

God's Grace in Attitude and Action

As it turns out, my various inventories come out with the same embarrassing conclusions: that I have often been a whiny, unappreciative, and self-absorbed brat. Ouch! Those disillusioned default attitudes can easily ruin my peace of mind and cut me off from the "sunlight of the spirit" and I can ill afford that gut-wrenching negativity. I heard that the only thing I have power over is my attitude (and the actions that follow). That would suggest that the negative attitudes and actions of the past were really a choice, and the negative consequences were therefore self-inflicted. My role in each problem was that I nurtured a bad attitude, and often hurt other people in the process.

In steps 4 and 5 I can identify the problem (me). In steps 6 and 7 I can decide to surrender that negativity to my loving Creator who, after all, wants me to have a life of peace and compassion at last. The challenge for me in step 7 is to choose a new attitude of gratitude daily, not only for my own emotional and spiritual freedom, but to prevent collateral damage from a toxic and contentious disposition (a living amends in itself). For me, this is a daily practice and I will fall short daily, but that grateful state of mind progressively grows into a positive outlook. No longer as irritable and sarcastic, I can actually be a useful member of society (instead of a dangerously unmindful renegade).

The step 10 spot check and end of day

inventories can keep my gratitude growing as I continue to avoid that alcoholic pessimism which used to be a favorite source for anger and self-pity. With a commitment to spiritual growth, my closeness to God seems to grow over time, and I can perhaps become the person I was meant to be. The 12th step part of this is to be the most positive and enthusiastic person I can be in order to be of service to those around me, and to perpetuate my own appreciation for the many good aspects of my life.

It's easy for me to see that we have all been delivered from a cruel and merciless disease that almost always results in a ruthless and inhumane death. My current problems are simply luxury problems... thank God!



Progressive Gratitude...

I've never thought of these two words together, but after thinking on it, I can see how they were perfectly positioned regarding my personal recovery. Here is how it worked for me: In the beginning gratitude was non-existent. I was pretty much filled with anger and resentment. It took a few days, or weeks of consistent meetings – and probably completing that first step – before I found things to be grateful for. Things, like not being in jail, getting my driver's license back, being asked to join someone for ice cream.

(Continued on Page 3)



Community News

The Tell It Like It Is men's group and the Good Morning God group hosted a workshop on "Chairing a Meeting and A.A. Etiquette" on Saturday, October 10th, from 9:30 a.m. to Noon, at the Parkview Baptist Church. For the workshop, several groups were formed and each discussed a specific aspect of the topic. Subsequently, the groups came together and discussed topics in a symposium format. All in all it was a very successful event.

Preparations are well underway for this year's **Intergroup Gratitude Dinner**. Many Groups and individuals have stepped forward to fill the roles required to have this event go off successfully. Tickets are available throughout the A.A. community, with some available at the Intergroup Office. Volunteers are still needed to roast turkeys (18 in all) for the dinner, as well as volunteers needed to contribute especially elaborate and spectacular cakes for the Cake Auction - Intergroup's only fundraiser. The date for the dinner is Saturday, November 7th. The next, and last, committee meeting is Wednesday, November 4th at the Intergroup Office. See enclosed flyer.

Back to Basics, sponsored by the Eye Opener Group, is again having a month-long session, beginning on Saturday, November 7th at 8:30 a.m., at the Triangle Club. Complete details are available in the enclosed flyer.

The **Promises Group** Saturday meetings will be held at the Highlands Presbyterian Church, 1001 NE 16th Ave, during home games. The schedule will be found in the enclosed flyer.

"I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion we can ever know."

~Bill W.

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

December: "How Do We Give It Away?"

January: "On Being Happy"

February: "Humbly Asked"

Thought for the Day

"There is an island of opportunity in the middle of every difficulty"

~Anonymous

Get yourself published! Entry deadline is the 15th of each month. Send your topic articles, op-eds, cartoons to post@northcentralflaa.org.

Congratulations!

