

In All Honesty

While doing research for this article I found this definition of the phrase “in all honesty”:

“If you say something in all honesty, you are telling the complete truth. It can be used as a way of introducing a negative opinion whilst trying to be polite; in all honesty, I have to say that I wasn't very impressed.” (*UsingEnglish.com*)

In the rooms of Alcoholics Anonymous, honesty is much vaunted and bandied about. Unfortunately, I've seen it used as a bludgeon to “teach a lesson”, and I've been blessed to see it used in searing gentleness and humility of spirit when hearing someone talk “in all honesty” about their own experience, strength and hope.

One of the most important and useful ideas that I learned early on in sobriety was to “identify rather than compare”. I cannot “in all honesty” speak your truth, I can only tell my story, my truth.

For the first “mutuality”—the first reality gained by giving and given by getting—is honesty. Only in telling another the truth about ourselves do we discover the truth about ourselves. Honesty with others is as essential to honesty with self as honesty with self is essential to honesty with others. We can “tell” only what we know, but we come to “know” only in the telling.

Such honesty, the honesty that underpins wisdom, comes not from books or beliefs, dogmas or doctrines, but from people.” (E. Kurtz/K.Ketcham, “The Spirituality of Imperfection”)

By paying attention to myself, that “innermost self” we talk so much about, and



allowing other recovering alcoholics to do the same, imperfections of spirit and mind are revealed in ways wondrous and poignant. By sharing my own truth, as honestly and humbly as I may, I become freed from the burdens of arrogance and conceit.

Gradually acceptance kicks in and then courage to change the things I can gallops into my heart and mind, carrying wisdom and patience like gifts from my HP....in all honesty, I must say I am very impressed by and filled with gratitude for the program of Alcoholic Anonymous!

Happy New Year everyone!

~Anonymous



Our Community News

Intergroup's Annual New Year's Eve Alkathon will take place at the Triangle Club, 1005 SE 4th Avenue, on December 31st and January 1st beginning at noon on Tuesday through noon on Wednesday. Groups which hold their regular meetings at the Club will do so while other meetings will be brought in by various groups from the AA community which have volunteered for this special service work. Coffee and snacks will be provided throughout this period by Intergroup. This event has proved, in the past, to be beneficial to some members having trouble "getting through the holiday." All AA members, family and friends, are welcome. The **Triangle Club Dance** will take place, as usual, from 9 pm to 12 midnight on New Year's Eve.

The next **Area Assembly** will be held on January 17th, 18th, and 19th at the Orlando Marriott, 1501 International Parkway, Lake Mary, Florida. This Assembly is an excellent opportunity for AA members, especially newcomers, to learn more about Alcoholics Anonymous beyond meetings at the District level. Workshops are held all day on Saturday with a business meeting Sunday morning where GSRs have the vote. This is a great time to meet other members from our area.

AA World Service has announced the publication of a reproduction of the first edition of Alcoholics Anonymous (the Big Book). This will be an exact replica of the original, with the red and yellow dust cover, and printed on the same thick paper as the 1939 edition. The Intergroup Office will have a limited amount of copies sometime in April and the price will be about \$12.00 per copy. Members may reserve a copy in advance.

The annual **Thanksgiving celebration** had a new look at the Triangle Club this year. Instead of the traditional turkey dinner with all the trimmings after the 12:30 meeting, the Eye Opener, New Life, and Gratitude groups each brought in a steady supply of food, from turkey and ham to fruit, cheese and lots of desserts to be enjoyed throughout the day. The AA community was able to come and hang out all day long and enjoy the food and fellowship in between the regular meetings. Although very different from years past, it was very well received by all who attended and, as a result, the **Holiday celebration** will be celebrated on Christmas day in the same manner. So, please come and join us for a day filled with good food and good company.

The **352 Bid for FCYPAA Ugly Sweater party** was a great success. The speaker meeting was packed and MW from FCYPAA advisory board inspired us all with his story of perseverance in the program. Dancing went on all night long with fantastic energy! People came from all over the state to share in the FCYPAA love and unity. Triangle Club is a fantastic clubhouse with so much to offer! We are

Continued on the next page

Congratulations!

