

Our Common Bond

If anyone asks how I found Alcoholics Anonymous, I like to tell them that I went to AA before I really came to AA. As for many, it was a rocky start. That first meeting was my doctor's requirement for dodging inpatient detox.

Sent forth with the assurance that I would meet countless others like me, I instead found a group of no more than six (very different) people. I was younger by at least 20 years, in far better physical condition, and without the laundry list of consequences that everyone else had. I spent the next hour of my life quietly weeping, furious that I was stuck with these... alcoholics. I was so angry that I actually destroyed the white chip those aliens forced on me.

After that disaster, I swore I would rather take Antabuse every day of my life than go to another meeting. Two weeks and dozens of bottles later, I was pushed back through the doors. The ones I stumbled through this time led to the Sunday night beginners' meeting at Vista.

It.

Was.

Huge.

I found a seat against the wall and sat in a

complete haze for the next 60 minutes. I still have no idea what the topic was, who was there, or whether I said anything other than my name. There is only one thing I am certain of: I needed that huge meeting.

Even through my drunken fog, I could pick out three or four people that I identified with immediately. Anyone who has been to that meeting knows the incredible hodgepodge of people that attend: oldtimers, newcomers, detox patients, all ages, all races, all backgrounds. "We are people who normally would not mix." The only thing that made this motley crew make sense was that we all want to stop drinking.

That common bond turned out to be my lifeline. It is the starting point for my deepest



friendships and the basis for my most fulfilling life. I don't need to know anything else about you in order to help in any way I can. We are all trying to stay sober, and that's enough. In the beginning, that was all I

could really process.

Now, I know that's all that really matters.

~Anonymous

Carrying the message...

The P.O.S.T. (and more) in Cyberspace

The *Power of Sober Thinking* can now be found online. You can find the current and past issues (back to January of 2014) at <http://www.northcentralflaa.org/d.post/post.html>. Browse the Intergroup home-page (<http://www.northcentralflaa.org>) to find the *Where and When* (our schedule of meetings), notices of special events, and more.



Our Community News

The much anticipated **Founders' Day** celebration is just around the corner. This annual event, put on by the *District 14 Archives Committee*, is always an evening to remember. As for many years, it will be at Trinity United Methodist Church, 4000 NW 53rd Avenue, this year on Saturday, June 7th from 4:00 p.m. to 10:00 p.m. Festivities include fellowship, a delicious dinner, history and story speakers, a very special skit, and a dance with our own DA as DJ and more. Our main courses are supplied, and attendees are encouraged to bring a covered dish or dessert to share – preferably in a disposable dish. Tickets are \$5 in advance and \$10 at the door.

The *International Conference of Young People in Alcoholics Anonymous* (ICYPAA) has been around for years, unbeknownst to many members of the AA community. The **56th Conference** is being held in San Antonio, Texas on August 21-24 at the Grand Hyatt Hotel. Registration info: www.56thicyppaa.org or pick up forms at the Intergroup office.

FYI - Conferences and celebrations around Florida . . .

Sober in St. Pete, June 6 – 8. Please email info@soberinstpete.com

A Design For Living, June 20 – 22 in Tampa. Email gydell@fl.rr.com

Sisters by the Sea, July 25 – 27 in Naples. Email sistersbythesea2014@gmail.com

Women in Recovery, August 15 – 17 in Delray Beach. Website <http://thewomeninrecovery.com>

Service - The third leg of the Recovery Triangle . . .

FS, of Ft. White, has volunteered to fill the long-vacant post of Alternate Treasurer for *Intergroup*. He was voted in (unanimously) at the April meeting. Way to go, F!

Volunteers with at least 6 months sobriety are always needed for the **AA Hotline**.

Election for Chair and Alternate Chair of *Intergroup* will take place at the May 25th meeting. That's at Schaffer Hall, 2505 NE 9th Street, at 1:00 p.m.

Ask your sponsor if service is right for you!

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

July: "*Independence or Interdependence?*"

August: "*Virtual Sobriety*"

September: "*The Spiritual Axiom*"

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

Thought for the Day

"The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails."

~Anonymous

Congratulations!

May 2014 Anniversaries

Big Book Basics

WM - 8 yrs

Downtown

MO - 13 yrs

Eye Opener

C - 2 yrs

N - 1 yr

LS - 31 yrs

KK - 4 yrs

K - 3 yrs

JF - 6 yrs

PS - 32 yrs

B - 4 yrs

TH - 10 yrs

4th Dimension

C - 15 yrs

New Hope

R - 8 yrs

Free to Be

MT - 1 yr

CD - 3 yrs

JB - 6 yrs

NN - 2 yrs

Gratitude

CG - 1 yr

CB - 9 yrs

KK - 5 yrs

SG - 1 yr

Hawthorne Group

DF - 29 yrs

B - 18 yrs

RL - 10 yrs

Out to Lunch Bunch

JC - 1 yr

SK - 6 yrs

DW - 26 yrs

Promises

C - 35 yrs

Solutions

DC - 24 yrs

GC - 10 yrs

PC - 8 yrs

The Way Out Group

BB - 5 yrs

Wholesale Miracle

E - 8 yrs

Women's Serenity Seekers

JP - 27 yrs (April)

DB - 6 yrs

DN - 1 yr

Happy Birthday

Everyone Has One

My Brain Tells Me . . .

