humility is the foundation principle of each of AA's twelve steps." The legendary alcoholic goes on to claim that, "...without some degree of humility, no alcoholic can stay sober at all." This can be a daunting task in modern day culture, where humility is often associated with weakness, or an almost passive mode of existence. Society puts so much emphasis on external accomplishments, appearance, and arrogance that even a small display of humility can make one feel like a drowning man coming up for air. Like many alcoholics, I struggled to define this quiet virtue. How can I begin to live by these principles if I can't interpret them myself? At the suggestion of Bill W. and my sponsor, I set out to find my own meaning.

All too often, alcoholics set out to seek humility by thinking less about themselves when in reality they should be thinking about themselves less. By following these guidelines, I have determined that humility means that you are secure enough not to need to be reassured by others. It means that you don't feel you have to prove yourself by showing that you are more clever, smarter, more gifted or more successful than others. You are secure because you live in God's love. For he has faith in you even if you do not. You do not need to compare yourself to others. You have your task, they have theirs, and that leads you to co-operate, not compete.

This means you can see other people and value them for what they are. They are not just a series of mirrors at which you look only to see your own reflection. Secure in yourself, you can see value in others. Confident in your identity, you can value the people not like you. Humility is the self turned outward. It is the understanding that it is not about you.

If you set yourself on human approval, you're controlled by the people you want to please. I was a walking example of this and this is why I drank. You become overly concerned with what people think of you and begin to shape your behavior around gaining their approval. The result is that you lose your sense of who you really are and you start compromising your principles.

So I challenge you, free yourself of the stronghold of society and find your own definition of humility. Let's walk this road together! Stephan B.....XXXXXXXXX Group

INTERGROUP OFFICE LOG

<u>DESCRIPTION</u>	<u>JULY 2019</u>	<u>JULY 2018</u>
A. A. Information	293	208
Admin. & Other Info.	97	74
12 Step Calls	8	6
Visitors to the Office	152	158



Fundraiser/Registration Drive

JABA Club 3645 Spring Park Rd.
 August 24, 2019 4-7pm
 Speaker 5:30pm:
 Speaker Tom M. (Waynesville, NC)
 50/50 Raffle

Come on out for a pie throwing, dunk tanking, hot dog eating, good time! \$10 for 3 Throws OR Register and throw for free
 Chips, Veggie Trays, Pies, etc. welcomed

2nd Annual Anonymous, But not Invisible

Masquerade Ball

October 26th, 2019 6 PM to 9 PM

On AA, AL-ANON, "OPEN EVENT, ALL ARE INVITED"

Guest Speaker is Bob D., from Las Vegas, Nevada



- Costume Contest
- 50/50 Raffle
- Dancing
- Skit by the Al=Anon "Anonymity Players"

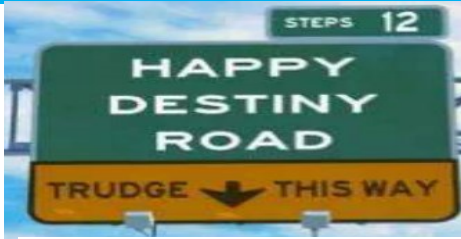
Dinner is included! seats are limited to the first 200. To reserve yours...visit Eventbrite.com.....Only \$10 to registerbring your receipt to the event.

2nd-annual-nefl-cpcpi-masquerade-ball.eventbrite.com

First Christian Church, 11924 San Jose Blvd, 32223

For more info, email: abnimasqball@gmail.com

Presented By The NEFL Intergroup CPC/PI Committee



APRIL

CENTRAL

Melanie 4 yrs.

MAY

CENTRAL

Debbie G. 37 yrs.
 Martha W. 36 yrs.
 Steve C. 24 yrs.
 Tim M. 17 yrs.
 Ted L. 10 yrs.
 Briana H. 4 yrs.

MANDARIN WOMEN

Peggy 41 yrs.
 Martha 19 yrs.
 Monique 8 yrs.
 Margo 1 yr.

