

## Promises Do Come True, If . . .

When I was new, I thought the Promises were indeed extravagant; especially “We will intuitively know how to handle situations which used to baffle us.” I had spent my entire life cleverly (or not so cleverly) covering up the fact that I had no idea what I felt, or what to do most of the time.

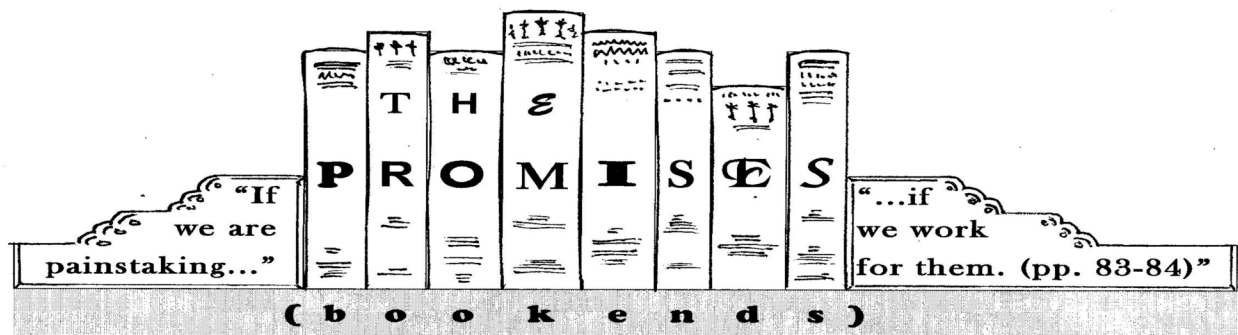
Each of the promises was something I wanted, but that one hit me the hardest. Any situation involving people baffled me. Give me a job to do, something to study, test my physical strength - no problem. Ask me to have an unstructured interaction involving others, one where learned manners or rules were absent and I was lost. I would be shy, I would talk too much, I would seem uninterested, I would run

the show, I would compete, and I would always be afraid.

Over the course of years and many meetings, I began to hear others describe the same struggle. For me, progress started when I finally began believing that I was being cared for by a power greater than myself. When I felt safe enough to listen to the experience of others, not as competitors but as fellow travelers, then I could learn.

It has been a painstaking process that I imagine (hope) will never end. I am learning to give and receive from some genuine place inside me. Real intuition may replace impulse if I keep working.

~ *Anonymous*



## Infamous Step 4

Having done this step a few times I’m convinced it’s the “gateway step” to true freedom from personality traits that are unproductive.

This step so often evokes fear, shame, and anxiety in just thinking about it, much less actually doing it. Some of the avoidance behavior around working this step can be getting caught up in the drama of the details of what caused resentments or backing off from or giving short shrift to the last column: our part in a particular troubling situation. But this, to me, is where the real gold is.

(Continued on page 5)



# Our Community News

## Help!!!

The AA Community needs your help! The annual picnic, sponsored by the Hawthorne Group and Intergroup, needs a new location. Camp Good News is no longer available for a number of reasons. A new venue must be found that can accommodate at least 200, cost no more than \$5 per person, have a pavilion and grill, and ideally be no more than 30 miles from Gainesville. The location should be family oriented with swimming facilities. Please send you ideas ASAP to GF at [agf51@bellsouth.net](mailto:agf51@bellsouth.net).

## Reminder

The Area 14 Quarterly Assembly, at the Paramount, 2900 S.W. 13th ST will take place April 10th through 12th. There will be a meeting on Friday night and workshops all day Saturday. The business meeting for DCMs and GSRs will be on Sunday at 9:00 a.m. This is an opportunity for all AA members, especially newcomers, to experience Alcoholics Anonymous beyond meetings and Districts, and broaden their knowledge of our community.

## Registration Forms

Registration forms for the International Convention, to be held in Atlanta, GA, July 2nd through the 5th are available online: [www.aa.org](http://www.aa.org) or fax: (508) 743-3605 or at the Intergroup Office. The 4-page brochure includes a wide variety of information on all the daily activities during the convention as well as tips on hotel, travel arrangements, points of interest in Atlanta and much more. Registration deadline is May 12, 2015.

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

May: *"Mayday! Asking for help"*

June: *"Proper Exercise of the Will"*

July: *"A Friend Among Friends, a Worker Among Workers"* ("12 & 12, p. 53)

### Thought for the Day

"AA not only saved my life, it gave me a life worth saving."

