

## *Portable Powerlessness*

It was hard enough to get sober, much less to develop a disciplined routine of daily action. To this day, anything that disrupts my typical regimen can throw me off and cause the need to re-balance my day. So how can I remain comfortably sober and sane, and yet NOT be so rigid in my daily life? Perhaps my favorite single sentence from the A.A. Big Book is from page 77: "Our real purpose is to fit ourselves to be of maximum service to God and the people about us." If I can't take my program wherever I go, then it's useless to me and especially to God and my fellows.

If the first three steps are working in my life then I know for certain that I am the problem and the answer is to trust God, clean house, and help others. Service will keep me sober like nothing else, and having a "portable program" is the way to thinking and acting in the spirit of service. If I can view the world with eyes of compassion then perhaps I can be "happily and usefully whole" as promised in the 12&12. To the degree that I become relieved of "the bondage of self" the more peace and comfort I have in my life. I've had a number of old-timers remind me that I might just be the only example of recovery a person will see, and that I should "practice these principles in all my affairs."

The most useful and fun part of having an enthusiastic portable program is to visit other areas of this country, and even other parts of the world. Apparently my fear of people is fairly common and the *last* thing I want to do on vacation is meet new people, but forcing myself

out of the comfort zone has often saved me. Every time I get to an out-of-town meeting I become a brother among that particular family and I feel a closeness to the locals. Also, without exception, I learn about the local area and resources available. If I have been smart and pre-planned my meetings for that area I find that I'm much more comfortable. With this, I no longer feel like a stranger in a strange land where I might just as likely isolate and miss all the good stuff! This also worked on one trip to the Yucatan in Mexico where the entire meeting was in Spanish, but exactly the same as any of ours. Although my Spanish is poor, my brothers and sisters in Cancun made me feel like family. Same thing happened in Banff, Alberta, on a ski vacation - fortunately I speak Canadian.

So it turns out that everything I need to take my sobriety *on the road* is always with me. My God is always with me, so I can pray and meditate as often as I like. My phone provides me with literature and contact with fellow alcoholics such as my sponsor, my peers, and newcomers. I also have unlimited access to meeting locations wherever I go, so there is no excuse for isolation while traveling. I often travel with copies of speaker CDs to leave at out-of-town meetings; a fun and anonymous way of quiet and humble service. Always a fun adventure to see how our brothers and sisters out there enjoy sobriety!

Remember the mindfulness meditation: "Wherever you go, there you are." Perhaps we can be useful after all...



# Community News

- **The Promises Group** Saturday meetings will be held, as before, at Highland Presbyterian Church, 1001 NE 16th Avenue, during home games, beginning September 3rd. See enclosed flyer.
- **Florida Unity Roundup** will take place on September 23rd, 24th and 25th in Jacksonville at the Hyatt Regency. Registration information is enclosed and available at the Intergroup Office.
- The Everything or Nothing Group, The Women's Serenity Seekers Group, District 14 and Intergroup are sponsoring a "**Twelve Steps to Emotional Sobriety Workshop**" which will take place at P.K.Yonge on October 21st, 22nd and 23rd. The enclosed flyer contains registration information which is also available at the Intergroup Office.
- Preparations are underway for the **25th Annual Intergroup Gratitude Dinner** which will be held at Holy Trinity Episcopal Church, 100 NE 1st Street, on October 29th. Much help is needed for this event which offers an excellent opportunity for service work. The next committee meeting is September 14th, at 5:30, at the Intergroup Office. See enclosed flyer.
- **Young People's Group:** Please see the enclosed letter from the General Service Office

When you perform an act of pure love, something completely unselfish with no hope of gain or reward, you are participating in AA's spiritual program.

