

## Patience . . . Now?

Patience is a precious commodity: Often the demand is great and the supply short! How often in day to day life, do I expect patience, right now, when I am interacting with people, places or things that are being “difficult” or in general not behaving in the way I feel they should?

More often than I might like to readily admit! As is the case with most precious ideas and values, it takes time to come to understand and treasure them. When I find myself with a short fuse, about to take someone else’s 10th Step inventory, I find it helpful to practice tolerance. And here’s the caveat: At least half of that tolerance needs to be directed inward...to give myself a break and count to the proverbial ten (maybe even 20!) and see if what I was going to say, still needs saying or not.

Most of the time, after much practice, I find that it does not need to be shared! Chances are the person I was about to judge and cut down to “right size” were doing the best they could, in the circumstance, just like I was. I’ve learned the hard way, that I do not have to tell everything I

know, much less what I “think I know”, as most of the time, it’s just an opinion, not a verifiable fact.

Love and tolerance of others is our code: Like most axioms of our AA program this one cuts both ways. I cannot go around acting like an arrogant jerk-o-matic, spewing negativity on anyone and everyone that will stand still for it and still expect to be treated with a blanket of goodwill and respect.

Being loving and tolerant of others does not mean I have no boundaries nor do I have to be a doormat for someone else’s self will run riot. I can love and tolerate someone acting out in negative ways from a safe and wise distance. Knowing I have learned that “when I know better, I do better” I can mindfully move out of the way of someone else’s wreckage.

Please note that no egos were destroyed, feelings squashed nor a single bone picked for the writing of this article! Now where’s a street sweeper when I need one?

*~Anonymous*

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### Group Histories

## The Way Out Group (The WOG)

A few folks from the Fellowship Group and some newcomers to the area and sobriety, started meeting at a little outbuilding on the St. Bartholomew property. On July 17, 1992, the group submitted a new group form to GSO with the name “not yet named”. GSO, not understanding the situation, sent the GSR a letter indicating that the group

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## The Way Out Group *(Continued from previous page)*

couldn't be listed without a name. In response, the GSR, LS, sent a reply to GSO indicating the group name was in fact "Not Yet Named Group". Sure sounds like a bunch of alcoholics to me!

The group met on Monday evenings at 7:30 at St. Bartholomew Episcopal Church on NW 1st Ave. in High Springs. The meetings were open discussion. In 1996, a Friday evening meeting was added. JS was the listed contact from 1994 to 1997. According to the secretary's notes of January 1996, the group voted to change its name to The Way Out. However, GSO didn't become aware of the name change until May, 1997.

In 1998, RJ became the contact. In 2001, SA became the WOG contact. At some point eating meetings began, to celebrate AA anniversaries; this tradition continues to this day. AA anniversaries are celebrated on the last Monday of the month with a Pot Luck Eating meeting that starts 1 hour earlier than the regular meeting. Members are asked to bring a dish "with something in it". Business meetings are held regularly on the Monday following the District 14 meeting.

At some point in the late nineties, following some simmering disputes with church members, the WOG migrated to the Seventh Day Adventist Church a few blocks away; and, where another group (Waking Up Sober) had started.



### Everyone Has One

## Say It Your Way

What's on your mind?

Alcoholics Anonymous is not a "top-down" kind of organization. We recovering drunks, each and every one of us, are the most important part of A.A. The groups, committees, and other organizations exist to serve the members.

Every one of us has our own thoughts and opinions on recovery. And while our meetings are places where we can share those thoughts and opinions, we are, for the most part, sharing them with people we've known in recovery for quite some time.

This newsletter is another place to share your experience, strength, and hope, and to make it available to many more alcoholics than you might see in your weekly round of meetings.

Have an opinion about something in A.A.? Sure you do -- everyone has one! That's why we sub-title that semi-regular feature with just that phrase. Let us know yours, in about 150 words, or check the list of upcoming topics and put your experience, strength, and hope into, say, 300 words or so, and send it in.