-- Anonymous

Get yourself published! Send your articles and letters to [post@northcentralflaa.org](mailto:post@northcentralflaa.org).

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

**Warning:** The consumption of alcohol may disengage the governor between your mind and your mouth, and make you think you are tough enough to get away with it.

**Warning:** The consumption of alcohol may lead you to think people are laughing *with* you.

**Warning:** The consumption of alcohol may mack you tink you kan type reel gode.

# Congratulations!

## February & March Anniversaries

### Everything or Nothing

NJ - 5 yrs

### Eye Opener

T - 31 yrs (Feb)

MC - 1 yr (Feb)

P Jr - 12 yrs (Feb)

### Fourth Dimension

SM - 1 yr

### Free to Be

GW - 1 yr

MA - 9 yrs

### Gratitude

LK - 5 yrs

### Women's Step Study

EW - 1 yr

### Hole in the Wall

MD - 2 yrs

RD - 9 yrs

### Tuesday Night Step Study

DH - 2 yrs (Feb)

L - 5 yrs (Mar)

TR - 13 yrs (Feb)

### Unity Group

KV - 7 yrs (Feb)

KC - 5 yrs (Feb)

V - 26 yrs (Feb)

### Women's Serenity Seekers

CW - 24 yrs

NJ - 5 yrs

### Young Peoples' Group

H - 1 yr (Feb)

HB - 6 yrs (Mar)

JP - 1 yr (Feb)

KG - 1 yr (Feb)

LG - 2 yrs (Feb)

MV - 4 yrs (Feb)



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



## Everyone Has One

We often hear, "There are no musts in AA." Is this true?

Consider the acronym T.I.M.E. Things I *Must* Earn, or Endure, Experience, Enjoy. We strive to Earn trust and respect. We make efforts to Endure. (We may call it putting up with or tolerating.) On page 567 of the *Big Book*, "A Spiritual Experience" says that I *must* be Honest, Open-minded and Willing. It has been my experience, hearing "H.O.W. It Works," that it's more W.H.O. I do it with.

In the *Twelve and Twelve*, pg. 125 addresses joy. Understanding is the key to right principles and attitudes, and right action is the key to good living. Therefore the joy of good living is the theme of AA's twelfth step.

Words like "essential" imply a *must*, not just a suggestion. We can now go to a website and get the 103 "musts" in the *Big Book*. My favorite must (pg 93) is "to be vital, faith *must* be accompanied by self-sacrifice and unselfish, constructive action."

## North Central Florida Intergroup Minutes

### February 22, 2015

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

**Attendance:** BK, Free to Be; CH, By The Book; DK, Tuesday Night Alachua Group; DE, Bring Your Own Book; FS, Faith Hope Strength, IG Treasurer; HB, YPG; JJ, Fourth Dimension; JM, IG Office Manager; JS, HALT; JV, New Freedom, Alt Geezer; LD, Tuesday Night Step Study; MV, Promises; EM, Good Morning God; PC, Gratitude; PM, IG Secretary; RG, Unity Group, TILIS; S-G, printed W & W; TV, Afternoon Reflections.

**Minutes:** The minutes were read after the introductions. The motion to accept the minutes as read was made by MV with LD seconding. Motion passed

**Treasurer's Report:** EM made a motion to accept the Treasurer's report as read. BK seconded. Motion passed.

**P.O.S.T.:** A question was raised regarding the number of birthdays being printed in the P.O.S.T. JM advised that the IG Rep should be getting the information from their group and getting it to the P.O.S.T. This information should be sent via the email connection: [post@northcentralflaa.org](mailto:post@northcentralflaa.org)

**Literature & Merchandise:** The IG office is fully stocked.

**Where & When:** The printed copy is only updated when there are six changes made to groups. These changes need to be given to the IG office on the designated form, which can be found from the Intergroup website: [www.northcentralflaa.org](http://www.northcentralflaa.org) -- then click on the "Meeting Change Form" button on the left side of your screen.

**Activities:** The International Convention is being held this year in Atlanta, Ga. The Florida State Convention is also coming up soon. The registration forms for both these conventions are in the IG office.

HB reported the FYCCA events on Feb 13-14 were a huge success.

The series "Back to Basics" is available to any group that would like to hold them. I believe TH from The Eye Opener group is the person to contact for materials.

