

## Aligning My Will

I came into these rooms like most, spiritually broken and angry. Felt so uncomfortable with the prayers and “God” stuff I almost left. But for some reason I didn’t.

I realized after a short while that if I was going to try this sobriety thing, I really was going to have to go all in... “half measures avail us nothing”. So being the person I am, I made appointments with a couple of ministers to see how they came to believe. These men were so generous with their time, and patient and tolerant with my rants of how God had abandoned me. Each of them, independently smiled and the last thing they said to me was “You will become a disciple of His word”. I explained that they had no clue who I was, that this would never happen.

Then I stumbled my way through the steps, and began to have this thing called hope, which with time became faith. I prayed, and tried to mediate and listen for “God’s” word. Then quite by accident, the game-changer happened to me.

I started going to meetings in detox and treatment facilities. I had a lot of “experience in the addiction”, but little (or so I thought) in the “strength” or “hope” categories. But I had more than some of the people in these places, and I shared with them about how I had stayed sober for 90 days, then 6 months, then a year, then for multiple years.

I realized in those rooms that I had become a messenger of “His” word. “He” was Bill W. And Bill W’s word was, I believe, divinely inspired. So today I find that my will aligns best with my

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## A Proper Use . . .

The proper use of the will is stated very clearly on Page 85 in the Big Book. I must strive to do my Higher Power’s will each day in all my activities. In other words I start my day by praying “Thy will not mine be done” and “May I do Thy will always.” When I pray for special intentions, I say “If it be Thy will. These are phrases I do not take lightly.

Why do I do this each morning, each night and often during the day? My will took me to the brink of suicide. I was a disaster at managing my own life. I was selfish, thoughtless, unkind, hurtful and resentful to those I loved most. I was all I thought about. I was untrustworthy, and never around when someone needed me. I spent the end of each day alone, contemplating life through the end of a wine bottle. And the next morning, I was disappointed to find out that I have lived through the night.

When I reached out for help with my drinking, it was an admission of powerlessness. It was very clear to me that I was indeed powerless over alcohol. I had been for many years. That admission is the first time I turned my life and my will over to my Higher Power. I am granted a daily reprieve from the grip of alcoholism only through the maintenance of my spiritual condition. Going to meetings, working with my sponsor and reading the Literature are some of the ways I maintain my conscious contact with my H.P.

Today, through prayer and meditation, I ask to know my Higher Power’s will for me so that I may be useful to Him/Her and to my fellows.

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## Our Community News

District 14's **Annual Founder's Day** is fast approaching! This year's theme is "Around the World in Eighty Years". The date is Saturday, June 13th, at Trinity United Methodist Church, 4000 NW 53rd Ave, starting at 4:00 p.m. There will be two speakers. Meat and beverages will be provided and donated covered dishes, sides, and desserts will be gratefully received. Tickets are available from a number of committee members at \$5 each. Tickets sold at the door will cost \$10.

Registration for the **International Convention**, taking place in Atlanta, closed on May 15th. Convention dates are July 2nd through the 5th. Intergroup still has brochures describing various activities available in and around the area. Further information may be had at [www.aa.org](http://www.aa.org). Those registered will be emailed a link to the agenda of entire conference, so they may plan their time.

The P.O.S.T. would welcome any comments or articles about your experiences at the Convention. Please send them to [post@northcentralflaa.org](mailto:post@northcentralflaa.org).

The 26th Annual North Florida Area Al-Anon Convention will take place September 18-20 at the Trade Winds Resort in St Pete Beach, FL. The theme is **Taking Care of Business The Al-Anon Way**. The Convention will include AA, Al-Anon and Alateen speakers, as well as Al-Anon Workshops, AA meetings, including one in Spanish, a banquet, entertainment and lots of good fellowship for attendees. For convention questions, or to register: [www.TakingCareOfBusiness2015.com](http://www.TakingCareOfBusiness2015.com). For AA questions or to volunteer: [DocKirby@aol.com](mailto:DocKirby@aol.com).

**Tallahassee's Founder's Day** is the same date as ours. For information, look up [www.foundersdayflorida.org](http://www.foundersdayflorida.org).

The Serenity Club of SW Florida presents its **Serenity Workshop** the weekend of June 5-7. For information email: [JEddleman@aol.com](mailto:JEddleman@aol.com).

**Summer Serenity at the Beach** is September 4th through 7th at the Hilton Sandestin Beach Resort, AA and ALAnon Workshops, [www.sandestinbeachhilton.com](http://www.sandestinbeachhilton.com) or 1-800-267-9500.

