

## Gratitude is an Action

Responding to this topic took me on a journey that was necessary and overdue. Initially, I thought that I had nothing interesting to say and thought I should back out. Because I have been around for a little while, I was grateful to know that I could get help: there is an action.

First, I thought about what gratitude means to me. Then I read about gratitude. I talked to other alcoholics. At meetings, I listened for references to gratitude and related actions. I prayed for help. That effort alone showed me, an alcoholic born and bred in fear, self-sufficiency, and isolation, what I have learned.

I got lots of help with this writing. One friend said that "Without gratitude, I am immobilized". Another said, "Experiencing gratitude has allowed me to connect with my heart, with feelings unfettered by self-protective, self-serving thoughts – feelings that are honest and open. Whatever comes out of that wellspring of gratitude that I can occasionally tap is pure, and allows me to take action (or not) with an open heart." A third said, "Read Chapter 7 in the Big Book!"

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### Gratitude's Roots

I was surprised to learn that the word "gratitude" does not appear at all in the first 164 pages of the Big Book. Despite that, however, I do not for a minute believe that the "first 100" who hammered out those foundation words for

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Gratitude-based actions that have become part of my life as a result of the program of Alcoholics Anonymous are mental and physical, and for the most part new to me. I get on my knees and thank God for my day. I work on my perception of events, past and present. In service, I come out of myself and put others first. I try to do the next right thing and practice the principles in all my affairs. Most of all, I exercise my right to have a good life today and tomorrow, and to look at my past failures as necessary lessons.

I am grateful for having the opportunity to write this.



*Dr. Bob's home at 855 Ardmore Avenue in Akron, Ohio, where thousands of suffering alcoholics got their first glimpse of their chance at recovery through a new way of living.*



## Our Community News

The **Intergroup Annual Gratitude Dinner** is fast approaching. It will take place at Holy Trinity Church 100 NE 1st Street, on Saturday, November 1st. Festivities start at 4:30 p.m. with fellowship followed by the famous Cake Auction. Dinner starts at approximately 6:30. There will be an open speaker meeting after dinner which anyone may attend. Tickets are \$15.00 each for the dinner and are still available. None will be sold at the door.

Next on the Intergroup agenda is the **New Year's Eve Alkathon**, which begins at noon on December 31st and goes around the clock until noon on January 1st. This will be held at the Triangle Club as usual, and groups which want to participate will get slots and times at the November 30th Intergroup meeting. More will be revealed.

Flyers are now available at the Intergroup Office for the **44th Gulf Coast Round-Up** to take place at the Ramada Beach Resort on Okaloosa Island on February 13th – 15th next year. This year's theme is "Language of the Heart". There will be AA speakers as well as Al-Anon speakers. Further information will be printed in the December issue of the P.O.S.T.

The **Promises Saturday Meeting** continues to be held on Saturday Gator Football home game days at Highlands Presbyterian Church, 1001 NE 16th Ave. The remaining dates are November 16th & November 22nd. Beginners meeting starts at 7:00 p.m. and speaker meeting at 8:00 p.m.

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

December: "*Giving Back*"

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

February: "*What's Behind The Steps*"

### Thought for the Day

"Faith will move mountains, but bring a shovel."

--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](mailto:post@northcentralflaa.org).

### Gratitude's Roots

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our fledgling fellowship lacked gratitude, nor that they were unaware of its importance. Rather, reading between the lines, I believe the principle of gratitude was so implicit that they felt no need to spell it out.

Writing of his "last debauch," Bill tells us what he didn't yet know: that he soon "was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes." In his own story, Dr. Bob says, "It is a most wonderful blessing to be relieved of the terrible curse with which I was afflicted."

Though the word may not be used, gratitude is unmistakably part and parcel of recovery in A.A.

