

A Spiritual Axiom: It's all about ME!

There are few things within our literature that will get someone going like pointing out the part that says if something is bothering me, the "problem" is within me and not with or in the person, place or thing that appears to be causing the disturbance of my serenity.

My selfish, self-centered nature loves attention, except when it is attention to my personal defects of character. It's so much easier and wickedly fun, to focus on your defects! Yet, if I want to stay sober (and I do!) I must allow the facade to fall, the mask to melt and my heart to soften to the instructions of the 12 Steps and 12 Traditions of Alcoholics Anonymous.

If I am engaging in "old" behavior, then it isn't really old behavior! My character defects of false pride and grandiosity would have me think that

"half measures" are good enough today. Yet the truth is that the half measure I leave undone is likely the one that will come back to haunt me in ways that negatively affect my connection with my HP. My sobriety is contingent on the quality of my spiritual connection with my HP.

In this very basic and supremely important instance...it IS all about me. *My* sobriety, *my* HP, *my* Program, *my* willingness, openness and rigorous honesty. When my heart and mind attain balance and find direction in the working and living of the principles of the Steps, I can safely be of good cheer.

When I pause and ask for direction from a Power greater than myself, I can usually find a way to be relieved of the bondage of self...and that, my friends, is freedom, indeed! [-Anonymous]

High Springs Group Histories

The history of AA in the High Springs area is a tale all too familiar in AA circles. A couple of drunks get together to commiserate about their misery, they start meeting in someone's house or back porch or a local coffee shop. After a while, quite often as a result of some type of resentment borne in a meeting in a neighboring community, a decision is made to "do our own thing", "do it right", and so on. And, from what I have gathered, this was or is the case in High Springs. And I suppose, from a practical standpoint, driving to Gainesville or Lake City got/gets tiresome and now (2012/2013), rather expensive. Not that we won't go to any length to get it, but, a few blocks or miles beats the hell out what feels like a commute to work sometimes. Am I hinting at a lazy or self-centered streak in me/us?

2009 – enter me, BB, new to sobriety, new GSR, totally lost by the way, so like a good soldier I go to District 14 meetings and Area Assemblies, where I am bombarded by all these images of AAs doing service, not just talking about it. So, I think it was GN, starts a pitch at a District meeting about Group Histories, how important it is, etc. Well, I can do that! There are plenty of AAs in the High Springs area with lots of sobriety, and the long-winded yammering that goes on and on – this will be a piece of cake for this well-educated Yankee, who is bound and determined, with a noble cause to boot... A heaping dose of humility is coming my way and, apparently, my HP thinks I need it! And, I did ask for it.

So, questionnaire and pad in hand, I start asking the old timers about our group origins expecting (we know about those don't we) to hit the jackpot right away. Well, I start hearing, "I came from NY, Orlando, Michigan, Mars, etc." And, "I've only been here 10 years – talk to A or B or C..." Problem is, often, they are not readily accessible. They moved on, got drunk, died, whatever. But with some persistence, a lot of patience

continued at the bottom of page 2



Our Community News

The New Year's Eve Alkathon, December 31st through January 1st, held at the Triangle Club was, as in the past, a successful endeavor. Put on by groups in the AA community, access to AA meetings was provided round the clock to newcomers and old-timers alike. Coffee and plenty of snacks were provided by Intergroup, as well as the scheduled groups. The Alkathon is an opportunity for members to attend meetings back-to-back, as well as a

safe haven for some to whom New Year's Eve is a critical time. In addition, it's a great way to do some service work. Kudos to all who participated.

AA World Service has announced the publication of a reproduction of the **first edition of *Alcoholics Anonymous (the Big Book)***. This will be available for shipment sometime in April and the Intergroup Office will have copies available at that time. The price will be \$12.00 per copy. Individual purchases may be made in advance, directly to World Services in NYC. Purchase orders available at the Intergroup Office.

FYI – the **Downtown Group** is now holding meetings on Friday only...at the usual 8:30 p.m. time slot, at the Triangle Club, 1005 SE 4th Avenue.

Beginning Wednesday, January 15th, at 2:30 p.m., the **Accessibilities Committee of District 14** will be carrying a weekly Big Book Study into **Park Meadows Nursing Home**. If you are available on these afternoons, please contact SG, Committee Chair. This is an awesome opportunity to carry the message to those who find outside meetings inaccessible.

AA & the Internet...The P.O.S.T. will, in upcoming issues, be featuring pertinent facts and suggestions relating to Alcoholics Anonymous and the internet. This information will be excerpted from guidelines issued by the General Service Organization in NYC.

