



ADD A LINE

December 2021 Volume 61 Issue 12
Northeast Florida Intergroup Newsletter
Published in Northeast Florida Since Nov. 1962

Northeast Florida
Intergroup Services
3128 Beach Blvd.

Jacksonville, FL
Phone: 904-399-8535
Fax: 904-399-9537

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

IG Office Mon- Fri
9 am to 5 pm

Committee Meetings

Intergroup Steering Committee,
Tuesday, December 28, 2021 at 5:30
Zoom ID: 881 4593 5259 PWD: 587098

Intergroup Business Meeting
Saturday, January 8, 2022 at 9:00 am
at JABA Club
3645 Spring Park Road
and Via Zoom ID: 897 7440 1312
PWD: nefl3128

Fellowship Starts at 8:30 am
with coffee and donuts



THE INTERGROUP
BUSINESS OFFICE WILL BE
CLOSED

At Noon on Dec. 23rd
Reopen for Regular Hours on
Monday, Dec. 27th

At Noon on Dec. 30th
Reopen for Regular Business on
Monday, Jan. 3rd. 2022



God, Grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace, taking this sinful world as it is, not as I would have it, Trusting that you will make all things right if I surrender to your will, so that I may be reasonably happy in this life, and supremely happy with you forever in the next. AMEN!

(attributed to Reinhold Neibuhr)

**A BIG THANK YOU
TO ANGIE B.
FOR HER TIME AS
ADD A LINE EDITOR**

*We wish her the best of luck
on
Her new Growth Opportunity*

*Thank
you*

**OLD TIMES
STORY EDITION**

PAGES 9 - 12

**JOHN R. IS ONE OF
OUR OLD TIMERS**

**FROM
ST. AUGUSTINE**

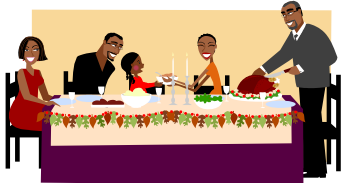
36 YEARS SOBER

Twelve Tips on Keeping Your Holiday Season Sober and Joyous

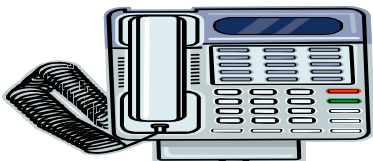
Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober—an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.



1. Line up extra A.A. activities for the holiday season. Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic ward at a hospital.



2. Be host to A.A. friends, especially newcomers. If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.



3. Keep your A.A. telephone list with you all the time. If a drinking urge or panic comes—postpone everything else until you've called an A.A. member.

AA. Holiday Meeting
ALKATHON



4. Find out about the special holiday parties, meetings, or other celebrations given by groups in your area, and go. If you're timid, take someone newer than you are.



5. Skip any drinking occasion you are nervous about. Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.



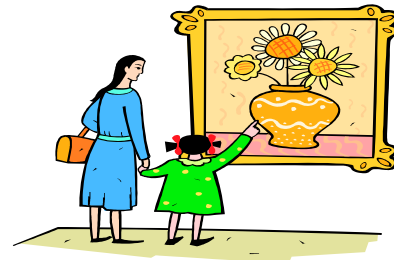
6. If you have to go to a drinking party and can't take an A.A. with you, keep some candy handy.



7. Don't think you have to stay late. Plan in advance an "important date" you have to keep.



8. Worship in your own way.



9. Don't sit around brooding. Catch up on those books, museums, walks, and letters.



10. Don't start now getting worked up about all those holiday temptations. Remember—"one day at a time."



11. Enjoy the true beauty of holiday love and joy. Maybe you cannot give material gifts—but this year, you can give love.



12. "Having had a ..." No need to spell out the Twelfth Step here, since you already know it.

ACCOUNT BALANCES	OCTOBER 31, 2021
Checking/Savings	
1021 · Cash - Regions Bank	\$11,260.10
1024 · Cash in Drawer	\$122.39
Total Checking/Savings	\$11,382.49
1360 · Inventory	\$13,415.03
1400 · Prudent Reserve	
1476 · Regions Bank 5982- CD #001	\$10,176.14
1481 · Regions Bank 6794- CD #002	\$10,534.02
1486 · Regions Bank - CD #003	\$10,086.73
Total 1400 · Prudent Reserve	\$30,796.89

NORTH FLORIDA AREA Comes to the Sheraton, Maitland



For 2022 JAN - January 21-23, 2022

- See how the Area works for you in person. Masks are optional. Day Parking \$5.00
- · 21 Workshops and Meetings to choose from on Saturday 9:00 am to 4:30 pm
- . · January Saturday Night Speaker at 8:00 pm. · All important Business meeting at 9:00 am SUN.
- · Stay Saturday night for \$129.00. Parking Overnight Complimentary
- · Scholarships available by contacting your DCM and submitting a request.
- All information at aanorthflorida.org

BAYMEADOWS GROUP

An announcement for Baymeadows Group being back in-person while still being online. Format for Monday 8pm Closed Discussion. Format for Wednesday 8pm Newcomer/ Literature/Open



New location:

Deermeadows Church – 9780 Baymeadows Rd, Jacksonville, FL 32256
Zoom ID: 220 377 0135

IT'S NOT THAT SOME PEOPLE HAVE WILLPOWER AND SOME DON'T.

