

## *Resentment: Reserving the Right for Revenge*

When I got here, I read the book. It said that resentment is the number one offender and that it kills a bunch of us. It took years to see that hatred, animosity, or even a mildly contentious attitude can and will rot my soul.



What if I treated resentments like alcohol? I am powerless over that person, place, or thing; my life became unmanageable. (and unbearable). I know quite well that there is a power greater than me that can help (God and the people around me). Am I willing to quit harboring or nurturing a grudge? Can I really give my life and will to God? Have I experienced en How much self-righteous indignation can I stand? How many times do I have to re-feel those negative perceptions?

An inventory will show that I get something out of the grudge; often a sense of power, perhaps a bit of martyrdom, or maybe an oozing mire of self-pity. I can ask myself "Well, how's that working for ya'?" Then it's time to ask God (humbly, on my knees) that I be relieved of such morbid reflections. The other part is for me to take action. Prayer for the "offender" helps me to address that person as another, perhaps sick, human being. And forcing myself to be of service somehow, somewhere gets me out of that bad neighborhood: my head, my self-absorption, the bondage of self.

Conscious prayer for the other person, amends and/or leaving them alone, and staying away from "feeding" the resentment all serve the intent of steps 8 and 9 and allow me to "walk the Earth a free man". Allowing the other person to simply be a fallible and imperfect, frail human like me

seems like what my higher power would want. I want to accept all people as they are, just as I would like to be accepted in such a way. That's the "Golden Rule, isn't it? What a good deal!

The worst resentment took well over two years of regimented prayer, a minimum of twice daily, for a person who had done many horrendous things over a long period of time. Violent and destructive drunkenness had caused great harm to me, and others. I had considered all of it to be unforgivable! I was faced with an existential issue: can I continue to receive the Grace of God, forgiveness and mercy, and still insist in due justice? After all, I was never that bad during my own long drinking career. Or was I? It seems like we all get mercy, or we all get justice. Thank God for mercy!

The bottom line for me is that "reserving the right for revenge" will poison my soul and ruin my peace of mind, eventually making life unbearable enough to require anesthesia!

~Anonymous



# Community News !

**District 14's 10th Annual Service Fair** will take place on Saturday, October 24th, from 9:00 a.m. to Noon, at Parkview Baptist Church, 3403 NW 13th Street. There will be no charge to attend and breakfast goodies will be available. This event is geared for AAs who want to get involved in service work, especially newcomers. Information on all facets of service work will be presented. See enclosed flyer.

A great chance to do service work is at the **24th Annual Gratitude Dinner**. Help is always needed for set up and decoration of the hall, food preparation, contributing cakes for the cake auction (Intergroup's only fundraiser), ticket sales and more. The dinner will be held on November 7th at Holy Trinity Church, 100 NE 1st Street. Committee meetings are held at the Intergroup Office at 2632 NW 43rd Street. Call (352) 372-8091 for the date and time of the next meeting. See enclosed flyer.

**Unity Roundup** is an upcoming new event which will take place in Jacksonville on October 3rd and 4th. For further information: [www.floridaunityroundup.com](http://www.floridaunityroundup.com).

**Area Assembly** is scheduled for Friday, October 9th, through Sunday, October 11th, at the Paramount (2900 SW 13th Street). This is an excellent opportunity to become aware of the scope of Alcoholics Anonymous beyond the home group and district level. There will be workshops all day Saturday, ending with a meeting and an Ice Cream Social. The Business Meeting is held on Sunday at 9:00 a.m. It's a great way to get more involved with other AAs from around the area.

The TILLIS Men's Group and the Good Morning God Group are sponsoring a workshop called "**Chairing a Meeting and AA Etiquette**" on Saturday, October 10th, from 9:30 a.m. to Noon, at Parkview Baptist Church, 3403 NW 13th Street. The workshop will address the guidelines for conducting A.A. meetings. All members are encouraged to attend.

**The Promises Group** will hold the Saturday meetings at Highlands Presbyterian Church, 1001 NE 10th Ave. on home game nights, as usual. See enclosed flyer for exact dates.

---

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

- November: "*Progressive Gratitude*"
- December: "*How Do We Give It Away?*"
- January: "*On Being Happy*"

**Thought for the Day**  
*"Faith is taking the first step even when  
 you don't see the whole staircase"*  
 ~Martin Luther King, Jr.

Get yourself published! Entry deadline is the 15th of each month. Send your topic articles, op-eds, cartoons to [post@northcentralflaa.org](mailto:post@northcentralflaa.org).