JUNE

CENTRAL

Allyson W. 44 yrs.
 Joanne L. 38 yrs.
 Joe C. 27 yrs.
 Amy K. 18 yrs.
 James B. 4 yrs.
 Tracey 1 yr.
 Stephanie I. 1 yr.
 Kat 1 yr.

JUNE

BEACHES UNITY

Jim S. 47 yrs.
 Laura C 39 yrs.
 Corby G 32 yrs.
 Donna E 31 yrs.
 Steve W 29 yrs.
 T David R 28 yrs.
 Phil V 28 yrs.
 Steve I 28 yrs.
 Bruce S 23 yrs.
 Mike K. 18 yrs.
 John B. 16 yrs.
 Ed F. 13 yrs.
 Fast Eddie 13 yrs.
 John B. 11 yrs.
 Wendy 11 yrs.
 Annie A. 10 yrs.
 Brian T. 9 yrs.
 Bobby H. 9 yrs.
 Susan S. 7 yrs.
 Debbie 7 yrs.
 Curt P. 7 yrs.
 Paul E. 6 yrs.
 Tim H. 6 yrs.
 Tanya L. 5 yrs.
 James B. 4 yrs.
 Eric N. 2 yrs.
 Sarah 2 yrs.
 Becca T. 1 yr.
 Cookie 1 yr.
 Mickey W. 1 yr.

JUNE

ST. NICHOLAS

Steve V. 43 yrs.
 Laura C. 39 yrs.
 Stephen W. 29 yrs.
 Danny M. 22 yrs.
 Ward D. 14 yrs.
 Mark P. 13 yrs.
 Patti L. 12 yrs.
 Wendy I. 9 yrs.
 Jeff B. 7 yrs.
 Jeff D. 6 yrs.
 Ernie K. 6 yrs.
 Tanya P. 5 yrs.
 Rachel A. 4 yrs.
 Robin M. 2 yrs.
 Daniela P. 1 yr.

WINNERS

Michael S. 4 yrs.
 Melissa M. 3 yrs.
 Shed H. 1 yr.

JULY

ARLINGTON

Monique M. 12 yrs.
 Dave S. 4 yrs.
 Sarah B. 1 yr.
 Will B. 1 yr.
 Christi R. 1 yr.

**INTERGROUP
 OFFICE
 JULY BIRTHDAY
 STEFANIE H.
 4 YRS.**

**Founders
 Day 2019**

**Folkston Group Founders Day
 EATING MEETING
 July 13, 2019
 1st Baptist Church
 1320 3rd St., Folkston**

**SPEAKER SUE G., Jacksonville
 Eating at 6pm Speaker at 7pm
 Smoked Boston Butt and Chicken
 PLEASE BRING A COVERED DISH**

