

## Spring Cleaning . . .

### Spring Cleaning -- Mmmm . . .

That's a pretty normal and sane reaction to spring cleaning: Mmmm. It means I'm thinking about it. I'm deciding what needs to be done, I'm preparing to do it, and I'm looking forward to having a nice clean house.

Sometimes, even in recovery, my reactions aren't so normal and sane. "Spring cleaning - Oh!, %#@&!!!" is never a good start. It opens the floodgates of my brain's "excuse factory". I think all alcoholics seem to have one of these. Present me with something I simply don't **want** to do, and I will instantly come up with a wide selection of excuses. Then I will choose the one that's just right for you. That's right! Custom-made BS - just for **you!** It's carefully calculated to get ME out of doing what I don't **want** to do. This all happens in less than a second.

People who think excuses are a "dime a dozen" clearly aren't alcoholics. They don't even know where to shop. We alcoholics know where to get them for free - and in bulk. And whoever said "Excuses are like \_\_\_\_\_, everybody has one" - again, not an alcoholic. *Really? Just one!?*

I can do the same thing with my program that I can do with spring cleaning. It doesn't mean I don't want the benefits. Of course I want to stay sober. Of course I want the promises of the AA program to continue to come true. But just like the clean house that I want; sometimes I just don't want to WORK for it.

Fortunately, the AA program has a solution

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### Keepin' Life Cleaned Up

I'm continually humbled and amazed at how simple and effective the directions and principles are in our literature. The Big Book, in the chapter "Into Action," shows me how to keep my day on track (pages 85-88) where steps 10 and 11 can keep me from the mire of anger and resentment. I believe that Bill Wilson knew that, as flawed humans, we would fall short of having a "perfect program" and gave us some (God-inspired) fail-safes when he wrote the more explanatory "12 & 12."

It took almost 20 years of reading that book before I realized that the 10th step talks about five different inventories, of which the "periodic inventory" suggests to me a "Spring cleaning" or yearly inventory. My sponsorship family uses a home-made series of questions, based on the literature, which addresses inventory in four main areas: physical, mental, emotional, and spiritual (and how their health or dis-ease affects our sobriety). The goal is to have peace: a quiet mind and an open heart, in order to be of maximum use to God and our fellows.

This spring cleaning is an opportunity to sit down with someone who knows me well (my sponsor) to see how the "stock in trade" (my sobriety, my life) fared in the last 12 months or so.

Having done this for many years now I look forward to the "fact finding and fact facing" revelations. I am often humbled (and somewhat

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## Our Community News

The **352-FCYPAA Committee** held two events over the Valentine's Day weekend. On Friday, sober alcoholics from far and wide came to hear J, from Daytona, tell her story, then to dance the rest of the night away.

The following evening featured a spaghetti dinner, a cake auction, and a Relationship Panel. P and K, L and J, and J and N shared their experience, strength, and hope about sober relationships.

Both evenings served dual purposes: offering support for recovery in the moment, and raising funds for the Committee's bid to bring the Annual FYCPAA Convention to Gainesville. More fun events are being planned -- stay tuned!

The **Area 14 Quarterly Assembly** is again being held in Gainesville at the Paramount, 2900 SW 13th St, the weekend of April 10th through 12th.

There will be a meeting on Friday night and Workshops all day Saturday. The Business Meeting will be on Sunday at 9:00 a.m. This is an opportunity for all AA members, especially newcomers, to experience Alcoholics Anonymous beyond local meetings and the District. They may feel part of a new level.

The **11th Annual Soberstock** – 2015 is scheduled to take place on Friday, March 13th through Sunday March 15th, at Camp Brorein, 16901 Boy Scout Rd. in Odessa. This event is for AA members, family and friends. Tents only. For further information, go to [www.soberstock.com](http://www.soberstock.com). Registration forms will be available at the Intergroup Office.

The **5th Annual Sunshine Convention** will be held the weekend of May 15th through May 17th in Crestview, FL. There will be lots of AA and Al-Anon speakers, meals and fellowship. For further information see [www.sunshineconvention2015.com](http://www.sunshineconvention2015.com). Registration forms are also available at the Intergroup Office.

The **2015 International Convention** of Alcoholics Anonymous, a celebration of 80 years of Happy, Joyous and Free, will take place in Atlanta, July 2nd through July 5th. Enclosed please find a brochure covering this most important event. Flyers are also available at the Intergroup Office.

Don't forget: Daylight Savings begins on Sunday, March 8th. Don't miss your Sunday meeting -- Spring forward!

