

Healthy Dependence

My first year in Gainesville, before I found Alcoholics Anonymous, I lived on the top floor of a large old pink house that had been converted into apartments. My freezer contained nothing but vodka and maybe a few bits of chocolate. I remember my mother coming to visit me and laughing at the contents of my freezer, making a joke so she wouldn't be forced to admit that her daughter was as sad and helpless as the upside-down bugs at her feet.

I drank myself into a coma nightly ("Because," I would say, "It helps me sleep. I'm a light sleeper"). I was nearly hospitalized for an infection that was a result of a neglectful, unhealthy, spiritually bankrupt lifestyle. And I prided myself on being so independent.

I prided myself on not needing help, on not needing God. The reality? I couldn't be alone—meaning I couldn't stand myself—without alcohol.

"The more dependent I became on God, the more independent I actually became." I read this somewhere in my first ninety days of recovery,

while "trying" to "work" the third step. What I failed to realize for a while was that "trying" to "let go" doesn't make sense. Letting go is the opposite of that clenching, anxious "I'm *trying*" we all know so well.

I still feel a carousel turning in my chest from time to time, each turn tightening something around my heart. Anxiety over life and self is natural for many alcoholics. Now, when I feel anxious, I know I need to turn to God.

Because when I depend on God, step into the stream of goodness and let it carry me, my hands release their fearful and uncomfortable grip on life. And that carousel eventually stops spinning stress into my blood, and, sometimes quickly, sometimes slowly, I'm

able to let go of my dependence on others, as well as my dependence on alcohol and mind-altering substances, and stand on my own with a full and brightly beating heart.

-- A.S.



A Marvelous Service Opportunity

A seat on the Editorial Board of the *P.O.S.T.* will soon become vacant. If you are interested -- for yourself or for someone you sponsor -- please contact Jay, William or Pati for more information, or write to post@northcentralflaa.org.



Our Community News

This year's **Founder's Day** event held on Saturday, June 8th was, once again, an evening to remember!! It all began with fellowship and a delicious buffet supplied by the attendees, followed by the Sobriety Countdown with our newest member in sobriety receiving a Big Book signed by our oldest member. This year's history speaker was fantastic and the main speaker, GL, held our attention with his great story and sense of humor. The evening wrapped up in

style with a 50/50 raffle and dance.

These events take an enormous amount of hard work and dedication and our heartfelt thanks go out to the District 14 Archives Committee, the home groups who co-sponsored, and the many, many volunteers who worked so hard to bring this wonderful event about for our entire community to enjoy!

Intergroup elections were held at the last meeting and two new officers were elected to replace outgoing Chair and Alternate Chair, MB and EB. SR will be our new Chair and JV will serve as Alternate Chair. MB and EB were voted a big "thank you" for their past service and a round of applause ensued for the newly elected officers.

Reminder: "**Sisters by the Sea**" will be gathering in Naples, from July 25 to 27. For more information, email sistersbythesea2014@gmail.com.

The General Service Board of AA is putting on the **2014 Southeast Regional Forum** in Isla Verde, Puerto Rico, hosted by, among others, all three Florida Areas, on September 26 – 28. Complete information is contained in the enclosed flyer.

The Hawthorne Group, along with Intergroup, are again sponsoring the **Picnic at Camp Good News** on Saturday, August 16th. The picnic is open to all AA members, family and friends and has proved quite successful. Meat and beverages will be provided; desserts and side dishes most welcome. See enclosed flyer.

Hold the date!!! The **District 14 Service Fair** will take place on Saturday, September 27th at the Parkview Baptist Church which is on NW 13th Street (north of McDonald's and south of Publix, on the opposite side of the street). More will be revealed...

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

August: "*The Spiritual Axiom*"

September: "*Why a Service Fair?*"

October: "*Virtual Sobriety*"

Articles and letters on these or other topics are welcome and will be printed in the respective issues.

Send your contributions to post@northcentralflaa.org.

Thought for the Day

"I have discovered I can no longer keep one foot back in my old place while trying to stand straight in the new."

~Anonymous

Congratulations!