October Anniversaries

Afternoon Reflections

DN - 1 yrs
RD - 2 yrs

Downtown

CP - 16 yrs

Eye Opener

BM - 4 yrs
DH - 32 yrs
LD - 1 yr
PS - 13 yrs
SL - 29 yrs

Fourth Dimension

MD - 7 yrs
RB - 27 yrs
JC - 7 yrs

Free To Be

AD - 3 yrs
DK - 6 yrs
HH - 13 yrs
M - 10 yrs
PM - 27 yrs
RR - 39 yrs
TV - 2 yrs
TS - 8 yrs

Gratitude

GM - 3 yrs
PC - 3 yrs
RS - 1 yrs
RG - 25 yrs
RK - 5 yrs
SGW - 13 yrs
SZ - 4 yrs

New Hope

CE - 2 yrs
J - 18 yrs

Tuesday Night Step Study

DO - 4 yrs
LD - 17 yrs

Women's Serenity Seekers

MC - 22 yrs
TH - 26 yrs

Young Peoples Group

JV - 2 yrs
TB - 4 yrs (Sept)



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

Progressive Gratitude... (Continued from Page 1)

I'm not sure when it happened, but one day I woke up and didn't need a reason to be grateful. I just was. It was a beautiful day, for no particular reason. But it was fleeting. The next day it was more difficult to find the same satisfaction, and I had to look for reasons to be grateful. It's been only a few years of consistently choosing to work a program of recovery, and I work it every day as if my life depends on it. The greatest gift has been consistent gratitude. I am just satisfied with the life I've been given (instead of the one I deserved), for the people that I have chosen to be in my inner circle, who complement my values and live by my same principles, and

mostly I am so very grateful every moment of every day that I have been one of the chosen few to catch sobriety.

I'm reminded of how blessed I am every time I take a meeting into detox and treatment, because I see those people who have not yet found anything to be grateful for, and I see myself when I first came through the doors. With this reminder perhaps I can continue the growth of my progressive gratitude. If your recovery isn't what you think it should be, come with me to carry the message to those still sick and suffering... perhaps it will help you on a path of gratitude, too.

~DO., Treatment Committee Co-Chair

North Central Florida Intergroup Minutes September 27, 2015



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

Attendance: BK, Free to Be; BB, A Vision for You; CH, By The Book; C, Solutions; DK, Tuesday Night Alachua; DL, Keystone Heights; EB, Downtown; FS, IG Treasurer, Faith Hope Strength; HB, YPG, Gifts of Sobriety; JM, Office Manager; JV, New Freedom, Alt Geezer; JD, Be Still and Know; KC, 4th Dimension; Pat B, Alt, Tuesday Night Step Study; MV, Promises; EM, Good Morning God; PM, IG Secretary, Thursday Women's Step Study; RG, Unity, TILIS; RM, Geezers; SR, IG Chair, Sat. 10th/11th Step

The minutes were read and after some comments about the misspelling of August, a motion was made by EB to accept, seconded by BK. Motion passed.

The Treasurer's report was read and a motion was made by JV to accept, seconded by R. Motion passed.

Phone Committee: BB reported the grid is up to date as printed for the first time in a while. There is ALWAYS a need for backup volunteers.

P.O.S.T.: There were many comments regarding the P.O.S.T. looking good. JM mentioned KC and SS are doing a great job putting it together. Submissions are always welcomed and need to be submitted by the 15th of the month.

Literature & Merchandise: The IG office is well stocked with many items of "drunk junk."

Where & When: The printed version was recently updated and will not be printed again until there are six changes. The website is always up to date.

Activities: There are a few activities coming up. On Oct 4th is the "Stick with the Wieners" at the Triangle Club, put on by FCYPAA, starting at 1:00 p.m. Next there is a workshop "Chairing a Meeting and A.A. Etiquette"; see flyer in P.O.S.T. Oct 24th is the **10th Annual Service Fair**; see flyer in P.O.S.T. And of course, the BIG event of the year is the **Gratitude Dinner**, Nov 7th. There is plenty of opportunity for service. The Unity Group is hosting a **Back to Basics** series on the first Thursday in Jan, 2016 at 7:00 p.m.

Old Business: None

New Business: The current IG Chair and Alt Chair will be rotating out next year. More information will follow. However, you can be thinking about if you would like to stand for one of these positions.

There being no further business, a motion to adjourn was made by EB, seconded by JV.

Meeting adjourned at 1:25 p.m. with the Responsibility Pledge.

7th Tradition Addresses

North Central Florida Intergroup

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



District 14

P.O. Box 357254
Gainesville, FL 32635-7254
[Checks payable to District 14]

North Florida Area Assembly

P.O. Box 291634
Port Orange, FL 32129-1634
[Checks payable to NFAC]

General Services Office

P.O. Box 459, Grand Central Station,
NY, NY 10163
[Checks payable to GSO]

Self-support: Where money and spirituality mix.

FCYPAA

The 352 Bid for FCYPAA would love to give the community some updates for this bidding year. We will be co-hosting an event with the Sun Coast Bid at the Triangle club on December 12th! The event is called "Popping Tags 3" and will be an A.A. meeting followed with fellowship and a dance. Donations will be accepted, but no one will be turned down. "Popping Tags 3" is an ugly sweater event. You can rock your ugly sweater while dancing or just hanging out with the community. This is a save-the-date reminder. We will be producing flyers with more information in the near future.