Upcoming Topics in the POST:

March: "*Patience...Now?*"

April: "*Virtual Sobriety*"

May: "*Terminally Unique*"

Articles and letters welcome and will be printed in the respective issues. Addresses are listed elsewhere in the POST.

Thought for the Day: "Attitude governs 90% of our daily life." ~Charles Swindoll

High Springs Group Histories - continued from front page

(!@#%*), and asking everyone "well who was here when you came in?", including those at neighboring meetings, a picture begins to emerge.

I have learned a lot about the history of AA in High Springs which will unfold in future issues of the POST. It is incomplete; but, it is better than what we had. GSO Archives was a good source of basic information about the HS groups. Along the way, I have also learned some history about Al-Anon and NA in the High Springs area, thanks to the PSA announcements in the H.S. Herald archives. I have learned some rather surprising things about our past, met some truly delightful people, and, lest I forget, begrudgingly got to work on a few of my character defects (the darlings that they are). All in all, it has been a gratifying service experience. I heartily encourage other groups to give it a try and I am happy to help in any way I can...

BB, District 14 Archives Chair

Editor's note: See more group histories at <http://www.AAnflDistrict14.org/d.committees/d.archives/histories.html>

Congratulations!

January 2014 Anniversaries

Cross Creek

E - 17 yrs

Everything or Nothing

KU - 24 yrs

Eye Opener

DM - 4 yrs

FM - 4 yrs

BH - 30 yrs

Free to Be

AS - 1 yr

M - 1 yr

Gratitude

AM - 1 yr

RW - 1 yr

AH - 2 yrs

JH - 19 yrs

Hawthorne Group

R - 9 yrs

BS - 24 yrs

Hole in the Wall

JK - 17 yrs

Magic Carpet

CM - 3 yrs

New Freedom

DM - 17 yrs

New Life

MP - 26 yrs

Out to Lunch Bunch

DL - 3 yrs

MR - 6 yrs

Promises

WH - 3 yrs

Tuesday Night Step Study

PB - 9 yrs

R - 3 yrs

RJ - 30 yrs

Thursday Women's

SC - 30 yrs

Way Out Group

LK - 30 yrs

Wholesale Miracle

MAL - 27 yrs

Women's Serenity Seekers

JM - 31 yrs

CL - 3 yrs

DM - 12 yrs



AA and the Internet – GSO Guidelines

Reprint from GSO, Box 459, Grand Central Station, New York, NY 10163

AA guidelines are compiled from the shared experience of AA members in various service areas. They also reflect guidance given through the Twelve Traditions and the General Service Conference (US and Canada). In keeping with our Tradition of autonomy, except in matters affecting other groups or AA as a whole, most decisions are made by the group conscience of the members involved. The purpose of these Guidelines is to assist in reaching an informed group conscience.

Anonymity and E-Mail

Electronic mail is a widely used and accepted method of communication. It is now used regularly as a service tool in AA, but as with any service, we need to ensure the Fellowship's Traditions are maintained while still receiving the most benefit from this form of communication.

When using e-mail it is necessary to consider the anonymity of the recipients of messages. Sending messages to multiple recipients that disclose the email addresses of everyone on the addressee list is a potential break of someone else's anonymity. Therefore, it is a good idea to obtain a recipient's explicit permission before using his or her e-mail address for AA correspondence, especially if it is a workplace e-mail address.

When sending AA mail to multiple recipients who wish to remain anonymous, use can be made of the **BCC (Blind Courtesy Copy)** option available on most computers.

North Central Florida Intergroup Minutes

December 29, 2013

Opening and Introduction: MB, IG Chair, opened the meeting at 12:59 p.m. with the Serenity Prayer.

Attendance: BK., Free to Be; BK., Everything or Nothing; BB., A Vision for You; DC., Women's Step Study (Thurs.); EH., Out To Lunch Bunch; EB., Alt. IG Chair, Downtown Group; HB., Solutions; JM., IG Office Manager; JV., Alt. New Freedom, Alt. Geezers; LM., Hawthorne Group; MV., Promises; MB., IG Chair, Sunday Morning Sobriety; EM, Good Morning God; PM., Way Out Group; RN., Every Step We Take; RG., Unity Group; RT., Gratitude Group; SL., IG Treasurer, New Freedom; SM., 4th Dimension; SR., Sat. AM 10th/11th Step; VP., IG Secretary, Free to Be

Mintues: VP. apologized for missing the November IG meeting ("I totally mixed up the date in my head . . . I have no excuse for not having been here; I'm very sorry"). VP. then thanked IG—it was his final meeting as IG Secretary—for the "opportunity to be your Secretary . . . this service position has kept me in the center of A.A., which is where I need to be to stay sober." The November IG Minutes (written by PM.) were accepted following a (EB.) motion, seconded by RN., that carried.

