

## A Friend Among Friends, a Worker Among Workers

"But it is from our twisted relations with family, friends and society at large, that many of us have suffered the most. ....The primary fact that we fail to recognize, is our total inability to form a true partnership with another human being..... We have, not once, sought to be one in a family, a friend among friends, a worker among workers, to be a useful member of society." (*Twelve and Twelve*, page 53)

Step four in the *Twelve and Twelve* was just plain scary at first read. It talks about misdirected instincts, mental liabilities, emotional deformities, disillusionment, helplessness, perverse soul-sickness, erratic emotions, vengeful resentments, unwarranted pride, etc. By doing steps 2 and 3, I had just received the hope that someone like me could actually be a peaceful and useful member of the human race and perhaps sometimes feel at ease in my own skin! Apparently, the program (steps) will help me to be at ease with other people as well.

The chapter "Into Action" in the Big Book reminds me that I had agreed in the beginning to go to any lengths to achieve victory over alcohol. Then I find out that "our real purpose is to fit ourselves to be of maximum service to God and the people about us". The middle six steps remove the garbage that blocks me from God and my fellow man, and also give me a shot at

some humility: the process of getting a little further away from that painful state of self-absorption. I get to be useful to God and my fellow humans. I get to be an average person, a



regular guy. Come to think of it, my goal in coming to AA was to escape the heat of regulatory agencies, to dive under the radar. I most definitely did NOT intend to fit in with a bunch of rather eclectic and bizarre ex-drunks. In fact, I really didn't want to belong to ANY group of humans! I lived alone and I drank alone.

By virtue of those middle six steps and the subsequent maintenance/growth steps of 10 through 12, I have been tricked into walking the Earth a free man by the grace of God. In step 10 I can make sure to keep my life and relations with other people in order. In step 11 I have an opportunity to seek God's will to the best of my ability (falling short every day of course), and in step 12 I get to practice "fitting in" by simply showing up to life and being a humble servant to the best of my ability. I am so grateful for my sponsor and the good men and women around me who have shown me how easy all of this is! Trust God, clean house, and help others.

~Anonymous



## Our Community News

This year's Founders' Day was a sold-out success. There was plenty of food and desserts and a dance followed the main speaker. Looking around, one was reminded of page 17 of the Big Book: "We are average Americans. ... We are people who normally would not mix. But there exists among us a fellowship, a friendliness and an understanding which is indescribably wonderful."

- AA History from a Vermonter.
- Presentation by the young people who breathe new life into our groups.
- A funny/sad/moving story from a rural Kentuckian, disguised in a suit and tie.
- A gigantic circle to close with a prayer.

A good time was had by all.

The Lawtey Primary Purpose Group is holding its Annual Spaghetti Dinner on Saturday, July 18th at the Starke Country Club, 15501 NE 14th Avenue. There will be a 50/50 Raffle, A.A. speakers and dinner. Seating is limited, so get your ticket soon. Tickets are \$10 each and will be sold in advance only. See enclosed flyer.

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 convention questions, or to register: [www.TakingCareOfBusiness2015.com](http://www.TakingCareOfBusiness2015.com). For AA questions or to volunteer: [DockKirby@aol.com](mailto:DockKirby@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.

The International A.A. Convention in Atlanta over the July 4th weekend will be attended by many from Gainesville. In the next issue of the P.O.S.T we would like to publish any comments, reports, and reflections that any attendees would like to share. They will appear in Community News or maybe as a group on a special page.

*(continued on next page)*

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

- August: *"Daily Enjoyment of Sobriety"*  
 September: *"Living Life on Life's Terms"*  
 October: *"Grappling with Grudges"*

### Thought for the Day

"When you are done changing, you are done."

-- Anonymous

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

# Congratulations!

## June Anniversaries

### BYOB

BW - 4 yrs

PS - 28 yrs

### Everything or Nothing

JW - 4 yrs

KB - 2 yrs

### Eye Opener

B - 5 yrs

CB - 31 yrs

JH - 18 yrs

SW - 14 yrs

### Fourth Dimension

BS - 7 yrs

CG - 45 yrs

### Free to Be

G - 6 yrs

I - 3 yrs

K - 2 yrs

M - 1 yrs

M - 8 yrs

### Gratitude

CB - 10 yrs in May

EM - 42 yrs

HW - 1 yr

JJ - 22 yrs

RD - 26 yrs

### Tuesday Night Step Study

Billy - 6 yrs

JH - 31 yrs

### Women's Serenity Seekers

AS - 5 yrs

BS - 27 yrs

LA - 5 yrs



Happy Birthday

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

### Our Community News

*(continued from page 2)*

The 8th Annual Hawthorne Group/Intergroup Picnic is scheduled for Saturday, August 22nd at a new location: Route 21, between Johnson and Orange Springs, starting at 11a.m. Join us for lots of food, fellowship and fun! Meat and tea will be provided. Contributions of side dishes and desserts are welcome. This event is for family, friends and kids. For further information call G at (352) 682-6257 or see enclosed flyer.