# Congratulations!

## October 2014 Anniversaries

### By The Book

RC - 7 yrs

### Downtown

CP - 15 yrs

### Everything or Nothing

DO - 3 yrs

### Eye Opener

DH - 31 yrs

SL - 28 yrs

### Women's Step Study

SS - 3 yrs

PM - 26 yrs

### Gratitude Group

PC - 2 yrs

GM - 2 yrs

SZ - 3 yrs

RK - 5 yrs

SW - 12 yrs

RG - 24 yrs.

### Hawthorne Group

D - 11 yrs

### Solutions

T - 25 yrs

### The Way Out Group

LE - 39 yrs

### Tuesday Night Step Study

LD - 16 yrs

### Unity Group

AD - 1 yr

DO - 37 yrs

### Women's Serenity Seekers

J - 7 yrs (Sept)

C - 12 yrs (Sept)

L - 18 yrs (Sept)

M - 21 yrs

*Happy Birthday*

**November Anniversaries?** Send them by November 15th to: [post@northcentralflaa.org](mailto:post@northcentralflaa.org)



## Open to Any . . .

Alcoholics Anonymous is open to any alcoholic who can fulfill these three essential qualifications:

1. A **sincere desire** to quit drinking.
2. A **willingness** to admit that they, by themselves, are unable to solve their problem, that they must have help.
3. The ability to be **honest** with themselves.

Anyone who has an alcoholic problem and who has these three qualifications can be assured of relief, a return to normal living, and peace of mind.

The members of Alcoholics Anonymous are not fanatics; they have no visions of saving the world. Neither do they have a quarrel with anyone's drinking. They tell no one that they should stop drinking, but to anyone trying to find asurcease from an agony of body, mind, and spirit caused by drinking that cannot be controlled, they are ready to extend their aid and help, and show the jpath they have followed in finding recovery.

[Reprinted from an old pamphlet titled *Who, Me? Yes, You.*]

## North Central Florida Intergroup Minutes

### September 28, 2014

The meeting opened at 1:00 p.m. with the Serenity Prayer, followed by introductions of all present.

**Attendance:** AG, Every Step We Take; BK, Free to Be; BK, Everything or Nothing; BM, Eye Opener; CD, Alachua Tuesday Night; CH, Solutions; DH, Everything or Nothing; FS, IG Treasurer, Faith Hope Strength; HB, YPG; JM, Office Manager; JV, All Inclusive Solution; JV, Alt New Freedom, Alt Geezer; KH, All Inclusive Solution; LD, Tuesday Night Step Study; LM, Hawthorne Groups; MV, Promises; EM, Good Morning God; PM, IG Secretary; PS, Womens Step Study; RG, Unity Group; RM, Geezers Group; SR, Saturday Morning 10th/11th Step, IG Chair.

**Secretary's Report:** Motion to accept as read by K, seconded by R. Motion passed.

**Treasurer's Report:** Motion to accept as read by JV seconded by L. Motion passed

**Hotline Phones:** JM reported that as of September 28, there is only one slot available: Wednesday from 5:00 to 8:00 p.m. There is always a need for back up volunteers.

**P.O.S.T.:** JM says they still need people for the editorial board, The P.O.S.T. committee meets at the IG Office at 5:00 p.m. on the first Monday of the month.

**Literature and Merchandise:** The office is full of all kinds of things for sale.

**Where and When:** WM (the webmaster) has been keeping it up to date in printed form since September's computer crashed. Print copies are not done unless there are several group changes. All meeting changes need to be submitted to the IG office on the printed form which are available at the office or can be downloaded from the Intergroup website: [www.northcentralflaa.org](http://www.northcentralflaa.org).

**Activities:** Gratitude Dinner is coming up on November 1. Tickets are on sale now for \$15.00 each. There will not be any sold at the door. There are many opportunities for service to get the dinner put on, including cooking turkeys, baking fabulous cakes for the auction, bringing desserts for the dessert table, as well as helping to decorate the hall. Call the IG office for the contacts for the auction cakes and the decorating committee.

The Primary Purpose Club is putting on a workshop on Oct 25th starting at 10am. "Leadership and Sponsorship" is the topic.

