

## The Lonely Koi

My grandfather had an outdoor koi pond. As a child, I loved watching the brightly colored fish swim together—they looked like thick ribbons. I'd even touch them occasionally and feel their scales under my fingers as long as possible before they snapped their bodies away. There was always movement in the larger section of the pond, camaraderie, life. However, there was one koi that floated alone near the edge of the pond, its eyes vacant and cold.

As a child, I empathized with this koi, talked to it, tried to absorb its loneliness in order to take that dark feeling away. I knew what it felt like to feel severed from the larger group, to be misunderstood, worthless, and too unique to be helped. Knowing what I know now, I'd tell that fish to get the hell over itself, turn around and swim.

During my days of drinking and using, the stress of loneliness beat against my bones. The pain once heated up inside of me to the point of releasing itself in hives because, in my sickness, I had no one to talk to, no one who really got it. I've learned that this is only another spirit-sapping illusion produced by the disease of alcoholism. The "yes, but" response is us

unknowingly playing the puppet to our disease's destructive and powerful hand, allowing it to speak for us, prevent us from growing, keep us sick. I first came to AA with

the intention of listening to the insanity of others to prove my own sanity and that I didn't belong with you people. Hilarious.

I know that if I didn't start this spiritual journey, my previous "terminally unique thinking" would have eventually killed me. Imagine a video of the lonely-by-choice koi existing to the side. Now imagine that video sped-up—a swirl of colors and flashes of the lively koi behind the koi that remains the same, lethargic and self-loathing, until it disappears. See, one year, the lonely koi was gone. It had died.

Before I came to AA and began practicing the spiritual principles, discovering that I did in fact belong here, that I didn't have to be alone anymore, I was dying a little bit more every hour, the glow of my individuality dimming. I've accepted that I am, in fact, unique—but so is everybody else.

Now I can look up during the closing prayer of a meeting, feel the pulse of hands holding mine, and get a glimpse of peace.

*~Anonymous*





## Our Community News

The **Triangle Club** held its annual **Easter Celebration**. The festivities began with a special meeting of the New Life group featuring a guest speaker who shared his 51 years of experience, strength, and hope with about 80 fellow alcoholics. This was followed an Easter egg hunt and a dinner of ham, yams and veggies which was much appreciated by all who attended. A very special thank you goes out to the Unity, Eye Opener and Gratitude groups for their contributions.

The *District 14 Archives Committee's* annual **Founders Day** birthday celebration will be held, once again, at Trinity United Methodist Church on Saturday, June 7th from 4:00 to 10:00 p.m. This year's event promises to be another wonderful evening complete with a few surprises and featuring J from Tampa sharing his experience, strength, and hope; and C, who has 49 years of sobriety, speaking on the history of AA. As in past years, we will wrap up the evening with a dance. The main course will be supplied by the event committee and attendees are encouraged to bring a covered dish or desert to share. Tickets are \$5 in advance and \$10 at the door and are already on sale.

The long-awaited facsimile edition of the first edition of the *Big Book* is now available for distribution. This is an exact replica – using original thick paper, dust cover, etc. Copies available at the **Intergroup** office. Price: \$12.72, including tax.

A group has been formed on campus called – what else? – **Campus Group**. This is an open discussion meeting which meets at noon on Wednesday, Thursday, and Friday at Peabody Hall, room P401. See [www.northcentralflaa.org/wandw.html](http://www.northcentralflaa.org/wandw.html).

### Service opportunities:

**Intergroup** will be electing a new Chair and Alternate Chair in June. The position of Alternate Treasurer is still open.

Volunteers with at least six months sobriety are always needed to answer the phone for the **AA Hotline**. There are always new openings with slots of time varying from 2 hours to overnight. For further information, call B or S.

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

June: "*Commencement – One Day at a Time*"

July: "*Our Common Bond*"

August: "*Virtual Sobriety*"

All comments on these topics are welcome and will be printed in respective issues. Addresses may be found elsewhere in the POST.