# Congratulations!

## September Anniversaries

### Big Book Basics

Devon D - 11 yrs

### Everything or Nothing

Laura H - 13 yrs

### Eyeopener

Ken B - 6 yrs

Bruce S - 24 yrs

Joe R - 10 yrs

Annie O - 28 yrs

Dale S - 29 yrs

### Fourth Dimension

Roxana H - 11 yrs

Jack J - 12 yrs

### Gratitude Group

Jennie B - 36 yrs

Earl D - 15 yrs

Jason H - 5 yrs

### Language of the Heart

Isabelle P - 22 yrs (August)

### Melrose Happy Hour Group

Lonnie R - 4 yrs (August)

Joe S - 22 yrs (July)

### Women's Step Study

Linda M - 11 yrs

Marybeth S - 29 yrs

### 10th/11th Step Group

Becky B - 22 yrs

Suzanne R - 7 yrs

### Women's Serenity Seekers

Carmen D - 13 yrs

Jane C - 8 yrs

Lori F - 1 yr

### New Life Group

Jean H - 40 yrs



October Anniversaries? Send them by Oct. 15th to: [post@northcentralflaa.org](mailto:post@northcentralflaa.org)

## Everyone has one...



"I echo those who feel that if this Fellowship ever falters or fails, it will not be because of any outside cause. No, it will not be because of treatment centers or professionals in the field, or non-Conference-approved literature, or young people, or the dually-addicted, or even the "druggies" trying to come to our closed meetings. If we stick close to our Traditions, Concepts, and Warranties, and if we keep an open mind and an open heart, we can deal with these and any other problems that we have or ever will have. If we ever falter and fail, it will be simply because of us. It will be because we can't control our own egos or get along well enough with each other. It will be because we have too much fear and rigidity and not enough trust and common sense.

If you were to ask me what is the greatest danger facing A.A. today, I would have to answer: the growing rigidity -- the increasing demand for absolute answers to nit-picking questions; pressure for G.S.O. to "enforce" our Traditions; screening alcoholics at closed meetings; prohibiting non-Conference-approved literature, i.e., "banning books"; laying more and more rules on groups and members. And in this trend toward rigidity, we are drifting further and further away from our co-founders. Bill, in particular, must be spinning in his grave, for he was perhaps the most permissive person I ever met. One of his favorite sayings was, "Every group has the right to be wrong." He was maddeningly tolerant of his critics, and he had absolute faith that faults in A.A. were self-correcting."

~Bob P., 1986

## North Central Florida Intergroup Minutes August 30, 2015



The meeting opened at 1:00 p.m. with the Serenity Prayer.

Unfortunately, the attendance sheet did not get back to me, so I don't have a record of the attendees. My apologies to everyone who attended.

**Secretary's Report:** Howard B. made a motion to accept the minutes as read, with Barbara K. seconding.

**Treasurer's Report:** Paula M. made a motion to accept the report as read, with Kristen seconding.

**Phone Committee:** As of this date, there are two slots open. Bhaskar B. stated there is always a need for volunteers.

**P.O.S.T.:** The P.O.S.T. is getting better all the time. A number of submissions have been sent; the "Opinion Piece" is still available and submissions are welcomed.

**Literature and Merchandise:** The Intergroup office is now fully stocked and up to date on all pamphlets.

**Where & When:** There has been a recent update to the paper copy and, of course, the web site is always up to date.

**Activities:** There are a number of activities coming up. The big one is the **Gratitude Dinner** on November 7th. A number of service positions are available; come to the next committee meeting at the Intergroup office at 5:30 p.m. on every other Wednesday, beginning Sept. 16th. The **Primary Purpose Club** is hosting a 5th year anniversary on September 12th at 11:00 a.m. **FCYPAA** is having a wiener roast at the Triangle Club on October 4th at 1:00 p.m. They also meet every week at 5:00 p.m. at the Triangle Club. Barb K. is to get with William M. to get activities posted on the web.

**Old Business:** None

**New Business:** None

Motion to adjourn made by Barbara K., seconded by Ted. Meeting adjourned at 1:20 p.m. with the Responsibility Pledge.



