

Time for a Change

As the months and years roll by and my sober life shapes up, change is in the air. Every Spring I admire the new blooms, the radiant new growth on the oaks, the birds in their feathery best, wooing the mate of their choice towards the newly-built nest. In this design for living, change is growth and growth means new choices, new paths to explore and open doors to enter in.

When I began this sober life nearly four years ago, I was a broken and misshapen woman, warped beyond my own recognition by the glass in my hand. However, the gift of desperation was mine, and eventually the Program of recovery as evidenced in the 12 Steps, 12 Traditions, and the inherent spiritual principles underlying them all "worked me."

A few weeks ago, as I reset all my clocks and watches to the "spring forward" setting, I reflected on the nature of time and how I now measure my days by the hallmarks of a sober life: How many meetings did I make this week? Was I of service to my community and home group? Did I act out of kindness and integrity

instead of self centered fear? When I can answer these questions affirmatively, I know I have redeemed the hours, the sober hours gifted to me in a way pleasing to my HP and embrace the daily, sometimes hourly reprieve I have from active alcoholism.

So the time has come to spring forward into a new life and a new location: In my sober life, the gifts of hope and perseverance have conspired to bring me a new home, a dream and hearts desire made manifest through the honest application of the Steps in my daily life. My spirit is filled with gratitude and my heart is tender towards all my local partners trudging this road of happy destiny. I am deeply grateful for the opportunity to have been of service in this community these last few years and will always treasure the friendships made and the burdens shared.

I've enjoyed writing for our P.O.S.T. and now invite any one of you to Step forward and share your experience, strength and hope with the sober community here in NE Florida....Happy Trails, ya'll! ~Anonymous

Group Histories

Fellowship Group

AA got started in High Springs in 1987/1988 in a house on the corner of 441 and Old Bellamy Road close to Oleno State Park. Among the attendees- JS, HS, JH, M from Gainesville, and JC from Alachua came to support the first meeting. With the exception of JS, all of these men have since died; all sober. This small group met at the house on

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Our Community News

The *New Life* and *Unity* groups are sponsoring a very special day for **Easter Sunday**, April 20th. It all starts at 10:30 a.m. with a speaker meeting followed by an Easter egg hunt at 11:45 a.m. Lunch will be served at 12:15 p.m.: the traditional ham and yam dinner. This will all take place at the Triangle Club, 1005 SE 4th Avenue. Side dishes and desserts will be very welcome. Further info is available at the Club telephone (352) 373-9236.

Three other events of the season of interest to AA members:

The **Woodstock of AA** at Orlando, Florida, on May 24th, which is the 24th Spring Conference – info at (407) 273-1646 or gyeldell@cfl.rr.com. Flyers available at the Intergroup office.

Sober in St Pete – a weekend conference from June 6 – 8th in St Petersburg, FL. Information at (727) 320-2942, (727) 520-5620, info@soberinstpete.com. Flyers available at the Intergroup office.

A Design for Living – June 20 to 22nd in Tampa, FL. Further information at (407) 333-4330 or gyeldell@cfl.rr.com. Flyers are available at the Intergroup office.

FCYPAA hosted a most excellent workshop for our community on Saturday, March 8th. The workshop was called **Heavy Hitters** and was made up of a panel of some of the most respected members of our fellowship, including CG, WL, BC, JT and KN. Questions were posed by moderator, LR on the topics of sponsorship, relationships and balance – topics most all of us can relate to in one way or another. The panel discussion was followed by lunch and fellowship. Good job, FCYPAA!!

Our local **Founder's Day Celebration**, hosted by the District XIV Archives Committee, is scheduled for Saturday, June 7th, at Trinity United Methodist Church on NW 53rd Avenue. This is a very important function for all members of AA and much help is needed...an excellent opportunity to do important service work. If you would like to be help, join us at our next committee meeting on Tuesday, April 15th, at 7 p.m. at the Triangle Club. For further information, contact your GSR.

The **Quarterly Area Assembly** will be held on April 4th, 5th and 6th. All GSRs are urged to attend. Further information is available at www.aanfldistrict14.org.

Intergroup elections are coming up. A new Chair and Alternate Chair will be installed in June. Also, an Alternate Treasurer is still needed.