**MORE INFO 912-390-1629
 or 912-281-6023**



	May 19	Jan - May 19	May 18	Jan - May 18
Ordinary Income/Expense				
Income				
4000 · Contribution Income				
4002 · Groups	\$6,022.66	\$24,984.02	\$1,716.68	\$20,952.21
4003 · Pink Can Contribution	\$71.94	\$516.09	\$97.67	(\$40.43)
4005 · Faithful Five	\$145.00	\$444.74	\$80.00	\$145.00
4006 · Birthdays		\$100.00	\$35.00	\$63.00
4007 · Other Contributions	\$355.67	\$1,080.67		\$85.35
4008 · Anonymous	\$200.00	\$596.00		
4010 · IG Breakfast/Speaker Mtg	\$45.00	\$401.00	\$84.00	\$326.75
4011 · Florida AA Archives Workshop			\$426.81	\$426.81
Total 4000 · Contribution Income	\$6,840.27	\$28,122.52	\$2,440.16	\$21,958.69
4020 · Retail Income	\$5,825.49	\$31,469.24	\$5,035.28	\$23,136.46
4040 · Monthly IG Mtg / Otr				
4042 · Business Meeting	\$37.00	\$162.00	\$41.00	\$207.00
Total 4040 · Monthly IG Mtg / Otr	\$37.00	\$162.00	\$41.00	\$207.00
4060 · Income - Special Events				
4062 · Banquet		\$7,181.00		\$7,500.00
4064 · Spring Banquet Donations				\$60.00
4065 · Cake Auction		\$4,920.00		\$6,495.00
4067 · Raffle Tickets		\$1,357.00		\$744.00
Total 4060 · Income - Special Events		\$13,458.00		\$14,799.00
Total Income	\$12,702.76	\$73,211.76	\$7,516.44	\$60,101.15
Cost of Goods Sold				
4510 · Cost of Retail Sales	\$4,826.69	\$22,573.17	\$3,397.35	\$16,503.11
5001 · Cost of Revenues - Other				
4540 · Cost of Event - Banquet Expense		\$7,761.73		\$6,836.75
4530 · Cost of Event - Breakfast		\$37.64		\$175.00
5215 · IG Business Meeting Expense	\$37.00	\$162.00	\$41.00	\$8.00
5195 · CC Fees	\$108.94	\$874.49	\$290.62	\$874.97
5290 · IG Breakfast Expense	\$22.00	\$116.94	\$70.89	\$116.25
59900 · POS Inventory Adjustments	\$87.29	(\$23.51)	(\$45.21)	\$502.03
Total 5001 · Cost of Revenues - Other	\$255.23	\$8,929.29	\$357.30	\$8,513.00
Total COGS	\$5,081.92	\$31,502.46	\$3,754.65	\$25,016.11
Gross Profit	\$7,620.84	\$41,709.30	\$3,761.79	\$35,085.04
Expense				
60000 · Salaries and Benefits				
6560 · Wages	\$1,707.63	\$9,420.79	\$1,749.38	\$9,509.61
6561 · PTO		\$210.00		
6565 · Payroll Taxes	\$283.07	\$1,389.94	\$168.46	\$916.96
Total 60000 · Salaries and Benefits	\$1,990.70	\$11,020.73	\$1,917.84	\$10,426.57
61000 · Office Expense				
5101 · Copier Expense	\$73.04	\$264.87		\$156.67
Total 61000 · Office Expense	\$1,159.67	\$5,894.47	\$3,395.93	\$5,534.00
62000 · Facilities and maintenance				
Total 62000 · Facilities and maintenance	\$1,403.18	\$7,084.77	\$1,177.91	\$6,538.98
5300 · When & Where Cost	\$323.75	\$323.75		
55000 · Committees Expense				
5520 · Archives				
5521 · Archives - General Budget		\$86.96	\$152.42	\$152.42
Total 5520 · Archives		\$86.96	\$152.42	\$152.42
5530 · CPC/PI	(\$56.00)	\$2,412.78	\$679.68	\$629.90
5540 · Corrections	\$2,654.80	\$5,071.88		\$4,500.00
5560 · Newsletter	\$271.00	\$1,485.24	\$343.49	\$1,030.49
5570 · Phone Army	\$79.95	\$159.90		\$122.97
5590 · Treatment		\$230.49	\$41.30	\$74.18
5595 · Website	\$200.00	\$600.00		
Total 55000 · Committees Expense	\$3,149.75	\$10,047.25	\$1,216.89	\$6,509.96
60300 · Awards and Grants				
60360 · Donations	\$57.94	\$222.05		
Total 60300 · Awards and Grants	\$57.94	\$222.05		
70900 · Business Expenses				
5145 · Advertising		\$285.12	\$51.00	\$255.00
5220 · Dues/Fees/Licenses		\$61.25		\$61.25
Total 70900 · Business Expenses		\$346.37	\$51.00	\$316.25
62100 · Contract Services				
5200 · Professional Fees	\$300.00	\$900.00	\$500.00	\$2,550.00
Total 62100 · Contract Services	\$300.00	\$900.00	\$500.00	\$2,550.00
65100 · Other Expenses				
5190 · Bank Charges	\$7.69	\$27.16		
Total 65100 · Other Expenses	\$7.69	\$27.16		
6999 · Uncategorized Expenses				
Total Expense	\$8,392.68	\$35,866.55	\$8,259.57	\$31,875.76
Net Ordinary Income	(\$771.84)	\$5,842.75	(\$4,497.78)	\$3,209.28
Other Income/Expense				
Other Income				
73000 · Other Income				
73050 · Interest Income		\$211.44	\$1.43	\$8.83
6310 · Sales Tax Collection Allowance		\$27.46		\$24.76
6301 · Cash Short/Over POS	\$1.00	\$4.74		
Total 73000 · Other Income	\$1.00	\$243.64	\$1.43	\$33.59
Total Other Income	\$1.00	\$243.64	\$1.43	\$33.59
Net Other Income	\$1.00	\$243.64	\$1.43	\$33.59
Net Income	(\$770.84)	\$6,086.39	(\$4,496.35)	\$3,242.87