IT'S THAT SOME PEOPLE ARE READY TO CHANGE AND OTHERS ARE NOT.

HOLIDAY ALKATHON

Fri., Dec. 23th, 6 PM to 12 PM

Sat., Dec 25th, 7 AM to 9 PM

Silkworth Club
490 Outlet Mall Blvd. Suite 1045
St, Augustine, FL

Brought to you by District 6

Snack donations are appreciated!

Call Stephanie to volunteer
904-501-0694

New Year Alkathon

Brought to you by District 6

*Fri., Dec 31st 6 pm to 12 pm
Toast at midnight, fellowship and dancing*

Sat., Jan 1st 7 am to 8 pm

*Silkworth Club
490 Outlet Mall Blvd. Suite 1045
St, Augustine, FL*

*Snack donations are appreciated!
Call Stephanie to volunteer
904-501-0694*

Committee Chair Positions

Intergroup Chair Kevin Jr. email: kevin.gartland08@comcast.net	904-614-7480
Intergroup Vice Chair Dan B. email: d.borcher@comcast.net	904-737-7532
Intergroup Treasurer Rita H. email: flrita@comcast.net	904-703-3655
Steering Committee Chair 'beth E. egeserviceaddress@outlook.com	386-259-8724
Accessibility Committee Vacant	
Add-A-Line Editor Vacant email: nefladdaline@gmail.com	
Archives Committee Charlie M. email: ggmoyer@aol.com	904-247-3421
Archivist Tom W email: twicks41fl@gmail.com	201-424-3827
Corrections Co-Chair Steve C. email: cgull24@comcast.net Kathy D. email: kadaider@yahoo.com	904-449-6210 602-820-6644
CPC/PI Chair Stephanie S. email: sandybrown215@gmail.com	904-343-2489
Finance Chair Dan B. email: d.borcher@comcast.net	904-737-7532
Grapevine Chair Vacant	
Parliamentarian Lon L. email: lonlansing61@gmail.com	904-710-7201
Phone Army Chair Kara B. email: karabphonearmy@gmail.com	904-402-1920
Secretary Regina A. email: ralai@comcast.net	904-994-6061
Social Events Co-Chair Co Chair Vacant Co Chair Vacant	
Treatment Chair David M. email: david.murphy.jax101@gmail.com	904-614-4559
Zoom Host Andrew M. email: asmarch89@gmail.com	904-760-2009

OPPORTUNITY
TO SERVE

The Intergroup Office needs volunteers Time slots are 2-4 hours on a regular schedule. Duties include answering the phone, assisting customers, counting inventory, and light cleaning. You must have at least six months of sobriety. Call the IG office at 904-399-8535 for more information.

FAITHFUL FIVERS

- | | | |
|-------------|-------------|-------------|
| Allison P. | D. K. W. | Michele W. |
| Anonymous 1 | Erika N. | Nadirah E. |
| Anonymous 2 | Holly C. | Rick T. |
| Anonymous 3 | Jodi S. | Rita H. |
| Bryon G. | Jonathan B. | Roger L. |
| Carl G. | Kevin Jr. | Ruth R. |
| Carrie B. | Linda G. | Samantha P. |
| Charlie M. | Lon L. | Sue G. |
| Cynthia G | | Susan I. |

FAITHFUL FIVERS

DROP THE ROCK GROUP
Area 14 District 30
Tuesday, 7 pm

11924 San Jose Blvd, Jax., FL 32223
This is a Hybrid Meeting and the Virtual Room opens at 6:45 pm
(Zoom information only provided upon request
Email: droptherockjax@gmail.com)
Different Topic Every Week

DUE

ADD A LINE

DATE FOR ALL ITEMS

Just As A Friendly Reminder
All Birthdays, Meeting Changes, Event Information, And Other Items, Are Due To The Add A Line By The 18th Of The Month.
Email To nefladdaline@gmail.com
Thank You!

	Position & Name	E mail	Phone	Monthly Meeting
<u>District 1:</u>	DCM - Roger L.	DCM.District.1NFL@gmail.com	904-318-8535	Zoom meeting , 3rd Tuesday @ 6:45 pm on Zoom: ID 657-779-8258, PWD: 239234
<u>District 3:</u>	DCM- Mike M	District3Area14DCM@gmail.com	904-729-9260	In Person , 3rd Sunday, 1 pm. @ Clay County Club, 1835 Smith St. Orange Park, FL. 32073
<u>District 4:</u>	DCM - June C.	jjpctcart@gmail.com	904-524-7917	Zoom meeting , 3rd Thursday @ 7:00 pm, ID: 830 4297 9644. PWD: ezduzit
<u>District 6:</u>	DCM- Stephanie G.	dcmdist6@gmail.com	904-501-0694	6 PM, First Monday of the Month, Memorial Lutheran Church, 3375 US 1 South, St. Augustine, FL 32086
<u>District 24:</u>	DCM - 'beth E.	egeserviceaddress@outlook.com	386-259-8724	In Person ,1st Wednesday @ 6:30 pm, St. Marks Episcopal Church, 310 North Second, Palatka, FL
<u>District 25:</u>	DCM - Sarah P.	sarahestes20@hotmail.com	407-865-4861	Zoom Meeting , 1st Sunday @ 5:30PM, meeting ID: 884-8317 PWD: 1234
<u>District 30:</u>	DCM - Bryant G.	ggram1701aa@gmail.com	352-575-4005	In Person, 4th Saturday @ 9:30 am, First Christian Church, 11924 San Jose Blvd. 32223 --Also Zoom: Meeting ID: 867-0433-1234 PW: AA061035

The Early Sobriety Group Presents:

Staying Sober Through the Holidays

Have you ever struggled staying sober during the Holiday Season?