Thought for the Day: "**If the topic is humility, don't raise your hand.**" ~Anonymous

# Congratulations!

## April 2014 Anniversaries

### Big Book Basics

M - 12 yrs

### By the Book

KH - 1 yr (February)

S - 2 yrs

### Cross Creek

JB - 32 yrs

### Downtown

GN - 13 yrs

### Everything or Nothing

TS - 1 yr

### Eye Opener

CH - 7 yrs

### Fourth Dimension

EW - 1 yr

### Free to Be

C - 2 yrs

VP - 8 yrs

TK - 28 yrs

DC - 1 yr

### Gratitude

SH - 4 yrs

BK - 6 yrs

PC - 9 yrs

### New Freedom

DC - 1 yr

CL - 2 yrs

JN - 33 yrs

### Saturday 10th & 11th Step

TE - 1 yr

### The Way Out

B - 2 yrs

DG - 16 yrs

### Thursday Women's

CJ - 1 yr

JF - 1 yr

JS - 27 yrs

### Tuesday Night Step Study

H - 5 yrs

### Wholesale Miracle

MS - 29 yrs

### Women's Serenity Seekers

RT - 2 yrs

NF - 2 yrs

*Happy Birthday*

### Everyone Has One

## "They've Got to Want It"

That's what I was told when I recently asked other AAs to look out for a struggling newcomer. Now, when it comes to getting sober, I get that. That wasn't what I was talking about. This newcomer had come out of rehab on fire about her newfound sobriety. What she was struggling with was a case of cold shoulders. I'd seen it: rolling eyes when she wasn't looking, frostiness from normally warm and caring people, even outright public shaming for an innocent mistake. All I was asking was for others to try to be her friend.

Their excuse? They were giving tough love, just as they had been given. Really? What I saw was more like high school than AA. People were hiding behind tough love as an excuse to be rude to a person they didn't like. What kind of example of sobriety is that? I saw this woman have her heart bruised repeatedly, all because she was a little too exuberant. She confessed to me that she felt utterly shut out. Fortunately, she relocated and has found a much warmer welcome in her new home.

I am usually so proud of the fellowship, but I was ashamed at the way we treated this fellow sufferer. She surely isn't the only one to experience this, and it makes me wonder who else has been turned away by so-called "tough love." Next time you are annoyed by a newcomer, remember how isolating our disease already is, and don't add to an already crushing load.

Please, if you're going to be tough, don't leave out the love.

## North Central Florida Intergroup Minutes

### March 30, 2014

Meeting opened at 1p.m. with the Serenity Prayer, followed by the introductions.

Attendance: JV., IGR New Freedom; EM., GSR Good Morning God; MB., GSR SMS, IG chair; TR., Alt GSR 4th Dimension; EB., GSR Downtown Group, Alt IG chair; CH, Solutions, JV., IGR All Inclusive, 352 FCYPAA; DA., YPG, 352 FCYPAA; BB., A Vision for You; BK., IGR Everything or Nothing; BK., Alt IGR Free to Be; SR., IGR Saturday 10 & 11th Step; JM., Promises, Office Manager; LM., IGR Hawthorne Group; R, Every Step We Take; PM., IGR The Way Out, IG secretary; MV., IGR Promises; LK., IGR Tuesday Night Step Study; LH., IGR Keystone.

Secretary's Report: Motion to accept made by JV, seconded by EM. Motion passed.

Treasurer's Report: Treasurer not available; motion to accept as printed in POST made by JV, seconded by BK. Motion passed.

Phone Committee: B reported there are six slots open and there is a need for volunteers. Requested all Reps announce at meetings.

Literature and Merchandise: JM reported all literature & merchandise is up to date. The facsimile copy of the original Big Book will be available in April for a cost of \$12.00.

Where and When: JM reported the next printed copy will be printed after six changes are made to meetings or new meetings are listed. However, the website information is up to date.

Activities: Activities are listed in the P.O.S.T. on the Community News page. Also, there are flyers for upcoming events included in the P.O.S.T. Speaking of the P.O.S.T., it was mentioned that we are the only newsletter that publishes our financial information. We discussed the possibility of putting the P.O.S.T. on the website. W made a motion to do that, seconded by T. Of course there was much discussion of anonymity per Tradition 11. R suggested that names be left out. Also, the financial information can be left out as well. A suggestion was made to ask the groups what they would like to see in the P.O.S.T.. The webmaster would be taking care of putting the P.O.S.T. on the site. Lastly, it was suggested that the P.O.S.T. be made available to District for distribution in jails and institutions.

