

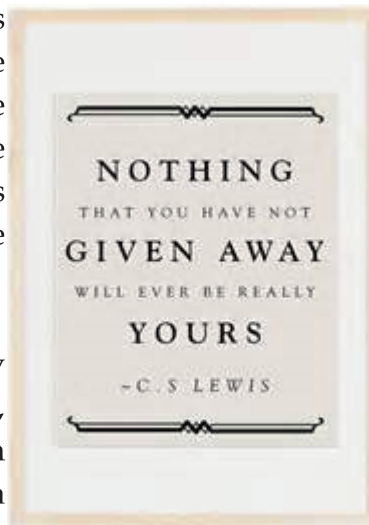
"The Spiritual Awakening of Selflessness...."

It was on the wall: "Trust God, Clean House, Help Others." Those three simple ideas are absolutely counter-intuitive to most of us when we get here. I was always plagued by the *why* questions. Why do we have to trust God (we need faith to be effective), why do we need to clean house (we need quiet minds to efficiently let God into our lives), and why do we help others (to get an open heart and to let God flow through us). The chapter "Into Action" fires off 7 steps in 16 pages and stops abruptly after step 11, only to leave "Working with Others" as the crowning glory of the steps; a whole chapter devoted to the selfless pursuit of service. How could this be so important?

New in recovery, I was very confused about *all* of the steps, especially that last one. The 12th step looked like a *top shelf* extra credit step for over-achievers. Over time I realized that the altruistic attitude of service is the result of that psychic change that Carl Jung talked about. What is needed for each step, if you think about it, is willingness and humility and, for me, that was especially true when helping others. I need to be willing to put other's needs before mine (compassion), and I need to be humble enough to put myself in their shoes (empathy). Step 12 states "having had a spiritual awakening as a result of these steps." This suggests that, by this time, I have had that

psychic change sufficient to "relieve me of the bondage of self."

The 12 & 12 says of step 12: "here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety." When I first read that line I believed that this emotional stability and maturity was not even vaguely possible in my life. The old timers assured me that not only was it possible, but also a matter of life and death. I cannot tell you how many times I've been quoted page 20 from the Big Book: "Our very lives, as ex-problem drinkers, depend upon the constant thought of others and how we may help meet their needs."



Another way that it has been put to me is the notion that "to whom much is given, much shall be required." I was told early on that if I was enjoying being sober that maybe I could show that gratitude in my actions towards service to others. Fortunately we have ample guidance on how to get busy in service. It was strongly suggested that my service can begin by becoming active in my home group, by sponsoring other men, joining various committees, bringing meetings to underserved areas (i.e. detox), etc. The social attachment and bonding that results from unselfish concern for others is, in my opinion, that special spark that God has given us to spread His love.

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Community News

Intergroup's **24th Annual Gratitude Dinner**, held at Holy Trinity Church on Saturday November 7th, was once again a happy, successful community affair filled with AAs, family and friends. The sobriety countdown revealed a woman with less than one day all the way to a man who has been in Alcoholic Anonymous for more than 53 years. Friendship prevailed with plenty of conviviality, while the cake auction brought in more than \$2,000 toward the fundraising that sustains the Intergroup Office. The event could not have taken place without the help of over 60 members of AA and Al-Anon from ticket sellers to those who swept the hall afterwards. Kudos to all of them for being a *part of*.

Another AA community effort, the **12th Annual Alkathon**, sponsored by Intergroup will take place at the Triangle Club. Meetings will begin at Noon on December 31st and run continuously ending at Noon on January 1st. Various area groups have volunteered for this service and will each host one of these meetings. Coffee and refreshments will be provided by Intergroup to help welcome the beginning of a new sober year. See enclosed flyer.

FCYPAA and the Sun Coast Bid Committee are sponsoring an event that will take place at the Triangle Club on Saturday, December 12th. The event begins at 7:00 p.m. with fellowship and a speaker at 8:00 p.m. This will be followed by a variety of fun activities and a dance, starting at 9:30 p.m. Suggested donation is \$5. A flyer with details is enclosed.

The Unity Group and District 14 are sponsoring the **Back to Basics** sessions beginning on Thursday, January 7th at 7:00 p.m. at the Triangle Club. Flyer enclosed.

