

Enjoying Sobriety, Using the 12 Steps Daily

I used to wonder: "What's the point?" "What did I get sober for?" "Is it worth it so far?" "Why am I still bored?" If you have to think too hard on any of these questions there might just be one more drunk left in you.

Sandy Beach once said: "If you're not relatively happy and satisfied in recovery, then you're probably doing it wrong so find someone who can help you with the steps." Much of the richness and excitement in my life is directly related to the principles and actions behind the steps.

Step 1 gives me heartfelt gratitude for everything I now have and for everything God graciously took out of my life.

Step 2 reminds me of the insanity of alcoholism and that today I can choose to avoid the chaos and drama and live a peaceful life.

Step 3 reminds me that God is in charge, and that I have been given so many wonderful gifts beyond my comprehension or understanding. I only need to surrender and get out of His way.

Steps 4 & 5 remind me that the vast changes in my life are just a scant beginning. There will be many more wonderful growth opportunities coming my way.

Steps 6 & 7 give me direction and focus while God molds me into the man I am meant to be.

Steps 8, 9, & 10 keep my life relatively free of the clutter of fear and resentment. I no longer need to fight with people, institutions, or principles.



Step 11 is my attempt to come into harmony with my Creator and Mother Earth. I feel at one with this planet and at peace in my own skin, and feeling intense compassion for human suffering around me. This has been the most profound experience of my life and is now the richest part of my daily experience.

Step 12 lets me practice gratitude by passing these wonderful gifts forward. I really do believe that it is all about love and service. In exchange God has provided me with everything I could possibly need: physically, emotionally and spiritually.

In one of my first meetings there was a group of old-timers who described everything I have experienced. They said that my life would change entirely, that I would need less money and possessions but, I would have much more fun with so much less. My hardened heart would open up and I would find peace and grace. I was both excited and skeptical. It sounded like a group of evangelical AA zealots, but I distinctly remember looking into their eyes and seeing truth and peace.

So, are you enjoying sobriety? On a meditation site I read daily there was some pseudo-sarcasm at the end of the page. It stated: "If you're not enjoying your sobriety, it's your own damn fault!"

I quite agree.

~Anonymous



Our Community News

The **International Convention**, held in Atlanta over the 4th of July weekend, was a super glorious event. AA's from all over the world showed up to celebrate sobriety. Estimates range from 56,000 to 75,000. Attendees participated in dozens of workshops, and were met and greeted in many hospitality rooms. The room hosted by Areas 14/15 was voted by some as the most elaborate. Kudos to the hundreds of members who spent countless hours giving service for our International Alcoholics Anonymous Community. Any comments on the event will be published in the P.O.S.T.

"A Common Solution" is the theme of the 59th annual **Florida State Convention** which will take place in Orlando, August 12-16, at the Rosen Plaza Hotel, 9700 International Drive. There will be workshops and a wide variety of meetings with 10 different speakers from as far away as California. See enclosed flyer.

Another date to remember is August 22nd. This is when the **Hawthorne Group/Intergroup picnic** will take place at its new location, Luther Springs on Route 21 between Johnson and Orange Springs. This is an open event for AAs and family and friends. 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 attendees. For convention questions or to register go to: www.TakingCareOfBusiness2015.com. For AA questions or to volunteer email: DocKirby@aol.com.

Summer Serenity at the Beach is September 4-7 at the Hilton Sandestin Beach Resort, there will be AA and ALAnon Workshops, go to: www.sandestinbeachhilton.com or call 1-800-267-9500.

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 flyer

Comments and reflections on area events are always welcome, including last weekend's activities at the Paramount and reviews of the Lawtey Spaghetti Dinner.

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

September: *"Living Life on Life's Terms"*

October: *"Grappling with Grudges"*

November: *"Progressive Gratitude"*

Thought for the Day

"Change is a process, not an event."

-- Anonymous

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

Congratulations!

