

Virtual Sobriety

Each day I wake up sober is a true miracle.

There are many things that contribute to my daily spiritual maintenance to facilitate my growth in recovery, and allow me to continue developing an amazing relationship with my higher power. As I wake, get my first cup of coffee, and sit down to my morning routine I frequently utilize today's technology to supplement my sobriety. There is an "app" I use each day for a morning spiritual reading and I frequently use my "virtual" Big Book to read pages 84-88. I also use a meditation timer to help me track my meditation time and progress.

Within the first hour of my day I have already used the technology and the virtual world numerous times. When I have found myself travelling or isolated geographically from meetings I have used on-line meetings to check in and forums to discuss a problem I might be having. I have used on-line resources such as meeting finders or phone lists for other AA areas when I am out of town. I have read other alcoholics experience, strength, and hope through blogs or websites they created



to carry the message. There is so much out there to explore!

With that being said, I also know that nothing can take the place for me of a real meeting of Alcoholics Anonymous, of sitting with and seeing my fellow alcoholics, of the fun and fellowship of a dinner before a meeting or a good football party on the weekend.

Nothing can take the place of working the steps and living the principles of the program on a daily basis.

Nothing can supplant the suggestions and care of a sponsor or a sister or brother in sobriety who truly know me.

I could easily go to a dangerous place if I am allowed to hide or isolate in a virtual world. Therefore, I use virtual resources to supplement my sobriety in a really useful way, but I still fall asleep each night after reading my hard copy of my Big Book with all of its dog-eared and highlighted pages.

Connecting with that book, connecting with other alcoholics at meetings, and working to carry the message to others in person is the reality of what has to happen for this alcoholic to stay sober, one day at a time.

~Anonymous

What's Your Take?

Do you have ideas or opinions, pro or con, about our recovery community? The P.O.S.T. is your place to have your voice heard. Articles of 250 to 350 words, and

opinion pieces of about 150 to 200 words are welcome.

Send your thoughts (in .doc format) to post@northcentralflaa.org.



Our Community News

The 23rd Annual **Gratitude Dinner** sponsored by *North Central Florida Intergroup* will take place on Saturday, November 1st, at Holy Trinity Church, 100 NE 1st Street. Fellowship begins at 4:30 p.m. followed by the traditional cake auction, dinner, and a speaker. Tickets are now on sale within the AA community at \$15 each. No tickets will be sold at the door.

Much work will be done by members to make this another memorable affair. To learn how to be of service for this event contact the Intergroup Office at 352-372-8091 for the next committee meeting.

The *Primary Purpose Club* and *New Hope* and *Good Morning God* groups, 1329 NW 6th Street, are sponsoring a "**Leadership and Sponsorship**" **Workshop** on Saturday, October 25th from 10:00 a.m. to 2:00 p.m. Food, fun, and fellowship are promised along with multiple speakers and Q&A sessions.

The **Saturday Promises Group** meetings will be moved to Highlands Presbyterian Church, 1001 NE 16th Ave., on Gator football home game days. Please note the following dates:

October 11th & 18th;

November 16th & 22nd.

This pertains to both the beginners meeting at 7:00 p.m. and the Speaker meeting at 8:00 p.m.

The **Atlanta Men's Workshop** at Rock Eagle, GA is scheduled for October 10th-12th. Flyers are available at the Intergroup Office, 2632 NW 43rd Street.

District 14 Elections will be held in October. The terms of all Officers and Service Committee Chairs will expire at the end of the year. In the spirit of rotation, all these positions will be open for election.

A complete listing of District officers and service committees, their duties, and the *recommended* qualifications can be found in the District "Structure and Guidelines" document online at <http://www.aanfldistrict14.org/structure-and-guidelines.pdf>. Talk to your sponsor about standing for one of these positions, or talk to the people you sponsor about adding this level of service to their recovery program, then come to the October 8 meeting, 6:00 p.m., at Westminster Presbyterian Church, 1521 NW 34th Street.