NEW! Babysitting is now available at the **Everything or Nothing** women's meeting on **Mondays** at 6:00 p.m., located at First Church of the Nazarene, 5020 NW 23rd Ave., Gainesville.

The Spiritual Awakening of Selflessness

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For me, there is a special feeling of redemption when I can be a useful member of society, especially helping another alcoholic! After all, Dr. Bob's parting comment to Bill was that it's all about love and service, and they both knew that our sobriety and, therefore, our survival, depends on it. As Sandy B. always said

"the highest pay grade in sobriety is to become a humble servant." I cannot be grateful enough that people were there for me when I got here; thank God for their service! Perhaps I can pay it forward.

~Anonymous

Congratulations!

November Anniversaries

Live & Let Live Group

J B - 32 yrs

S M - 9 yrs

Eye Opener

B M - 11 yrs

L F - 3 yrs

M P - 28 yrs

Fourth Dimension

K B - 7 yrs

K C - 10 yrs

Free To Be

C H - 5 yrs

K V - 6 yrs

S Z - 4 yrs

Gratitude

T C - 5 yrs

J T - 3 yrs

K J - 2 yrs

Hawthorne Group

R M - 1 yr

T - 3 yrs

Saturday 10th & 11th Step

B A - 1 yr

M D - 1 yr

Women's Serenity Seekers

A C - 26 yrs

Women's Step Study

F - 26 yrs



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

Why I Give it Away...

It is one of the great paradoxes of the program that we have to give it away to keep it. This was difficult for me to get my mind around, but it is the basis of what Bill & Bob found to be a vital part of staying sober from the very start.

My nature is to be selfish and lazy. I want it to be easy, and delivered to me on a silver platter. I don't like getting outside of my comfort zone. Looking back it seems completely ridiculous that I was willing to stay in that miserable state of drunkenness, but it was what I knew. And my alcoholism had me so desperately afraid of change that it kept me locked into my bottles. So how does this giving-it-away thing work, and why must I do it? For me, it is twofold:

First, when I volunteer my time and offer my story to someone who is new; I come up

close and personal to how it was for me. I get eye-to-eye with the hopelessness, and it helps me remember how it really is to be out there drinking.

Second, it gives my past a purpose. By sharing what I was like, what happened and what I am like today, I am uniquely qualified to reach someone suffering from alcoholism. A doctor who hasn't gone through the "pitiful and incomprehensible demoralization" can't do that.

The hardest part of giving my experience, strength and hope away is that it doesn't save them. But it will always save me from the insanity of my disease. So for this alcoholic, I will gladly give it away whenever possible, because I never want a drink to look like a good idea ever again.

~D O, Treatment Committee Co-Chair

North Central Florida Intergroup Minutes October 25, 2015



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

Attendance: A R, Everything or Nothing; B K, Free to Be; B, A Vision for You; B M, Eye Opener; L E, Downtown Group; I, Solutions; D L, Keystone Heights; D E, BYOB; F S, IG Treasurer, Faith Hope Strength; H B, YPG, Gifts of Sobriety; y M, IG Office Manager; J S, HALT; J V, New Freedom, Alt Geezers; K C, 4th Dimension; L D, Tuesday Night Step Study; M V, Promises; E, Good Morning God; P M, IG Secretary, Thursday Women's Step Study; R G, Unity Group, TILIS; S R, IG Chair, Sat 10/11th Step; E W, Alt Thursday Women's Step Study; J P, Early Bird.

Secretary's Report: The minutes were read and a motion was made by J to accept, with H seconding. Motion passed.

Treasurers Report: After looking over the report, a motion was made by P to accept, with D seconding. Motion passed.

Phone Committee: There is an open slot on Friday from 10:00 p.m to 8:00 a.m. The only requirement is 6 months sobriety. It's a great way to do service that is so easy.

P.O.S.T.: J and a few others gave kudos to K and S for the excellent job they are doing with putting together the P.O.S.T. All submissions are welcome and need to be in the IG office by the 15th of each month. These articles should be about 300 to 350 words.

Literature & Merchandise: The Intergroup office has everything you need to enhance your recovery. There are lots of items that make wonderful gifts for any occasion. Shop at your local IG office for the Holidays!!