MAY 2019 GROUP CONTRIBUTIONS

GROUP NAME	MAY 2019	MAY 2019 YTD	Att.	GROUP NAME	MAY 2019	MAY 2019 YTD	Att.	GROUP NAME	APR 2019	APR 2019 YTD	Att.	
7/11 Meditation Group		\$150.00		It's Come To This		\$32.50		Seascape	\$105.71	\$308.86		
11th Step Meeting		\$25.00		I've Come To Believe		\$32.00		Serenity At Noon	\$56.00	\$168.00		
A Design for Living	\$665.90	\$665.90		It's In The Book		\$90.00		Sojourn			X	
A Way Out		\$73.80		Jax Mens Group			X	Solutions Group	\$90.00	\$90.00		
Alexis	\$15.00	\$75.00		Jax PPG				Sons of Spirit				
Anonymous Contribution -1		\$250.00		Jax YPG				S.O.S	\$74.16	\$74.16		
Arlington		\$400.00		Jumping Off Place	\$70.85	\$70.85		Sounds of Sobriety		\$150.00		
As Bill Sees It		\$205.00		K.I.S		\$417.18	X	St. Nicholas	\$100.00	\$100.00	X	
Atlantic Beach Men's		\$250.00		Ladies Unity		\$64.00		Step A Month	\$55.00	\$114.00		
BAA		\$20.00		Language of the Heart	\$152.45	\$317.45	X	Step Sisters of Grace				
Baymeadows			X	Lest We Forget		\$150.00		Step Sisters of Orange Park				
Beaches Agnostic & FT			X	Liars Paradise	\$140.00	\$140.00		Step Sisters of Ortega		\$163.32		
Beaches Unity (BUG)	\$360.00	\$1,800.00	X	Living In the Light	\$695.53	\$2,012.51	X	Stepping In Sobriety			X	
Big Book Field Study		\$100.00		Los Lobos Men's		\$170.00		Stepping Up Group Mandarin	\$55.00	\$166.00		
Central	\$500.00	\$650.00	X	Mandarin Big Book Study		\$60.00	X	Student Group		\$149.02		
Clean And Free			X	Mandarin Sunset Group				Sunday Morning		\$111.00		
Coffee and Readings	\$244.50	\$1,010.50		Mandarin Women in Recovery		\$200.00		Sunday Morning Meeting Group		\$60.00	X	
Conscious Contact		\$581.00	X	Men Hooked on Sobriety				Sunset Group	\$650.00	\$650.00		
Coyote Men's Group		\$500.00		Men's Red Eye		\$666.20	X	Surrender To Win		\$20.00	X	
Diverse Views		\$46.94		Middleburg		\$100.00		Switzerland		\$355.00	X	
Downtown Group		\$1,000.00		More About Alcoholism		\$90.00		The Alcoholics Group	\$90.00	\$875.00		
Drop The Rock			X	Murray Hill		\$60.45		Third Street Third Tradition	\$120.00	\$240.00		
Eastside		\$25.00		New Beginnings			X	This Too Shall Pass		\$441.26	X	
Evergreen		\$40.00		Nocatee Promises	\$206.50	\$318.50		Thursday Nite PPG				
Fernandina Beach PPG		\$331.90	X	Nocatee Sobriety		\$116.50		Timiquana Ladies of Grace	\$225.00	\$225.00	X	
Fiesta		\$619.25		Oldest City Mens Group	\$404.16	\$404.16		Troout River				
Free Men's		\$327.75		Orange Park		\$400.00		Triangle Men's		\$80.00		
Free To Be		\$279.04		Orange Park Step Sisters	\$62.45	\$98.45	X	Unity Meditation (St. Augustine)		\$198.10		
Freedom Group	\$40.00	\$40.00		Ortega		\$115.00		Village Women's		\$81.57		
Fresh Start Group		\$210.00		Other Side of the Bridge		\$75.41		Villagers Group		\$43.44		
From The Heart	\$200.00	\$350.00		Pass It On		\$63.21		We Agnostics		\$33.30		
Fruit Cove 11th Step Meditation			X	Phoenix Men's			X	Wesconnett		\$369.33	X	
Fruit Cove Literature		\$210.00		Ponte Vedra Men's		\$66.00		Westside	\$31.50	\$188.00	X	
Fruit Cove Women	\$146.00	\$247.05		Primary Purpose Group				Winners		\$810.64	X	
Green Cove Springs	\$50.00	\$100.00	X	Reborn		\$200.00		Women Enjoying Sobriety		\$370.62	X	
Greenland Road			X	Riverside (Tom S)		\$85.00		Women Speak		\$37.00		
Half Way Through		\$135.90		Riverside Ortega		\$80.14		Women Upstart		\$75.00		
Heart To Heart				Riverside Study Group	\$10.00	\$20.00		Women's Candlelight	\$172.37	\$172.37		
Hold On Group				Salisbury Men's		\$10.00	X	Women's YPG (St. Nick's)				
I Am Responsible	\$221.40	\$221.40		San Pablo Sober Sisters	\$13.18	\$32.36		Young Peoples Group (St. Aug)		\$81.00		
Intensive Care		\$20.00		Saturday Night Live (St. Aug.)		\$212.07		Yulee		\$60.66		
									TOTAL CONTRIBUTIONS	\$6,022.66	\$24,984.02	