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

November: "*Gratitude Is an Action*"

December: "*Giving Back*"

January: "*Resolutions Made...Now What?*"

Thought for the Day

"I tried to drown my sorrows, but the bastards learned how to swim" --*Frida Kahlo*

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!

September 2014 Anniversaries

10 & 11th Step Meeting

SR - 6 years

Big Book Basics

DD - 10 yrs.

By The Book

KN - 7 years

CC - 21 years

Everything or Nothing

RH - 10 years

New Life

JH - 39 years

Eye Opener

RD - 1 year

BS - 23 years

AO - 27 years

AF - 30 years

Gratitude

JH - 4 yrs

JB - 35 yrs

Unity Group

JS - 2 years

BB - 20 years

Women's Step Study

LM - 10 yrs

M - 28 yrs

SH - 33 yrs

CN - 34 yrs

RG - 22 yrs (Aug)

Women's Serenity Seekers

LA - 17 yrs



October Anniversaries? Send them by October 15th to: post@northcentralflaa.org

Everyone Has One

Passing the Buck?

Back thirty years ago, when I first gave up the high cost of low living, that "high cost" came to about a buck for a glass of draft beer. Anything else, the cost rose quickly. Asking around today, I find that the cost of low living -- and just about everything else -- has more than doubled.

Some things have stayed the same, though. The dollar that most folks would toss in the basket is still, today, what most ex-drunks chip in. The coffee and cookies cost a heck of a lot more now than they did then, not to mention the rent!

My home group isn't the only place my contributions help to carry the message, either. Our District committees take meetings into jails and treatment centers, spread the word among doctors, lawyers, and the judicial system, and practice our Twelfth Step in a lot of other ways. Intergroup pays for the 24-hour hotline, sponsors the New Years Alkathon and other sober celebrations, and prints this very newsletter as well as the "Where and When" on paper and online. The General Service Office in New York ensures that the Big Book and all our other literature get published and distributed as needed, and serves as the spinal cord for the unity of Alcoholics Anonymous everywhere.

All this takes money. The greatest part of that has to come from what we toss in the basket as we sit in a room with others, keeping ourselves sober one more day.

Last time you spent a night tying one on, did it cost you more than a buck? Can you afford to do a little more to keep the hand of A.A. open for the next drunk who needs it?

North Central Florida Intergroup Minutes

August 31, 2014

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

Introductions of attendees: BK, Everything or Nothing; BM, Eye Opener; CH., Solutions Group; FS, Faith Hope Strength, Alt Treas; HB, YPG; JV, Alt New Freedom, Alt Geezer, Alt Chair; JD, Alt Tuesday Night; KH, All Inclusive Solution; LM, Hawthorne Groups; MV, Promises; EM, Good Morning God; RG, Unity Group, TILIS; RM, Geezers; PC, Gratitude; AG, Every Step We Take; LB, 4th Dimension; BF, All Inclusive Solution; JS, HALT; NF, Womens Serenity Seekers; LD, Tuesday Night Step Study.

Secretary's Report: Minutes were read as published in the POST. LD made a motion to accept and HB seconded. Motion passed.

Treasurers Report: Treasurer absent and Alt Treasurer made a motion to accept the report as published in the POST. RMseconded. Motion passed.

Phone Committee: There was one open slot which BF volunteered to cover so all slots are now covered. However, there is always a need for volunteers as backups.

POST: There was one correction made in the section for birthdays. The name read Date which should have been Dave. Correction noted. There is always a need for articles and in each POST there is a list of topics to write about.

Literature and Merchandise: As always, the store is well stocked. There were 120 facsimile editions sold.

Where and When: Up to date.

Activities: There are a number of activities coming up and flyers are in the POST. The Primary Purpose Club is having a birthday party to celebrate four years of being open. It will be Saturday, September 13th at 11:30 a.m. It is a potluck celebration.

Old Business: The first committee meeting for the Gratitude Dinner will be held on Wednesday, September 10th at 5:00 p.m. in the Intergroup office. The Gratitude Dinner is going to be On Nov 1st. Need volunteers.

New Business: A memorial for our friend, GG will be held Sun, Sept 7th at 1pm at the Triangle Club.