Volunteers are always needed for the Intergroup Hot Line. Six months sobriety is required. Two (2)-hour segments or overnight. Call B at (352) 318-1423 or SK at (352) 363-4769.

And a service opportunity is also opening up for someone interested in graphic arts, to take over the layout of the P.O.S.T. See details in "Passing the Baton" on page 5.

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

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

August: "Daily Enjoyment of Sobriety"

September: "Living Life on Life's Terms"

### Thought for the Day

"We have two lives: the life we learn from and the live we lead afterward."

-- Anonymous

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

# Congratulations!

## May Anniversaries

### BYOB

BM - 34 yrs

EA - 9 yrs

### Downtown Group

GN - 14 yrs (April)

MO - 14 yrs

### Everything of Nothing

KW - 3 yrs

### Eye Opener

BW - 3 yrs

CF - 3 yrs

JF - 7 yrs

KK - 5

T - 1 yr

TH - 11 yrs

### Fourth Dimension

Courtney W - 16 yrs

### Free To Be

CD - 4 yrs

J - 1 yr

L - 32 yrs

MR - 25 yrs

M - 2 yrs

NN - 3 yrs

WM - 9 yrs

### Gratitude

CG - 2 yrs

CB - 20 yrs

SG - 2 yrs

### Hawthorne Group

DF - 30 yrs

### Out To Lunch Bunch

DW - 27 yrs

JL - 1 yr

JC - 2 yrs

### Promises

C - 27 yrs

### The Way Out

BB - 6 yrs

### Women's Step Study

CJ - 2 yrs (April)

JF - 2 yrs (April)

JH - 17 yrs

JS - 28 yrs (April)

KK - 5 yrs

### Tuesday Night Step Study

D - 26 yrs

M - 25 yrs

### Women's Serenity Seekers

BG - 2 yrs

DN - 1 yr

DB - 25 yrs

DB - 7 yrs

JB - 1 yr

*Happy Birthday*

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

## Aligning My Will

*(Continued from page 1)*

higher power when I'm reaching out to help someone who is suffering, who is lost, and who is hopeless – like someone did for me just a few years ago.

If you are concerned that sobriety isn't for you, or that you don't understand the difference between your will and your Higher Power's, maybe you can find it by taking your message of hope (however small) into treatment meetings. That's how it worked for me. And I'll keep coming back.

~ DO. Treatment committee Co-Chair

## North Central Florida Intergroup Minutes

### April 26, 2015

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

Attendance: BK, Free to Be; B, A Vision for You; DK, Alachua, Worthington Springs; DL, Keystone Heights; EB, Downtown; FS, Faith Hope Strength, IG Treasurer; HB, YPG; IP, Keystone Heights; JJ, Fourth Dimension; JM, IG Office Manager; JV, New Freedom, Alt Geezers; LD, Tuesday Night Step Study; EM, Good Morning God; PM, Thurs Women's Step Study, IG Secretary; RM, Geezers; SR, Sat AM 10th/11th Step, IG Chair.

After going around the table introducing ourselves, we read the minutes as typed in the POST. EB made a motion to accept, with JV seconding. Motion passed.

We read the Treasurer's report and there being no questions, LD made a motion to accept with BK seconding. Motion passed.

The phone committee reported all slots are filled, but there is always a need for back-up volunteers. Motion to accept report made by PM, seconded by HB. During these reports compliments were made to the persons reporting with a lot of "get a room" jokes. We are not a glum lot!

P.O.S.T: JM reported the P.O.S.T. was doing very well with articles.

Literature & Merchandise: There is no change; the Intergroup Office is fully stocked with books and other merchandise. Drop in and browse.

Where & When: There is a new printed version out; however, it has been decided to use up the old ones first. There is a new meeting at the Triangle Club at 8:30 p.m., Monday through Thursday.

Activities: The Hawthorne Picnic has a new location which will be in effect for the next picnic. Flyers for Founders Day are in this month's POST. There will be a Memorial Day event at the Triangle Club starting at noon with a speaker, followed by lunch and a raffle. There is a picnic in District 17 at Carney Park, Marion County. Tickets are \$16.00; see Howard B.

Old Business: None.

New Business: None.

There being no other items to tend to, a motion to adjourn was made by LD, seconded by JV.

Meeting adjourned at 1:30 p.m. with the Responsibility Pledge.



"While AA service does deepen your sobriety, it also has a way of making any of my untreated character defects painfully apparent..."