Opinions, viewpoints, perspectives, attitudes...we all have them getting ourselves to a paradigm shift. For me, arriving with a positive outlook is my hope. Hearing "Faith is hope with a track record" motivates me. Our process to these destinations takes effort: action in response to the suggestions.

What is the point? Where am I going with this? Having arrived in the winter of my life brought questions. Why am I doing it and how important is it? In the joy of sponsorship came answers in the form of questions. I've been asked often: "What do humility, serenity, joy, peace, love look and sound like?" Being concerned with recognizing inventory-taking, I had to ask myself: Do I have these to any degree.

In conclusion, this became my daily prayer. In being kinder, gentler, and more understanding, with generous amounts of the time, talent, and treasures given to us all, could and would I give and receive? God gave us all these to be compassionate to our fellow travelers.

~JD

North Central Florida Intergroup Minutes

April 27, 2014

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

Attendance: B, A Vision For You; BM., Eye Opener; CH, Solutions Group; DC, Thursday Women's Step Study; EB, Alt Chair, Downtown Group; JM, IG office manager; JV, Alt New Freedom, Alt Geezer; JD, Alt Tuesday Night Group; LH, Keystone Group; LM, Hawthorne Group; MBr, IG Chair, Sunday Morning Sobriety; EM, Good Morning God; PM, IG Secretary, Way Out Group; RG, Unity Group; SR, By The Book; TP, IG Office; WM, Webmaster/P.O.S.T layout. FS, Faith, Hope, Strength; NF, Women's Serenity Seekers; JS, HALT Group.

Secretary's Report: Motion by E to accept as published in the P.O.S.T., seconded by R.

Treasurer's Report: After some discussion, the report was tabled to the next meeting since the treasurer was not present and there were some questions.

Phone Volunteers: B reported there are open slots that need to be filled. He asked all present to announce it at their meetings.

P.O.S.T.: J noted that two new people have stepped up to help publish the P.O.S.T. A motion was made by S, seconded by T, to publish the P.O.S.T. on the Internet, with only initials in place of names, to protect anonymity. Motion passed.

Literature and Merchandise: The facsimile of the original Big Book is now in the IG office. They can be purchased for \$12.00, plus tax.

Where and When: There will not be a new printed version until a number of changes (e.g.: new meetings, location or time changes, etc.) occur in the listings.

Activities: Founder's Day event is coming up on June 7th. The Triangle Club may be hosting a July 4th event. There will be a BBQ at Faith Presbyterian Church, located at 2738 SE 21st St Rd in Melrose on May 17th. Please bring a side dish. The **Gratitude Dinner** will be held on November 1, details to follow as the date draws near.

Old Business: JV nominated FS to the long-vacant Alternate Treasurer position. F accepted the nomination and was voted into office without dissent.

New Business: Election for new Chairperson and Alternate for the IG meetings will be held at the May meeting. The commitment is for two years.

E moved to adjourn with T seconding. Meeting closed at 1:43 p.m. with the Serenity Prayer.



the
Grapevine
Corner

For more information: Grapevine@AAAnflDistrict14.org

"AA works on all kinds of nuts (including myself). I just needed to find the right wrench."

Oceanside, California

From: "The Right Wrench"

The Grapevine, November 2013

The Magic Carpet Meeting

a Grapevine-based meeting

6:30 p.m. Tuesday – Room 204

Trinity United Methodist Church

"Group Histories" Series

Magic Carpet Group

The Magic Carpet Group is a closed meeting, every Tuesday at 6:30pm in room 204 at Trinity United Methodist Church, 4000 NW 53rd Ave. in Gainesville. The business meetings are held on the 4th Tuesday at 6:00pm in the same room.

The idea for the Magic Carpet Group surfaced after an Area 14 Assembly meeting in the Spring of 2013. During that time, the District 14 Grapevine Service Coordinators Mark A. and Will H. discussed with one another meetings which exclusively used the Grapevine magazine as a platform for discussion topics. Having found none, it was decided that a new meeting could be created to serve this purpose, to help fulfill the Grapevine's Mission Statement:

"The AA Grapevine, Inc., is publisher of the International Journal of Alcoholics Anonymous. Its primary purpose is to carry the AA message to everyone interested in alcoholism through its magazines, websites, and related items, which reflect the experience, strength, and hope of its members and friends on topics related to recovery, unity and service..."