Treasurer's Report: SL., IG Treasurer, also apologized for being absent from the November IG meeting (she too "mixed up the date"). SL. then asked IG if she could "revamp" the format of the IG Treasurer's Report, using the District 14 Treasurer's Report as a model. BB. responded, "Looking at the current [District 14 Treasurer's Report] format, all our [A.A.] group contributions would tie up the whole page." Sally said, "I could reconfigure the format . . . make the font smaller." BB. said, "Let's try it, you try it." JM. said, "I hesitate to change the [IG Treasurer's Report] format . . . you know the saying: if it works, don't fix it; to itemize the [A.A. group] contributions would take up a lot more space; it would be prudent to look more carefully at the new format." SR. suggested: "I know it would be more work, but can you bring in two formats at the next meeting, S? The 'old' one and the 'new' one?" EB. motioned to bring in both "old" and "new" formats for the IG Treasurer's Report at the next IG meeting. EM seconded EB.'s motion, which carried. VP. made a motion to accept S's November Treasurer's Report. The motion, seconded by RT., carried.

Phone Volunteers: BB. announced that the IG Hotline phone "grids are absolutely full . . . MK. is picking up the 10 a.m. - 2 p.m. Monday slot . . . but please continue to ask for volunteers who desire to be of service" (Volunteers need only 6 months of sobriety to answer IG Hotline calls). His announcement was followed by cheers, whistles, and clapping. SL. asked if the IG Hotline had any "alternates" for its phone slots. BB. said, "We used to have what we called 'pinch-hitters,' but that system didn't work, so we no longer have [alternates] . . . I substituted during this past long weekend; I didn't receive a single call; maybe people are using the Internet [to contact A.A./find A.A. meetings] . . . [the IG Hotline] is still a great service function; it needs to be open 24 hours each day." JM. asked whether all the weekday morning volunteer slots should be starting at 7 a.m. rather than 6 a.m.? Bhaskar responded that, "Yes, those [weekday morning] slots should be starting at 7 a.m. . . . that is a typo; we'll fix it." Please contact BB. or S. if you would like to volunteer for the IG Hotline.

P.O.S.T.: JM. said that the P.O.S.T. is "getting better and better." JM. added that on p. 6 of the P.O.S.T., the IG address under "7th Tradition Addresses" is "wrong; should be Suite A-1182, not Suite A-111." DC. asked, "Did the [IG] Office move or just change address?" JM. said, "They just changed our address." Remember: Send in sobriety-anniversaries, flyers, everything else by the **15th of every month** via email to PC. at ncfipost@cox.net or via snail-mail to the IG Office or physically drop off the sobriety-anniversary dates, etc., to the IG Office. P.O.S.T. meetings will continue to be held on the 1st Monday of the month at 5 p.m. at the IG Office.

Literature and Merchandise: JM. reported that "everything" at the IG Office is "all good [i.e., up-to-date, including 'drunk junk': bumper stickers, coffee mugs, key chains, serenity stones, etc.]" JM. also said, "GSO [A.A.'s General Service Office] is issuing a facsimile of the original Big Book [Alcoholics Anonymous, 1st Ed.] with the same thick paper, the same old stories sometime in April. We don't know exactly when, but we'll have at least 40 copies." JM. added that it will be cheaper to buy the facsimile from the IG Office than to order it privately and pay the shipping costs.

"Where and When": SGW. was not present. MB. Reported that the Where-and-When is "up-to-date as of last month." RT. said, "People have been complaining about finding daily meetings on the back [of the Where-and-When's] . . . newcomers especially have been bringing it up." MB. responded, "There's nothing to do about it . . . we just printed them all out." JM. explained that the Where-and-When's are printed the way they are "to keep it to two pages . . . the cost would double if we printed it any other way . . . I know it's slightly confusing, but all you've gotta do is turn it over . . . we used to charge 10 cents for each one, but we stopped doing that 8-10 years ago; we'll have to start charging money again if we go back to the old style . . . it'll double the cost and it'll get messy to try to fold it all . . . it's more convenient the way it is now." PM. suggested that A.A.'s follow the example set by her home group (Way Out Group): "We go over the Where-and-When's with newcomers and visitors, to make sure they know how to use it." SM. suggested moving the "Daily Meetings" closer to the top of the back page of the Where-and-When. JM. responded, "There's not much white space to work with [on the Where-and-When's] . . . we could put SEE THE BACK FOR DAILY MEETINGS on the top of the page in bold . . . we could try something like that." RT. apologized for "opening this can of worms." Laughter ensued. This issue regarding A.A.'s, especially new A.A.'s, struggle to find the "Daily Meetings" in the Where-and-When remains unresolved. REMEMBER: Meeting-change forms can be accessed online on the IG website, but this meeting-change form cannot be submitted online; it must first be printed out then sent to the IG Office via snail mail or by physically dropping off the form.

