

The Spiritual Axiom

“It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us” (Twelve Steps and Twelve Traditions, p. 90).

My sponsor references this quote a lot. And it isn't usually the first thing I want to hear when I'm pissed, upset, wallowing, attempting to justify my feelings, etc.

The logical side of me can eventually understand that, even when I feel my “disturbance” isn't all on me, it isn't helpful to allow a disagreement or conflict to belly-flop on the calm water that may have been my prior mood. But, in my sick alcoholic brain, I often don't think I'm doing myself any justice by only focusing on myself, by not expressing my “disturbance” with whoever disturbed me.

Because I'm entitled to share my feelings. My feelings are important. My feelings need to be heard. My feelings.

My feelings.

My stubborn feelings.

The thing is, though, as an alcoholic, I rarely just share my feelings. I usually feel compelled to control how a person reacts to those feelings. And if they don't react the way I want them to react (they almost never will), I feel it is my job, my duty to myself, to make them. And when they don't react the way I want them to react again, I get a little more heated, a little more

disturbed, a little more crazy.

Every.

Single.

Time.

That's when the problem becomes my problem, and not their problem. Now, all that craziness is confined to my blood, my bones, burning me alive. This pain can be avoided if I only try to change what I'm capable of changing: me. Pay attention to what's inside of my hula-hoop, as many of us say.



If you're reading this, it's probably August, which means I have moved out of Gainesville. It's been a pleasure sharing my experience, strength, and hope through the P.O.S.T. I will miss my AA family in Gainesville with all my stubborn little heart.

~Anonymous

Special Thanks!

When a computer crash wiped out the entire data file for our *Where and When* meeting schedule last month, several volunteers pitched in to help re-construct it for the summer re-printing. Many thanks to KM, GW, BC, and NF for your emergency service! You've proven just how well the program works when we're willing to ask for help.



Our Community News

The *Primary Purpose Group of Lawtey* is, again, hosting their annual **Spaghetti Dinner** on Saturday, August 23rd starting at 4:00 p.m. with fellowship until 5:00 p.m., when the speaker, JI from North Carolina will take the stand. Dinner is planned from 6:00 p.m. until 7:00 p.m. when JI will resume his talk. Tickets for limited seating are \$10 in advance. For further info call JT,. See the flyer enclosed with the print version for more details.

Another festive event for August is the annual **Hawthorne Group Picnic** at Camp Good News, also sponsored by **Intergroup**. The fun starts at 11:00 a.m. on Saturday, August 16th. Meat and beverages will be provided and additional desserts and covered dishes will be most welcome. There is no admission charge and parking is also free. For further information, see flyer in print version.

It's time, once more, for the **District 14 Service Fair** scheduled for Saturday, September 27th commencing at 9:00 a.m. This will be an indoor event at Parkview Baptist Church, 3403 NW 13th Street. Many activities are planned as well as separate booths for each of the standing committees which will be available to explain the many opportunities for service work within the AA community. All members of our community are urged to attend and become more involved, especially newcomers. There will be no charge. Come and see what is behind the "Hand of AA."

We are still looking for volunteers to serve on the **Editorial Board of the P.O.S.T.** If you are interested yourself, or know someone who may be, please contact the current board for more information, or write to post@northcentralflaa.org.

As in years past, the *Promises Group* will again be holding **Saturday meetings** at Highlands Presbyterian Church, 1001 NE 16th Avenue, whenever home football games take place. The first of these is Saturday, August 30th. See flyer in print version for subsequent dates

Flyers are available at the *Intergroup Office* for anyone interested in attending the **Southeast Regional Forum** at Isla Verde, Puerto Rico.

Reminder...the annual **Gratitude Dinner**, sponsored by *Intergroup*, will take place on Saturday, November 1st, at Holy Trinity Church. More will be revealed.

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

September: "*Why a Service Fair?*"

October: "*Virtual Sobriety*"

November: "*Gratitude Is an Action*"

Thought for the Day

"Success requires dedicated work and tenacity."
~Anonymous

Contributions on these or other topics are welcome and will be printed in the respective issues. Send your articles and letters to post@northcentralflaa.org.

Congratulations!