From the booklet, "Second Reader for Alcoholics Anonymous,"  
published by Akron Area AA Intergroup Council

## 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)



# Congratulations!

## August Anniversaries

### Big Book Basics

C P - 1 yr

### BYOB

J S - 32 yrs

K - 14 yrs

L E - 8 yrs

### Downtown Group

J O - 9 yrs

L E - 11 yrs

### Eye Opener

B K - 1 yr

B S - 25 yrs

J S - 27 yrs

S W - 26 yrs

### Free to Be

B B - 3 yrs

R B - 5 yrs

### Gratitude

G M - 1 yr

L K - 22 yrs

N S - 13 yrs

### Hawthorne Group

D P - 20 yrs

J C - 4 yrs

(July) M M - 24 yrs

### Micanopy Group

K M - 13 yrs

### Tuesday Night Step Study

D P - 13 yrs

### Women's Serenity Seekers

A G - 1 yr

J P - 1 yr

### Women's Step Study

B H - 15 yrs

B S - 31 yrs

K R - 14 yrs

M A - 22 yrs

M R - 6 yrs

S R - 1 yr

S C - 33 yrs

T L - 38 yrs



# Happy, Joyous and Free!

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

## For the Newcomer

"I am an alcoholic who has been sober and recovering for just over eight months now. What an incredible ride it has been. From the moment I pulled open the doors to my very first meeting, I felt something different, something good, was going to happen. Those doors, which at the time I believed to be the heaviest ever made, allowed me to walk into a new way of life. I don't remember exactly what was said, nor do I remember any one person in particular, but I do remember the incredible feeling of positive power in that room. It certainly struck me hard enough to make me come back the next day, and I did. I chased that feeling from room to room, the same way I chased the seemingly wonderful effects of my first drunk. Every drunk got progressively worse. To my surprise, I found that same great feeling that I had in my first meeting in every room I went to. Sometimes more powerfully than others, sometimes the same, but never less."

Beginner's Book, Getting and Staying Sober in AA

## NORTH CENTRAL FLORIDA INTERGROUP MINUTES

July 31, 2016

The meeting opened in the usual way with the Serenity Prayer promptly at 1:00 p.m.

In Attendance: A R, Everything or Nothing; B K, Free to Be; B M, Eye Opener; B B, A Vision for You; C H, By the Book; D L, Keystone Heights; D, High Springs; F S, Faith Hope Strength, IG Treasurer; J C, 4th Dimension; J M, IG Office Manager; J S, HALT; J VB, New Freedom, Alt IG Chair; K C, 4th Dimension; M V, Promises; E M, GSR, Good Morning God; R G, Unity, TILIS; R M, Geezers; S K, Monday Big Book Study; S R, Sat AM 10th/11th Step Study, IG Chair; P C, Alt By the Book; J T, visitor.

Secretary's Report: The Secretary's report was read. There being no questions, motion to accept made by M and seconded by P. Motion passed.

Treasurer's Report: The Treasurer's report was read. A motion to accept was made by D and seconded by B. Motion passed.

Phone Committee report: B suggested all to encourage sponsees to join the Hot Line committee to assist in rotating the chair positions. We welcomed back S K to the committee after C had to step down.

*P.O.S.T.*: As J said "Well, there it is in front of you." He mentioned the committee is doing a wonderful job of putting it together. J asked all who submit copies to be placed in the *P.O.S.T.* to limit them to 350.

Literature and Merchandise: We are selling more copies of the large print Big Books now. The office is always well stocked with recovery items.

*Where and When*: If your group has any changes to be made, they must be submitted on the change form. The on-line information is always up to date.

There are lots of activities coming up, and fliers can be found in the *P.O.S.T.* If you would like your activity online, you must submit a PDF copy to the Internet Webmaster at [webmaster@northcentralflaa.org](mailto:webmaster@northcentralflaa.org). The **Gratitude Dinner** was discussed with a request for 12-14 fancy cakes for the auction. T E is heading up the committee. The **Back to Basics Workshop** is starting up again for August at the Triangle Club. Meeting starts at 8:30 a.m. each Saturday.

Old Business: None

New Business: None

A motion to adjourn at 1:25 p.m. was made by P and seconded by D. Motion passed.