December 2013 Anniversaries

All Inclusive Solution

KH - 2 yrs (Nov-correction)

Cross Creek

BF - 16 yrs

JH - 30 yrs (Nov)

ML - 2 yrs (Nov)

Downtown

EB - 4 yrs

Everything or Nothing

JP - 2 yrs

Eye Opener

D - 2 yrs

M - 3 yrs

CG - 7 yrs

JW - 9 yrs

T - 23 yrs

Free to Be

DN - 7 yrs

R - 9 yrs

Gratitude

TN - 1 yr

TC - 6 yrs

MZ - 9 yrs

DH - 31 yrs

MD - 2 yrs

Hawthorne Group

JW - 1 yr

TM - 1 yr (Nov)

Hole in the Wall

EH - 1 yr

Melrose Happy Hour

JL - 17 yrs

EP - 2 yrs (Nov)

KB - 6 yrs (Nov)

New Hope

MH - 17 yrs

New Life

CR - 13 yrs

Out to Lunch Bunch

JJ - 21 yrs

D - 6 yrs

Solutions

S - 20 yrs

L - 3 yrs

BG - 27 yrs (Nov)

CH - 12 yrs (Oct)

Sunday Morning Sobriety

MB - 9 yrs

The Way Out

BC - 33 yrs

Thursday Women's

DC - 1 yr

SH - 22 yrs

Wholesale Miracle

B - 24 yrs



Community News - continued from the previous page

hoping for many future successful FCYPAA events at the Club. A new life has been brought in to the club and it's taking on a whole new shape of what's to come. Thank you RT! Thank you Triangle Club! Thank you AA members as a whole that came out to support and share in the love!

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

February: "All About Me"

March: "Patience...Now?"

April: "Virtual Sobriety"

Articles, letters or comments are welcome. Addresses are listed elsewhere in the P.O.S.T.

Thought for the Day: "When I count my blessings, I count AA twice." ~Anonymous

North Central Florida Intergroup Minutes November 24, 2013

The meeting opened at 1:02 p.m. with the Serenity Prayer.

Attendance: LM, Hawthorne; JB, New Freedom; DC, Women's Step Study; R, Every Step We Take; KH, All Inclusive Solution; PM, The Way Out Group; JM, Office Manager; MV, Promises; RM, Geezers; HB, Solutions; SM, 4th Dimension; BM, Eye-Opener; EH, Out to Lunch Bunch; JD, Tuesday Night Step Study; RT, Gratitude; BK, Everything or Nothing; BK, Free to Be; MB, Sunday Morning Sobriety.

Minutes were read and accepted following a motion by JB and seconded by R.

Treasurers report was accepted as printed in the P.O.S.T., since the treasurer was not present for questions, following a motion by JB and seconded by BM.

Hotline phone committee reported three open slots and asked that announcements be made to groups. The vacant slots will be covered by the overworked committee members until volunteers are signed up.

JM reported the P.O.S.T. is looking good and any submissions are welcome.

Old Business: E was absent, but the time slots were picked by the groups participating in the Alkathon.

Tues, 2:00 - 3:00 p.m.: New Freedom

Tues, 3:30 - 4:30 p.m.: Promises

Wed, 12:00 - 1:00 a.m.: Solutions

Wed, 1:30 - 2:30 a.m.: All Inclusive Solution

Wed, 3:00 - 4:00 a.m.: Out to Lunch Bunch

Wed, 4:30 - 5:30 a.m.: The Way Out

Wed, 6:00 - 7:00 a.m.: Everything or Nothing

Wed, 8:30 - 9:30 a.m.: Free to Be

Wed, 10:00 - 11:00 a.m.: Geezers

(Regular Triangle Club meetings resume.)

New Business: An internet feature called Dropbox, which was brought up by RM., was discussed. RM said the set-up was free and it is not open to the public. I believe it was tabled for next meeting.

JM answered the question of the coffee bar being open during the Alkathon with a yes to provide other things not provided by Intergroup. However, he also said that there will be coffee and snacks provided by Intergroup. He also said that each group was responsible for making the coffee for their meeting.

Following a motion to adjourn by B and seconded by RM, the meeting adjourned at 1:30 p.m.



'Tis the Season**Sober, Joyful Holidays!***(Adapted from Box 4-5-9, Winter issue 2013)*

Holiday celebrations often include liquid refreshments that are not suitable for those of us recovering from alcoholism. But that doesn't mean we have to be a glum lot. Here's how thousands of A.A.s have experienced the happiest holidays of their lives sober.