Join us in Nov. & Dec.

None of us need go through the Holidays alone or have to fear relapse if we keep growing spiritually. In November and December of 2021, our Group will run a series with tips on how to remain sober during the Holidays.

Any questions, contact us from our website at www.earlysobrietygroup.com.



OFFICE

LOGS

Oct 2021

Oct 2020

Phone Army

125

180

AA Calls

141

233

Other / Info

95

109

12 Step Calls

2

3

Visitors

108

115



Our NEFL area is in need of any information on new or revised Spanish meetings. Also we are looking for Spanish speaking members that would be willing to take AA informational phone calls for Spanish questions. Please call the IG office at 399-8535 to assist us in helping others.

THANK YOU



We anticipate printing a new When and Where in early 2022. Please make sure all your meetings are updated on the web. A meeting change form is on neflaa.org under the forms tab. If you have any questions or concerns please call the IG office at 904-399-8535.

NOTE: To have the most current meetings in the When and where all updates are due the IG office by

DECEMBER 31ST, 2021



CELEBRATING SOBRIETY

OCTOBER

ORANGE PARK

STEP SISTERS

Marry Ann B. 28 yrs.

NOVEMBER

I AM RESPONSIBLE

Sparky H. 43 yrs.
 Lisa K. 34 yrs.
 Patrick G. 4 yrs.

ORANGE PARK GROUP

Harry M. 26 yrs.

ORANGE PARK

STEP SISTERS

Sue T. 8 yrs.
 Gladys R. 6 yrs.
 Ann M. 5 yrs.
 Lolita R. 4 yrs.
 Priscilla S. 3 yrs.

THIS TOO SHALL PASS

Russ F. 32 yrs.

DECEMBER

BILLY GOAT GROUP

Marilyn F. 44 yrs.
 Paula B. 25 yrs.

EARLY SOBRIETY GROUP

Tania M. 41 yrs.

BEACHES UNITY

Rachel H. 1 yrs.
 Jan S. 34 yrs.
 Joyce V. 33 yrs.
 Jeff V. 26 yrs.
 Kathy R. 23 yrs.
 Chuck G. 20 yrs.
 Dawn D. 8 yrs.
 Judy G. 6 yrs.
 Ryan T. 6 yrs.
 Hal B. 4 yrs.
 Gary C. 2 yrs.
 Madeline S. 2 yrs.
 Maria F. 1 yrs.
 Robyn 1 yr..

I AM RESPONSIBLE

Clyde B. 23 yrs.

ORANGE PARK

STEP SISTERS

Kathi T. 37 yrs.
 Delorse R. 35 yrs.
 Deb D. 4 yrs.

DECEMBER

ORANGE PARK

Joe N. 35 yrs.
 Mike T. 21 yrs.
 Lolita R. 4 yrs.
 Mike V. 17 yrs.
 Don M. 18 yrs.
 Tina C. 3 yrs.
 Paul K. 24 yrs.
 Jeff C. 5 yrs.
 Rusty E. 22 yrs.
 Courtney 2 yrs.
 Judy R. 32 yrs.
 Harry M. 16 yrs.
 Brian B. 1 yr.

THIS TOO

SHALL PASS

Steve M. 3 yrs.

WESTSIDE

Penny D. 42 yrs.
 Beth W. 40 yrs.
 Joyce C. 36 yrs.
 Mary Grace S. 27 yrs.
 Paul C. 21 yrs.
 Mike (Pops) W. 14 yrs.
 Lyndi J. 11 yrs.
 Susan P. 10 yrs.
 Sam S. 9 yrs.
 Autumn Mcl. 5 yrs.
 Odie P. 4 yrs.
 Doug A. 4 yrs.
 Kelly K. 4 yrs.
 Charles O. 4 yrs.
 Kim R. 3 yrs.
 Chad C. 3 yrs.
 Melissa S. 2 yrs.
 Kassie K. 2 yrs.
 Courtney D. 2 yrs.
 Susan C. 2 yrs.
 Tammy C. 2 yrs.
 David P. 1 yr.