**Old Business:** None

**New Business:** None

Motion to adjourn made by EM, seconded by BK. Motion passed. The meeting adjourned at 1:20 p.m. with the Lord's Prayer.



"Worry saps me of the energy that I need for today."

~"Say the Magic Words"

May 2012

*Grapevine* magazine

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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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## Infamous Step 4

*(continued from page 1)*

I say this because I've experienced and observed that when we try our best with Step 4, we find patterns of maladaptive behavior (I prefer this phrase to "character defects") that are reflexive, unskilled reactions that cause trouble and disturbance. Just keeping track of ongoing resentments and fears, which the brain does like a computer with a program constantly running in the background, takes up huge amounts of energy that could be used for something productive, like enjoying our life!

The power of working Step 4 with a compassionate and nonjudgmental sponsor is that we get to recognize our patterns of fear, anger, intolerance, self-pity, etc. We can afterwards catch ourselves when we default to them: typically when we feel threatened or anxious. Becoming conscious of formerly negative knee-jerk reactions, we then have a choice. We can release or simply feel and acknowledge these feelings, hopefully keeping our mouths shut before we yet again get into trouble.

I agree with the Big Book on anger: we alcoholics cannot afford it. As someone who vainly wrestled to "manage" my anger for decades without the help of a 12-step program, I can honestly say that doing Step 4 more than once, with the help of my Higher Power and good sponsors, has released me from the baseline rage that I carried and suffered from most of my life. I had a childhood in an alcoholic home that could have made anyone angry, resentful, and self-pitying, but to carry those habitual responses with me far into adulthood was very costly on all levels.

My wish for anyone struggling to tackle Step 4 is that you find a sponsor you trust, if you don't have one already, pray for honesty, open-mindedness and willingness, trust the process of working the steps as best you can, and gently plow ahead. You'll no doubt feel your life improve when you can identify and begin to release emotional responses that are unproductive and potentially harmful to yourself and others.

Remember - you don't have to do any of this alone.

# District 14

## DCM\* Corner

We had another great turnout for the District meeting on 3/11! All committees were represented and we had many GSRs there. If your group has a GSR (Group Service Representative), please have them attend the District meeting. And if you don't have a GSR, elect one, and have them come the 2nd Wednesday of every month at 6:00 at the Westminster church on NW 34th St. and 16th Ave. It's the only way your group has a voice in the decisions we make to help carry the message!

All GSRs present approved our budget for the 2015-2016 fiscal year, which starts now.

The next Area Assembly is coming up April 10th-12th. It's here in town at the Paramount on SW 13th St. Anybody is welcome to attend, and the main issues discussed at Saturday's workshops will be the agenda items that our area delegate will be voting on at the conference in New York. Let your voice and your group's voice be heard. I hope to see you there!

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, 6:30 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.*

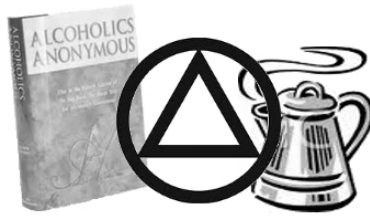
**North Central Florida Intergroup**  
2632 NW 43rd Street, Suite 1182  
Gainesville, FL 32606-7551  
[Checks payable to: NCFI]

**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



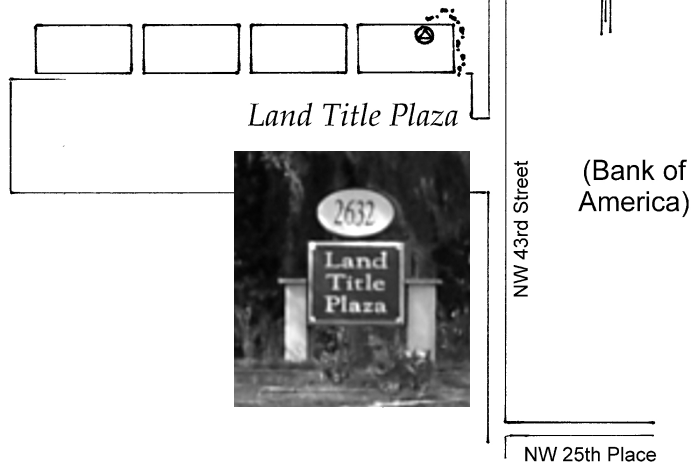
# North Central Florida INTERGROUP

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, April 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.