### 7th Tradition Addresses

**North Central Florida Intergroup**  
2632 NW 43rd Street, Suite 1182  
Gainesville, FL 32606-7551  
[Checks payable to: NCFI]



**North Florida Area Assembly**  
P.O. Box 291634  
Port Orange, FL 32129-1634  
[Checks payable to NFAC]

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

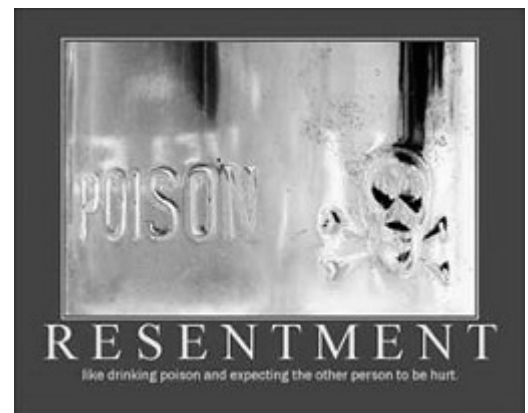
**General Services Office**  
P.O. Box 459, Grand Central Station,  
NY, NY 10163  
[Checks payable to GSO]

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



*"You will not be punished for your anger; you will be punished BY your anger"*  
~Buddha~

*"As long as man bears resentment in his heart, peace will never be his"*  
~Anonymous~



### Tradition of the Month: 10

*"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."*

"No A.A. Group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues -- particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous Groups oppose no one. Concerning such matters they can express no views whatever."  
~Bill W., 1949



## District 14

*(Serving Alachua County)*

**DCM\* Corner**

Hi Everybody!

We had our monthly district service meeting on September 9th. It's always the 2nd Wednesday of the month at Westminster Church at 6:00. We had another great turnout! Thanks to everyone who was there. Come join us. Visitors are always welcome to see how they can get involved. The next Area Assembly is Oct. 9th-11th. It's here in town at the Paramount Hotel on SW 13th Street. Take advantage of the proximity! There are workshops all day Saturday that anybody is welcome to attend. Our annual Service Fair will be Oct. 24th. There's a flyer in the P.O.S.T. with all the information. It is another great way to learn about our service committees and get involved. Hope to see you around the rooms, and thank you for helping me to stay sober! Contact me with any questions or concerns, I'm here to serve you.

Greg N, DCM, District 14, (352) 283-2648, gregnorm5@aol.com

### District 14 Service Committee Meetings



#### District 14 Business Meeting

2nd Wednesday, 6:00 p.m.

Westminster Presbyterian Church

#### Accessibilities

2nd Thursday, 6:00 p.m., Triangle Club

#### Archives

1st Tuesday, 6:30 p.m., Triangle Club

#### Corrections

3rd Tuesday, 5:30 p.m., Triangle Club

#### CPC/PI

1st Thursday, 6:00 p.m., Triangle Club

#### Grapevine

2nd Tuesday, 6:00 p.m.

Trinity United Methodist Church, Room 204

#### Literature

2nd Monday, 6:30 p.m., Intergroup Office

#### Phones (NCFI Committee)

2nd Tuesday, 5:00 p.m., Intergroup Office

#### Treatment

1st Monday, 6:30 p.m., Triangle Club

Visit [www.aanfldistrict14.org](http://www.aanfldistrict14.org) for more info

## District 27

*(Serving Dixie, Levy & Gilchrist Counties)*

#### District 27 Business Meeting

3rd Tuesday, 6:00 p.m.

St. Albans Episcopal Church

7550 NW 149th Place, Chiefland

#### District 27 Hotline:

(352) 949-2239

#### Contributions Address:

District 27 A.A.

P.O. Box 1257

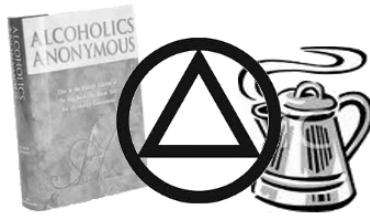
Bronson, FL 32621

#### Website Address:

[www.District27aa.org](http://www.District27aa.org)



# NCFI



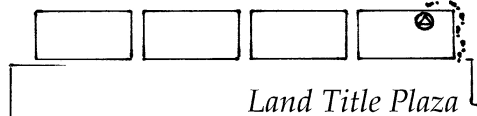
# North Central Florida INTERGROUP

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

2632 NW 43rd Street, Suite 1182  
*(Same office. New number on the door.)*  
Gainesville, FL 32606-7551  
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.*



NW 43rd Street  
(Bank of America)  
NW 25th Place

## Meetings Schedule

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

## P.O.S.T. Submissions

Send articles and anniversaries to:  
[post@northcentralflaa.org](mailto:post@northcentralflaa.org)  
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 online at  
[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,  
October 25th at 1:00 p.m.  
at Schaffer Hall  
2505 NE 9th Street

## The P.O.S.T. (and more) in Cyberspace

The *Power of Sober Thinking* can now be found online. You can find the current and past issues (back to January of 2014) at <http://www.northcentralflaa.org/d.post/post.html>.

Our home-page, <http://www.northcentralflaa.org>, has links to the *Where and When* (our schedule of meetings), notices of special events, and more.