

"Happiness is Simply a Choice"

I used to think that being happy was to have as many material goods as possible, while at the same time being as inebriated as possible. I was never content or satisfied with the course of my life, and I suspected that it might not end well. I remember that feeling of abject desperation and loneliness that no amount of alcohol could stifle. I am very blessed today because I remember all of those distant pitiful years as if they were last night. I've heard that if you forget that first step you will be cursed to repeat it. I have. It was brutal! My 4th and 5th steps sadly revealed that my misery had been self-inflicted in one way or another.



So let's see, humility, service, and spiritual growth will make me happy, content, and satisfied with life? Striving for humility will keep me *right-sized* in order to have empathy and compassion for others. Service will necessarily connect me to other people and prevent this disease of isolation from taking me back to the gates of hell. It will also help keep me from the "bondage of self" where the *demons* live. Spiritual growth keeps me on this adventurous path with you. A friend once pointed out that our ultimate purpose is to enhance each other's spiritual growth, expecting nothing in return. That makes us a wonderful family for which I'm very grateful!

On the other hand, I was told early on that happiness is simply a choice. How I resented those simple old timers! Obviously their lives were boring and uncomplicated, not nearly as busy and sophisticated as mine. I came to find out that the *secret* to happiness (and successful sobriety) is to simplify my life as much as possible, to avoid toxic people and situations, and especially to become involved with as many levels of service as possible. Those old timers (as I am privileged to learn by the grace of God) are some of the busiest, most fulfilled, most content, happy and satisfied humans on this planet.

Gandhi said that "Happiness is when what you think, what you say, and what you do are in harmony." That is exactly what our program and our fellowship has to offer. I can be comfortable in my own skin, where my insides and my outsides match most of the time. The hard work and misery of being an active alcoholic is now replaced by the opportunity to choose a useful and happy life! By the grace of God, I chose happiness today. I pray you do the same!

~Anonymous

"The happiness of your life depends on the quality of your thoughts..."



Community News

The 45th Annual Gulf Coast Roundup will take place at the Ramada Beach Resort, located between Ft. Walton Beach and Destin, Florida. The address is 1500 Miracle Strip Parkway SE (Hwy 98E). The dates are February 12, 13 and 14, 2016. Website: www.gulfcoastroundup.com. There will be workshops in the morning and afternoons, AA and Al-Anon meetings, raffles and more. There are flyers at the Intergroup Office.

The next Area Assembly is scheduled for January 8-10 at the Paramount on SW 13th St. This is always an opportunity for anyone, especially a newcomer, to experience Alcoholics Anonymous in action, beyond the group and District level. There are workshops all day Saturday and a business meeting on Sunday morning at 9:00 a.m. Attendance is usually 250 to 300 AA's from all over Area 14.

Intergroup's 12th Annual Alkathon, held at the Triangle Club, (1005 SE 4th Ave) will begin at noon on New Year's Eve and continue until noon on New year's Day. Meetings will be put on by various area groups. Refreshments will be available throughout. See the list of participating groups and time slots on page 5 of this P.O.S.T. Flyer enclosed.

Everyone has one.....



"I don't think happiness or unhappiness is the point. How do we meet the problems we face? How do we best learn from them and transmit what we have learned to others, if they would receive the knowledge?"

In my view, we of this world are pupils in a great school of life. It is intended that we try to grow, and that we try to help our fellow travelers to grow in the kind of love that makes no demands. In short we try to move towards the image and likeness of God as we understand Him.

When pain comes we are expected to learn from it willingly, and help others to learn. When happiness comes we accept it as a gift, and thank God for it."

~Bill W., 1950

Congratulations!

December Anniversaries

Afternoon Reflections

JM - 1 yr

TV - 9 yrs

Eye Opener

JW - 11 yrs

LK - 2 yrs

Melrose Happy Hour Group

KB - 8 yrs (Nov)

JL - 19 yrs (Dec)

BYOB (Nov)

L - 29 yrs

FS - 25 yrs

DM - 2 yrs

Free to Be

MA - 25 yrs

K - 22 yrs

DN - 9 yrs

Unity Group

EB - 6 yrs

M - 5 yrs

TV - 9 yrs

Downtown Group

EB - 6 yrs

Gratitude

TC - 5 yrs

DH - 33 yrs

Women's Step Study

DC - 3 yrs

SS - 35 yrs

Everything or Nothing

DR - 1 yr

JP - 4 yrs

Hawthorne

JW - 3 yrs



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

"Happiness: A Journey, not a Destination"

We convince ourselves that life will be better when we are married, have a baby, then another baby. Then we are frustrated that the kids aren't old enough and we will be more content when they are. After that we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, or when we're able to go on a nice vacation, or when we finally retire.

The truth is that there is no better time than now to be happy. If not now, when? Life will always be filled with challenges. It's best to

admit this and decide to be happy anyway. We can treasure every moment we have. And treasure it more because we've shared it with someone special, special enough to share our time. And remember that "time waits for no one."

Let's stop waiting until we *fill in the blank* and make a decision that there is no better time than right now to be happy. Happiness is a journey, not a destination. So "Work like you don't need the money. Love like you've never been hurt and dance like no one is watching."

~Anonymous

(P.O.S.T. Vol 3, Issue 1, January 1999)

"Trudge the road



of happy destiny."