Become a part of Intergroup's effort to carry the message in print. Send your input to us at: [ncfipost@cox.net](mailto:ncfipost@cox.net)

### Upcoming Topics in the P.O.S.T.

April: "*Virtual Sobriety*"

May: "*Terminally Unique*"

June: "*Commencement – One Day At A Time*"

# Congratulations!

## February 2014 Anniversaries

### Downtown

KH - 11 yrs

### Everything or Nothing

L - 1 yr

### Eye Opener

S - 1 yr

### 4th Dimension

MO - 1 yr

TR - 12 yrs

### Free to Be

D - 1 yr

MA - 8 yrs

P - 18 yrs

S - 33 yrs (January)

### Gratitude

DO - 16 yrs

### Hawthorne Group

GF - 27 yrs

LM - 32 yrs

### Hole in the Wall

AD - 3 yrs

### Language of the Heart

KP - 2 yrs

MD - 1 yr

### Melrose Happy Hour

DL - 7 yrs (January)

AN - 4 yrs (January)

### New Freedom

SC - 3 yrs

KM - 5 yrs

DK - 17 yrs

### New Hope

D - 1 yr

### Our Stories

D - 13 yrs

### Tuesday Night Step Study

D - 1 yr

M - 1 yr

JD - 19 yrs

### The Way Out Group

TS - 37 yrs

BK - 4 yrs

### Wholesale Miracle

BS - 23 yrs



## AA and the Internet – GSO Guidelines

AA guidelines are compiled from the shared experience of AA members in various service areas. They also reflect guidance given through the Twelve Traditions and the General Service Conference (US and Canada). In keeping with our Tradition of autonomy, except in matters affecting other groups or AA as a whole, most decisions are made by the group conscience of the members involved. The purpose of these Guidelines is to assist in reaching an informed group conscience.

### Posting Service Minutes and Reports

Deciding what contents to post on public websites requires careful consideration. As it is helpful when websites make minutes of meetings, reports, and background material readily available to a broad population, it is also paramount to keep in mind that these documents may be posted in a public medium. Each document needs to be reviewed and edited to ensure that the full names of A.A. members are not included.

Some committees have one version of minutes for A.A. members only, which includes full names and personal phone numbers and email addresses, and a second version of the report that omits names and personal contact information so that the minutes can be palced on the committee's public website.

In addition to local A.A. members, please remember that the following individuals are A.A.

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## North Central Florida Intergroup Minutes

### January 26, 2014

Opening and Introductions: EB, Alt Chair, opened the meeting at 1:00 p.m. with the Serenity Prayer.

Attendance: BK, Everything or Nothing; BM, Eye Opener Group; DC, Thursday Women's Step Study; DL, Free to Be; EB, Alt Chair, Downtown Group; HB, Primary Purpose Big Book Study; JM, IG Office Manager; JV, Alt New Freedom, Alt Geezer; JD, Alt. Tuesday Night; KH, All Inclusive Solution; LM, Hawthorne Group; LK, Tuesday Night Step Study; MV, Promises; EM, Good Morning God; PM, IG Secretary, Way Out Group; RN, Every Step We take; RG, Unity Group; SR., 10th/11th Step; TP.

Minutes: The minutes were accepted as is following a motion by JV and seconded by B.

Treasurer's Report: After reading the report, JM noted the cash totals were not accurate. Since the Treasurer was not present to address the inaccuracy, it was decided to table until next meeting.

Phone Volunteers: At this time all slots are filled. B requested that all present please announce at meetings that phone line can always use volunteers.

P.O.S.T.: JM mentioned an article by BB on the history of the The Way Out Group of High Springs. He also pointed out an article on GSO Guidelines and said there would be more in the future.