Activities: EB. announced that IG's Annual New Year's Alkathon will take place at the Triangle Club (1005 SE 4th Ave.) from noon on Tuesday, December 31st, until noon on Wednesday, January 1st (HAPPY NEW YEAR, Y'ALL!). EB. then asked, "Will the [Triangle] Club be having its dance?" RB. responded, "Yes, there will be a dance from around 9 p.m. to midnight . . . and then another song or two after the ball drops."

Old Business: MB. reported that all the New Year's Alkathon slots were filled. Mark B. then asked whether RM.'s proposal to use Dropbox [a free online file-sharing service] "to better access the [IG] Bylaws and comment on them" needed to be "tabled." JV. responded, "I thought we dropped the Dropbox issue." More laughter ensued.

New Business: EM announced that the Primary Purpose Club (PPC) will be closed from noon on Tuesday, December 31st until 7p.m. on Wednesday, January 1st, when it will commence its normal meeting schedule.

Closing: HB. moved to adjourn. This motion, seconded by everyone in attendance, carried. MB. closed the meeting at 1:35 p.m. with the Lord's Prayer.

Everyone Has One

Filling Our Needs -- Who's Responsible?

At a discussion meeting recently, someone said, "AA is not filling my needs." This topic was picked up by others in the room. What the various needs were was pretty vague but the idea that Alcoholics Anonymous is a cure-all is way off-base.

The use of the Twelve Steps will help people alleviate symptoms, but not cure or heal. This we have to do ourselves by following suggestions in our literature. Sitting in the waiting room at the dentist's office doesn't get your teeth fixed. So just owning a Big Book isn't enough...we have to read and understand what is in those pages and then put those suggestions to work – that will perhaps help me fill my own needs.

--Anonymous

District 14

DCM Corner

Just returned from the Area 14 Assembly where I think all who attended enjoyed themselves and had a very productive Assembly. The next Area 14 Assembly will be April 4th, 5th, and 6th. Be sure to book your rooms early to take advantage of our group discount. When I receive the minutes from the Assembly I will have them posted to the District 14 website (aanfldistrict14.org). We had 14 District Members in attendance and I would like to thank them for their participation.

The April Assembly will be mostly concerned with pre-General Service Conference Agenda items. I am working with three other Districts to have a workshop to familiarize anyone interested with these Agenda items. As soon as I have a time, date, and location I will make sure all District 14 GSRs are notified and I will also have it posted to the District 14 website.

Our next District 14 Meeting will be held on February 12th and I invite anyone interested to join us. We will be continuing with our District 14 Inventory and working on the 2014 District 14 Budget.

Thank you for allowing me to serve.

~BC., DCM

**The District Inventory issues are 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

No meetings scheduled.

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 1182
Gainesville, FL 32606
[Checks payable to: NCFI]

District 14

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

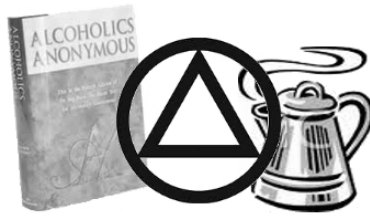
North Florida Area Assembly

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



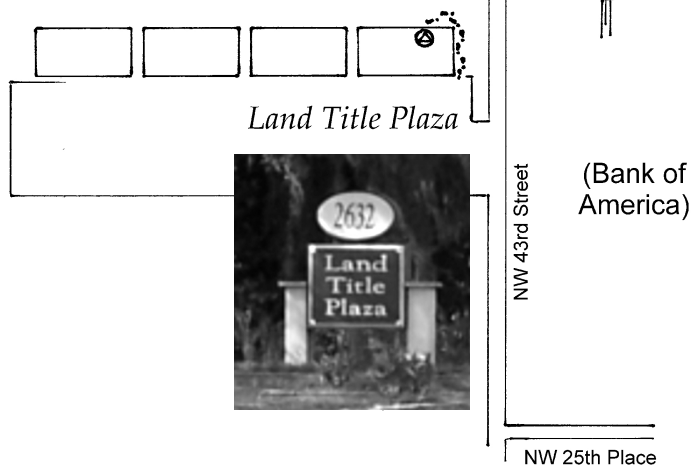
North Central Florida INTERGROUP

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. March 23th 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.