

Mayday!

I have always been pretty independent and self-sufficient. My parents raised me to believe that I could do anything that I set out to do. I am grateful to them for instilling a sense of accomplishment in me. But I never learned to ask for help.

That's somewhat ironic in that I have always encouraged others to ask for help when needed, always been willing to help others in need, and always said that there is no shame in asking for help.

I recently watched the movie *28 Days* with Sandra Bullock. In the movie, her character, Gwen, refuses to ask for help. She has to wear a sign around her neck stating as much. The treatment center has a character building exercise where you try to lift the leg of a stubborn horse; the exercise involves letting go, having faith, and asking for help. "Gwen" can't do it! Later on, after her discharge, she is struggling with a decision in sobriety when she comes across a police equine on the street of New York. She decides to give it another try, looks to the heavens, and says "just this once, please, I am asking for help." Well, it works...she is able to lift the horse's leg...and says "thank you"! Was that really so difficult?

It is good to know what you know, to have confidence in your abilities. But it is also

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Asking for Help

Why is this such a difficult action? When I was drinking I loved being the person everyone came to FOR help, and I never have thought less of people who do. But I'm different. *If I ask for help, well then I must be weak, or worse a failure.*

The principles of these 12 steps have taught me that humility is key to a happy life. I no longer need to be on my own – to have the "me against the world" mentality. I have found through the fellowship that

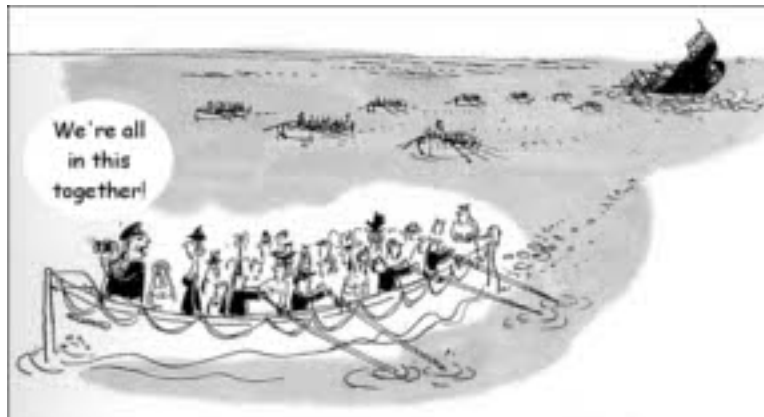
happiness comes when I can relate and become "part of". That means that we lean on each other, and yes, including **asking for help when we need it.**

So I'm asking for help. I have taken on responsibility of Treatment Committee Co-Chair and we have many meetings in need of consistent chairing.

Tradition 5 states that each group has but one primary purpose – to carry the message to the alcoholic who still suffers. Step 12 says that having had a spiritual awakening as the result of these steps, that we tried to carry this message to alcoholics, and to practice these principles in all of our affairs. And one of the paradoxes on the programs states that "I must give it away to keep it".

If you are like me, and have been given life

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Our Community News

Good News!

Save the Date. The Hawthorne Group/Intergroup Picnic is back on, and you won't believe how awesome the new site is! Join us on Saturday, August 22nd, at Luther Springs. It's only another 5 miles southeast of Camp Good News on Putnam CR 21. The fun starts at 11:00 a.m. The pavilion and grill area are much larger. Enjoy a swimming pool with a diving board, kayaking, canoeing, basketball courts, volleyball, hiking trails, and horseshoes. And it's still FREE!

It's Not Too Late!

Registration forms for the International Convention, to be held in Atlanta, GA, July 2nd through the 5th are available online: www.aa.org or Fax:(508)743-3605 or at the Intergroup Office. The four-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.

Sunshine Convention

The 5th Annual Sunshine Convention will be held the weekend of May 15th through May 17th in Crestview FL. Many AA and Al-Anon speakers, meals, and fellowship. For further information, see: www.Sunshineconvention2015.com.

Back to Basics

Four Saturdays in May, at 8:30AM following the Eye Opener. Held at the Triangle Club. For details and to RSVP: Thomaskh1950@gmail.com

Founders Day

The annual celebration of our fellowship's history will be held on Saturday, June 13th, at the usual place: Trinity United Methodist Church, 4000 NW 53rd Ave., Gainesville. There will be dinner, speakers, information about local service, and dancing. Look for tickets to be on sale early in May, and plan to join in the fun!