For those who are unfamiliar with FCYPAA, it is the Florida Conference of Young People in Alcoholics Anonymous. A group of individuals want to bring the conference to Gainesville; therefore, the 352 Bid was formed. We hold weekly business meetings each Sunday at the Triangle Club at 5:00 p.m. Part of being a bid is to spread the message of A.A. to those still sick and suffering. One way we show that we are not a glum lot is to fellowship together and have fun in recovery. The 352 Bid is extremely passionate about being a family and doing service work to help others. All are welcome to sit in on our business meetings and join the bid.

~I, Secretary, 352 Bid for FCYPAA

Tradition of the Month: 11

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

"To us, ..., it represents far more than a sound public relations policy. It is more than a denial of self-seeking. This Tradition is a constant and practical reminder that personal ambition has no place in A.A. In it, each member becomes an active guardian of our Fellowship."

~"Twelve Steps and Twelve Traditions"

District 14*(Serving Alachua County)***DCM Corner**

Hi Everybody!

We are in the midst of a busy time for District 14. Area Assembly was the weekend of October 10th. We had another good turnout and voted on 10 different motions concerning area business at the Sunday business meeting. And we reviewed the Area inventory on Saturday afternoon. The monthly District 14 meeting was held on October 14th. If your group is not represented at district by a GSR, your group has no voice in the decisions the GSRs make concerning money, policy, and events. The District 14 Service Fair was October 24th. I want to thank all the people involved in putting this event together. It was a great opportunity to learn more about all our district service committees and to get involved in carrying the message to the alcoholic who still suffers, which is our primary purpose. Our next District meeting is November 11th. Come by and join us! Visitors are always welcome. Any questions or concerns? Please contact me. I'm here to help in any way I can. It's a pleasure to serve you.

~GN, DCM

District 14 Service Committee Meetings**District 14 Business Meeting**

2nd Wednesday, 6:00 p.m.

Westminster Presbyterian Church

Accessibilities

2nd Thursday, 6:00 p.m., Triangle Club

Archives

1st Tuesday, 6:30 p.m., Triangle Club

Corrections

3rd Tuesday, 5:30 p.m., Triangle Club

CPC/PI

1st Thursday, 6:00 p.m., Triangle Club

Grapevine

2nd Tuesday, 6:00 p.m.

Trinity United Methodist Church, Room 204

Literature

2nd Monday, 6:30 p.m., Intergroup Office

Phones (NCFI Committee)

2nd Tuesday, 5:00 p.m., Intergroup Office

Treatment

1st Monday, 6:30 p.m., Triangle Club

Visit www.aanfldistrict14.org for more info**District 27***(Serving Dixie, Levy & Gilchrist Counties)***District 27 Business Meeting**

3rd Tuesday, 6:00 p.m.

St. Albans Episcopal Church

7550 NW 149th Place, Chiefland

District 27 Hotline:

(352) 949-2239

Contributions Address:

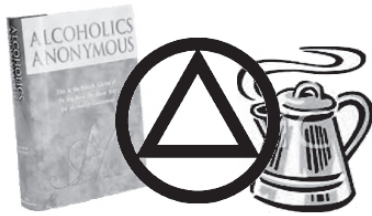
District 27 A.A.

P.O. Box 1257

Bronson, FL 32621

Website Address:www.District27aa.org

NCFI



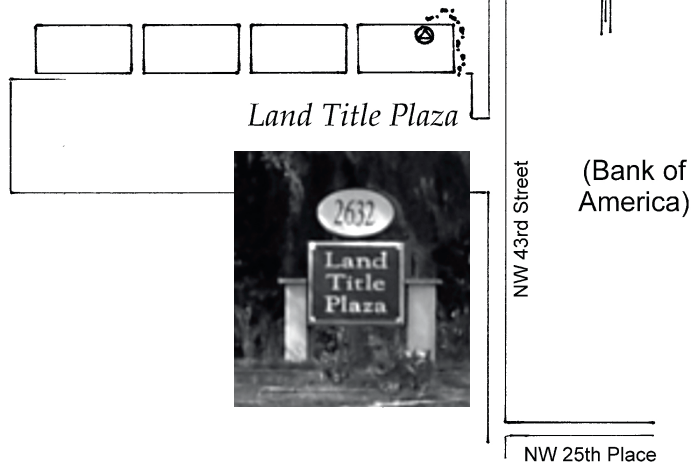
North Central Florida INTERGROUP

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, November 29th at 1:00 p.m. at 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.