

On Being a Member

I thought that coming to meetings made me a member. I thought that asking for a sponsor made me a member. My life got a little better because I no longer drank like I did before. But life was still hard, and I still had cravings and I didn't want to lose my old friends. So I drank, and I stayed with my friends. I decided I didn't want to be a member of Alcoholics Anonymous.

I ended up in a worse place, and I went to detox. A.A. came to detox, and I saw some of the same people I saw in the rooms. This time I heard them say they understood, because they were in detox once, too. I went to treatment. A.A. came to treatment and I saw some of the same people I saw in the rooms. This time I wanted to know why they could have happiness, and I couldn't. And they said just do what we do and you can have the life that we have.

I got out of treatment and I had to make a decision. My old life and my old friends were waiting for me. But this time I had hope, so I

went to a meeting of Alcoholics Anonymous, and I introduced myself and said I wanted to stay sober. I stayed after and collected phone numbers from people who said they were willing to help. I called them the next day; they said to go to another meeting. I kept going to those meetings, and I made new friends that wanted to be sober.



I got a sponsor who I called every day, and I did the steps with her to the best of my ability. I became a member of a home group; I started doing service work. I started taking

meetings into detox and treatment because that is where I can relate to the hopelessness.

Today I am a member in good standing and I am experiencing many of the promises that we read about in the meetings! But, I have to remember, half measures availed me nothing. I have to give this program all of me, and put my sobriety first in my life. By doing so I have a life worth living.

~Anonymous, Treatment Committee

A Self-Proclaimed Member of A.A.



"You're an A.A. member if you say so." Aw, come on now, that's just too simple! Almost every organization on this planet has some kind of standard to qualify its members, and most have registration, fees, rules, disqualifiers, etc. What kind of organization could exist without even knowing for sure who the members are? Well, that's us. We don't even use last names or addresses and we have no rules to speak of. The

first edition of the book Alcoholics Anonymous briefly states: "The only requirement for membership is an honest desire to stop drinking... We simply wish to be helpful to those who are afflicted."

Within the first decade of our fellowship it became necessary to come up with *codes of conduct* to prevent us from self-destruction. The traditions tell us how to interact with others with compassion, love, and in service.

(Continued on page 2)



Community News

Area Assembly is scheduled for Friday, April 8th through Sunday April 10th at the Paramount (2900 SW 13th Street). This is an excellent opportunity to become aware of the scope of Alcoholics Anonymous beyond the home group and district level. There will be a meeting Friday evening and workshops all day Saturday. The Business Meeting is held on Sunday at 9:00 a.m. It's a great way to get more involved with other AAs from around the area. Everyone is encouraged to attend all or part of the Assembly, newcomers too!

The **21st Annual Country Roundup** will be held in Chipley, FL, beginning on Friday April 22nd and ending Sunday, April 24th. The location is the AG Center, 1424 Jackson Ave (Highway 90). AA and Alanon speakers and workshops will be held throughout the weekend, as well as "picking and grinning." Bring your noisemakers! Further information can be found by email: Chipley_countyroundup@hotmail.com, or by mail at PO Box 677 Chipley FL, 32428. Flyers are available at the Intergroup Office.

Self-Proclaimed Member.... (cont'd)

Traditions one and two tell us the importance of unity and that no one person is *in charge*; we are all servants. Tradition three says we need to "include all who suffer from alcoholism" and that we cannot refuse anyone who wishes to recover. Short and sweet, no big membership rules! Traditions four and five tell us "our common welfare is paramount" and that the fellowship is a spiritual entity carrying a message of hope.

All of this tells me that my membership in A.A. is important to other members and to Alcoholics Anonymous as a whole. I know just how whacky my brain was when I got to A.A. and I am forever grateful that I was accepted despite my loud and obnoxious disposition. The old-timers gave me a double dose of love and tolerance, and got me busy with service work immediately. Through the many years, many groups, and hundreds of group business

meeting, I have seen so many examples of how we tolerate bizarre behavior, but love the A.A. member anyway. I thank God for the series of *coincidences* that allowed me to be accepted in a life-saving organization that should never have worked in the first place!

~Anonymous

Note: For background and historical information try reading the A.A. pamphlet P-17 "A.A. TRADITION: HOW IT DEVELOPED" by Bill W. In addition, there are some very interesting articles from 1946 and 1947 about the traditions!



Congratulations!

February Anniversaries

BYOB

M - 6 yrs (Jan)

Everything or Nothing

V P - 1 yr

Eye Opener

L P - 27 yrs

J D - 21 yrs

Free To Be

L K - 19 yrs

S G - 3 yrs

S A - 35 yrs

Fourth Dimension

K H - 3 yrs

S S - 4 yrs (Jan)

Saturday 10th/11th Step

M S - 28 yrs

M L - 9 yrs

Tuesday Night Step Study

C F - 1 yr

D H - 3 yrs

J D - 20 yrs

T R - 13 yrs

Women's Serenity Seekers

K W - 2 yrs

Women's Step Study

M G - 3 yrs

E N - 31 yrs

Downtown

K H - 13 yrs

Gratitude Group

M O - 3 yrs



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

An Easy and Essential Service

That thing they say about the weather is also true about A.A. meetings here in north-central Florida: "If you can't find a meeting when you need one, wait a couple hours and there'll be one!"

Early in February, I had occasion to do some exploration of the online meeting schedule (our "Where and When") and I found that there are 179 meetings listed on the website. That's a lot of meetings!

