

## *"Humbly Asked... The Key to Spiritual Evolution"*

How ironic that the only thing that can save me from a certain path of moral degradation, physical decay, and a long unpleasant death is a new lifestyle based on spiritual growth. Also paradoxical is the fact that the sure-fire proven way to attain this way of living is to embrace the willingness to develop some humility and proceed with the steps.

Steps 1 and 2 tell me that I have a seemingly hopeless problem (something I knew anyway, but was too prideful and scared to accept). I realized that you folks actually looked comfortable, and had an answer, of sorts, for the insanity of active alcoholism. The change really started in step 3 where I was willing to submit my will and my life over to a Power greater than me. The destruction of my prideful arrogance allows me to humbly ask for, and accept, your help and God's help.

The middle six steps are where I get another shot at being right-sized. In steps 4 and 5 there is "a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be" (the definition of humility from the 12 & 12). Steps 6 and 7 is

where I submit myself to my Creator once again. By this time the process of inventory has my pride and arrogance reduced enough to ask God, and the people around me, for help. By humbly asking for help, for direction, I have begun the slow mortification of my character defects, while I wait for God to remove them or put them to good use.

In the 3rd step prayer I ask to "relieve me of the bondage of self." I wish to be free of the alcoholic self-absorption that cuts me off from God and my brothers and sisters. Since steps 6 and 7 are a lifetime practice, I can submit anything to God for Him to sort out and "to remove every single defect of character which stands in the way of my usefulness to You and my fellows."

I thank God that this beautiful path of spiritual growth is available to me and you; we only had to travel down to the gates of hell to earn our seats in the rooms of Alcoholics Anonymous. The key seems to be that I humbly ask God to guide me daily, asking that I be useful to Him and my fellows. Personally, I can't wait to see who I become when I grow up!

~Anonymous



**"If pain doesn't lead to humility, you've wasted your suffering."**



# Community News

Intergroup's **12th Annual Alkathon** held New Year's Eve to New Year's Day, was again held at the Triangle Club and was quite successful. Meetings were held around the clock, with those sponsored by members of local groups adding to the club's regular meetings. The 24 hours of continuous meetings was host to newcomers and old-timers alike, and offered a haven and fellowship over the entire holiday. Kudos to all who participated!

FCYPAA is holding a fundraiser at the Triangle Club on Saturday, February 13th. "Sober Love 3" begins at 6:30 p.m. Dinner and a cake auction follow at 7:00 p.m., and at 8:00 p.m. there will be a speaker meeting. Dancing commences at 9:00 p.m. The suggested donation is \$5.00. See enclosed flyer.

A new meeting has been formed called "**Working with Others**" and will be held on Sundays at 4:00 p.m. at the Triangle Club. The meeting will focus on the Steps and Traditions.

On a sad note: BS went to the *big meeting* in the sky on December 30th of 2015, a week shy of his 26th sobriety anniversary. BS was a founder of the Hawthorne Group over 20 years ago and attended meetings regularly despite poor health. He used to tell newcomers that he came to his first A.A. meeting with rope burns on his neck, proving that HP was not finished with him yet. We will miss Bill. RIP.

God,

I offer myself to Thee - to build with me and to do with me as Thou wilt. Relieve me of the bondage of self that I may better do Thy will. Take away my difficulties that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!

~3rd Step Prayer



# Congratulations!

## January Anniversaries

### Big Book Basics

BD - 10 yrs

### Everything or Nothing

KU - 26 yrs

### Eye Opener

DB - 4 yrs

DM - 6 yrs

FM - 6 yrs

SL - 4 yrs

### Gratitude

AM - 3 yrs

JF - 2 yrs

JH - 21 yrs

NF - 1 yr

TC - 8 yrs (Dec '15)

### Hawthorne Group

BS - 26 yrs (Deceased  
12/30/2015)

### Promises

WD - 33 yrs

### Saturday 10th/11th Step

JS - 30 yrs

### Tuesday Night Step Study

PB - 11 yrs

R - 5 yrs

RJ - 33 yrs

S - 4 yrs

### Unity Group

VH - 27 years

### Women's Serenity Seekers

JS - 1 yr

JM - 33 yrs

### YPG

DA - 6 yrs

KH - 1 yr (Nov '15)

LM - 3 yrs

KG - 2 yrs

### Free to Be

DW - 24 yrs



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

## *Humbly Asked ...*

Humility is said to be a necessity of sobriety. In fact, Step 1 in the 12 & 12 tells me that "until I so humble myself, my sobriety - if any - will be precarious (page 21). Also, regarding alcohol, "self-confidence was no good whatever, in fact, it is a total liability" (page 22).

I know for myself, I didn't even know what the word humility meant when I came into the program. But through the steps, and listening to those who have been through the steps before me, I've learned that humility consists of learning what my character defects are, and finding balance within me. I am no longer the best or the worst. I am, as I was told



early on, "just another Bozo on the bus... just part of the herd... just another alcoholic among many." I am no longer terminally unique, and I have hope.