1. Line up extra A.A. activities for the season. Arrange to take new-comers to meetings, help wash the dishes, or take a meeting to a prison or treatment center.
2. Be host for A.A. friends, especially new-comers. If you don't have a place where you can throw a party, take one person to lunch or dinner or to a coffeshop.
3. Keep your A.A. phone list with you at all times. If the drinking urge (or simple panic) shows up, put everything else on hold until you make the A.A. call.
4. Find out about special holiday meetings and other events in the recovery community. And if you're shy, take someone along with you.
5. Skip any drinking occasion you're nervous about. Remember how skilled you were at making excuses when drinking? Put that talent to good use now, to avoid slippery places!
6. If you have to go to a drinking party and can't take back-up, take a pocketful of candy along. And keep careful track of your own "safe-beverage" glass.
7. Don't think you have to stay late. Plan in advance an "important date" you have to make.
8. Worship in your own way. Remember that Second Step?
9. Don't sit around brooding. Catch up on all those books, museums, movies, walks, and letters.
10. Don't get all worried about "all those holiday parties" coming up. Take the season one day at a time.
11. Enjoy the ineffable beauty of holiday love and joy. Maybe you can't give all the material gifts you'd like to -- but you can give your love.
12. "Having had a . . ." No need to spell out the Twelfth Step here, since you already know it. And, as we all know, "nothing will so much insure immunity from drinking as intensive work with other alcoholics."

Everyone Has One**Strength and Hope, Too!**

Some of the best meetings I've attended have been those when someone, early on, shared about some very difficult experience they were having -- something dire enough to threaten their sobriety -- followed by a roomful of people who shared how they had met similar difficulties in their own recovery and how they had stayed sober. These others would often tell how their recovery grew through the process.

And some of the worst meetings I've attended have been those where the prevailing topic was simply how poorly life was going, and how difficult everything was.

The preamble we hear at virtually every meeting starts by stating that "Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism." That may be the most important thing I ever hear about A.A.

When I share, whether at a meeting or informally, I need to keep that in mind. Am I whining? Am I wallowing in cynicism? Or am I nurturing my own recovery and maybe even helping another alcoholic stay away from the next drink?

District 14

DCM Corner

Just a reminder that the next Area Assembly is coming up on January 17th, 18th, and 19th. If you plan to attend, you will need to reserve your room at this time. You can do so at the link at the Area website: aanorthflorida.org.

I would like to thank all who attended the District Meeting. We once again had an excellent turn out. We have been continuing our District Inventory* and all members are invited to attend the District Meeting and participate.

Our next District 14 Meeting is on January 8th. Also following that meeting will be a brief meeting to discuss the upcoming District 14 Service Workshop. Anyone interested is encouraged to attend. Thank you for allowing me to serve.

~BC., DCM

**Editor's note: The issues being addressed at the District Inventory can be found on the District 14 website at www.aanfldistrict14.org/district-inventory.html.*

District Service Committee Meetings

District 14 Business Meeting

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

Accessibilities and CPC/PI

Fourth Thursday, 6:45 p.m.
Triangle Club, Tranquility Room

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 A-111
Gainesville, FL 32606
[Checks payable to: NCFI]

District 14

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

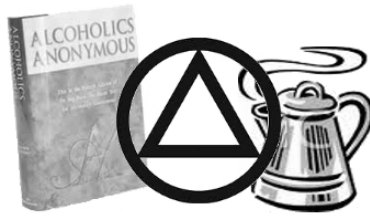
North Florida Area Assembly

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



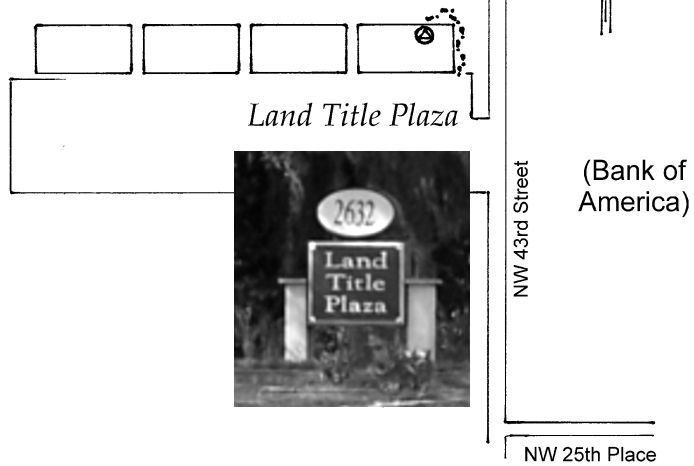
North Central Florida INTERGROUP

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

P.O.S.T. Submissions

Send articles and anniversaries to: 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, or follow the link from the Intergroup home page: www.northcentralflaa.org.

Our next monthly meeting will be held on the last Sunday of the month. January 26th 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.