Represented at the June 2019 IG Business Meeting: IG Reps = 26

Total signed in = 34

Groups Contributing in May'19 -- 33 (Apr'19 YTD -- 99)

DUNES GROUP (District 4)
4600 Peter's Point Road 32034

>The Original unregistered Dunes Group started in the Summer of 2004, and disbanded in 2017, restarted June 1, 2018 and registered with GSO.

>Original Founder: Don B.

>Restart Founders: Sharon M. & Lindsay L.

>Early Members: Linsay L., Tony K., Jack F., Joyce P., Marcia B., & Willie F.

>Members: 10

>Members love the ocean and meditative values of the Twenty-Four Hours a Day book.

>Type Meeting: Open Other Literature, seasonally, "May 1 through October 31"

>1 meeting per week



Special Archives Edition July 2019 Add A Line

F R O M O U R A R C H I V E S C O M M I T T E E

George K. is one of our A.A. pioneers and lives in St. Augustine, Florida. George got sober in St. Augustine on July 30th, 1976. He is a vital presence in the A.A. community in St. Augustine. George taped his story for the St. Augustine Archives in 2019 and the following has been excerpted from that tape with his permission. (Interviewed by LeeAnn K., transcribed by Mykel M. and edited by Charlie M.)

LeeAnn: *What was lifelike before you got sober?*

George: *Painful, very, very painful. But it was painful long before I ever became alcoholic. Alcohol was my benefactor for many years. It gave me relief from the pain. Then I got sicker to the point that I just wanted life to end. Alcohol was never my enemy, it just stopped being my friend. I have nothing bad to say about alcohol. I'm very grateful that it's still being made. I'm very grateful for the barrooms, for people like me to have that moment of relief from their cares and troubles and woes. And especially for those who are prone to have suicidal thoughts to be able to get away from that pain.*

L: *So what happened on that July 30th that brought you in? How did you find A.A.?*

G: *That's one of the great mysteries that I still ponder to this day because I couldn't tell you why I called A.A. I had no thoughts of it, and I was just tired, and I just had enough. I am led to believe that it was the grace of God that said, "Okay. You've had enough. Now, here's what to do," without me recognizing that it was the grace of God or knowing that it was the right thing to do. I just did it.*