Literature and Merchandise: Everything in the IG office is up to date. JM ordered 40 copies of the facsimile of the Big Book. They can be ordered through GSO, but individuals would be paying shipping. If you get it from IG office, it will be \$12.00. The book will be available in April of this year.

Where and When: SGW was absent, but JM said the website is current and there will not be a new printed version for a few months.

Activities: EB stated there are no activities because everyone is staying inside to keep warm.

Old Business: EM announced the Primary Purpose Club has openings for evening meetings.

New Business: FCYPAA is having a Valentine's Day dinner at Gethsemane Lutheran Church in Gainesville. This is a fund raiser for the convention. Tickets are \$5.00 available at the door.

Closing: EM moved to close, with second by JD. Meeting closed at 1:25pm.



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Group Histories

## Waking Up Sober

The first meetings of the Waking Up Sober group were held in 1997 or '98, on Sundays at 8 a.m. at BJ's house on Bobcat Lane, High Springs. Among the first attendees: HS, "Howdy" BE ("Howdy, my name is B and I'm an alcoholic"), B J, and LP.

The meeting moved to the 7th Day Adventist Church, High Springs in 1998 due to BJ selling his house and moving out of town. The group registered with GSO as of September 1, 1998. The first GSR was BE ("Howdy" B).

The Waking Up Sober Group, which met on Sunday mornings only, combined with the Way Out Group in 2010 (for economies of resources reasons), which also met at the same church on Monday and Friday evenings. The format of the Sunday meeting is closed, step study based on the 12 & 12 as well as the Big Book.

The last Sunday of the month is dedicated to the Tradition of the month. However, when a newcomer comes in or someone comes back from "the high cost of low living", the topic often reverts to Step One.

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## Ever Get on the Wrong Bus?

A drunken man gets on the bus late one night, staggers up the aisle, and sits next to an elderly woman. She looks the man up and down and says, "I've got news for you. You're going straight to Hell!"

The man jumps up out of his seat and shouts, "Man, I'm on the wrong bus!"

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## G.S.O. Guidelines

### **Posting Service Minutes and Reports** *(Continued from page 3)*

members and that their full names and photographs should not appear in publicly-posted reports or on publicly-posted flyers: Class B (alcoholic) General Service Board Trustees, A.A.W.S. and Grapevine Directors, G.S.O. staff members and some Grapevine and La Vina employees. If there is any doubt about placing a person's full name in a report, it would be best to ask permission first.

Some committees may find it perfectly acceptable to post full names and personal contact information on a password-protected website meant for A.A. members only. This will be up to the informed group conscience to decide.

# District 14

## DCM Corner

I would like to thank all those who participated in this month's District 14 meeting. I very much appreciate your service.

The date for the fall Service Fair has been set and it will be held on Saturday, September 27th. As the date gets closer I will be giving updates on service opportunities for this event.

At the next District 14 Meeting on March 12th, we will be voting on the District budget and continuing our District Inventory.

The next Area Assembly is April 4th, 5th, and 6th. If you plan to attend try to reserve your room 30 days in advance through the Area website: [aanorthflorida.org](http://aanorthflorida.org).

There will be some upcoming changes to the District 14 Structures and Guidelines dealing with the District 14 budget and I will keep you informed as this progresses.

Thank you for allowing me to serve.

~BC., District 14 DCM

Further information about District 14 can be found at [www.aanfldistrict14.org](http://www.aanfldistrict14.org)

## District Service Committee Meetings

### District 14 Business Meeting

Second Wednesday, 6 p.m.  
Westminster Presbyterian Church  
1521 NW 34th Street

### Accessibilities and CPC/PI

*No meetings scheduled.*

### Archives

First Tuesday, 7 p.m., Triangle Club

### Corrections

Third Wednesday, 7:30 p.m.  
Triangle Club, Tranquility Room

### Grapevine

Second Tuesday, 6:00 p.m.  
Trinity United Methodist Church, Room 204  
4000 NW 53rd Avenue