June 2014 Anniversaries

Big Book Basics

KM - 1 yr

By the Book

BM - 6 yrs

Everything or Nothing

LA - 4 yrs

J - 3 yrs

Eye Opener

GH - 2 yrs

JH - 17 yrs

S - 13 yrs

A - 18 yrs

Free to Be

IS - 2 yrs

W - 4 yrs

G - 5 yrs

MM - 7 yrs

4th Dimension

CG - 44 yrs

BS - 6 yrs

Gifts of Sobriety

TM - 12 yrs

Gratitude

EM - 41 yrs

GH - 1 yr

JJ - 21 yrs

LC - 6 yrs

MA - 23 yrs

RD - 25 yrs

VN - 4 yrs

Women's Serenity Seekers

AS - 4 yrs

B - 26 yrs

DB - 24 yrs (May)

D - 5 yrs



Hawthorne Group

JD - 6 yrs

JL - 2 yrs

S - 2 yrs

Language of the Heart

ND - 2 yrs

Melrose Happy Hour

PG - 21 yrs

JS - 8 yrs

New Freedom

P - 38 yrs

JH - 38 yrs

JV - 33 yrs

CB - 30 yrs

A - 4 yrs

JC - 1 yr

Promises

JM - 46 yrs

Wholesale Miracle

WD - 31 yrs

Everyone Has One

Anonymity and Advocacy

Since the birth of Alcoholics Anonymous there has been controversy in regards to the tradition of anonymity and how to reach the still suffering alcoholic. I have never understood how one of the long term slogans of our fellowship is "You are as sick as your secrets" and yet we are instructed at the end of most meetings to be silent about the information shared amongst our fellows. We are told to live in secret.

However, I understand the individual's right to choose to be anonymous vs. someone like me who believes in sharing my story publicly. I do not live with secrets anymore. I also use my story to advocate awareness in the community, to send a message of hope, to reach someone who otherwise could not be reached. I am not ashamed to be who I am today; there is no reason for me to live in the shadows.

~Anonymous

North Central Florida Intergroup Minutes

May 25, 2014

The meeting opened at 1:02 p.m. with the Serenity Prayer, followed by introductions of all present.

Attendance: BM, Eye Opener Group; D, Thursday Women's Step Study; EB, Alt IG Chair, Downtown Group; FS, Alt Treasurer, Faith Hope Strength; HB, Alt Solutions; JV, New Freedom, Alt Geezers Group; JD, Alt Tuesday Night; KH, Alt All Inclusive Solution; LM, Hawthorne Groups; MB, IG Chair, Sunday Morning Sobriety; PM, IG Sec, Way Out Group; SL, IG Treasurer, New Freedom; SR, Saturday Morning 10th/11th Step.

Secretary's Report: I somehow managed to leave out of the minutes several people who attended the meeting last month, and I apologize to all. After this was brought to my attention and noted, EB made a motion to accept with JD seconding. Motion passed.

Treasurers Report: SL brought the group up to date regarding the financial statement, stating there were outstanding checks not posted in the P.O.S.T. There was a discussion regarding the group contributions. Due to limited space, only the groups that have sent in contributions are noted in the P.O.S.T., not all existing groups. Motion to accept by EB, seconded by JV. Motion passed.

Phone Committee: As of May 25th, there were three openings to be filled. JM asked all to announce to their groups.

P.O.S.T.: The *P.O.S.T.* is now being both printed published on the website, along with the *Where & When*. Anonymity is respected in all website publishing.

Activities: EB mentioned Memorial Day festivities at the Triangle Club. Fun starts at 10:00 a.m. with food after the Speaker meeting featuring JV.

Founders Day tickets were still available at the IG office.

Old Business: No old business to discuss.

New Business: JV nominated SR for IG Chair for the next term. D seconded. MB nominated EB, seconded by K. SR was elected and she accepted the position. JD nominated JV as Alt Chair, K seconded. JV was elected by acclamation and accepted the position.

Motion to close was made by MB, seconded by K. Motion passed.





"The most beautiful gifts of my life come to me in packages I do not recognize at first glance. In fact, I often don't see them until I've stumbled over them. Yet I know that when I go about my business in service to AA and to others these gifts will appear, usually in the most unexpected places."