A from FCYPAA announced the convention will be held in NCF at Camp Kulaqua in High Springs or the Hilton in Gainesville on July 4, 2016. There will be a gathering at Gesthesame Lutheran Church at 39th Ave. and 34th St. on April 12, 2014 beginning at 10 a.m.

Motion to close made and seconded. Closed at 1:40 p.m. with "We" version of Serenity Prayer.



"What matters is what works,  
not my opinion of what works."

November 1991

From: "Trusting the Silence"

*Beginners' Book: Getting and Staying Sober in AA*

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**The Magic Carpet Meeting**

a Grapevine based meeting

6:30 p.m. Tuesday – Room 204

Trinity United Methodist Church

For more information: [Grapevine@AAAnflDistrict14.org](mailto:Grapevine@AAAnflDistrict14.org)

**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.*

**Email in A.A. -- Access, Addresses, and Rotation**

It is not necessary to own a personal computer to utilize email. Many A.A. members in service who do not have computers use free email services to obtain an email account specifically as their A.A. email service. They can check their email account at public libraries, internet cafes, etc.

For A.A. service positions, generic email addresses can be passed from one trusted servant to the next at rotation time. For example, an email address such as [webmaster@aanfldistrict14.org](mailto:webmaster@aanfldistrict14.org) could, upon rotation, be passed on, maintaining the email identity for the position, ensuring that the trusted servant currently in that position receives the messages intended, without requiring that all correspondents update their email address books with every change of office.

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**352 Bid for FCYPAA\***

**Mission Statement**

To enhance the quality of sobriety for the young at heart in AA. We lead positive social change and practice our principles in all of our affairs. We deliver value to new members.

**The Big Book, pg. 132:**

"We have been dealing with alcohol in its worst aspect. But we aren't a glum lot. If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life."

**Financial Focus and Performance:**

To serve our fellowship and raise awareness for the growing YPAA movement. To inspire breakthroughs to achieve immediate and lasting change in peoples' lives.

\* [FCYPAA: Florida Conference of Young People in Alcoholics Anonymous]

# District 14

## DCM Corner

I would like express my gratitude to all of the GSRs, Alt-GSRs, and Service Coordinators who attended this past Area 14 Assembly as well as this month's District 14 Meeting. At the Area 14 Assembly we were once again the best represented District in the Area. I can't tell you how great it is to get the level of participation that we enjoy in our District. I am humbled by all of your service. It was a very productive Assembly and I think everyone enjoyed the experience. Our Delegate is headed to the General Service Conference in New York and I will report back on what occurs there.

The next District 14 Meeting will take place on May 14th and I encourage any member interested to attend. We will be continuing with our District 14 inventory. There are many opportunities for service at District and I hope you will take advantage of them.

Anyone wishing to contact me can do so on the District 14 website, [aanfldistrict14.org](http://aanfldistrict14.org), or directly at [dcm@aanfldistrict14.org](mailto:dcm@aanfldistrict14.org).

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

## 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]

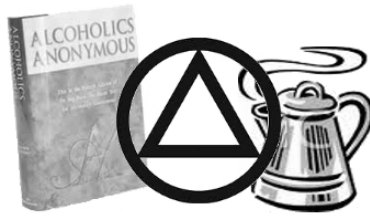
### North Florida Area Assembly

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



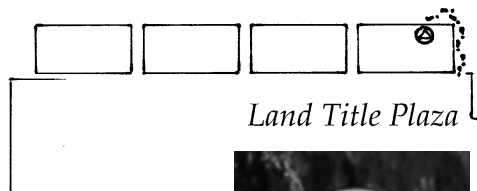
# North Central Florida INTERGROUP

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.



Land Title Plaza



NW 43rd Street  
 (Bank of America)  
 NW 25th Place

## Meetings schedule

The "*Where and When*" is available at our office, and on-line at our website: [www.northcentralflaa.org/wandw.html](http://www.northcentralflaa.org/wandw.html)

## P.O.S.T. Submissions

Send articles and anniversaries to: [ncfipost@cox.net](mailto: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](http://www.northcentralflaa.org/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 monthly meeting will be held on the last Sunday of the month. May 25th 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.