12th STEP

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

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12th TRADITION

“Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

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12th CONCEPT

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

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JOIN THE BIRTHDAY CLUB

Contribute \$1.00 To Intergroup In Celebration of YOUR Sobriety Anniversary Each Year Of Your Sobriety

Call the IG office at 904-399-8535 Or Email us at neflintergroup@gmail.com

	Oct 21	Jan - Oct 21	Oct 20	Jan - Oct 20
Ordinary Income/Expense				
Income				
4000 · Contribution Income				
4002 · Groups	\$3,844.84	\$42,838.34	\$4,123.84	\$40,399.84
4003 · Pink Can Contribution	\$58.97	\$346.28	\$8.20	\$638.54
4005 · Faithful Five	\$130.00	\$1,510.70	\$244.00	\$1,834.62
4006 · Birthdays				\$58.00
4007 · Other Contributions	\$819.70	\$1,451.70	\$532.75	\$1,657.75
4008 · Anonymous	\$77.67	\$1,404.68		
4010 · IG Breakfast/Speaker Mtg				\$128.00
Total 4000 · Contribution Income	\$4,931.18	\$47,551.70	\$4,908.79	\$44,716.75
4020 · Retail Income	\$4,038.23	\$35,583.59	\$2,824.29	\$33,563.47
4040 · Monthly IG Mtg / Otr				
4042 · Business Meeting	\$6.00	\$6.00		\$92.00
4044 · Memoriam				\$500.00
Total 4040 · Monthly IG Mtg / Otr	\$6.00	\$6.00		\$592.00
4060 · Income - Special Events				
4062 · Banquet	\$750.00	\$7,500.00		
4065 · Cake Auction	\$6,490.00	\$6,490.00		
4067 · Raffle Tickets	\$498.00	\$498.00		
Total 4060 · Income - Special Events	\$7,738.00	\$14,488.00		
Total Income	\$16,713.41	\$97,629.29	\$7,733.08	\$78,872.22
Cost of Goods Sold				
4510 · Cost of Retail Sales	\$3,018.32	\$25,130.98	\$2,187.16	\$25,115.21
5001 · Cost of Revenues - Other				
4540 · Cost of Event - Banquet Expense	\$5,448.46	\$7,606.46		\$594.31
5215 · IG Business Meeting Expense	\$6.00	\$6.00		\$92.00
5195 · CC Fees	\$197.90	\$1,716.19	\$148.51	\$1,471.24
5290 · IG Breakfast Expense				\$208.34
59900 · POS Inventory Adjustments	(\$169.15)	(\$4,833.06)	(\$24.15)	\$738.82
Total 5001 · Cost of Revenues - Other	\$5,483.21	\$4,495.59	\$124.36	\$3,104.71
Total COGS	\$8,501.53	\$29,626.57	\$2,311.52	\$28,219.92
Gross Profit	\$8,211.88	\$68,002.72	\$5,421.56	\$50,652.30
Expense				
60000 · Salaries and Benefits				
6560 · Wages				
Voided checks				
6560 · Wages - Other	\$2,072.93	\$22,356.21	\$1,855.88	\$20,063.03
Total 6560 · Wages	\$2,072.93	\$22,356.21	\$1,855.88	\$20,063.03
6561 · PTO		\$96.00		\$230.00
6565 · Payroll Taxes	\$214.60	\$2,761.29	\$196.05	\$2,570.49
Total 60000 · Salaries and Benefits	\$2,287.53	\$25,213.50	\$2,051.93	\$22,863.52
61000 · Office Expense				
Total 61000 · Office Expense	\$1,016.39	\$8,500.78	\$870.35	\$6,213.48
62000 · Facilities and maintenance				
Total 62000 · Facilities and maintenance	\$1,523.75	\$14,998.48	\$1,614.31	\$14,285.58
5300 · When & Where Cost				
55000 · Committees Expense				
5520 · Archives				
5521 · Archives - General Budget		\$247.92		\$69.54
5522 · Archives Workshop Expenses		\$288.98		
Total 5520 · Archives		\$536.90		\$69.54
5530 · CPC/PI				\$379.03
5540 · Corrections		\$1.29	\$55.00	\$4,337.60
5560 · Newsletter	\$632.55	\$2,805.05	\$263.61	\$3,408.13
5570 · Phone Army	\$24.95	\$249.50	\$24.95	\$279.50
5585 · Accessibility		\$68.14		\$47.14
5590 · Treatment		\$185.90	\$5.99	\$30.49
5595 · Website	\$100.00	\$1,553.00	\$300.00	\$1,542.00
Total 55000 · Committees Expense	\$757.50	\$5,399.78	\$649.55	\$10,093.43
70900 · Business Expenses				
5220 · Dues/Fees/Licenses	\$13.08	\$192.05	\$13.09	\$296.12
Total 70900 · Business Expenses	\$13.08	\$192.05	\$13.09	\$296.12
62100 · Contract Services				
5200 · Professional Fees	\$300.00	\$3,000.00	\$600.00	\$1,500.00
Total 62100 · Contract Services	\$300.00	\$3,000.00	\$600.00	\$1,500.00
65100 · Other Expenses				
5190 · Bank Charges	\$5.00	\$50.00	\$5.00	\$50.00
Total 65100 · Other Expenses	\$5.00	\$50.00	\$5.00	\$50.00
68300 · Travel and Meetings				
68310 · Conference, Convention, Meeting		\$1,177.79		
Total 68300 · Travel and Meetings		\$1,177.79		
Total Expense	\$5,903.25	\$58,532.38	\$5,804.23	\$55,302.13
Net Ordinary Income	\$2,308.63	\$9,470.34	(\$382.67)	(\$4,649.83)
Other Income/Expense				
Other Income				
73000 · Other Income				\$433.78
73050 · Interest Income	\$3.10	\$208.49	\$82.91	\$54.90
6310 · Sales Tax Collection Allowance	\$6.36	\$53.58	\$5.48	\$184.00
Total 73000 · Other Income	\$9.46	\$262.07	\$88.39	\$672.68
Total Other Income	\$9.46	\$262.07	\$88.39	\$672.68
Net Other Income	\$9.46	\$262.07	\$88.39	\$672.68
Net Income or (Loss)	\$2,318.09	\$9,732.41	(\$294.28)	(\$3,977.15)