Where & When: The current paper copy was recently updated and will not be done again until there are several changes to the groups. The website is always up to date.

Activities: **Gratitude Dinner** preparations are in full swing and promises to be another wonderful event. Next committee meeting will be Nov. 4th at IG office, 5:30 p.m. A follow-up meeting will be held on Nov. 18th to discuss the event. Intergroup would like to thank all who volunteered to help with this event, especially the young people of FCYPAA. Promises is hosting another **Back to Basics** session. Flyers will be coming out soon. FCYPAA is hosting an **"Ugly Sweater"** contest, more details coming soon. Plans are beginning for the Alkathon. Please check with your groups if they would like to host a meeting. There are 8-9 slots to be filled and times will be drawn at the November meeting.

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7th Tradition Addresses

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]

Self-support: Where money and spirituality mix.

North Central Florida Intergroup Minutes

(Continued from Page 4)

New Business: S brought up the subject of getting a new computer for the IG office. She proposed forming a committee of 3-4 people to look into the situation. B asked how many are using it; do we need the internet? He also volunteered to help on the committee. S made a motion to have only IG reps on the panel. D seconded. The committee was formed of H, B, F, and B. The meeting adjourned at 1:30 p.m. with the Responsibility Pledge.

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

- January: *"On Being Happy"*
- February: *"Humbly Asked"*
- March: *"On Being a Member"*

Thought for the Day.....

*"The first step towards getting
somewhere is to decide you are
not going to stay where you are"*
~Unknown

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

Tradition of the Month: 12

"Anonymity is the spritual foundation of all our Traditions, ever reminding us to place principles above personalities."

"It reminds us that we are to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all."

Twelve Steps and Twelve Traditions

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

Hello Everybody!

I hope you had a great Thanksgiving. We had our monthly district meeting on November 11th. We had a great turnout again, and we had a lively discussion on clubs and what they can and cannot do. Clubs are not affiliated with AA in any way. They rent space to different 12 step groups. So, they can raise money any way they want to. Our next meeting is Wednesday, December 9th at 6:00 p.m. at Westminster church. Come and join us!

Our next Area Assembly is January 8-10. It's at the Paramount on SW 13th Street. Anybody is welcome to come. Hope to see you there! I appreciate everyone who is involved in carrying the message for our district and hope you all have a great Christmas and an even better New Year.

Thanks for allowing me to serve you! And, as always, please contact me with questions/concerns.

~G N, DCM,

*DCM: The District Committee Member is the link between GSRs and the Area Delegate, and serves as Chairperson for District business meetings. Visit www.aanfldistrict14.org for more information.

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

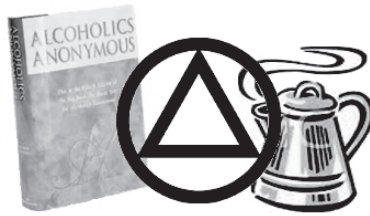
Bronson, FL 32621

Website Address:

www.District27aa.org



NCFI



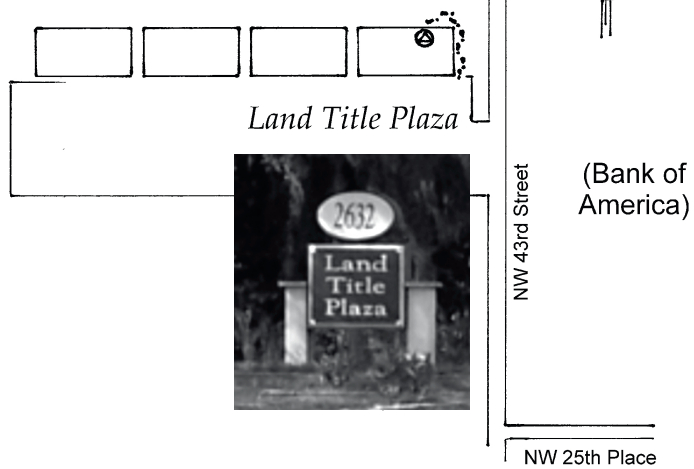
North Central Florida INTERGROUP

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, December 27th 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.