July Anniversaries

Everything or Nothing

AO - 4 yrs
BK - 26 yrs
JC - 1 yr
KT - 3 yrs
MP - 1 yr
WL - 29 yrs

Eye Opener

S - 4 yrs
SS - 27 yrs
SR - 23 yrs
BA - 26 yrs
MG - 12 yrs

Free to Be

W - 27 yrs
R - 27 yrs
LM - 25 yrs
D - 1 yr
S - 1 yr

Gratitude

JS - 3 yrs
RM - 3 yrs
MG - 3 yrs
RT - 10 yrs
SR - 18 yrs
BA - 26 yrs

Gifts of Sobriety

TM - 13 yrs

Hawthorne Group

MM - 23 yrs
DM - 53 yrs
JD - 8 yrs (June)
JL - 3 yrs (June)

Language of the Heart

MM - 23 yrs
LS - 7 yrs

Promises

C - 37 yrs (June)
JM - 47 yrs (June)

Melrose Happy Hour

PG - 22 yrs (June)
JS - 9 yrs (June)
DM - 53 yrs
LS - 7 yrs
SC - 2 yrs

Saturday 10th/11th Step

EH - 24 yrs (June)
H - 7 yrs
JF - 31 yrs

Tuesday Night Step Study

SS - 4 yrs

Women's Serenity Seekers

JM - 1 yr

Women's Step Study

BK - 26 yrs
JD - 6 yrs

Happy Birthday

August Anniversaries? Send them by August 15th to: post@northcentralfla.org

Everyone Has One

Acceptance (Beyond Tolerance)

Newcomers are approaching AA at the rate of tens of thousands yearly. They represent almost every belief and attitude imaginable. We have atheists and agnostics. We have people of nearly every race, culture and religion. In AA we are supposed to be bound together in the kinship of a common suffering.

Consequently, the full individual liberty to practice any creed or principle or therapy whatever should be a first consideration for us all. Let us not, therefore, pressure anyone with our individual or even our collective views. Let us instead accord each other the respect and love that is due to every human being as he tries to make his way toward the light.

Let us always try to be inclusive rather than exclusive; let us remember that each alcoholic among us is a member of AA, so long as he or she so declares.

Bill W., July 1965 - *The Language of the Heart*

North Central Florida Intergroup Minutes

June 28 , 2015

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

In attendance: PM, Women's Step Study, I G Secretary; JV, New Freedom, Alternate IG Chair; SG, Where and When; TC, Gratitude; CH. Solutions; KC, 4th Dimension; RG., Unity, TILIS; EM, Good Morning God; EB, Downtown; TR, AIS; HB, YPG, Gifts of Sobriety; JS, HALT; BM, Eye Opener; RM, Geezers; LD, TNSS; BK, Free To Be; FS, Faith-Hope-Strength; JM, Promises, Office Manager; SR, Sat 10/11th Step, IG Chair; CH, By The Book; BB, A Vision For You.

Secretary's Report: Motion to accept by HB, second by JV.

Treasurer's Report: Motion to accept by PM, second by RG.

Phone Committee: There are three open spots as of 6/28. The Friday slot of 7-10:00 a.m. only needs to be filled for four months. We always need backup volunteers. Please share at your meetings. Motion to accept by PM, second by EB.

P.O.S.T: WM is stepping down from his P.O.S.T duties and KC. has volunteered to replace him on the committee. Please make sure your birthdays are sent by the 15th of each month.

Literature/Merchandise: A new shipment came in and included a new pamphlet called "AA at a Glance". Go by the office and check out what is available.

Activities: The FCYPAA 352 Bid Elections will be held at 2p.m. on July 25, at the Triangle Club. There are many positions available. The Eye Opener Group is having another "Back to Basics" series starting August 8th at 8:30 a.m. at the Triangle Club. The **Lawtey Primary Purpose Group** is having their annual **Spaghetti Dinner** on Saturday July 17th at the Starke Country Club from 4:00 p.m to 8:00 p.m. Tickets are \$10 and seating is limited. Call JT at 386-623-2564, MM at 352-672-1301 or PW at 904-294-7581. The eighth annual **Hawthorne Group/IG Picnic** will be held on Saturday August 22, from 11:00 a.m. to ??? at Luther Springs. Any questions, call G at 352-682-6257.

Where and When: A new list will be out soon.

Old Business: None.

New Business: The **Gratitude Dinner** is scheduled for November 7th.