North Central Florida Intergroup Minutes November 29, 2015



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

Attendees: BK, Free to Be; B, A Vision for You; BM, Eye Opener; C, Solutions; DL, Keystone Heights; FS, IG Treasurer, Faith Hope Strength; HB, YPG, Gifts of Sobriety; JM, IG Office Manager, JS, HALT; JV, New Freedom; KC, 4th Dimension; PB, Tuesday Night Step Study; MV, Promises; EM, Good Morning God; JF, Gratitude; PM, IG Secretary, Thursday Women's Step Study; SG, Where & When (printed); SR, OG Chair, Sat 10 & 11 Step; DH, Everything or Nothing; AC, Lawtey PPG; SM, Lawtey PPG, visitor.

Secretary's Report: JV made a motion to accept the minutes with a change to the Activities section: Promises Group is not hosting the **Back to Basics** session, it is hosted by the Unity Group and District 14. This will be starting in January. S seconded the motion. Motion passed.

Treasurer's Report: D made a motion to accept the report as read, with D seconding. Motion passed.

Phone Committee: B reported there is one slot open. He requested we announce the need for back-up volunteers.

P.O.S.T.: J reported it is getting better all the time thanks to the submissions of our AA community. The "Everybody has One" section is for people to submit their opinions on things they feel need to be changed or to praise something that is going well.

Literature & Merchandise: The office is up to date with all kinds of *drunk junk*. Stop by for gifts for all your AA friends.

Activities: "**Popping Tags**" is a party hosted by FCYPAA on December 12th at the Triangle Club. See the flyer in the P.O.S.T. The **12th Annual Alkathon**, hosted by NCFI and Gainesville area groups is at the Triangle Club from Dec 31, 12:30 p.m. to Jan 1, 12:30 p.m. The Triangle Club will be open 24 hours a day from Dec 24 – Jan 1. Snacks and coffee will be provided for all meetings. (See P.O.S.T. page 5 for group day and time slots)

Old Business: After doing some research on the subject of getting a new computer, it was decided the old one is adequate for the office needs.

New Business: None

A motion to adjourn was made by B and seconded by J. Motion passed.
Meeting adjourned at 1:20 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]



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.

Alkathon Meeting Schedule

Thursday, December 31st: Free to Be, 2:30 p.m.; Geezers, 4:00 p.m.; Sat. 10th/11th Step, 10:00 p.m.; YPG, 11:30 p.m.

Friday, January 1st: Everything or Nothing, 1:00 a.m.; Good Morning God, 2:30 a.m.; Fourth Dimension, 4:00 a.m.; New Freedom, 5:30 a.m.; Promises, 8:30 a.m.; Open Meeting, 10 :00 a.m.; Tuesday Step Study, 11:15 a.m.

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

February: *"Humbly Asked"*
March: *"On Being a Member"*
April: *"Hopeless to Hopeful"*

Thought for the Day.....

"Sometimes it is what we don't do that changes people's lives."

~Patrick J. Kennedy
A Common Struggle

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: 1

"Our common welfare should come first; personal recovery depends on A.A. Unity."

"Eventually, of course, we cooperate because we really wish to; we see that without substantial unity there can be no A.A., and that without A.A. there can be little lasting recovery for anyone. We gladly set aside personal ambitions whenever these might harm A.A. We humbly confess that we are but 'a small part of a great whole.'"

Bill W.

A.A. Grapevine, December, 1947

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

Hi Everyone!

I hope you had a great Christmas and have an even better New Year! We had our monthly district meeting on Wednesday, December 9th. It's always the 2nd Wednesday of the month at Westminster church at 6:00 p.m. Anyone is welcome to join us and see how the GSRs and service committees are trying to carry the message to the alcoholic who still suffers. It's also a great way to get involved with a committee, as all the committee chairs are there. We had a great turnout again!

The next thing coming up is the Area Assembly on January 8-10th at the Paramount Hotel on SW 13th Street. Friday night is a speaker meeting, Saturday consists of service committee workshops another speaker in the evening, and Sunday morning is the business meeting.

One thing you may want to attend is the area Archives workshop on Saturday afternoon. Our own District 14 archives committee will be presenting a history of our district! Hope to see you there. More info is available on the area website at aanorthflorida.org.

Thanks for allowing me to serve you! Please contact me if you need anything

~G N, DCM, District 14,

District 14 Service mmittee 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

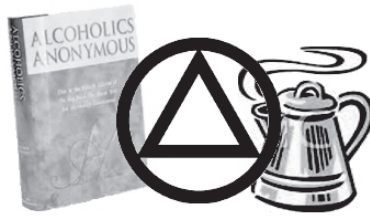
Bronson, FL 32621

Website Address:

www.District27aa.org



NCFI



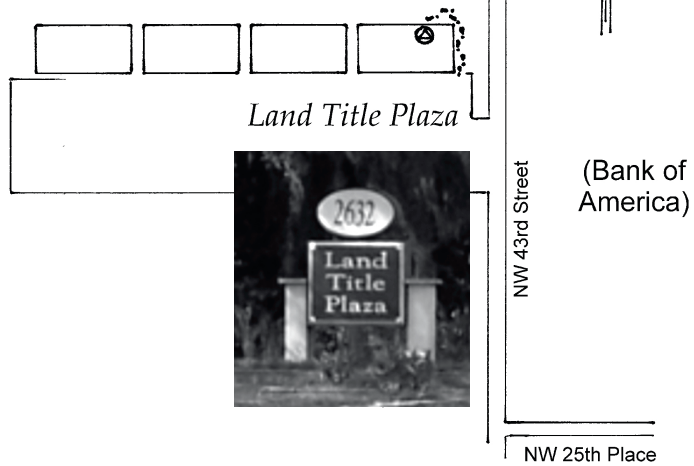
North Central Florida INTERGROUP

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, January 31st 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.