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

April: *"Promises do come true, if..."*

May: *"Mayday! Asking for help."*

June: *"Proper Exercise of the Will"*

### Thought for the Day

"We value the light more fully when we have come through the dark."

--Unknown

Get yourself published! Contributions on these or other topics are welcome. Send your articles and letters to [post@northcentralflaa.org](mailto:post@northcentralflaa.org).

# Congratulations!

## February Anniversaries

### EyeOpener Group

JD - 20 yrs

### Free to Be

L - 18 yrs

S - 2 yrs

### Hawthorne Group

LM - 33 yrs

GF - 28 yrs

### Tuesday Night Step Study

J - 20 yrs

K - 2 yrs

### Women's Serenity Seekers

MO - 2 yrs

### Women's Step Study

BR - 4 yrs

EN - 30 yrs

MG - 2 yrs

### Wholesale Miracle

BS - 24 yrs



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



## Everyone Has One

Everyone has one: an opinion, a favorite piece of literature, a meeting seldom missed. We are grateful for the number and variety of the Gainesville area's meetings. Here are examples of two relatively new ones:

On October 7th 2014 the Tuesday night promises meeting at 107 Main Street changed its format from a speaker discussion to a step and tradition study. It started out slow but we're picking up steam as more friends are joining in. It is just a simple meeting to share our experience with the "Twelve and Twelve." Come and join us for some good, old-fashioned AA. See you at 7:30 Tuesday night.

Wednesdays 7:00 a.m. Vineyard Church -- The format of the meeting is as follows: we will observe a 30 minute guided and silent meditation using the direction on pages 84 through 88 of the Big Book. The remainder of the time will be for open sharing.

## North Central Florida Intergroup Minutes

### January 25, 2015

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

**Attendance:** AG, Every Step We Take; BK, Free To Be; BM, Eye Opener; CH, Solutions; EB, Downtown Group; FS, Bring Your Own Book, IG Treasurer; HB, YPG; JM, IG Office Manager; JS, HALT; JV, New Freedom; LD, Tuesday Night Step Study; LM, Hawthorne Groups; MV, Promises; PC, Gratitude Group; PM, IG Secretary; RG, Unity Group/ T.I.L.I.S; S-GW, "Where & When" (printed); SR, IG Chair, Sat AM 10th/11th Step; AH, Alt Afternoon Reflections; KM, Alachua Tuesday Night; KH, Alt All Inclusive Solution; DK, Alachua Group.

**Secretary's Report:** HB made a motion to accept the report as read, seconded by KH. Motion passed.

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

**Phone Volunteers:** Bhaskar was not present, but JM informed the group all slots are filled as of this date. However, there is always a need for back up volunteers.

**P.O.S.T.:** Jay reported the P.O.S.T. is improving its structure and can use some help on the committee. A knowledge of Word and experience in writing/publishing/editing is helpful. Motion to accept made by KH, seconded by FS. Motion passed.

**Literature & Merchandise:** The IG office is fully stocked with Recovery items. Motion to accept made by JV, seconded by S-GW.

**"Where & When":** S-GW went back to the original format with no block on the back due to some complaints with confusion in finding meetings. There were two corrections to be made to the new copy. The Monday Men's and the Friday Our Stories meetings are no longer being held. There is a new meeting at Grace Marketplace on Saturdays. The printed version is only put out approximately every six months. The website is always up to date on meeting schedules. Motion to accept the report made by KH, seconded by JV. Motion passed

**Activities:** The Downtown Group is hosting a Sweetheart dance after the 8:30 p.m. meeting at the Triangle Club on February 13th.

FCYPAA is having two events the weekend of Feb 13-14th. There is a flyer in the POST. B and K mentioned there is a Round Up coming up, see the flyer in the POST.

**New Business:** On February 28th, The Area Delegate will be speaking at the Triangle Club from 10am to 2pm.

The Annual Florida State Convention of AA will be held in Orlando. There is more information on the website: <http://www.59.flstateconvention.com/>.

The International AA Convention is in Atlanta this year. Registration forms are available in the IG office.

A "Back to Basics" series is starting February 7th and continuing for 4 weeks. See the flyer in the POST.

Motion to accept the reported activities made by BK, seconded by HB.

There being no more new business, a motion to adjourn was made by EG and seconded by KH. Motion passed. The meeting was adjourned at 1:30 p.m. with the Responsibility Pledge.



"We found that true morality has its inevitable compensations, for when we benefit someone we increase our own happiness."