Back-To-Basics, sponsored by the Eye Opener group, is being repeated beginning Saturday, August 8th, at 8:30 a.m. at the Triangle Club. See enclosed flyer.

Volunteers are always needed for the Intergroup Hotline. Six months sobriety is required. Shifts are two-hour increments or overnight. Call Br at (352) 318-1423 or S K. at (352) 363-4769.

## North Central Florida Intergroup Minutes

### May 31, 2015

The meeting was called to order at 1:00 p.m. with the Serenity Prayer.

Attendance: SR, IG Chair, 10th/11th Step; FS, IG Treasurer, Faith Hope Strength; DL, Keystone Heights; RG, Unity/TILIS; HB, YPG; EM, Good Morning God; BM, Eye Opener; CH, Solutions; BK, Free To Be; JM, Office Manager; MY, Promises; DE, BYOB.

The Treasurer's report was read and a motion to accept was made by RG, with BM seconding. Motion carried.

The Secretary's report was read and a motion to accept was made by HB, with BK seconding. Motion carried.

The chair of the Phone Committee was not present; however, there is an open slot on Thursday from 11:00 a.m. – 2:00 p.m. Please announce to your group. Also, there is always a need for back-up volunteers.

The P.O.S.T. is looking for a replacement for WM, who does the layout, in August. If you or someone you know is good with publishing; contact JM at the IG office.

We are selling a lot of the large print versions of the Big Book and other literature. The copies are a little more expensive to purchase.

The Founder's Day event is coming up June 13th. The Lawtey Spaghetti Dinner with a speaker will be held on July 18th at 4:00 p.m. See Howard B for tickets.

There was no old business.

In new business, the annual Hawthorne Picnic will be held in August. SR recommended donating \$200 to help with expenses. The new venue for the picnic is the Lutheran Park (with a lake and swimming pool) on Hwy 21 from Hawthorne Rd.

Motion to adjourn made by SR, seconded by M. Motion carried and the meeting was adjourned at 1:25 p.m. with the Serenity Prayer.





"Not drinking is the first requirement for joy; the second requirement is gratitude."

"The Most Beautiful Word in the English Language"  
*In Our Own Words: Stories of Young AAs in Recovery*  
Lombard, IL, 1995

**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)

### Everyone Has One

## Our Traditional Right of Appeal

Concept 5 maintains that "Throughout our world service structure, a traditional 'Right of Appeal' ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered." Does this apply in my daily affairs?

In my childhood and teenage years, my parents never required my opinion. At school I was a loner. I was a minority in and outside my home. As an adult I remained silent at home and at work to avoid conflict.

In AA, however, I have seen Concept 5 work and it leads me to use it in my daily affairs. If people do not engage in discussion, I stop to consider what they are thinking...that theirs is the minority opinion no one wants to hear. If a vote carries the majority opinion, I ask the reasons behind the minority's vote. In A.A., Concept 5 provides that a convincing minority opinion after a vote can lead to a re-vote and a change in the outcome. I feel a duty now to express my opinions with honesty, openness, and good will.

~ JM.

## A Few Sobering Thoughts

I am not an old timer! I am just a newcomer who's been around for a while.

Stay connected to AA. Don't pull your plug. You need the spiritual current.

You can't be grateful and a grouch at the same time.

I used to love things and use people. Now I use things and love people.

A relationship isn't looking for the right person – it's being the right person.

Wherever you go – there you are!

The road to sobriety is a simple journey for confused people with a complicated disease.

Minds are like parachutes. They only function when open.

You quit concealing to start revealing to begin healing.

When your head begins to swell, your mind stops growing.

Anger is one letter away from danger.

# District 14

## DCM\* Corner

We had our District meeting on June 10th and, as usual, it was well attended. If your group does not have a GSR or if your GSR is not participating, please contact me and we will be glad to help you out. It's your opportunity for your group to have a voice at District 14 and Area 14, as well as to be involved in our districts' mission of carrying the message to the alcoholic who still suffers.

We have many opportunities for service: Treatment, Corrections, CPC/PI, Special Needs/Accessibility, Grapevine, Literature, Archives, and Website. Our website has an abundance of information. It's at [aanfldistrict14.org](http://aanfldistrict14.org). Check it out!

The next Area Assembly will be held here in Gainesville, at the Paramount Hotel on SW 13th Street from July 10th through the 12th. Hope to see you all there!

*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.*

Land Title Plaza

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](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, July 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.