GROUP CONTRIBUTIONS OCTOBER 2021

Group Name	Oct-21	OCT 2021 YTD	Att Oct Meet	Group Name	Oct-21	OCT 2021 YTD	Att Oct Meet
100 Proof		\$400.00		New Life		\$450.00	
A Way Out	\$120.00	\$120.00		Nocatee Promises	\$127.00	\$218.50	
Alexis		\$40.00		Nocatee Saturday AM		\$385.00	
Aloha Step 11 at 7		\$185.42		Nocatee Sobriety	\$75.00	\$278.00	
Arlington	\$586.05	\$1,384.37	X	Orange Park		\$2,891.00	
As Bill See It		\$65.00		Ornge Park Step Sisters		\$242.63	X
BAA		\$360.00		Other Side of the Bridge		\$100.00	
Beaches Unity (BUG)		\$2,220.00	X	Q.C and FW		\$9.30	
Callahan		\$250.00		Palm Valley Mens		\$193.50	
Central		\$500.00		Phoenix Mens		\$200.00	X
Clean & Free			X	Ponte Vedra Men's	\$31.50	\$31.50	
Coffee and Readings		\$2,230.00		Reborn		\$500.00	
Coyote Men's		\$700.00		Riverside (Tom S)	\$83.00	\$336.00	
Dented Can		\$57.60		Riverview Study		\$10.00	
District 6 - Treasury		\$1,000.00		Rule 62	\$100.00	\$400.00	
Downtown		\$1,700.00		St. Nicholas		\$40.00	
Dunes		\$151.00		Sandpiper		\$66.00	
DTR				Salisbury Men's		\$50.00	X
Durbin 12 & 12				Saturday Night Live - St. Aug.		\$141.95	
Early Sobriety				Serenity at Noon	\$77.66	\$236.26	X
Evergreen		\$20.00		Sober on Purpose		\$400.00	
Eastside		\$90.00		Solutions		\$270.00	
Fernandina Beach		\$149.00		Spiritual Knights			
Fiesta	\$51.75	\$2,777.60	X	Step Sisters			
Free Mens	\$176.00	\$1,172.68		Stepping Stones (PV)		\$100.00	
From The Heart				Stepping Up	\$207.92	\$387.92	
Fruit Cove Women		\$34.00		Sunday Morning St. Aug		\$100.00	
Greenland		\$100.00		Sunday Morning Meeting Palatka		\$135.00	
Halfway Through (St. Aug)			X	Surrender To Win		\$134.00	
Happy Joyus and Free	\$50.30	\$50.30		Switzerland		\$58.00	X
Hold On		\$100.00	X	The Crux of the Problem		\$300.00	
How it Works (St. Aug)	\$15.00	\$25.00		The Herd	\$195.00	\$2,156.00	
I Am Responsible			X	The James Gang		\$400.00	
Island Serenity	\$50.00	\$50.00		Third St Third Tradition	\$120.00	\$480.00	
It's Come to This	\$15.00	\$110.00		Thirsty Thursday		\$100.00	
James Gang				This Too Shall Pass		\$300.00	X
Jax Beaches YPG	\$321.00	\$505.00		Thursday Beaches		\$200.00	
Jax Men's				Trout River		\$1,045.00	X
Jumping Off Place		\$26.95		Tuesday Night AA WTP	\$71.00	\$71.00	
K I S	\$198.67	\$566.23		Tuesday Night Step		\$305.50	
Ladies Nation				Villagers	\$102.00	\$357.60	
Ladies Unity		\$90.00		Unity meditation (St. Aug)		\$219.00	
Language of the Heart (St. Aug)		\$232.00		Way Out		\$49.20	
Lest We Forget		\$595.00		Wesconnect	\$375.00	\$926.00	X
Liars Paradise		\$265.00		West Jacksonville Mens		\$185.00	
Living Now		\$105.00		Westminister		\$210.49	
Los Lobos Mens		\$303.00		Westside		\$357.50	
LoveNAction				Winner's		\$150.00	
Mandarin Women In Recovery	\$100.00	\$400.00	X	Winning Game		\$1,600.00	
Mandarin YPG		\$51.00		Women Enjoying Sobriety	\$165.99	\$1,203.30	X
Mandarin Men's Big Book Study		\$120.00	X	Womens Upstart		\$264.00	
Men's Blackeye		\$500.00		Women YPG	\$10.00	\$55.00	
Men's Redye			X	Young People (St. Aug)		\$70.00	
Middleburg		\$500.00		Yulee		\$390.00	
Morning After	\$50.00	\$125.00		Zoom Meeting 7AM Penman Road	\$370.00	\$2,653.00	
New Beginnings				TOTAL	\$3,844.84	\$42,838.34	

IG Rept Attending the NOVEMBER 2021 Meeting == 19

Total Attending the NOVEMBER Meeting == 31

Groups Contributing in OCTOBER 2021 == 27 Y-T-D == 96



Special Archives Old Timers Edition

To The December 2021 Add A Line

John R. is one of our old timers from St. Augustine. (DOS: June 10, 1985) (36 years sober) John R began his sobriety journey in New York, but for the past 33 years has resided in St. Augustine. He taped his story for the archives in December 2019. (Interviewed and transcribed by Sally F; edited by Mykel M).