July 2014 Anniversaries

10th & 11th Step

MH - 7 yrs

4th Dimension

L - 1 yr

JD - 5 yrs

By the Book

ML - 4 yrs

MC - 4 yrs

Everything or Nothing

WL - 28 yrs

BK - 25 yrs

KT - 2 yrs

Eye Opener

SR - 26 yrs

SR - 22 yrs

SP - 1 yr

Free to Be

A - 2 yrs

DM - 2 yrs

DL - 5 yrs

LM - 24 yrs

R - 26 yrs

Gratitude

RM - 2 yrs

JS - 2 yrs

RT - 9 yrs

PS - 14 yrs

SR - 17 yrs

Hawthorne Group

M - 22 yrs

Live and Let Live

BS - 41 yrs

Melrose Happy Hour

SC - 1 yr

LS - 6 yrs

J - 21 yrs

New Freedom

MH - 7 yrs

LS - 4 yrs

DG - 17 yrs

MR - 32 yrs

Solutions

H - 5 yrs (March)

Tuesday Night Step Study

S S - 3 yrs

BP - 5 yrs

Way Out Group

BO - 11 yrs

August Anniversaries? Send them to us by August 15th! post@northcentralflaa.org

Everyone Has One

Hope

Being a newcomer, I have very little knowledge or even a strong opinion about Alcoholics Anonymous. What I can say though is that since I've come into the rooms of AA, I have been given a sense of hope. The Promises, which are read either at the beginning of a meeting or at the end of one, give me a sense of hope that one day I will attain what is stated in the Big Book.

I remember the first few months I attended AA, I would hear the promises read, and shake my head in disbelief. By working these simple steps, I would find a new freedom. By working the steps, my horrible past could actually benefit someone else. By working the steps, I could have peace and serenity throughout my day.

Wow, what a concept! Upon getting a sponsor and working the steps, I feel that sense of hope that these promises *are* within my reach. I understand that I do have to work for these promises in order for them to occur in my life.

I am so grateful that AA and these promises have restored hope in me, and I will continue to keep coming back.

~Anonymous

North Central Florida Intergroup Minutes

June 29, 2014

Open: The meeting opened at 1:02 pm with the Serenity Prayer, followed by introductions.

Attendance: AG, Each Step We Take; B, A Vision For You; BM, Eye Opener; C; D, Thursday Women's Step Study; DM, Free To Be; FS, Faith Hope Strength, Alt Treas; HB, Alt, Solutions; JM, IG Office Manager; JS, HALT; JV, All Inclusive Solution; LD, Tuesday Step Study; MB, Promises; EM, Good Morning God; PM, IG Secretary, Way Out Group; PC, Visitor; RG, Unity, TILIS; RM, Geezers; SR, IG Chair, Saturday Morning 10th/11th Step.

Secretary's Report: The minutes were read and, there being no changes, motion to accept by HB, seconded by RM. Motion passed

Treasurer's Report: FS informed the group that Sally and he are working to streamline the spreadsheet. The groups were asked to get their groups' YTD donations and bring to July's meeting. Motion to accept as reported made by PM, seconded by RM.

Phone Committee: As of June 28th, there was one opening to be filled. The 12th Step list is being updated. On June 14th, the Fri 7-10 pm slot may be open. JM asked all to announce in their groups.

P.O.S.T.: The P.O.S.T. is looking for a volunteer to fill a position on the committee as an organizer. Contact JM at the IG office. The newsletter also needs more article contributions.

Literature & Merchandise: There are more copies of the facsimile of the original Big Book. They are still \$12.00. There will be new *Where & When* coming out soon.

Activities: We have flyers for the annual picnic in Hawthorne and the Lawtey spaghetti dinner. The dinner has tickets for \$10.00. Both events are in August. The Triangle Club is having a 4th of July event, with hot dogs, band, and a speaker meeting at noon.

Old Business: No old business to discuss.

New Business: IG has voted to donate \$200.00 to the Hawthorne Group for the picnic. The motion to donate was made by T, seconded by FS. JM suggested we pass on to the Hawthorne Group all picnic supplies we have on hand. Motion to give supplies made by L, seconded by T. Motion passed. The group sent a letter to the 2015 FCYPAA host committee in support of their bid.

Motion to adjourn by T, seconded by FS. Motion passed. Meeting adjourned at 1:40pm with the Responsibly Pledge.





"For me, there is no better feeling than the one I get running into another alcoholic when I'm feeling down. We alcoholics are bonded together by the sadness of a deadly disease and the miracle of a spiritual solution."

"Between a Bartender and a Bad-Tempered Boss,"
AA Grapevine, December 2006

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

The *Grapevine's* Contributions to AA

In its sixty-year history, the Grapevine has recorded the growth of AA and introduced many of the principles of the program and tools of sobriety, including the Traditions, the Preamble, the Slogans, and the Serenity Prayer.

The Twelve Traditions

In response to some of the pressing problems of the day facing AA groups, Bill W. wrote the "Twelve Suggested Points for AA Tradition," laying out the framework of what would become the Traditions. This historic piece was published in the April 1946 issue of the Grapevine.

