

Giving and Receiving

My faith tells me that to whom much is given, from him much will be required.

It was hard enough getting to AA, accepting powerlessness, and accepting the loving help of others. I always imagined myself as a self-made man who could fend for himself; it would be a sign of weakness to need help. On the other hand, I could not *fix* my alcoholism by my own stubborn and persistent willpower. Those men who were trying to help me had many things in common. They all seemed to be peaceful, comfortable, a *need* to be helpful. I had no way of knowing at that time that this kind love and service was the cornerstone of recovery, the glue that binds us all together as happily whole members of society.

So it is, what looked to be an unlikely lifeline turns out to be a non-professional career of giving back what I have so freely received. On page 20 of the Big Book it says "our very lives, as ex-problem drinkers, depend upon constant thought of others and how we may meet their needs." This is not an attempt to be overly dramatic, but absolute fact. It's easy to look

around the rooms and pick out the people who are content and satisfied in their lives and their sobriety. These are the *givers*, the folks doing that loving service.

I have been blessed with several old-timers who have, through the years, taught me how to be of maximum use. Quite often just entering a room and seeing Marshall, Wanda, Corliss, Joseph H., or Papa John would let us know that we are going to be alright. Just "suiting up and showing up" is a good start, and see how you can be of service.

Dorothy once said that the program was all about learning to love; something we had apparently forgotten in our self-imposed prison of inebriated chaos. It was also Dorothy who pointed out that we often have difficulty accepting unconditional love and that the receiving part is a gift for the other person. Perhaps that is the reason that God put us all together as one big wonderful family!

~Anonymous



"Learn to light a candle in the darkest moments of someone's life. Be the light that helps others see; it is what gives life its deepest significance."

~ Roy T. Bennett, *The Light in the Heart*



Community News

The **25th Annual Gratitude Dinner**, sponsored by North Central Florida Intergroup, took place this year on Saturday, October 29th at Holy Trinity Church, 100 NE 1st Street. It was a gala affair attended by AA and Al-Anon members and families. As always, the food was delicious and plentiful, while the Cake Auction, a fundraising event, made possible by the donation of elegant cakes by community members, brought in a near record-breaking amount. The Speaker at the post-dinner meeting gave a very interesting and heartfelt talk, delivering AA's basic message. This very successful event could not have taken place without the help of over 60 members of our community who deserve kudos for their efforts.

A New Year's **ALKATHON**, sponsored by Intergroup will take place at the Triangle Club, 1004 SE 4th Ave, between noon December 31st and noon on January 1st. Continuous meetings will be held by various groups in our community and refreshments will be provided by Intergroup. See enclosed flyer.

The **46th Gulf Coast Roundup** will take place on February 10th through 12th, at the Ramada Plaza Beach Resort, located between Fort Walton Beach and Destin FL. Information is available at <http://gulfcoastroundup.com/>. See enclosed flyer, or visit the Intergroup office for more.

Singleness of Purpose

"Sobriety - freedom from alcohol - through the teaching and practice of the Twelve Steps is the sole purpose of the AA group... We have to confine our membership to alcoholics and we have to confine the AA groups to a single purpose. If we don't stick to these principles, we shall almost surely collapse. And if we collapse, we cannot help anyone."

-Bill Wilson, Grapevine Feb 1958

I generally try and avoid discussions that involve thoughts that there is something to fix in our local AA groups. Being new to sobriety, and to the spiritual way of life, I have felt that

we must include everyone in our quest to better ourselves. However, as I grow a little older in this program, I am starting to see how important our "Singleness of Purpose" is and how it must remain so, if we will be of maximum help to the sick and suffering alcoholic inside and outside AA.

The inspiration to write this comes from a recent speaker meeting that I attended. At the beginning of the meeting, there was a woman who introduced herself as being at her very first AA meeting. The speaker shared very honestly and it was very beautiful, yet his discussion of his problems with alcohol were very minimal.

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Congratulations!

November Anniversaries

Big Book Basics

MD - 2 yrs

KW - 1 yr

BYOB

L - 30 yrs

FS - 26 yrs

MK - 4 yrs

DM - 3 yrs

Eyeopener

LF - 4 yrs

MP - 29 yrs

Fourth Dimension

KB - 8 yrs

KC - 11 yrs

Free to Be

KV - 7 yrs

LS - 1 yr

Gratitude Group

DC - 1 yr

JT - 3 yrs

KJ - 3 yrs

TC - 9 yrs

Saturday 10th/11th Step

LF - 4 yrs

MO - 3 yrs

Women's Serenity Seekers

LS - 1 yr

PN - 1 yr

Women's Step Study

F - 27 yrs

Downtown

SC - 2 yrs

December Anniversaries? Send them by December 15th to: post@northcentralflaa.org

Singleness of Purpose

(Continued from Page 2)

Mostly there was talk of his problems with mental health and abuse, of which I can surely relate. But I began to wonder if the woman would hear anything that would relate to her problems as they pertain to drinking. I have yet to see the woman at another meeting.