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

June: *"Proper Exercise of the Will"*

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

August: *"Daily Enjoyment of Sobriety"*

Thought for the Day

"You're not done until you're done."

-- Anonymous

Get yourself published! Send your articles and letters to post@northcentralflaa.org.

Congratulations!

April Anniversaries

BYOB

RB - 5 yrs

By the Book

H - 6 yrs

Eye Opener

C - 1 yr

DGH - 27 yrs

DG - 17 yrs

T - 2 yrs

Gratitude

DC - 1 yr

MD - 2 yrs

PC - 10 yrs

SH - 5 yrs

TD - 1 yr

Everything or Nothing

TS - 2 yrs

Fourth Dimension

SM - 1 yr

Free to Be

B - 7 yrs

C - 2 yrs

D - 2 yr

J - 1yr

S - 1yr

New Freedom

G - 27yrs

JN - 34yrs

T - 2 yrs

Women's Serenity Seekers

BG - 2 yrs

JP - 28 yrs

RT - 3 yrs

10th & 11th Step

LH - 2 yrs

TE - 2 yrs

Trenton Trudgers

J - 17 yrs

MC - 18 yrs



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

Everyone Has One - What's Yours?

While I am hardly more than a beginner, I have been in enough meetings to know that quite a few AAs have opinions. Some of them are even strong opinions.

Here's a place to make yours known, whether it's to applaud something you're happy about, or to express concern about something that might be done better.

Tell us in 50 to 125 words. It is anonymous. Sent yours to post@northcentralflaa.org.

Mayday!

(Continued from the front page)

important, and completely acceptable, to say "I don't know" and "can you help me". Like everything in life, the more you practice, the easier it gets. My best thinking got me in trouble so as you will hear in the rooms, "when you have a good idea, call your sponsor"!



~Anonymous

North Central Florida Intergroup Minutes

March 29, 2015

The meeting opened promptly in the usual way with the Serenity Prayer at 1:00 p.m.

Attendance: BK, Free to Be; B, A Vision for You; BM, Eye Opener; CH, By the Book; CH, Solutions Group; DE, BYOB; EB, Downtown Group; FS, Faith Hope Strength; HB, YPG; JM, Office manager; JS, HALT; JV, New Freedom; LD, Tuesday Night Step Study; MV, Promises; EM, Good Morning God; PM, IG Secretary, Thursday Women's Step Study; R, Unity/ TILIS; RM, Geezers; S-GW, Printed W&W; SR, IG Chair, Saturday Morning 10th & 11th Step; TV, Afternoon Reflections.

Minutes: JV made a motion to accept the minutes as read; HB seconded. Motion passed.

Treasurer: HB made a motion to accept the Treasurer's report as read with BK seconding. Motion passed.

Phones: Two slots have come open temporarily due to family illness and HB and TV have stepped up to take the slots for as long as needed.

P.O.S.T.: The *P.O.S.T.* is in fine shape, getting submissions to be published. Thanks to the AA community.

Literature & Merchandise: The Intergroup office is fully stocked with AA books, t-shirts and much more. Stop in to see all that is available for sale!

Where & When: There is no new printing at this time; however, the website is up-to-date on meeting information.

Activities: The Hawthorne Picnic needs a new location to hold the festivities. Call JM in the IG office with suggestions.

There is a workshop coming up in May; flyers are circulating around meetings or go to Lee's Tapes and CDs for more information.

The Back to Basics series has started again at the Triangle Club. See the flyer in the *P.O.S.T.* If a group wants to conduct a series of their own, contact TH of the Eye Opener Group.

Old Business: The Triangle Club is having an Easter event starting at 10:30 a.m., followed by a speaker meeting and lunch.

New Business: None.

Motion to adjourn made by EB and seconded by R. Motion passed. The meeting was adjourned at 1:20 p.m. with the Responsibility Pledge.



"The unity of the Fellowship of the spirit can be ours so long as we are willing to pass it on."