The Preamble

As interest in the new Fellowship grew, the Grapevine editors wrote a brief definition, making the nature of the AA Fellowship clear to both members and nonmembers. The AA Preamble, in two concise paragraphs setting forth what AA is and what it is not, made its first appearance in the June 1947 issue.

The Slogans, the Serenity Prayer, and the Man on the Bed

Many of the sights and sounds familiar to us in AA meetings today were first introduced in the Grapevine. After seeing the Serenity Prayer in a newspaper in 1942, Bill W. and the early AAs had the Serenity Prayer printed on cards and included in all AA correspondence. By publishing it in early issues, the Grapevine helped usher it into general use within the Fellowship. The prayer has been a regular part of the magazine's format since July 1967.

The slogans, which had been circulating in early AA meetings, first appeared in their now familiar hand-lettered form in late 1956 and early 1957 issues of the Grapevine. Each was reproduced on the inside back cover and accompanied by an article about it.

The painting, "The Man on the Bed," was created for the December 1955 issue of the Grapevine. It is treasured by many AAs as a reminder of Bill W. and Dr. Bob's Twelfth-Step visit to AA number three and as a symbol of Twelfth Step activity. The Grapevine recently issued a new color reproduction of the painting.

Responsibility Declaration

The Responsibility Declaration was written for the 1965 International Convention in Toronto by Al S., a former Grapevine editor and trustee. Bill W. expanded on the theme in an essay called "Responsibility Is Our Theme" for the July 1965 Grapevine. It became a regular feature of the Grapevine shortly thereafter.

Big Book Stories

More than a dozen stories in the second, third, and fourth editions of the Big Book were first published in the Grapevine, as were the stories in AA in Prison: Inmate to Inmate and many quotations in As Bill Sees It. Over the years, the Grapevine also has provided articles for several AA pamphlets including "Problems Other Than Alcohol" and the Traditions Checklist.

District 14

DCM* Corner

We once again had an excellent turn out for the District 14 meeting. We were also very well represented at the Area 14 Assembly.

Just a reminder to all the District 14 GSRs and Alternate GSRs: The next Area 14 Assembly, which will be held on October 17th to the 19th, will be a voting Assembly where all new officers for Area 14 will be elected. In order to vote, your information at the Area will have to be current. Please contact me if you have any questions.

I would like to express my gratitude to all those who participate at the District and Area levels. Your service is a wonderful example of AA in action. It is a privilege to serve as your DCM.

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

Grapevine

Second Tuesday, 6:00 p.m.

Trinity United Methodist Church, Room 204
4000 NW 53rd Avenue

Accessibilities and CPC/PI

No meetings scheduled.

Literature

*(None -- Service opportunity available
for volunteer Chairperson!)*

Archives

First Tuesday, 7:00 p.m., Triangle Club

Phones (NCFI Committee)

Second Tuesday, 5:00 p.m., Intergroup Office

Corrections

Third Tuesday, 5:30 p.m.
Triangle Club, Board Room

Treatment

First Monday, 6:30 p.m., Triangle Club

Visit the District 14 website at www.aanfldistrict14.org for more information.

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]

North Florida Area Assembly

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

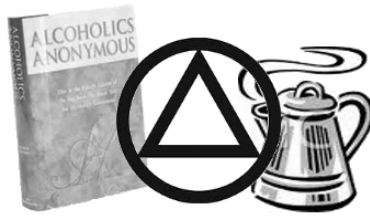
District 14

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

General Services Office

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

NCFI



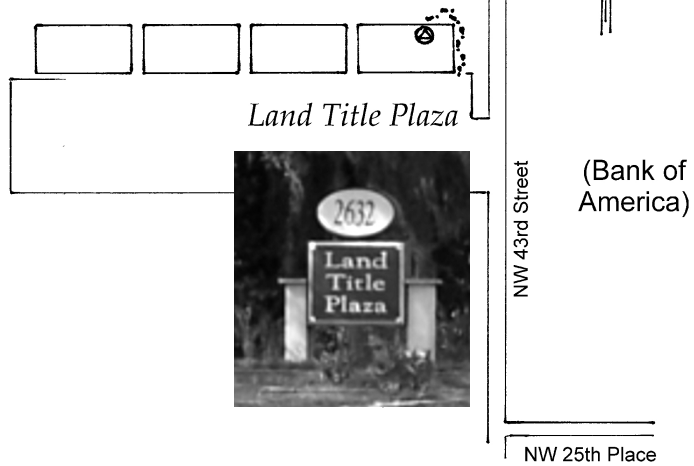
North Central Florida INTERGROUP

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, August 31st 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.