Certainly, I do not take well to the attitude of anyone telling me how to share in AA. After my first time telling my story, my sponsor spoke with me after regarding our "Singleness of Purpose" as my story included many other problems besides alcohol. My first response was one of rebellion. "This is a new AA" I thought. I have many friends who suffered from the needle and other substances who have chosen AA because it is where they feel most at home. Who can blame them, the fellowship is amazing, as well as the literature. This, in hindsight, is certainly not placing principles before personalities. What about the penthouse

wine drunk who cannot relate to our talks of opioid use? Certainly, they would feel that they do not belong when we speak of such things. And is it not us who are breaking tradition because we feel that these other problems are so essential to our AA story?

What about these other addicts who have recovered so well and become sober, happy members of AA and society? I must think of one of my very best AA friends. He suffered from heroin dependence yet when he shares he sticks to the traditions and speaks only of his alcohol use. He has not only found sobriety, but he has blossomed and continues to do so and is well loved by the members of our community. Surely we can all learn from him, if we choose to make AA our fellowship. That is placing the principle of one alcoholic relating to another, above anything else. And that is the purpose of AA.'

~Anonymous

NORTH CENTRAL FLORIDA INTERGROUP MINUTES
October 30 , 2016



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

In attendance: B K, Free to Be; B B, A Vision For You; C H, Solutions; D E, High Springs; F S, Faith Hope Strength, IG Treasurer; J M, Office Manager; J S, HALT; J V, New Freedom, Alt IG Chair; M P, Eye Opener; E, Good Morning God; P B, Tuesday Night Step Study; P M, Thursday Women's Step Study, IG Secretary; M B, Sunday Morning Sobriety; J T, Gratitude.

The minutes were read and a motion was made by J V, seconded by P to accept as read. Motion passed.

Treasurer's report was read and a motion was made by J V, seconded by B K.

B reported on the **Hotline**. He stated there were two slots available; Tues, 7-10 a.m. and Thurs 7-11 a.m. There was some discussion and questions regarding the Hotline and B suggested that anyone who has question/concerns should attend the regular monthly meeting on the 2nd Tuesday of each month at the IG office, starting at 5:00 p.m.

P.O.S.T.: J M said "there it is!" He stated it is getting better all the time and the volunteers putting it together are doing a great job. Submissions are always welcome.

Where & When: S was not in attendance, but J mentioned she is doing a great job and will be updating the paper copy when approximately six changes are submitted. The website is always up-to-date, thanks to our Webmaster.

Activities: The Triangle Club is once again having a **Thanksgiving Dinner** on Thanksgiving Day for all those who have no plans. They will also be open 24 hrs from Christmas Day to New Year's Day. The IG **Alkathon** will be having meetings around the clock starting at noon on Dec 31st to noon on Jan 1st.

Old Business: The upcoming Alkathon was discussed and clarified as to what we do for this. There being no new business, J V made a motion to adjourn with B K seconding. Motion passed

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.

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

January: *"Spiritual Resolutions"*
February: *"Life 101"*
March: *"Just for Today"*

Food for Thought...

**"In this world it is not what we
take up, but what we give up, that
makes us rich."**

~Henry Beecher

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

Tradition of the Month: 12

"Anonymity is the spirital foundation of all our traditions, ever reminding us to place principles before personalities."

"These experiences taught us that anonymity is real humility at work. It is an all-pervading spiritual quality which today keynotes A.A. life everywhere. Moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as A.A. members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us takes part in the weaving of a protective mantle which covers our whole Society and under which we may grow and work in unity.

We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have."

~Twelve Steps and Twelve Traditions, p 187

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

Hi Everybody!

I hope you had a great Thanksgiving! We all have a lot to be thankful for. I'm thankful that I've had the opportunity to serve all of you the last 2 years!

We had our District 14 meeting on Wednesday 11/9. We now have all the committee chairs filled. Treatment and Accessibility had people step up to do this very important service. Thanks to S S. and H B. We also voted on the non-conference big book that one of our committees wanted to buy using our district's 7th tradition donations from the groups. It was not approved by the GSRs, with only 2 votes that were in favor of doing this.

The next Area Assembly (right here in town) is January 13th-15th. See you there! Hope you have a great Christmas and I'll see you at a meeting. Any questions/concerns please contact me. I'm here to serve you.

G N, DCM, District 14



District 14 Service Committee Meetings

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.aanfdistrict14.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

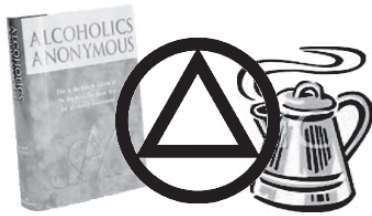
Bronson, FL 32621

Website Address:

www.District27aa.org



NCFI



North Central Florida INTERGROUP

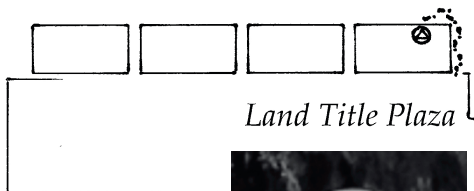
Our office is located in
Land Title Plaza

2632 NW 43rd Street, Suite 1182
Gainesville, FL 32606-7551
Telephone: 352-372-8091

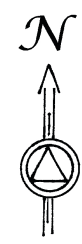
Our office hours are:

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



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

P.O.S.T. Submissions

Send articles and anniversaries to: 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.

Please check with the Intergroup office regarding the December IG Meeting.

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.