Sally: Let's start with your name and where were you born.

John: My name is John R., and I was born in Freeport, Long Island New York on June 27, 1957. I don't remember much of my early childhood. My dad left when I was about three years old. I don't remember him ever being around after that, although I maintained a relationship with him. I was the youngest of three kids. I lived in a big two- family house with my two older sisters, my mom and my grandmother who lived upstairs. Mom was a German hausfrau and everything had to be in order. For me, it was a bit too strict. My way or the highway. No wiggle room at all.

My stepdad came along. I was real young. He was all right, not a bad guy. I recall what I missed most as a kid was that the families in the neighborhood would go to the beach, the movies, bowling, and do other family activities together. My stepdad wasn't into that. We did big things, I got to travel to Europe, Canada and San Francisco. He omitted all the little things but I really think I would have preferred a lot of the little things instead of the big ones.

I did complain one time that I wanted to play catch with him because I was into little league baseball. The first ball he threw was a fastball. It slapped me right in the nose and that was intentional, I believe. He was pretty strict too. He got the belt. You had to go in your room and wait for him. The wait was worse than anything else, but that only gave me more of an attitude like, "up yours".

I first started seeing alcohol at the family gatherings. It was pretty much routine. The family gets together and the bar is open. They drank various mixed drinks. I was probably eight years old. We all had chores. At gatherings, I was the bartender. I don't know if I liked it, but I started sipping. That's how I knew if I made the drink right.

School was normal up until junior high. If I could get out of washing windows or weeding gardens, I played in the neighborhood. Most of the time I was stuck around the house doing chores. It taught me discipline and responsibility, but I think I missed a lot when I was little.

My Bavarian grandfather went to Europe every year. When he came home, I got a beer stein. I have a collection of steins. My first beer stein was two ounces. I was allowed to have two ounces of beer in that little stein on holidays. If you look at my beer stein collection, they get bigger with time. The last one was a two- liter stein. It reflects the progression of my disease.

My oldest sister was a rebel. She became like a surrogate mom. There was a lot of stuff going on, divorce and what-not, money whatever. I found safety at the foot of her bed. I would curl up like a dog there during thunderstorms, and I became very attached to her. We were carbon copies. My middle sister was the scholar

When I was 10 years old, I came home from school and there was a note telling me to go play. You never got to play after school. You had homework and chores. My stepdad came home. He took my middle sister and me to dinner. That was way out of the norm. Something was up. Around 11 at night, my mother came home and announced that she had put my sister on a plane to Seattle to live with our biological Dad. It devastated me. I found out thirty years later that I put a box around my heart. It hurt so bad. That was the only security I had. We didn't get to say goodbye or anything. Poof! She was gone.

I remember the first time I drank alcohol outside of family events was in junior high. We had a little sweetener bottle that had contained saccharin. Five or six of us took turns every day bringing that bottle home to fill it from our folks' liquor cabinet. We met in the locker room a couple of times a day, and got about four drops. We were in 7th grade, and we were cool.

By the time I was in the 8th grade, I could buy beer at the stockcar races. I was into stockcar races, drinking beer and looking for girls. It didn't seem to be a problem. I had discipline issues with family and school.



I was a Boy Scout. I was a patrol leader. We had patrols -- The Broken Arrow, Bear, Flaming Arrow patrol and then you had R.'s Riots with a skull and crossbones flag. That was my patrol. We were the guys who cut your tents down in the middle of the night and set fires in the fields, but we ate better than anyone else. I was known, and it was good. I learned a lot of things including survival. One time some scoutmasters invited me to have a little of their apple wine. They didn't know that I had two quarts back at my tent. They could not understand how those two sips could trash someone so bad. I got a reputation. Scouts went from being good to it got me out of the house on Friday night.

With girls involved, it wasn't cool to be a Boy Scout. I wanted to be accepted, somebody cool. I wasn't fitting in anywhere yet and then I moved on to high school. I like to say now that I misread the sign. I thought it said "Get High School" cause boy, did I take off when I got there.

Sally: Did you think you had a problem?

John: No, I was too busy having fun. My whole high school time was off the chain.

Sally: Where did you get sober?

John: I got sober on Long Island. Freeport was the party--till- you- puke t-shirt place. Three guys rented a house. Animal house had nothing on us. It was crazy. There was a party for every occasion, even National Pig Day. Every day of the year. My sister gave me a birthday card which said "To the Man Who Only Drinks on Holidays." Inside was a calendar and every day of the year was some kind of national holiday. National Pig Day or Tulip Day, something. I think she was trying to send me a message.

Sally: When did you see the light about drinking?