L: *You picked up the phone?*

G: *Picked up the phone and called. I was told that somebody would call me back in a few minutes. A few minutes later a woman called and said, "Are you the one that called A.A.?" And I said, "Yes, I am." And she told me her name and she said, "My husband's in the shower. He'll be out in a moment, and we'll be there in about 15 minutes, can you wait that long?" That automatically ticked me off and I said, "Of course I can wait that long" And I did. They came and she bounced out of the car and she said, "Are you George?" And I said, "I am." She introduced herself and her husband and said, "Let's go get a cup of coffee." We went to what is now the village Inn and sat there for several hours. They quizzed me for several hours, not in a pushy way but in a genuinely interested sort of way. I responded quite candidly and openly and that's how I was introduced to Alcoholics Anonymous. From there I went to my first meeting. They were being held at Flagler Hospital, which is where we are now, but we're in the new hospital and the old one was down on Marine Street. We met in a little room, no bigger than a closet that wasn't finished. It had exposed beams, and there may have been 10 or 12 people, if that many, at the meeting. In those days there was only one meeting in St. Augustine and that was the meeting I was at, the Oldest City Group. Attendance was about 15 to 18 people if we were lucky. We had two speaker meetings a week and one discussion meeting. The logic being we need to hear twice as much and speak half as much. Now it's opposite with very few speaker meetings and mostly discussion meetings.*

L: *So, what happened when you first got here?*

G: *Quite honestly, I had never attempted to go without booze, it never crossed my mind. I would wake up in the morning and would end up in the pool halls, then the barrooms at noon, and cocktails in the afternoon, and dinner and wine and cocktails at night, and it never struck me to not drink. So away from booze and other sundry things I was good for about four or five days and then withdrawals like I have never known before set in. I nearly died from withdrawal and didn't realize how close to death I was. I learned later how dangerous it was withdrawing from booze and having no medication or booze to come down quietly, I came down with a crash. I'm very fortunate today to be able to say I'm grateful that I went through all that because, like my life, I never want to go back to, nor do I ever want to go through withdrawal again. I just don't want to do it. As far as what I thought about the meetings and the groups, I'm convinced, based on what I know today, that when I came in I did the very best I could do with what I had to do it with. As I also know today most of the people that come through the doors do the same thing. I heard a speaker say one time at a meeting, "It's all right to come here sick, it's not all right to stay here sick." That there is recovery, and if you want to stay sick, that's your choice and if you want to recover, that's our choice. So, I took an active role in my own life for the first time devoid of what other people wanted for me. I began to develop a life that I would like to achieve, attain, and live, and I have surpassed that over the years.*

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L: So, when you first got here did you think, "I want this or I don't know what I want, but this is Better than what I had." What kind of feelings did you have?

G: I know today, that everything I became I was taught. My guilt was not becoming sick, my guilt was being the performer of what my sickness caused me to do. And at that time I knew nothing about trusting. I really knew nothing about the 12 steps principles. I learned it's not important what other people do, it's only important what I do. That's what I teach the men I work with. If other people want to stay sick, that's their right, allow them that privilege and keep progressing with your own life, which is what I had to do and did do. The joy of recovery is that I became convinced that my life was unmanageable and could readily recognize what my sickness caused me -- how my sickness caused me to live. I was full of all those negative emotions that had become my traveling companions. Wanting to rid myself of them did not rid myself of them.

What that want has done and is still doing for me 43 years later is propelling me to continue on seeking, to continue on learning, and to continue on practicing. It's so much easier to understand sickness today than my capabilities were when I came into the program. I advocate to every person I work with, "Do not accept me as a bastion of truth, accept the Big Book as being truth and me as a purveyor of that truth, not me being the truth. I am the purveyor of it." I live the truth today as best I can.

L: So when you first started doing the steps with your sponsors what was that like?