West Palm Beach, Fla., March 1989

"Building an Arch,"

The Best of the Grapevine, Volume 3

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

Asking for Help

(continued from the front page)

that worth living today because of the gift of sobriety, then I encourage you to enrich your life even more. It is just one hour a month – to share your message of hope with someone who hasn't found out how yet. What you share may just make all the difference in someone else's recovery. It did for me.

The following are the openings for which we need help, as of mid-April (the deadline for this month's *P.O.S.T.*). There may be others by the time you read this.

Monday - 1st - FRC (men's meeting by default) @ 7:00pm

Tuesday - 2nd - Meridian Detox @ 7:30pm

Thursday - 2nd, 4th, 5th @ Women's Bridgehouse 7:00 pm

also - 4th, 5th @ Men's Bridgehouse 7:00 pm

Sunday - 2nd, 4th - Meridian Detox @ 7:00pm

For up-to-date information and to help ensure that the hand of AA will always be there, contact me, DO., Treatment Committee Co-Chair, at oberlin@cox.net.

Treatment Facility Meetings -- Complete Listing

Every Monday	Florida Recovery Center 4001 SW 13th Street @ 7:00 pm
Every Tuesday	Meridian Detox 4300 SW 13th Street @ 7:30 pm
Every Wednesday	Meridian Residential (cafeteria) 4400 SW 13 th Street @ 8:00 pm
Every Thursday	Meridian Detox 4300 SW 13th Street @ 7:30 pm Meridian Residential Women's 4400 SW 13th Street @ 7:00 pm Meridian Residential Men's 4400 SW 13th Street @ 7:00 pm
Every Friday	Vista Detox – Bridging the Gap 4101 NW 89th Blvd @ 11:00 am Metamorphosis 4201 SW 21st Place @ 7:00 pm
Saturday	[No meetings]
Every Sunday	Meridian Detox 4300 SW 13th Street @ 7:00 pm

District 14

DCM* Corner

We had our monthly District 14 meeting April 8th. I appreciate all the GSRs, Committee chairs, and visitors who made it. We have a very active district, and I'm grateful to be a part of it.

We discussed the agenda for the Area Assembly that was held the following weekend. We had 28 people from our district attend the business meeting Sunday in some capacity! Great turnout. And thanks to MA and all the volunteers who worked at the registration table all weekend. The Area Assembly is going to be here in Gainesville through 2016, so take advantage of the proximity.

Thanks for allowing me to serve you. And please contact me if you have any questions or concerns!

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

Second Thursday, 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 for more information.*

7th Tradition Addresses



Self-support: Where money and spirituality mix.

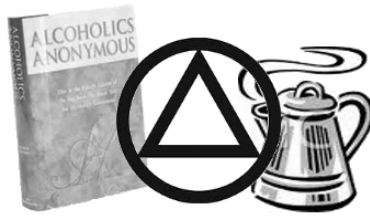
North Central Florida Intergroup
2632 NW 43rd Street, Suite 1182
Gainesville, FL 32606-7551
[Checks payable to: NCFI]

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



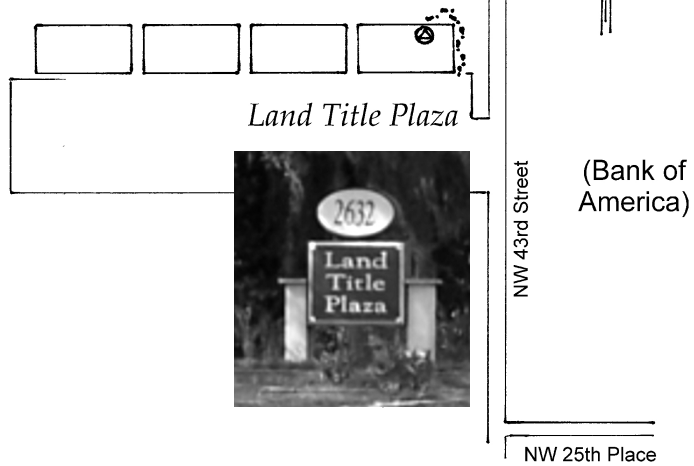
North Central Florida INTERGROUP

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

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,
 May 31st 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.