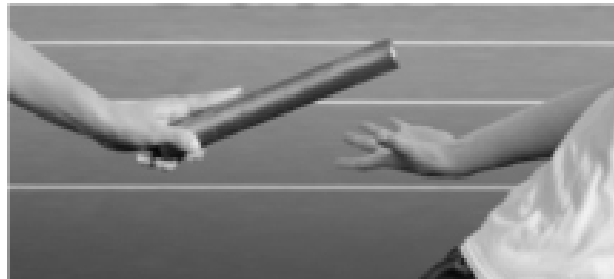
"Breaking New Ground"  
*The Grapevine, February 2015*

**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)

## Passing the Baton

Recovery has many facets in my life: going to meetings, reading the literature, working the Steps, meeting regularly with my sponsor and with the guys I sponsor, and *service* in its many aspects.



Carrying the message can be done in many ways, in addition to talking with someone who wants to get sober. For me, it has also meant maintaining websites for Intergroup and District 14, and assembling the articles and information that make up this newsletter, the *P.O.S.T.*

An important aspect of service, however, is knowing when it's time to pass the baton - to allow others to carry on.

I've been doing the *P.O.S.T.* layout for over two years, now. It's someone else's turn.

I'm not going to quit abruptly, of course. I will continue to do the job through the summer, if no one steps up before that time. Then around the end of August we'll be putting

the September newsletter together, and that will be my last issue.

Are you interested in desktop publishing? Do you know someone (perhaps someone you sponsor) who might find this service opportunity a good fit?

I will be happy to mentor anyone in the use of the software, as well as with tips and techniques I've found useful.

For more information, send me a note at [webmaster@northcentralflaa.org](mailto:webmaster@northcentralflaa.org).

~WM, *P.O.S.T. layout*

## A Proper Use . . .

(Continued from page 1)

By extension, I try to be a positive force in the world. That works for me, most of the time I am happy, joyous and free as I go about my daily life. When I am not in charge, I trust that all will be well and that's a very new feeling for this alcoholic.

# District 14

## DCM\* Corner

Hi everybody! We had our District meeting on 5/13 (2nd Wednesday every month). I want to thank MA. for standing in for me! We had a good turnout and would love for more people to come visit. Anybody is welcome, and it's a great way to get involved in service.

All the district committee chairs are at our meeting, so you have the opportunity to talk to them about a service area you are interested in. All our committees would be very grateful for any help offered.

I'd like to thank all the GSRs who continually show up and take information back to their groups, offer input, and vote on behalf of their group. Between the committees and the GSRs, I think our district does an excellent job of carrying the message to the alcoholic who still suffers. I feel very fortunate to be a small part of it. Come join us in service!

As always, I'm here to serve you! Let me know if you have any questions

*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](http://www.aanfldistrict14.org) for more information.*

## 7th Tradition Addresses



*Self-support: Where money and spirituality mix.*

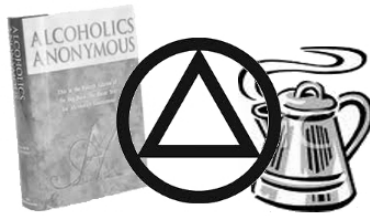
**North Central Florida Intergroup**  
2632 NW 43rd Street, Suite 1182  
Gainesville, FL 32606-7551  
[Checks payable to: NCFI]

**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



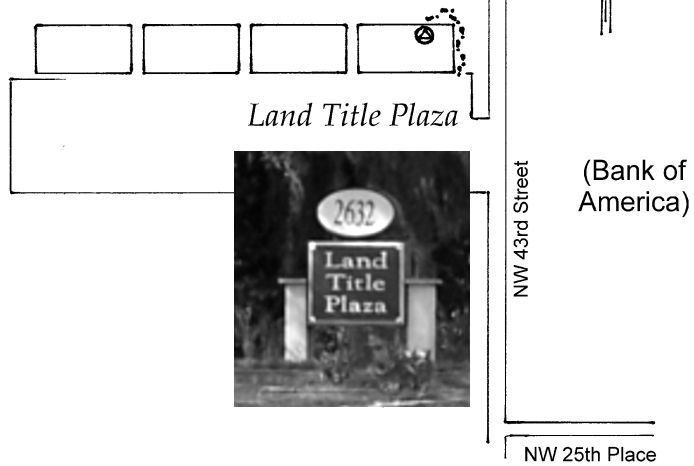
# North Central Florida INTERGROUP

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, June 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.