There will be a Halloween dance at the Triangle Club on Friday, October 31, after the speaker meeting. FCYPAA will have a meeting the same night at 7-8pm.

**Old Business:** There has been an ongoing situation with the Treasurer and she has resigned. FS was Alt Treasurer and was voted in to take her place. He was volunteered by the "Stooges."

**New Business:** EM requested \$100.00 from IG to help with expenses of the workshop. K made a

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"Through doing the Steps and receiving love from my AA family, my perception of life has changed. Once my thoughts changed, so did my actions, then, finally, the results."

~"A Craving to Live,"  
Susanville, California  
AA Grapevine , December 2007

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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)

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## Intergroup Minutes

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motion to grant the request, seconded by J. Motion passed.

There is now a need for an Alt Treasurer and Alt Secretary. The treasurer needs to have a working knowledge of Excel and at least 5 years sobriety. In the event there is no qualified person at the time of group elections, the current person will remain in office until such time as one can be found.

Now is the time to start thinking about the Alkathon. The groups wishing to participate will be picking times at the October 26 IG meeting. IG will be supplying the coffee and snacks.

Motion to adjourn made by B, seconded by K. Motion passed.

The meeting was adjourned at 1:30pm.

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## If Booze Had Warning Labels Like Cigarettes Do...

**Warning:** The consumption of alcohol may cause you to think you can sing.

**Warning:** The consumption of alcohol may lead you to believe that ex-lovers are really dying for you to telephone them at four in the morning.

**Warning:** The consumption of alcohol may make you think you can logically converse with members of the opposite sex without spitting.

**Warning:** The consumption of alcohol may leave you wondering what the hell happened to your underwear.

# District 14

## DCM\* Corner

It has been a busy time for both the North Florida Area and District 14. We had elections at District 14 and Area 14. I am pleased to report that we have people willing to serve in all of our Officer positions and Service coordinator positions at District. Some won't be finalized until the next District 14 meeting. You will be able to see who these volunteers are in the District 14 minutes.

We also had an excellent turnout at the Area 14 election assembly this past weekend in Lake Mary. A new panel was elected to serve for the 2015-2016 term which will be held here in Gainesville. I would like to thank all those who participated. Your willingness to serve is inspiring.

Hope to see you at the next District 14 Meeting on November 12th.

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

### CPC/PI

Fourth Thursday, 6:45 p.m., Triangle Club

### 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](http://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]

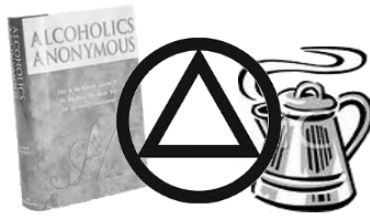
### District 14

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



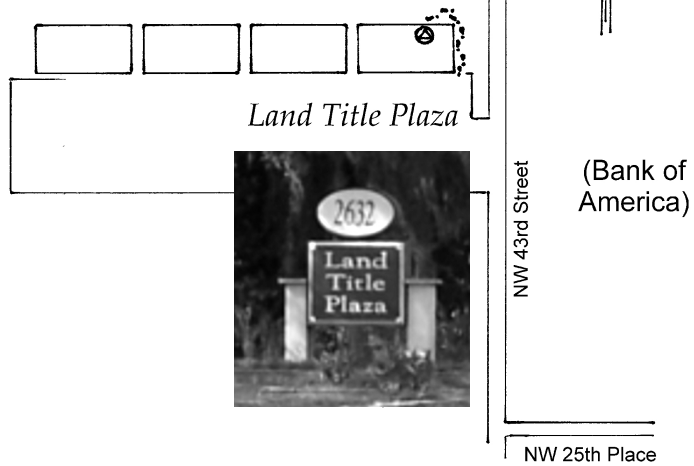
# North Central Florida INTERGROUP

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](http://www.northcentralflaa.org/wandw.html)

## P.O.S.T. Submissions

Send articles and anniversaries to: [post@northcentralflaa.org](mailto: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](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, November 30th 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.