John: After my second daughter was born, there was a DUI. It was not my first DUI but the ones in Massachusetts didn't count because they were out of state. They took my license. I had to go to a drunk driver's program for 10 weeks to get my license back. We were required to go to three AA meetings. After these meetings we would go to a bar and talk about the stupid drunk driver's program. The day came where they were calling everybody up and giving them their license back, they called me up, and they told me I needed further evaluation.



I hit my bottom on a Sunday. I woke up that morning and had my usual which was 80 milligrams of valium, a grain of codeine, one or two hits of yellow microdot, a case and half of Budweiser. Later I was in the Dutch Inn drinking white Russians on somebody's American Express card. I have no clue whose it was. I was there until I passed out in my French onion soup, and they threw me out. I had a bunch of coke and I went back home and went to bed.

It is Monday morning and I am late for work. I woke up and when I went to breathe, I couldn't breathe. I was like somebody was choking me. If I breathed really slowly, real shallow, I could get air into my lungs but I couldn't take a regular breath. I rolled over and I shook my wife and I told her "I can't breathe. Get me to the hospital." She looked at me and said "I hope you die Mother Fucker" and she rolled over and pulled the blankets over her head. I twisted up a joint. I got in my old beat-up station wagon, drove past the deli, got a quart of Budweiser and headed for the emergency room.

I walked into the emergency room, a joint smoking, a beer in my hand and I said, "I can't breathe". And a guy with a white smock came over. He took my stuff away. Sat me in a chair and pulled out a little pen light and told me to open wide. His jaw dropped and he looked at this guy and said, "Joe, look at the size of this". I went into freak mode. They sent me to a throat specialist. That guy lanced it and sent me back for observation in the hospital. The end of that day, my wife appeared out of the fog. I asked her to call Mike, he was the guy who ran the drunk driver's program. She called Mike. Mike said "When they let him go, he is going to want to stop for coffee, and the answer is no. He is going to want to stop for cigarettes and the answer is no. He is going to want to go home and shower and change his clothes and the answer is no. You pick him up from the hospital and you bring him to me". And sure enough, I got in the car. I said, "I need a coffee". "I need cigarettes". "Can I take a shower"? She brought me there and I met another counselor there who had just started. Years later when I went in, I sat in his green chair, and he told me that either the program works or that green chair works. I thought you were dead.

Mike got me into a Catholic hospital for detox. I did my detox. I went home for a weekend and when I got home, I could not put a sentence together. I sat in the middle of my living room, shaking, crying, and afraid that if someone knocked on that door, and wanted to go party, I would be out the door. That's when I realized that I didn't get beat up. I did this to myself.



John: cont: My first meeting was in Elmont, New York. It was that weekend. I got out of the hospital, and I was crying. I was a basket case. I went to a meeting and I felt safe. They weren't going to get me there. They didn't want to catch what I had. I went home. I fell apart again. I went back to a meeting. It was okay. I ended up frequenting the hospital that I detoxed in.

Eve of Sobriety was my first home group in Rockville Center, New York. I lived right by the Belmont Racetrack. There were some neat meetings in the back of the stables. That weekend I found AA.

After that week, I went to a rehab, and one day, my wife was there with my kids. This sticks in my mind when they had to leave. My oldest daughter wanted her Daddy, and I had to stay behind the gate. That sticks in my mind today. That hurt because I wanted to be there for my kids. So, I did the rehab thing which my job had sent me to. I got out, and I jumped into meetings. I jumped in head first because I felt safe there.

I got very involved in AA. A lot of twelve step work. In the beginning I did it all wrong. I would walk with somebody, sponsor them, whatever you want to call it and take them to a meeting every day. It got me doing 90 and 90 again. Early on, there was a guy. I didn't pick him up on the 90th day. I was going to let him get there on his own. He didn't show. I felt that I had failed. I had to learn that I can't make anybody drunk. I can't make anybody sober. I can carry the message. But just doing that kind of stuff keeps me focused on my recovery. So, there was a lot of twelve step, a lot of friends.

Sally: When is your sobriety date? **John:** June 10, 1985. I cleaned up. I started at work. Somebody told me that I would be highly competitive in the white-collar world, if I had an education. It is a long story about how I got my high school diploma. They withheld it because I didn't take gym class. So, I played chess for a couple of months, and they gave me my diploma. I started taking business courses. I went to SUNY. I went to Nassau Community College. I went to Farmingdale. I took mostly business courses. I got myself into a job where I no longer had to wear jeans and t-shirt. I was wearing three-piece suits with a leather attaché case, and I went into Manhattan. I went out and bought a 98 Oldsmobile with the pillow top cushions. I was a businessman. When I was in stores, I noticed how differently I was treated. I went in there thinking that I was something hot to being quite humble and looking different. People treated me different. I liked that.

Sally: How did you end up in St. Augustine? **John:** I followed my career and it led me here in 1988. It was April 7th. It was my daughter's seventh birthday. I left on a Thursday night and headed for Florida. I remember looking at my wife. Neither one of us could believe we were doing it. I made a comment. "This seems like something we would have done when I was drinking. Pack up and leave late at night and not pay the rent." So, we packed up and left and there was a sense of comfort. This was my higher power of my understanding. Too many people, in my opinion, adapt to their grandmother's belief of their religion. Spirituality and religion are two different things. They can be combined but I believe that they are two different things. It took me awhile to realize that. I can't define it for you. I can't draw a picture of it, but it started working.