Costa Mesa, California

From: "The Gift of Sobriety"

The Grapevine, February 1993

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

Be a Grapevine Rep!

Has your sponsor suggested service work? Being a Grapevine Rep is an easy way to carry the message of AA and stay sober!

- * Announce the latest issue at your meeting
- * Talk about the magazine's content – the stories make great topics for discussion
- * Encourage your group to participate by sending in stories, art work or jokes
- * Spread the word about Grapevine's new services and products
- * Attend the monthly Grapevine Committee meeting

How to get started:

Offer to be of service - let your home group know that you are interested.

Sign up on the Grapevine website at www.aagrapevine.org/gvr.

You will receive a complete information kit from the Grapevine office.

Information copied with permission from aagrapevine.org.



Pearls of Wisdom

1. I can only peel one potato at a time. I cannot have the whole sack done in one peeling.
2. Don't count the days. Make the days count.
3. If I don't take a drink today, I'll never take a drink because it's always today.
4. If I have one eye on yesterday and one eye on tomorrow, I'll be cockeyed today.
5. If I drink, I can't think. If I think, I won't drink.
6. Patience: You can't get the milk until the cow eats the grass.
7. Join the construction gang and not the wrecking crew in AA.
8. Do what you are supposed to do and when you are supposed to do it.
9. Do the things you fear the most and the fear will go away.
10. You get too busy to go to meetings. Then you get too tired to go to meetings. Then you get too drunk to go to meetings.
11. I go to meetings to hear what happens to people who stop going to meetings.
12. If you obey you won't go astray.

District 14

DCM* Corner

I would like to thank all who participated in this month's District 14 Meeting. I very much appreciate your service to our District and I know your individual groups do as well. We had a successful and productive meeting and continued with our District Inventory. Plans are also continuing for the upcoming District 14 Service Fair to be held on September 27th.

District 14 also voted to send a letter of endorsement to FCYPAA on behalf of our local 352 Bid Committee. I wish them success in bringing the Conference to our area.

Don't forget our next North Florida Area 14 Assembly is July 11th, 12th, and 13th. The next District 14 Meeting is July 9th. I encourage all members to consider serving at District 14. Please come join us at the District 14 Meeting and find out about the service opportunities that will be available.

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, and serves as Chairperson for District business meetings. Want to know more? Ask your sponsor.

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 Tuesday, 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]

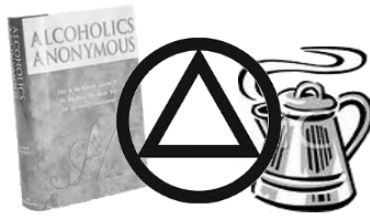
North Florida Area Assembly

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



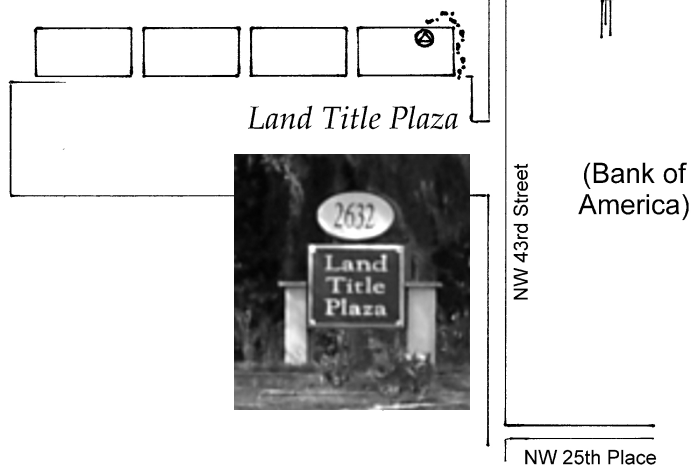
North Central Florida INTERGROUP

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: post@northcentralflaa.org 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, July 27th at 1:00 PM, in Schaffer Hall, 2505 NE 9th Street

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>.

Our home-page, <http://www.northcentralflaa.org>, has links to the *Where and When* (our schedule of meetings), notices of special events, and more.