~"Mail Call for AAs at Home or Abroad"

March 1949

From the Grapevine Book *Emotional Sobriety II*

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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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### **Spring Cleaning -- Mmmm . . .**

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for slackers like me. Sometimes I don't like it, but I know it works. It's the program of action. Knowing what to do (or not to do) is not enough. Thinking about what to do is not enough. I did a lot of knowing and thinking while I was drunk, but it never helped. In fact, it made things worse. Only by actual doing do I receive the benefits of the program and the ability to share it with others.

I don't know how many times I have not wanted to go to a meeting; not wanted to make a phone call; not wanted to fulfill a service obligation. But when I do, I invariably feel better. When I don't - not so good. Sounds so simple. And it is. But sometimes my "forgetter" is as active as my "excuse factory". One of the most practical suggestions I received early in the program was that when I was presented with an opportunity for service to simply say yes and do it. If it is at all possible - do it. It helped me to get into the habit of action. After all, the AA program is one of action. So spring cleaning...Mmmm...not so bad.

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### **Keepin' Life Cleaned Up**

*(continued from page 1)*

disappointed) when I find something that has not improved much (like dedicated time for reading, prayer, and meditation) and sometimes I'm amazed that some "goals" from last year's inventory were actually successful (for instance: more service work, better contact with sponsor, more consistent exercise, better diet, etc).

Since we are all looking for that "emotional sobriety" that Bill talks about in the 12th step in the 12 & 12, what harm could a good spring cleaning do? We learned how to do a good inventory in 4 and 5, and how to make those course corrections with God's help in step 6 and 7. Now we get to live in harmony with God, ourselves, and our neighbors thanks to 10, 11, and 12. We can remain "happily and usefully whole" if we spend just a little time cleaning house!

# District 14

## DCM\* Corner

Hi everybody! We had our District meeting on 2/11 and had a great turn-out. All the committee chairs were present and about 20 GSRs! Everybody is welcome to come to our meeting -- we had 3 visitors at this one. Come join us and help carry the message to the alcoholic who still suffers!

On Saturday 2/28 at 10:00 a.m. there will be an agenda item workshop that our Delegate (Glenn W.) will facilitate. It will be held at the Triangle Club. He will help boil down the numerous agenda items coming up at the next General Service Conference in New York next April. It will help GSRs give Glenn a "sense" of our Area, and how we want him to vote at the Conference in New York. You don't have to be a GSR to come, and we will have snacks too!

It's a pleasure to serve you all, and I hope all GSRs can make it to our next district meeting on March 11th. Call me if you have any questions!

Thank you for allowing me to serve you.  
GN., DCM for District 14, (352) 283-2648

\*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

### Grapevine

Second Tuesday, 6:00 p.m.  
Trinity United Methodist Church, Room 204

### Accessibilities

Third Wednesday, 6:00 p.m., Triangle Club

### Literature

Second Monday, 6:30 p.m., Intergroup Office

### Archives

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

### Phones (NCFI Committee)

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

### Corrections

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

### Treatment

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

### CPC/PI

First Thursday, 6:00 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.*

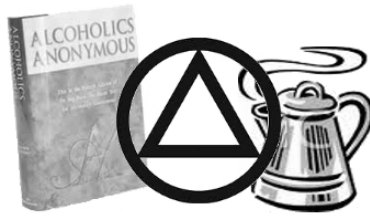
**North Central Florida Intergroup**  
2632 NW 43rd Street, Suite 1182  
Gainesville, FL 32606-7551  
[Checks payable to: NCFI]

**North Florida Area Assembly**  
P.O. Box 291634  
Port Orange, FL 32129-1634  
[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



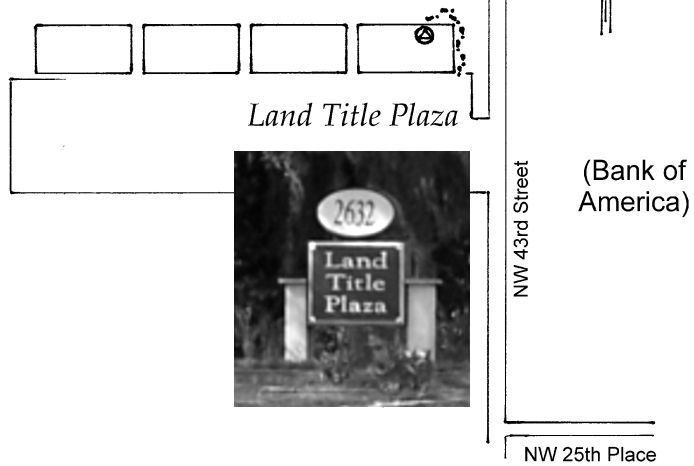
# North Central Florida INTERGROUP

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, March 28th 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.