### Literature

*(None -- Service opportunity available  
for volunteer Chairperson!)*

### Phones (NCFI Committee)

Second Tuesday, 5:00 p.m., Intergroup Office

### Treatment

First Monday, 6:30 p.m., Triangle Club

## 7th Tradition Addresses



*Self-support: Where money and  
spirituality mix.*

### North Central Florida Intergroup

2632 NW 43rd Street, Suite 1182  
Gainesville, FL 32606  
[Checks payable to: NCFI]

### District 14

P.O. Box 357254  
Gainesville, FL 32635-7254  
[Checks payable to District 14]

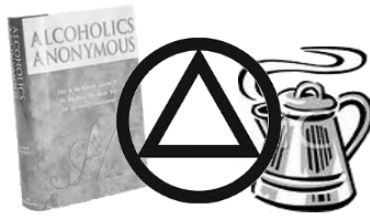
### North Florida Area Assembly

P.O. Box 360831  
Melbourne, FL 32936-0831  
[Checks payable to NFAC]

### General Services Office

P.O. Box 459, Grand Central  
Station, NY, NY 10164  
[Checks payable to GSO]

# NCFI



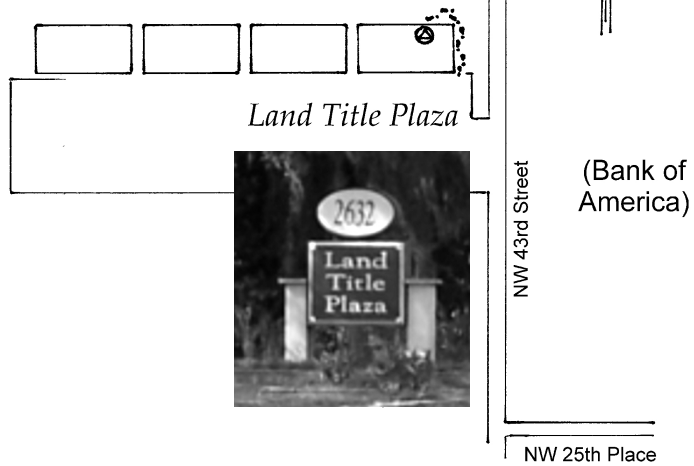
# North Central Florida INTERGROUP

Our office is located in  
**Land Title Plaza**

2632 NW 43rd Street, Suite 1182  
 (Same office. New number on the door.)  
 Gainesville, FL 32606  
 Telephone: 352-372-8091

Our office hours are:  
 Monday - Friday: 2:00 - 5:00 p.m.  
 Saturday: 11:00 a.m. - 2:00 p.m.  
 Sunday: CLOSED

Walk around the **BACK**  
 of the building  
 nearest the street.



## Meetings schedule

The "*Where and When*" is available at our office, and on-line at our website: [www.northcentralflaa.org/wandw.html](http://www.northcentralflaa.org/wandw.html)

## P.O.S.T. Submissions

Send articles and anniversaries to: [ncfipost@cox.net](mailto:ncfipost@cox.net) or mail them to the NCFI office.

### To add, change, or delete meetings listings,

please use "*Meetings Change Form*," also available at our office and website: [www.northcentralflaa.org/mtg-change/mtg-change-form-options.html](http://www.northcentralflaa.org/mtg-change/mtg-change-form-options.html), or follow the link from the Intergroup home page: [www.northcentralflaa.org](http://www.northcentralflaa.org).

Our next monthly meeting will be held on the last Sunday of the month. March 23th at 1:00 PM in Schaffer Hall, 2505 NE 9th Street

**Graphic Artist looking for a service opportunity?**  
 The P.O.S.T. is looking for someone with layout skills and some elementary desktop-publishing experience, who wants to enhance her/his recovery with service at the Intergroup level. For more information, you may call the Intergroup office or ask your Group's GSR to put you in touch with someone on the P.O.S.T. editorial board.