

Giving Back

As 2014 comes to a close I am inspired to reflect on things I've learned this past year. Throughout times, both good and bad, one thing has truly been consistent in my life . . . love and support from my AA family. I have been given a gift of friendship, unconditional love, and continuous support from so many different people in the AA community.

This, I have come to believe, is truly my Higher Power at work through others. As I have watched my sponsor and others in the AA community with wonderful sobriety that I admire, I notice one thing that is especially integral to them in working their AA program: their emphasis on service. I have come to understand that through helping others I can live the 3rd step prayer and allow my Higher Power to "relieve me of the bondage of self."

Giving back to the AA community through working the phone lines, helping with the POST, and taking a service position in my home group have all been wonderful experiences; however,

doing some service and giving back outside of AA has also become an integral part of my life.

In reaching out to the homeless downtown with sandwiches and blankets recently I was surprised with a wonderful spiritual experience



in which I had the opportunity to talk to two people who are also in recovery. I was able to focus on the similarities and identify with

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The Gift of Service

Service may be something as simple as making coffee or setting up chairs for a meeting. As you grow in your recovery, you'll find service opportunities at further levels of commitment, including Intergroup, District, and Area.

North Central Florida Intergroup has many ways that you can get active.

Do you like talking with people about A.A.? The Hotline is always looking for volunteers to answer the phones. Even when all the time-slots are filled, we need alternates to fill in when the regulars cannot. See the insert in this issue for more information.

Maybe you're interested in creative work? The P.O.S.T. needs someone to do layout once a month, and can always use writers. Send an email to webmaster@northcentralflaa.org for details.

Or simply come to the monthly Intergroup meeting -- date and time are given each month on page 7 -- and ask how you can get involved.



Our Community News

This year's Intergroup **Gratitude Dinner** was again an outstanding event. All the tickets were sold with some last minute scrambling for some by late comers. The fund-raising cake auction was the scene of much hilarity as members competed to outbid each other for each of the 12 spectacular cakes donated by really dedicated AAs.

Our chef, Marty S. again produced a splendid meal, assisted by AA members as well as Al-Anon helpers and there was plenty of food for everyone. The speaker HP gave a really solid AA story followed by much applause and our auctioneer, CP, kept things moving right along and netted \$2,335.00 as a result.

All in all, over 60 AA and Al-Anon members doing vital service work made this celebration, in a beautifully decorated hall, an evening to remember.

The **New Year's Alkathon**, sponsored by Intergroup, will be held at the Triangle Club, 1005 SE 4th Ave. The event starts at 12:00 noon on Wednesday, December 31st and continues non-stop until noon on Thursday, January 1st. Meetings will be sponsored by various AA groups from throughout our community and refreshments will be provided by Intergroup. The Triangle Club dance will take place from 9:00 p.m. until midnight on New Year's Eve.

Area Assembly is coming back to Gainesville for the next two years. The next assembly will be held at *The Paramount*, 2900 SW 13th St. from January 9th through the 11th.

The **44th Annual Gulf Coast Round-Up**, will take place at the *Ramada Beach Resort* on Okaloosa Island. Registration can be made at www.gulfcoastroundup.com. Dates are February 13th, 14th and 15th, 2015. Registration and further information is also available at the Intergroup Office.

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

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

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

March: "**Spring Houscleaning . . . MMMM**"

Thought for the Day

"Knowing what's right doesn't mean much unless you do what's right"

--Theodore Roosevelt

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.

Giving Back (continued from page 1)

people through an act of love and kindness.

In my attempt to give back and focus on others I unexpectedly received so much more than I bargained for. Giving back allows me to live in a place of gratitude for the simple things in life. Giving back allows me to live more in the will of my Higher Power.

Giving back has ultimately become an amazing gift of sobriety.

Congratulations!

November 2014 Anniversaries

10 & 11th Step Meeting

MP - 27 yrs

LF - 2 yrs

Alachua Tuesday Night

AD - 1 yr (Oct.)

K - 1 yr (Oct.)

KK - 2 yrs (Oct.)

D P - 8 yrs (Oct.)

By The Book

MH - 2 yrs

CH - 1 yr

BN - 2 yrs

BC - 24 yrs

CW - 1 yr

BYOB

DM - 1 yr

MK - 2 yrs

L - 18 yrs

FS - 24 yrs

Cross Creek

JH 31 yrs

Everything or Nothing

LB - 4 yrs

MO- 1 yr

Eye Opener

LF - 2 yrs

JH - 1 yr

Free to Be

BP - 2 yrs

Hawthorne Group

TM 2 yrs

Tuesday Night Step Study

L - 5 yrs

K - 3 yrs

Women's Step Study

F 25 yrs

Happy Birthday

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



Everyone Has One

Thanks for the Reminder

Thanks for the latest P.O.S.T. It refreshed my memory of a meeting of the 'good ole days'. We would read an article from the *Language of the Heart* and then discuss it. Sad to say, when I got my copy out it had grown dust.

Every year I read and learn again one of the AA books, and in 2015 *Language of the Heart* is a must. Thanks for pointing out a valuable asset in print that many may have missed or forgotten.

Read the book as history.

Read the book for secrets of sobriety.