G: My sponsors never spoke to me about the steps, never, never. Never talked to me about the principles. They were big proponents of, and their lives denoted it, of gratitude. And every time I would speak with them they would say, "Oh, boy, don't you have something to be grateful for." I would tell them about a new revelation, "Oh, don't you have something to be grateful for." I asked them one time why they never spoke to me about the steps. And the reply was twofold. "We don't want you to put all your eggs in our basket because we have clay feet, too. If you're in a meeting of Alcoholics Anonymous, you're going to hear about the steps. You're going to have different types of input from different people concerning the steps. You're going to have different degrees of expectations as to what the steps will do for you, and we don't want to prejudice you with what we feel and how we feel the steps should be worked because to us there is no right way or wrong way to work the steps."

L: So then how did you work the steps?

G: I lived the steps. And it's not a question of working, it was a question of accepting the steps. I hear that word "work" all the time and it's most daunting for me because it belittles the individual and it belittles the program of Alcoholics Anonymous.

L: Right. Because it sort of says, do 1 through 12 and you're done versus this is a lifelong process?

G: Absolutely. And it countermands all that these people love to gloriously espouse acceptance. Acceptance is the key to my program. Well, you can't practice a principle until you accept the principle. If you don't accept the principle, you haven't got the principle and then there's no way you can practice it.

I spoke the other day on forgiveness. After I completed the 4th step, again went to my sponsors and told them and it explained to me the cause of my symptoms. From an abusive mother, to an absent father, to sibling rivalry, to social condemnation, to all the things that created my sickness and kept me in bondage for so many years. And I was very resentful and even more resentful after really seeing it in black and white than ever before. And I went to them and they didn't tell me anything, all they said was, "Well, it sounds like you just might need to start forgiving." And that absolutely floored me, to forgive. How do you forgive? I didn't know how to forgive. Do you know how to forgive? How do you forgive?



L: I've studied for a long time on how to forgive. I've done a lot of work. I didn't just know automatically.

G: And I spoke on that very thing. I had to go to people in this program that I didn't like and yet I would hear them say something and it would be good and logical and even though I disliked them I liked what they had to say. And I would go to them and ask them about it. I would go to people I did like and did respect and ask them, "What does it do for you? How does it make you feel?" I use the very thing my sponsor said about the principles of the steps, I have used that formula in virtually every stage of learning.

Never accept one person opinion, but learn the variants of how to get to Jacksonville when one person's only giving you one road there and you know there are many more. So I find that fascinating today and I revel in it. Am I capable of having a resentment today? Absolutely. That's part of my normal state of human psyche. My joy today is that just as quick as it comes in, it goes out. It doesn't take root and grow and that's my joy. What took time, was the learning stamina, just patience, tolerance, understanding, kindness. Every time I had a resentment, I had to practice each and every one of those in order for it to vacate..

If I didn't practice or left out any, if I wasn't kind to myself I had a resentment toward me. If I wasn't patient with them I kept a resentment. If I wasn't capable of desires and becoming willing to re-enter their life in a helpful stage, stay away from them. These were things that took time.

L: How much time?

G: I understand today that any time I have been given a dose of medicine I have had to wait for the medicine to impregnate my body in order to do what it's supposed to do. And the same thing is true about spiritual and mental evolution. Exposure to does not mean instant understanding, it just means exposure to. I was exposed to everything concerning recovery in the first 30 days, but it's taken me years and I'm still finding out and experiencing things that I learned and was exposed to in the first 30 days. I'm a big proponent of giving time.

L: So did you have other sponsors or did you just have the one set of sponsors?

G: Only had the one set.

L: Did you do a 5th step with them?

G: No. I did a 5th step with my friend Melrose George, I have never learned his last name, he's now gone. But I met him the first time and he came in the room and he said, "My name is George. I'm on the 3rd step practicing the 11th step," and I liked that. I liked that. Because that really was what I know today, and every person does, when they come in the rooms and not realizing they're doing it. They come in the rooms and recite The Lord's Prayer and recite The Serenity Prayer and hold hands and have a moment of meditation. And the 11th step simply says, "Continue to improve our conscious contact." Steps 2 and 3 get us in contact with that power and the intermediate steps are the ones that bring understanding and right to that power. I will not proclaim myself as weak, dumb or ignorant because that would be saying I don't have any right to that power.