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

April: "*Virtual Sobriety*"

May: "*Terminally Unique*"

June: "*Our Common Bond*"

Articles and letters welcome and will be printed in the respective issues. Addresses are listed elsewhere in the P.O.S.T.

Thought for the Day: "The best way to find yourself is to love yourself in the service to others." ~Mahatma Gandhi

Congratulations!

March 2014 Anniversaries

Cross Creek

MS - 33 yrs

Everything or Nothing

M - 31 yrs

Eye Opener

MH - 2 yrs

Free to Be

JF - 1 yr

AK - 1 yr

SG - 1 yr (Feb)

Gratitude

LK - 4 yrs

New Freedom

LT - 6 yrs

SM - 31 yrs

MC - 34 yrs

New Life

N - 2 yrs

JD - 2 yrs

R 18 yrs

Out to Lunch Bunch

HG - 1 yr

The Way Out Group

G - 9 yrs

Women's Serenity Seekers

CW - 23 yrs

NJ - 4 yrs



GSO Guidelines

AA and the Internet

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.

Guarding Anonymity On-Line

Modern communication in AA is flowing from one alcoholic to another in ways that are high-tech, relatively open-ended and evolving quickly. Protecting anonymity is a major concern for members, who are accessing the Internet in ever-growing numbers.

A guiding resource of shared AA experience regarding Web sites is the GSO service piece "Frequently Asked Questions about AA Web Sites," question seven:

Q. What about anonymity?

We observe all AA's principles and Traditions on our Web sites. Since anonymity is "the spiritual foundation of all our Traditions" we practice anonymity on AA Web sites at all times. An AA Web site is a public medium, which has the potential for reaching the broadest possible audience and, therefore, requires the same safeguards that we use at the level of press, radio and film.



North Central Florida Intergroup Minutes

February 23, 2014

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

Attendance: *[I somehow managed to lose the attendance sheet which had all attendees listed. I apologize for the oversight. ~IG Secretary]*

Secretary's Report: R made a motion to accept as written, with J seconding.

Treasurer's Report: Treasurer not in attendance, so J made a motion to accept what was printed in the post. R seconded.

Phone Committee: Slots open and get filled as volunteers remove themselves and others fill in. R made a motion to accept report as stated by B. J seconded.

P.O.S.T.: JM introduced two articles regarding anonymity from GSO and past Grapevines. JM suggested discussing how the P.O.S.T. helped people in staying sober and how the P.O.S.T. helps the groups stay alive, since the readership is dwindling. It was suggested putting the P.O.S.T. on the website and representatives should ask their groups for feedback on this issue. E asked if there were any other major areas we need to get feedback from the groups concerning this issue. A question was brought up regarding putting money issues on the web since the web can be accessed by the general public.

Literature and Merchandise: JM stated the IG office has everything up to date. He has received calls about the facsimile copy of the Big Book which will be out in April. As stated before, the IG office will have approximately 40 copies.

Where and When: There will not be a new printed version for about three months. However the web site has all information on current meetings.

Activities: E is working on activities taking place at the Triangle Club with assistance from SGW. There will be an Easter event at the club.

FCYPAA will present a "Heavy Hitters" workshop on March 8th. There will be lunch afterward. The workshop is from 10 a.m. to 12 noon. On March 22nd there will be a field day hosted by FCYPAA. I have no other information. JM asked if the hotel had been contacted for the FCYPAA convention and the answer is yes. B asked if there is a website and that answer was also yes.

L announced the first committee meeting for Founder's Day preparations on March 4th at the Triangle Club at 7 p.m.

E stated there are no other activities at this time.

Old Business: There was no old business.

New Business: E made a motion to have a representative from FCYPAA at IG meetings, seconded by J. The elections for new Chairperson and Alt will be held in June.

Closing: Motion made to adjourn, seconded by T. Meeting closed at 1:33 p.m. with the Lord's Prayer.

You're Wrong Mister . . . It *Does* Belong on This List

- ~ Heart Disease
- ~ Syphilis
- ~ Alcoholism
- ~ Tuberculosis
- ~ Diphtheria
- ~ Pneumonia

There is no medical cure for **alcoholism**. Its victims are usually forced to wage a losing battle, not only against the ravages of the disease, but also against the ignorance of a society which refuses to regard the **alcoholic** as a **diseased person**. This ailment has stalemated all resources of the highly organized research institutions of the medical and scientific professions and Church efforts.