We adjourned 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]

### District 14

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



### North Florida Area Assembly

P.O. Box 291634  
Port Orange, FL 32129-1634  
[Checks payable to NFAC]

### General Services Office

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

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

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

- October: *"What's Haunting You?"*
- November: *"When You Want to Disagree"*
- December: *"Giving and Receiving"*

### *Food for Thought ...*

*"My greatest service to others is living happily, and radiating happiness and joy to those around me."*

*— John Lockwood Huie*

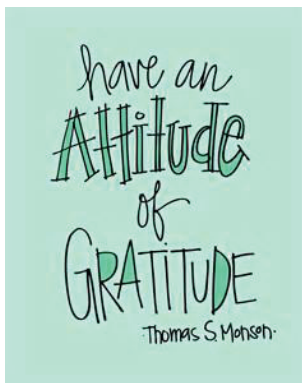
Get yourself published! Entry deadline is the 15th of each month. Send your topic articles, op-eds, opinions or cartoons to [post@northcentralflaa.org](mailto:post@northcentralflaa.org).

### Tradition of the Month: 9

"AA, as such, should never be organized, but we may create service boards or committees directly responsible to those they serve."

"With such assurances, we shall without doubt, continue to improve and extend our vital lifelines of special service; to better carry out our A.A. message to others; to make for ourselves a finer greater society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity."

-Bill W.



The Intergroup website's home page has been extensively updated. Links are easier to recognize, an explanation of what Intergroup does has been added, along with a map to the office, and the listing of special events has been moved to a more prominent position. You can see the new look at <http://www.northcentralflaa.org>.

**District 14***(Serving Alachua County)***DCM Corner**

Hi everyone! We had our District 14 service meeting on August 10th. It's always the 2nd Wednesday of the month at 6:00 p.m. GSRs, committee chairs, and officers always attend, but we encourage visitors to attend as well. We had 4 visitors last meeting, and they got to see what we are trying to do as a district to carry the message. Thanks to everyone who was there! We have district elections coming up in October, so there will be many opportunities for service opening up. Our next district meeting is Sept 14th. Hope to see you there!

We talked about possible dates for our next Service Fair/Workshop. This has always been a fun, annual event for people new and old to general service to find out how our district committees work and what they are doing to help the still-suffering alcoholics. Some committees you may be familiar with are Treatment, Corrections, and Archives. But we have others including Accessibility, Literature, Website, Grapevine, FCYPAA 352 Bid, and CPC/PI (which stands for Cooperation with the Professional Community/Public Information). So, there are many opportunities to get involved in that part of Step 12 which says "... we tried to carry this message to alcoholics..." Look for more information soon about the date of our next service workshop! It will be near the end of this year or early next year.

And finally, the next North Florida Area Assembly (Area 14) will be September 30th through October 2nd. It's right here in town! See how our area committees carry the message and why GSRs are the most important part of our service structure. This is the election assembly. If you have never seen how this works, you are in for a treat. It is a truly amazing thing to see! It will be Sunday morning at 9:00 a.m.. Visitors are always welcome.

Questions/Concerns? Please contact me. I'm here to serve you!

G N, DCM for District 14

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## District 14 Service Committee Meetings

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### District 14 Business Meeting

2nd Wednesday, 6:00 p.m.

Westminster Presbyterian Church

### Accessibilities

2nd Saturday, 11:00 a.m. Primary Purpose 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

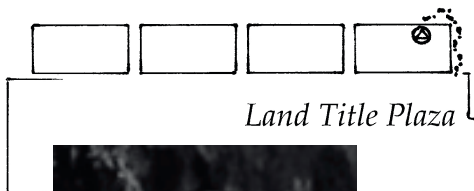
# NCFI

# 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.*



Land Title Plaza





(Bank of America)

NW 43rd Street

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 meeting listings,

please use "Meetings Change Form" available at our office, and online at  
<http://www.northcentralflaa.org/d.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 Intergroup meeting will be held on the last Sunday of the month, **September 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 at <http://www.northcentralflaa.org/d.post/post.html>. Our home-page, <http://www.northcentralflaa.org>, has links to the *Where and When* and more.