Enjoy a great fall and keep the P.O.S.T. coming . . . one day and one page at a time.

~ L.A.

(Step by Step group)

North Central Florida Intergroup Minutes October 25, 2014

The meeting opened at 1pm with the Serenity Prayer, next came introductions of all present.

Attendance: AG, Every Step We Take; BK, Free To Be; B, A Vision For You; B, Eye Opener; CH, Solutions; DH, Everything Or Nothing; FS, IG Treasurer, Faith Hope Strength; HB, YPG; JV, New Freedom, Alt Geezer; KH, All Inclusive Solution; KC, 4th Dimension; LD, Tuesday Night Step Study; MV, Promises; O, OTLB; PS, Thursday Women's Step Study; PM, IG Secretary; RG, Unity, T.I.L.I.S.

Secretary's Report: B made a motion to accept the report as read, H seconded. The motion passed.

Treasurer's Report: L made a motion to accept the report as read, with K seconding. The motion passed.

Phone Committee: As of Oct 26, there were three open slots. Volunteers are desperately needed to man the phone line.

Literature & Merchandise: We have a new pamphlet available in the IG office. Check it out.

P.O.S.T.: The P.O.S.T. is doing well, but could use a volunteer to help with layout.

Where & When: There are no new printed copies yet, but the website is up to date with new meetings and also which meetings are no longer around.

Activities: The Gratitude Dinner is coming up on Nov 1st, time is running out for tickets. There is still a need for dessert cakes. The Oct 25th workshop was a great success. The YPG is hosting a Halloween dance outside the Triangle Club on Halloween. There will be a dance at the Triangle Club Halloween from 9:00 p.m. to midnight.

Old Business: The groups that are participating in the Alkathon are: Tuesday Night Step Study, Promises, Free To Be, Saturday 10th & 11th Step, New Freedom, Everything or Nothing, YPG, Geezers, OTLB. The Alkathon will be from 12/31 starting at noon through 1/1 ending at noon.

New Business: There was no new business.

Larry made a motion to adjourn and Barb seconded.

Meeting adjourned at 1:23 p.m. with the Lord's Prayer.



"Growing pains are never to be feared, provided I am willing to learn the truth about myself from them."

~"The Greatest Gift of All"

A.A. co-founder Bill W.

The Language of the Heart, December 1957

The Magic Carpet Meeting

a Grapevine-based meeting

6:30 p.m. Tuesday – Room 204

Trinity United Methodist Church

For more information: Grapevine@AAnflDistrict14.org

Another Twelve

Here are another twelve tips that can help you stay on Recovery Road

1. The grateful heart is the sober heart.
 2. This is a give program. Don't give until it hurts -- give until it feels good.
 3. If you pray for potatoes, you better reach for the hoe.
 4. Some people make things happen. Some people watch things happen. And some people come to and say, "What happened?"
 5. Religion is looking for life after death. Spirituality is looking for life before death.
 6. Spirituality is looking for the glue that sticks us together.
 7. Remember well your beginning and the results will take care of themselves.
 8. If it is to be, it's up to me.
 9. Don't quit before the miracle happens.
 10. There is no such thing as a bad day. It's only a day that you did not get your own way.
 11. Don't just sit with the winners. Stick with them.
 12. If you *keep coming back*, you'll never have to wonder or worry if you can *make it back*.
-

Letting Go of Old Ideas

The ideas that got so deeply imbedded in our lives during drinking do not all disappear quickly, as if by magic, the moment we start keeping the plug in the jug. Our days of wine and "Sweet Adeline" may be gone, but the malady lingers on.

So we have found it therapeutic to nip off many old ideas that start to sprout up again . . . We don't have to hang on to them any longer unless, upon examination, they prove valid and still truly fruitful.

~ Excerpted from *Living Sober*, page 70

District 14

DCM* Corner

I would like to thank all who turned out for the District 14 Committee this month.

I am also pleased to report that all of the Service Coordinator positions for the District Service Committees and all of the District 14 Officer positions have now been filled. It is hard to express how grateful I am to all of the members of Alcoholics Anonymous who are willing to invest their time and effort in serving District 14.

The next District 14 Committee Meeting will be held on December 10th. Please join us as this will be the last meeting of the currently-serving District 14 Committee Service Coordinators and Officers. I hope to see you there.

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

CPC/PI

First Thursday, 6:00 p.m., Triangle Club

Archives

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

Corrections

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

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]

District 14

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

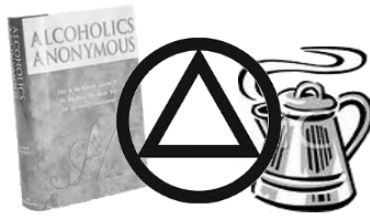
North Florida Area Assembly

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

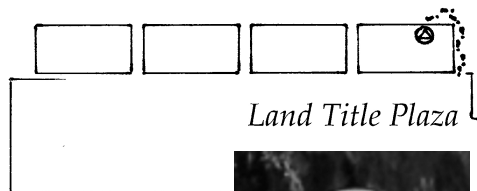
Our office hours are:

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.



NW 43rd Street
 (Bank of America)
 NW 25th Place

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, December 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.