

## WILLINGNESS IS THE KEY

You would think that after years of being mangled by alcoholism anyone would be willing to do almost anything for relief! Why does it take us so long to give up that fight? Perhaps I could not believe that there was an alternative, one that I could achieve. Page 44 of the Big Book has a statement that really makes sense: "To be doomed to an alcoholic death or to live on a spiritual basis are not always easy alternatives to face." It took some time for me to be convinced that I suffer from a fatal malady, a *soul sickness* that requires a spiritual answer and daily spiritual maintenance.

For me, it eventually came down to the Third Step and complete surrender to a Power and a Process that I was incapable of understanding. I could clearly see that the *spiritual* folks were peaceful, grateful, and above all usefully sober. On the other hand I couldn't help but notice that rebellious and closed-

minded people were literally dying from this disease. Resistance is futile!



What keeps me willing today is that combination of pain and pleasure. The pain of my beginnings I clearly wish not to repeat. When the *routine* of going to regular meetings gets irritating, I can easily remember the physical and mental misery. It often occurs to me that I could find the *bare minimum* of that recovery routine that would keep me sober, but that experiment caused a near-deadly relapse some years ago. Not worth the risk! The pleasure part of the equation is that, as I make progress in recovery, I feel comfortable in my own skin and with all of you. What a great feeling! This helps me develop a quiet mind and an open heart. After all, peace is the end result of a successful spiritual path.

~Anonymous

*"We have emphasized willingness as being indispensable. Are we now ready to let God remove from us all the things which we have admitted are objectionable? Can He now take them all — every one? If we still cling to something we will not let go, we ask God to help us be willing."*

~Big Book p. 76



# Community News

**The Woodstock of AA 27th Spring Conference** will take place May 19th to 21st in Orlando, sponsored by the Serenity Club. For information call 239.776.6767 or email [jeddleman@aol.com](mailto:jeddleman@aol.com).

Other Florida road trips might include:

**Chapters to Recovery**, held June 30-July 2, 2017 at the Deauville Beach Resort in Miami Beach, FL. For more information, visit [chapterstorecovery.com](http://chapterstorecovery.com) or call April at 760.717.5184.

**Serenity by the Sea**, August 25th to 27th, 2017, at the Naples Grande Resort Hotel and Spa in Naples, FL. For more information visit the website at <http://www.serenityclubswfl.org>, or call 844.210.5931

Although the **Emotional Sobriety Conference** has been postponed, the Spaghetti Dinner, sponsored by Everything or Nothing Women's Group, will take place as planned at the Triangle Club, May 6th, starting at 5:45 p.m. For further details, see enclosed flyer.

**Founder's Day Celebration**, brought to the community by the Archives Committee of District 14, will take place at Trinity United Methodist Church, 4000 NW 53rd Ave, on Saturday, June 10th, commencing at 4:00 p.m. There will be a fellowship dinner, speaker and dance, plus a 50/50 raffle. Tickets for this event will be available throughout the AA Community at \$5 each, \$10 at the door. Side dishes and desserts welcomed. See enclosed flyer.

Volunteers needed! Intergroup is seeking someone to take over the layout of this publication. Computer skills a must and desktop publishing experience desirable. Email [post@northcentralflaa.org](mailto:post@northcentralflaa.org) for further information.

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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).

# Congratulations!

## April Anniversaries

### Big Book Basics

D C - 4 yrs

### Downtown

G N - 16 yrs

### Eyeopener

C - 18 yrs

D - 1 yr

M - 20 yrs

T - 25 yrs

### Fourth Dimension

M G - 2 yrs

S M - 3 yrs

### Gratitude Group

B K - 9 yrs

K P - 1 yrs

K P - 1 yrs

P C - 12 yrs

S T - 7 yrs

### Women's Serenity Seekers

R T - 4 yrs

### Tuesday Night Step Study

J M - 8 yrs

T D - 3 yrs

### Sat 10th/11th Step Group

D B - 10 yrs

M H - 2 yrs

T E - 4 yrs

### Women's Step Study

C J - 4 yrs

J S - 30 yrs

L H - 4 yrs

### Unity Group

B G - 32 yrs

R C - 13 yrs

C - 2 yrs

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

### Step of the Month: 5

*"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."*

"When it comes to ego deflation, few Steps are harder to take than Five. But scarcely any Step is more necessary to longtime sobriety and peace of mind than this one... without a fearless admission of our defects to another human being we could not stay sober. It seems plain that the grace of God will not enter to expel our destructive obsessions until we are willing to try this... It was the beginning of true kinship with man and God...

Only by discussing ourselves, holding back nothing, only by being willing to take advice and accept direction could we set foot on the road to straight thinking, solid honesty and genuine humility.

This feeling of being at one with God and man, this emerging from isolation through the open and honest sharing of our terrible burden of guilt, brings us to a resting pace where we may prepare ourselves for the following Steps toward a full and meaningful sobriety"

~Twelve Steps and Twelve Traditions, pp. 55-

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

June: *"A Home Group - What's In It For Me?"*

July: *"Attitude/Perspective"*

August: *"Amends - More than I'm Sorry."*

Food for Thought...