There being no further business, KH made a motion to adjourn, seconded by HB. The meeting was adjourned at 1:20 p.m. with "we" version of Serenity Prayer.



"Learning is the very essence of humility. The two walk hand in hand. Humility, as I see it, grows out of an urge to learn from everyone and everything."

~ "Distilled Spirits,"
Walnut Creek, California
AA Grapevine, May 1988

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

Why Alcoholism is a Disease

(Reprinted from Unity, Dayton, Ohio)

When I came to A.A. in 1989, I quickly heard people talking about the "disease of alcoholism." I didn't understand that concept and while I felt others might have a disease, my excessive drinking was due to my lack of willpower and poor character. After some years of recovery I came to accept the idea of it being a disease but kind of assumed it was so because A.A. said it was. In 2001, I became a part of a chemical dependency clinic and began my new career as a counselor, now part time. As I began to study chemical dependency I gradually learned why addiction is a disease and want to share what I've learned.

In 1956, the American Medical Association defined alcoholism as a disease and in 1991, further defined it as a treatable type of mental illness. Well, what exactly makes it a disease? I have learned that to be classed as a disease, two things have to exist.

First, the process has to harm the person in some definite way: physically, mentally, emotionally, or spiritually. Well, addiction certainly does that!

Second, the process has to have easily identifiable signs and symptoms. Just as a common cold has its symptoms (coughing, sneezing, runny nose, etc.) so does addiction. Medical experts and chemical dependency counselors will point out some of the early signs of alcoholism include repeated DUIs, blackouts, loss of control, and drinking for relief from some type of pain -- physical, emotional, spiritual. In addition, alcoholics display many other symptoms such as work and family problems, continual lying, isolating, etc. We also know that alcoholism strongly affects brain function and can do serious physical damage in its later stages.

So, having met the two critical criteria, we can see that the alcoholic is ill, not just a bad person. This knowledge can help to make recovery easier and the illness much more treatable.

~ D.C.

District 14

DCM* Corner

I would like to thank everyone who attended the District 14 Meeting. We once again had an excellent turn out and I very much appreciate your service. The next District 14 Meeting which will be held on October 8th will be our voting meeting. All of the District Officers and Service Committee Coordinators will be rotating out at the end of the year, so we will be voting in their successors at the October meeting. If you are interested in standing for one of these positions you will need to be at that meeting.

These are wonderful opportunities for service. For more information on these positions you can go to the District 14 website (www.aanfldistrict14.org) and review them in the District 14 Structures and Guidelines or refer to your AA Service Manual. If you have any questions you can contact me directly through the District 14 website.

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]

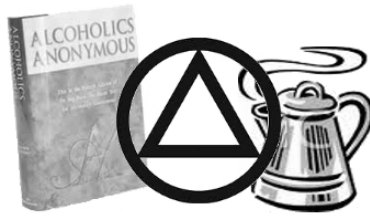
District 14

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



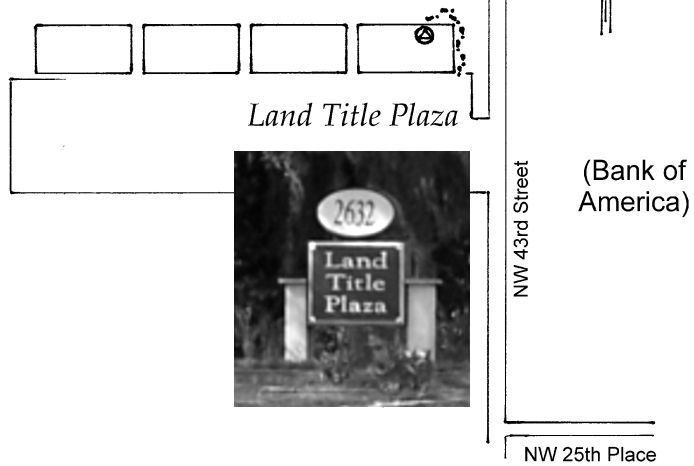
North Central Florida INTERGROUP

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, October 26th 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.