Many Alcoholics continue to suffer when they either fail or REFUSE to recognize their illness because of the stigma that has been attached to its name through centuries of neglect to treat alcoholism as a disease.

...from an old pamphlet called "Who, Me? Yes, You."

Everyone Has One

...and Wisdom to Know the Difference

Working Step Six, we are called on to *become willing* to be rid of all our defects of character. All of them. The "Twelve and Twelve" warns us that we tread on dangerous ground when we say "This I will never give up."

In the Serenity Prayer, we ask for two important skills, acceptance and courage. Then we ask for one more, without which those first two are futile . . . We ask for wisdom to know the difference between when acceptance is appropriate and when courage is called for.

I've rarely, if ever, heard anyone in recovery actually say "This I will never give up." But I have heard, "That's just the way I am." I've said it myself – until my sponsor called me on it.

What's the difference between the two? The first ("This I will never give up") is mere stubbornness. The second ("That's just the way I am") says I want to play helpless.

My sponsor went on to teach me to say it this way: "That's just the way I am – *today*." That's the acceptance part. "And I want to learn a better way to be." That's the part that calls for some courage.

~M

Group Histories

Fellowship Group *(Continued from page 1)*

Tuesday night for a few months. The group then moved to the First Baptist Church in High Springs and in 1990 registered with GSO as the Fellowship Group.

They met there for a few years and, differences in opinion concerning format, some host issues and a thing or two, led a few intrepid souls to start another meeting close by at St. Bartholomew Episcopal Church.

The Fellowship Group continued to meet for a few more years at the Baptist Church and then disappeared.

The First Baptist Church in High Springs, where the Fellowship Group held its meetings in its last years.



District 14

DCM Corner

Once again we had good participation at the District 14 meeting. Thank you to all the participants who make these meetings a success.

I am pleased to report that we have adopted a new budget for this year. The budget will be posted on the District 14 website. We also continued with our District 14 inventory.

I would like to remind everyone that the next Area 14 Assembly will be on April 4th, 5th, and 6th. This Assembly will be dealing with mainly Pre-Conference Agenda items for the upcoming General Service Conference. To get a preview of these issues there will workshop on Sunday, March 30th, from 6 to 7 PM in the Holder Community Center, in conjunction with District 28. There is a flyer on the District 14 website, www.aanfldistrict14.org, with the details.

I would once again like to thank all those who serve District 14. You are a great example of Alcoholics Anonymous and a great example for me.

Thank you for allowing me to serve.
BC., DCM, District 14

Further information about District 14 can be found at www.aanfldistrict14.org

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]

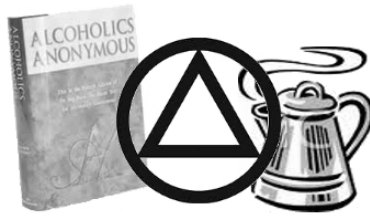
North Florida Area Assembly

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



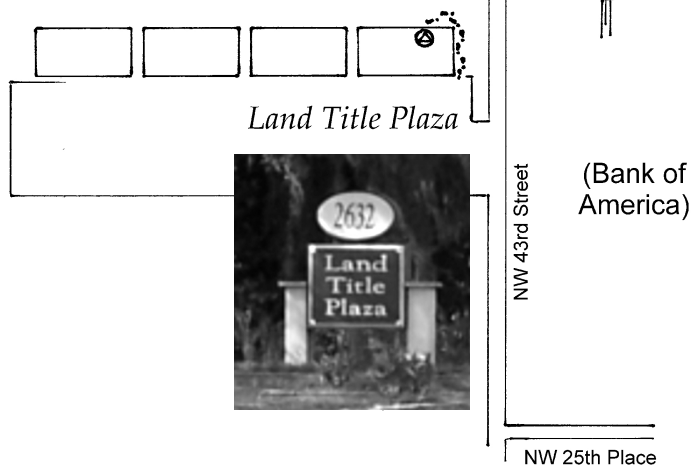
North Central Florida INTERGROUP

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. April 27th 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.