G: Today if I make a mistake it's just what the last word says, a mistake. It's not an intent. I make many mistakes. If I have to, I am so grateful that making an amends is like forgiveness, it's a nanosecond. I don't have to wait until nighttime to go up to someone and say I'm sorry.

I've had so many wonderful experiences outside of the program. In the third year of my program when I wanted so desperately to be convinced that not only had I turned my will and life over to God, but that God truly accepted it. I wanted that desperately and yet everything in my world was falling apart.

The third year was worse than any year that I have ever had in my life. My life partner was dying, I had no job, I had no money, I went hungry and I was living in a truck. I wasn't homeless but I had no money for motel rooms. I was undergoing cancer treatment in Gainesville. And I would walk three miles to a meeting, and at the meeting they had a big bowl of popcorn, and I would try to get there early enough to sit next to the popcorn so I could get something to eat.



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G: (con't) I was in a laundromat while my partner was in the hospital. I was hurting so bad and there was a black woman there and I had nobody to talk to and I looked at her and I said, "Please, talk to me." And she said to me, "Mister, wait a minute. Let me talk to Jesus first." And she walked around behind the dryers and then about a minute later she came back and she said, "All right, mister," she said, "Let's talk." And I told her everything that was going on, the pain I was in and she looked at me and she said, "Mister," she said, "You gonna be all right. I know you going to be all right." And I ask her, I said, "Have you ever undergone anything like this before?" And she smiled and she said, "Mister, I had twin boys and I loved them dearly and still do," and she said, "They went swimming together in the coquina ponds and they drowned three months ago." I really broke down then and I said, "I'm sorry, I didn't know that otherwise I wouldn't have talked to you." And she says, "Oh, no, mister, don't worry about it." And I said, "If they were back what would you say, would you say anything, or do anything different?" And she said, "No, sir, not one thing." And I said, "Why?" And she said, "Because every day of their life I told them 'God loves you and I love you.'" And I have never forgotten that and every man that I work with when I leave them, that's the last thing I leave them with "God loves you and I love you." So you know fellowship is one thing, all my principles and all my affairs are different, I don't seek total recovery in the rooms, nor do I bring total recovery to the world. I let the world do with me because that's how I'm directed by the God of my understanding. The Book says, "We stop fighting anything and anybody, even alcohol." I had no axes to grind with the churches, I had no axes to grind with the institutions, I had no axes to grind with the judicial system, I just stopped fighting all that.

G: Quite honestly, I don't know. I was thinking the other day I am truly blessed. I have over eight men that still consider me their sponsor that have over 30 years in recovery. They have men with 20 and 25 years of recovery. I teach the ripple effect, that one good deed begets another good deed begets another good deed. And so does one bad deed. Make a decision if you want to put out good deeds or bad deeds and it's your right to do either one. I do not believe in telling another human being what they should do or shouldn't do.

I can only share my experience and my strength.

L: That's good stuff. Is there anything else you want to include in your story?

G: The one great lacking in my life and what I'm convinced is lacking in every alcoholic life initially is belief in self. There is a meditation tape on the line today that's really intriguing. It's titled "F all that stuff and Recover." And I love that. I don't mince words with people in the rooms or out of the rooms, I don't, I can't.

The joy is being true to self. On one of our medallions we say, "To thy own self be true". When does that begin? For me it began the moment God allowed me the privilege of putting that drink down and then growing into the right to keep that drink away from me. Because I am protected today. I was then, but I didn't recognize it, it had no meaning. I do recognize my protection today it has every meaning to me and that's what I am more willing to fight for today than anything else in my life. Above everything else in my daily prayers is the power to have no other guide before the God of my love and understanding. I had many God's as a drunk: the God of fear, the God of grief, the God of sex, the God of lust. Today I only seek two things and the two things I seek cannot be torn down. They can only be rejected, but they cannot be torn down. Truth is perfect, love is power. The more I love you, the more powerful I am.

L: Amen.

G: So, anything else you'd like to know

L: That was awesome. How many meetings do you go to?

G: Two or three a day.

L: A day?