Motion to adjourn was made by HB, seconded by EB. Meeting was adjourned at 1:25 p.m. with the Responsibility Pledge.



"No matter what is going on in my life, no matter how bad things seem, I can always find something to be grateful for if I just look hard enough."

Mesa, Ariz., March 2010
"Not On Fire"
Emotional Sobriety II

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

Treatment Corner

Tradition 5: "Each group has but one primary purpose—to carry its message to the alcoholic who still suffers."

The Treatment Committee for District 14 carries a meeting into residential treatment and detox facilities 45 times a month. WE ALWAYS NEED HELP, especially consistent charring commitments. If you are feeling that you are not where you want to be in your sobriety, come share your experience, strength and hope with those just starting this journey. Join us by emailing Oberlin@cox.net or come to the Treatment Committee Meeting the first Monday of every month at 6:30 in the Tranquility room at the Triangle Club



"I was still in a fog when the treatment committee brought an AA meeting into Bridge House my first night there, but I saw how God had transformed the sick and helpless into the willing and able. I was told that some will make it and some won't. And, that if I wanted to be the one to make it, I would have to be willing to do the work as honestly as I could and keep an open mind."

~K

I can't say I understand HOW this works, but the proof is it does. Carrying the message of how I've stayed sober to the still sick and suffering may not save them, but it keeps me sober another day. One day at a time, HOPE no longer is a fleeting goal, it is consistent and the longer I stay sober, those far off dreams and wishes finally become obtainable. My hope is that the message of my journey connects with someone, that my hope sparks hope for a better life within them. My life and recovery are not special. I am just one of many, and the program works, as long as I continue to work it.

~ DO

Treatment Committee Co-Chair

District 14

DCM* Corner

I was privileged to attend the International Convention in Atlanta over July 4th weekend and spend time with 65,000 other alcoholics, including many from our district. The next I.C. will be in Detroit in 2020.

The District 14 service meeting was held on July 8th. Our GSRs approved the Archives committee recommendation of sending \$1200 of excess monies from the Founders Day prudent reserve to GSO. Founders Day has been a great event, and the committee has done a great job of keeping expenses down the past couple of years.

Finally, Area Assembly was held the weekend of July 11th. Our Area Delegate, GW, gave the General Service Conference report from April. GW will be at our Service Workshop in October to give a summary of the report and talk about service in general. I would like to thank the 16 GSRs who were present at the business meeting Sunday, and the numerous people who attended the workshops on Saturday.

Remember, if your group does not have a GSR, please elect one so your group has a voice in our effort to carry the message. Join us in unity and service! As always, please contact me with 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.

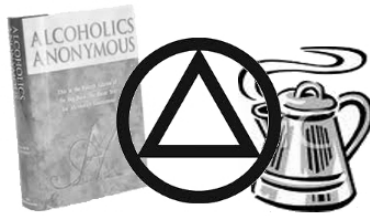
North Central Florida Intergroup
2632 NW 43rd Street, Suite 1182
Gainesville, FL 32606-7551
[Checks payable to: NCFI]

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



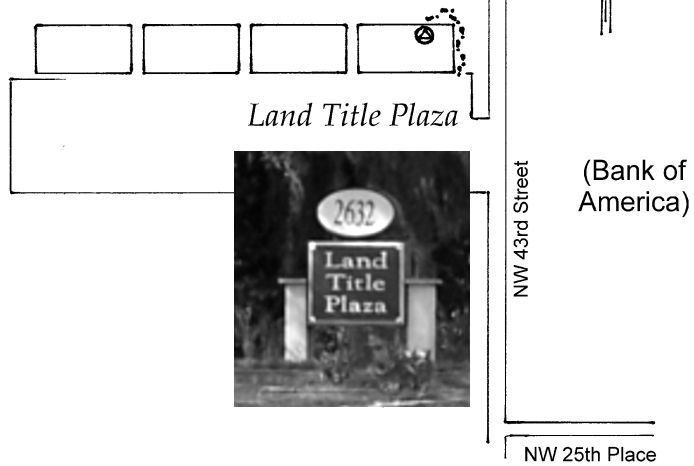
North Central Florida INTERGROUP

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, August 30th 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.