I was three years sober when I moved here. I just knew I was going in the right direction. It was really weird but I was confident as heck.

Sally: Where was your first meeting here? **John:** 144 King Street. The Oldest City Group, Perry and Alice. We ended up calling it the "Perry and Alice Show". They much pretty much hosted it and kept that meeting going. It was right next to Carmela's Pizza down on King Street. It was jam packed and smoke filled. We had the homeless wandering in. It was a smorgasbord of people of all classes.

Sally: Do you remember the Shamrock Group? **John:** I was in the Shamrock Group. That was at St. Joseph's Academy. I went to the Shamrock Group. I started at 144 King Street, and I had it in my mind that I would give it one week. I would get a sponsor. Temporary or not, I would have a sponsor. Perry was my first sponsor. I ended up hanging around with Big George, and he had a following.

We would go up to Penman Road. I had a van so everybody piled into my van. We would have a meeting in the van. We would go to the Homestead Restaurant where they served family style, fried chicken and all. We would have a meeting at dinner. We would go to the meeting and have a meeting. Then we would have a meeting on the way home. George K kept us on track. It was good. It was very good for my recovery. I was three years sober.

Later Mike C became my sponsor. He was one of George K's, I hate the word, pigeons. I was standing outside 144 King Street. and I asked him to be my sponsor. We jumped into the 4th step and we used the Hazelton's version with the 3 parts – Childhood, Adolescent and Adult. I was to do one question a night or one question a week. I was grateful for that because the Big Book 4th step study was too general. I needed more direction. I didn't know where to start, and it didn't have substance for me. I needed a lead and, so for me, that thing worked.

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**Shamrock
Group**

STEP 1

STEP 2

STEP 3

John (con't): My 1st, 2nd and 3rd steps I did not spend much time on. I always believed in something bigger than me all my life. I was raised with it too. So, 1, 2 and 3 were fairly easy. That is why I ended up in a rehab. If those steps weren't already done in my world, I wouldn't have gone. People today seem to be so anxious and a lot of sponsors bring their people through the steps right away. There is no right or wrong of how anybody does it. I didn't do my 4th step until I was four years in the program, and it took me a year to do it.

I hear now that some people do the steps pretty quickly early in recovery, and then they go back and do another 4th step. I was told that if I did my 4th step correctly, I would never have to do it again if I do 10, 11 and 12. I did a very thorough 4th step. It was very eye-opening when I did my 5th step because I had some things on there that I was going to take to the grave that would embar-

rass me if I shared them. And I did share with my sponsor.

I enjoyed the heck out of making amends. The first amends I made was to my mom but for her, I didn't have to do anything but be sober and honest which I started doing right away. A lot of the people I wanted to make amends to happened to be girls through my high school years before I got married. I had to research and find out where they were. That was a very rewarding step to do.

Later Big John was my sponsor. It was very surprising to me. Big John was a gay guy. I had a wife and three daughters and the cat and the dog. Everybody was female. I was the only male in the house. It got to the point that it was not about putting the plug in the jug. It was about living life on life's terms. I would go to a sponsor, or to somebody in my support group for issues with my family. You can't live with them and you can't live without them. All this macho male ego stuff wasn't doing anything for me. Big John lived an alternate lifestyle. One time, he explained to me that everyone has a feminine and masculine side to them. Macho, egotistical men, they aren't in touch with their feminine side. I wanted to be in touch with my feminine side, not for sexuality but to deal with my wife and daughters.



In the beginning, I had to work the steps real hard. It wasn't easy. Or it was easy but it was hard. So, you work them. Then you practice them. And then, all of a sudden, you realize, wow, I just practiced such and such a step. This is just happening automatically.

I started to trust my gut. I have learned that it is all right to want things. It is all right to pursue things. The difference in recovery is when I go after something now, if the door opens, I keep going. If I want to buy a motorcycle or a boat or something like that, buy a house, do something big, I pursue it. If it flows smoothly, I keep pursuing it until I wind up with it. When I have to start kicking the doors down and knocking hard or going around the back end, I have learned to stop. When I was out there, if I wanted something and I latched on it, I was getting it one way or the other. It didn't matter. A lot of people don't look at material things in recovery. I do. Somebody once told me that you can tell the duration and quality of a man's sobriety on his credit card balance.



I will give you an example. I never owned a motorcycle till I got sober. I stole them or borrowed them. I own a motorcycle now. I used to go to beach parties, get drunk and steal your boat. I own a boat now. Fear of financial insecurity has left, miraculously. I got a tattoo my first year. "Live and Let Live". Living the steps and principles are quite easy for me out in the real world. At home, it is very, very difficult. I have to watch it. I am the dad. I was the bread winner. My youngest child is 31 years old, and I still want to tell her how to do things. "Live and Let Live". "Let Go and Let God". Those are the two most important slogans that I carry with me.

Do that which will prevent you from picking up! Keep the fire from igniting. Don't wait and be ready to put the fire out. Don't let the fire begin.

thank you