*"Your willingness to look at your darkness is what empowers you to change."*

~ Iyanla Vanzant

NORTH CENTRAL FLORIDA INTERGROUP MINUTES  
MARCH 26, 2017



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

ATTENDANCE: B K, Free To Be; B B, Step by Step; C H, All Inclusive Solution; C H, Solutions; D L, Keystone Heights; F S, Faith Hope Strength, IG Treasurer; G N, Downtown Group; H B, YPG; J M, IG Office Manager; J S, HALT; J V, New Freedom, Alt IG Chair; K P, Gratitude; K C, 4th Dimension; M P, Eye Opener; P B, Tuesday Nite Step Study; P M, Thursday Women's Step Study, IG Secretary; S R, Sat AM 10th/11th Step, IG Chair.

A motion to accept minutes as read was made by J V and seconded by H B. Motion passed.

A motion to accept treasurers report as read was made by H B and seconded by B K. Motion passed.

Phone Committee: B has stepped down as chair of the committee after serving for 10 years. We certainly appreciate his commitment to service. A D has stepped up to the position with C L assisting. A is also on the committee. We are happy to welcome them to our service circle!

*P.O.S.T.:* As J put it "There it is in front of you!" J also said the committee is doing a great job putting it together. K is looking for help on the committee and M B stepped up. Thank you, M. \*\*Please note that this is an error. Rather than "help," a *replacement* is needed for this service position. M will not be taking the position.

Literature & Merchandise: J "same as it was before" He did say that there are big print BB being ordered and not many pamphlets being sold. A few people suggested that the reason was because the younger crowd does everything on-line these days.

*Where & When:* The website is always up to date, but the paper copy gets updated as needed. A new meeting was mentioned: We Have to Live It at 6:30 p.m. on Thursdays at the Vet Space on 39th Ave and 6th Street. It is an open meeting.

Activities: Many events are going on and listed on the Community News page in the P.O.S.T. There are also many fliers for more events inserted in the P.O.S.T.

There being no old or new business, a motion was made by B K and seconded by M B to adjourn the meeting. Motion passed and meeting adjourned at 1:25 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]

### District 14

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



### North Florida Area Assembly

5703 Red Bug Lake Road  
Unit 241  
Winter Springs, FL 32708  
[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.*

## District 27

*(Serving Dixie, Levy & Gilchrist Counties)*

### District 27 Bus Mtg:

3rd Tuesday, 6:00 p.m.  
St. Albans Episcopal Church  
7550 NW 149th Place, Chiefland

### Contributions Address:

District 27 A.A.  
P.O. Box 1257  
Bronson, FL 32621



### District 27 Hotline:

(352) 949-2239

### Website Address:

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

## *Dr. Bob talks about his spiritual quest...*

*I don't think we can do anything very well in this world unless we practice it. And I don't believe we do A.A. too well unless we practice it. We should practice...acquiring the spirit of service. We should attempt to acquire some faith, which isn't easily done, especially for the person who has always been very materialistic, following the standards of society today. But I think faith can be acquired; it can be acquired slowly; it has to be cultivated. That was not easy for me, and I assume it is difficult for everyone else... When we take time to find out some of the spiritual laws and familiarize ourselves with them, and put them into practice then we do get happiness and peace of mind... There seem to be some rules that we have to follow, but happiness and peace of mind are always here, open and free to everyone."*

~Dr. Bob and the Good Oldtimers



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

Hello Everyone,

Our last Area Assembly, held April 7th through 10th at the Wyndham Hotel, was well attended by District 14. I would like to thank all our GSRs, Alternate GSRs, Committee Chairs and visitors who were able to attend. We discussed and voted on all the Agenda Items that will be presented at the General Service Conference in New York this month. As always, the Assembly was packed with interesting and thought-provoking workshops for whatever your area of interest in AA might be.

At our last District meeting we filled two of our vacant Service Coordinator positions. Congratulations and many thanks to L E who is our new Grapevine Chair and H C who is our new Literature Chair. S W will also be serving as our Alternate Literature Chair. We did have another position become vacant when H B resigned for personal reasons so we are currently searching for a new Accessibilities Chair. If you are interested in serving, please contact me or attend our next District meeting scheduled for Wednesday, May 10th, at Westminster Presbyterian Church from 6 to 7 p.m. District meetings are open to all and provide an excellent opportunity to learn more about how service can enrich your sobriety.

As always, please feel free to contact me with any suggestions of how we can better serve our fellowship.

In love and service,  
P C, DCM for District 14

## District 14 Service Committee Meetings

### District 14 Business Meeting

2nd Wednesday, 6:00 p.m.  
Westminster Presbyterian Church

### Accessibilities

3rd Saturday, 11:00 a.m.  
Triangle Club

### Archives

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

### Corrections

3rd Tuesday, 6:00 p.m.,  
Triangle Club

### CPC/PI

1st Tuesday, 6:30 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)

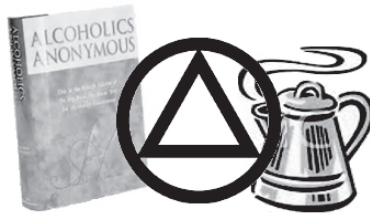
2nd Tuesday, 5:00 p.m., Intergroup Office

### 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  
 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,  
**May 28th**  
 at 1:00 p.m.  
 at Schaffer Hall

**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.