The Magic Carpet group had its first meeting on September 24, 2013, and shortly after had elected a General Service Representative (GSR), Chris H. Each week, a reading is selected from which a discussion topic can be generated. The readings come from different Grapevine publications, including the current month's issue, past issues, *Best of the Grapevine* volumes, other AA Grapevine Inc. publications such as *Emotional Sobriety*, *Spiritual Awakenings*, *Step by Step*, and finally from *The Language of the Heart* (all of Bill W.'s Grapevine writings). The last meeting of the month studies a Tradition.

The new *Grapevine Daily Quote Book* captures the first 365 days of the Grapevine Daily Quote, which initially appeared in June 2012.

The quotes—contributed by AA members, with many written by AA's co-founders—were selected by the Grapevine staff. All of these passages initially appeared in the pages of Grapevine as part of members' stories and other submissions, and many of them can now be found in Grapevine's themed book anthologies. Each daily quote is accompanied by the title of the story it came from, the original issue date, and the geographical location of its writer. Listed at the bottom of each page is the Grapevine book in which the quote can also be found.

For yourself, or someone you know, each page in this pocket-sized book offers an inspiring passage of experience, strength and hope to bring into your daily life. To order your book for only \$10.99, go to:

<https://store.aagrapevine.org/Showgroups.aspx?PK=M45PAG2>

-- Submitted by MA

District 14

DCM* Corner

Thank you to all who attended the District 14 Meeting on May 14th. Your service is greatly appreciated. The meeting went very well and we continued with our District Inventory.

I would like to remind everyone of our upcoming Founders' Day event on June 7th. Also I encourage all members of AA to think about serving at the District level next year. Elections will be held in October for all District service positions. These positions include all Officers and Committee Service Coordinators: DCM, Alt DCM, Secretary, Treasurer, Accessibilities, Archives, Corrections, Cooperation with the Professional Community/Public Information (CPC/PI), Grapevine, Literature, and Treatment.

District 14 needs all these positions filled in order to help carry the message to the alcoholic who still suffers. You can go to the District 14 website, <http://http://aanfldistrict14.org/structure-and-guidelines.pdf>, to view descriptions and qualifications for each position in the District 14 Structures and Guidelines.

Thank you for allowing me to serve.

BC., DCM, District 14

*DCM: The District Committee Member is the link between GSRs and the Area Delegate.

District Service Committee Meetings

District 14 Business Meeting

Second Wednesday, 6:00 p.m.
Westminster Presbyterian Church
1521 NW 34th Street

Accessibilities and CPC/PI

No meetings scheduled.

Archives

First Tuesday, 7:00 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 32606-7551
[Checks payable to: NCFI]

District 14

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

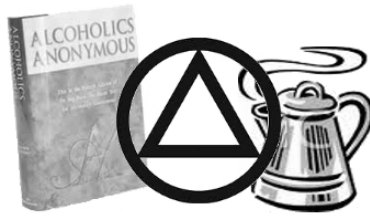
North Florida Area Assembly

P.O. Box 360831
Melbourne, FL 32936-0831
[Checks payable to NFAC]

General Services Office

P.O. Box 459, Grand Central
Station, NY, NY 10163
[Checks payable to GSO]

NCFI



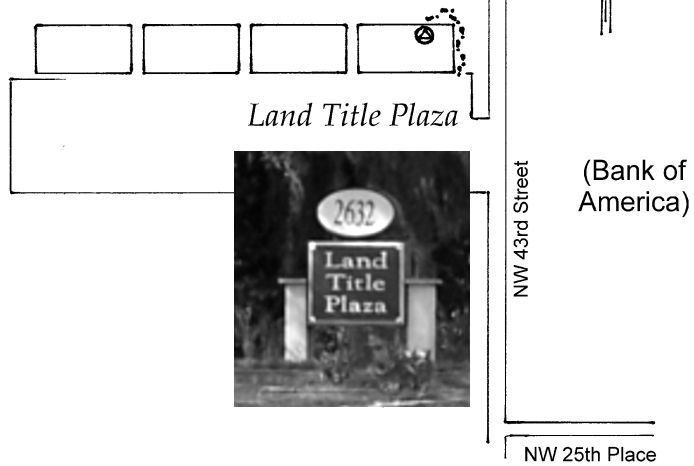
North Central Florida INTERGROUP

Our office is located in
Land Title Plaza

2632 NW 43rd Street, Suite 1182
(Same office. New number on the door.)
 Gainesville, FL 32606-7551
 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.*



Meetings schedule

The *Where and When* is available at our office, and online 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 online at 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, June 29th 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.