So, when I humbly ask my higher power each morning for guidance, and for how I can become more useful inside and outside these rooms, my focus automatically focuses outward toward others. An amazing thing happens when I become willing to freely give back what was given to me. This is when I become humble. This is when I become equal to others. This is when I finally belong someplace.

Humility does not mean humiliation. It

~DO., Treatment Chair

## North Central Florida Intergroup Minutes December 27, 2015



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

In attendance: BK, Free to Be; B, A Vision for You; BM, Eye Opener; C, Solutions; DL, Keystone Heights; HB, YPG, Gifts of Sobriety; MM, visitor, Primary Purpose Club; CJ, visitor, New Hope; JF, Gratitude; JM, Office Manager; JV, New Freedom, Alt Geezer; LE, Downtown Group; MV, Promises; EM, Good Morning God; PM, IG Secretary, Thursday Women's Step Study; RG, Unity, T.I.L.I.S; SR, IG Chair, Sat AM 10th/11th Step; PB, Tuesday Night Step Study; SM, Micanopy.

JV made a motion to accept the minutes as read, with BK seconding. Motion passed.

JV made a motion to accept the treasurer's report as printed in the P.O.S.T. HB seconded. Motion passed.

The Phone committee has all slots filled as of 12/27/15. There is always a need to backup volunteers.

P.O.S.T.: The P.O.S.T. welcomes all submissions; please get them in by the 15th of the month.

Literature & Merchandise: All literature is current and the office is well stocked with gift items for your sponsees or sponsor for their anniversaries.

Where & When: The web site is current; the paper copy will be changed when there are 6 changes to the groups.

Activities: None at this time.

Old Business: It was suggested the phone volunteers check the web site for current meeting information. We also had a suggestion to make a diplomatic announcement at meetings to increase contributions and use the birthday envelopes.

New Business: Sober Love, Sat. Feb 13, 2016 at the Triangle Club. Starts at 7:00 p.m. with a speaker meeting, dinner, and dance.

Motion to adjourn made by D, seconded by H.

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.*

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

- March: *"On Being a Member"*
- April: *"Hopeless to Hopeful"*
- May: *"One Day at a Time"*

### *Food for Thought .....*

*"I may attain "humility for today" only to the extent that I am able to avoid the bog of guilt and rebellion, and that fair but deceiving land which is strewn with the coin of Pride."*

*~Bill W.*

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

### Tradition of the Month: 2

*"For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."*

"Though AA groups are basically the same, each group does have its own special atmosphere, its own peculiar state of development. We believe that every AA group has a conscience. It is the collective conscience of its own membership. Daily experience informs and instructs this conscience. The group begins to recognize its own defects of character and, one by one, these are removed or lessened. ...the group becomes better able to receive right direction... out of corrected experience comes custom... and proven custom becomes AA Tradition. We humbly hope and believe that our growing AA Tradition will prove to be the will of God for us."

*Bill W.*

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

Hi Everyone!

We had our monthly District meeting on January 13th and had a great turnout again. The GSRs approved some money for the annual "Sober Love" workshop in February. Our 352 Bid for FCYPAA is hosting the event.

Our annual budget will be voted on at the March district meeting. Come by if you're interested in how we spend YOUR money.

We also had the quarterly Area 14 Assembly on January 8th through January 10th. It's right here in Gainesville. The highlight was our District 14 archives committee presenting the history of District 14! A big thanks to JM and MB for doing a very informative presentation at the Area archives workshop.

We have plenty of opportunities for service through our district committees. Get involved in helping the alcoholic who still suffers! All monthly committee meetings are listed in the P.O.S.T.

As always, contact me with any questions or concerns. Thanks for allowing me to serve you!

~GN, DCM, District 14

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## 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](http://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

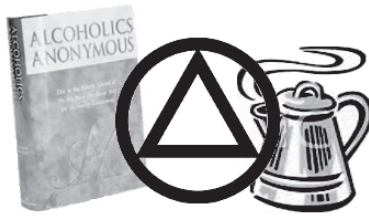
Bronson, FL 32621

### Website Address:

[www.District27aa.org](http://www.District27aa.org)



# NCFI



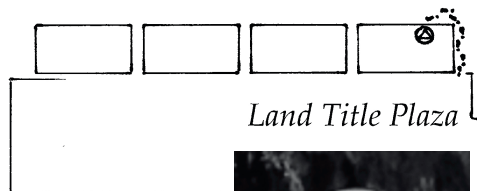
# North Central Florida INTERGROUP

Our office is located in  
**Land Title Plaza**

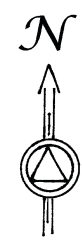
2632 NW 43rd Street, Suite 1182  
 (Same office. New number on the door.)  
 Gainesville, FL 32606-7551  
 Telephone: 352-372-8091

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.



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, February 28th 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.