Is your meeting listed? Is the listing accurate? Do you know of a meeting that's no longer active but still shows up in the "Where and When"? (Few things are as frustrating - and potentially disastrous - as having worked up the gumption to get to a meeting, only to find yourself alone, outside a locked door.)

Keeping up with so many meetings is more than any one person can handle, so your help with this task is most valuable. If you know of a change of any sort please let us know. You can

pick up a Meeting Change Form at the Intergroup office or download the form online (<http://www.northcentralflaa.org/d.mtg-change/mtg-change-form-options.html>).

Completed forms must be mailed or delivered to the Intergroup office because there are quite a few people who need to get the information. Not only are the print version and the online version of the schedule maintained by different volunteers, but all the phone volunteers also need to have up-to-date information as well. By routing all changes through the IG office, we can be sure to get them to everyone who needs them.

Thanks to everyone who has helped with this work over the years, and thanks to every one of you who keep coming to meetings, helping me and countless others stay sober one more day!

~ W M, Webmaster, NCF Intergroup

North Central Florida Intergroup Minutes January 31, 2015



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

Attendance: B K, Free To Be; B, A Vision For You, Phone Committee; C, Solutions; A R, Everything Or Nothing; D, Keystone Heights; F S, Faith Hope Strength, IG Treasurer; H B, YPG, Gifts Of Sobriety; J F, Gratitude; J M, IG Office Manager, Promises; J S, HALT; J V, New Freedom, Alt Geezers; K C, 4th Dimension; M V, Promises; E M, Good Morning God; P M, Thursday Women's Step Study, IG Secretary; R G, Unity, TILIS; R M, Geezers; S R, Saturday Morning 10th/11th Step, IG Chair; R M, All Inclusive Solutions.

Motion to accept the Secretary's report as written was made by M, seconded by H and passed.

Motion to accept the Treasurer's report as written was made by J, seconded by R and passed.

B reported for the **Phone Committee** that there is an opening on Friday from 10:00 a.m. to 2:00 p.m. The committee always welcomes volunteers to sign up as back-ups for times when slots become available so there is no lapse in coverage.

J reported that K and S are doing a wonderful job publishing the P.O.S.T. All submissions are welcomed.

J reported some of the literature is out of stock, but should be in by the time this is published.

New copies of the **Where & When** are not printed unless there are six changes to groups. These changes must be submitted to the IG office on a form. See the article by W M on page 3.

There was no Old Business to be discussed.

There was no New Business to be discussed.

Motion to adjourn made by B, seconded by J and meeting adjourned at 1:15 p.m. with the Responsibility Pledge.

The next Intergroup meeting will be held on Sunday, March 27th at 1:00 p.m.

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.

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

April: *"Hopeless to Hopeful"*
May: *"One Day at a Time"*
June: *"In and Out of Control"*

Food for Thought

"Every thought willingly contemplated, every word meaningly spoken, every action freely done, consolidates itself in the character, and will project itself onward in a permanent continuity."

~Henry Giles

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

Tradition of the Month: 3

"The only requirement for A.A. membership is a desire to stop drinking. Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

"For Alcoholics Anonymous is saying, 'We have something priceless to give, if only you will receive.' That is all... Let us of AA therefore resolve that we shall always be inclusive and never exclusive, offering all we have to all, save our title. May all barriers be thus leveled, may our unity thus be preserved. And may God grant us a long life - and a useful one!"

~Bill W., February 1948

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

Hi Everybody!

Our monthly district meeting was held on Feb. 10th. Thanks to all the GSRs, committee chairs, and visitors who were present! I am always amazed at the level of commitment we have in our district. We will be voting on the 2016-2017 budget for our district at the next meeting in March. If you want to know where your money goes, please attend.

The Unity Group workshop on the steps was a success. They returned some of the money that we gave them to help sponsor the workshop. Thank you! There is a new meeting getting started over by the VA. More information is coming.

Our annual **Conference Agenda Item Workshop** is Saturday, March 26th from 9:30 a.m. to 12:00 noon at the Triangle Club! Our Area delegate (Glenn) and Alt delegate (Joyce) will be facilitating the workshop. Food will be provided from 9:00 to 9:30 a.m. This is a great opportunity for all GSRs to see what will be voted on at the next General Service Conference in NY by the delegates from all areas, and to be able to take the "hot button" items back to their groups to discuss. Glenn will be taking an informal vote at the Area Assembly in April to see how our area feels about these items. You don't have to be a GSR to attend this workshop!

Founders Day is on June 11th this year and the first committee meeting is Tuesday, March 1st at 6:30 p.m. at the Triangle Club. Our Archives Committee sponsors this event and much help is needed. We usually have close to 400 people attend so please plan on getting involved.

Thanks for allowing me to serve you! Any questions/concerns - please contact me!

~G N, 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)

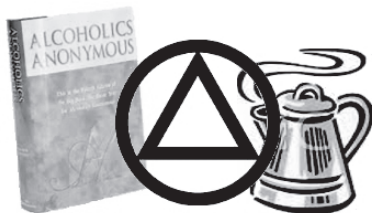
2nd Tuesday, 5:00 p.m., Intergroup Office

Treatment

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

Visit www.aanfldistrict14.org for more info

NCFI



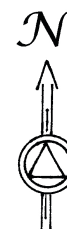
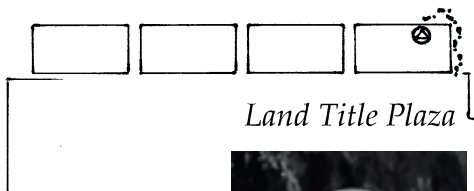
North Central Florida INTERGROUP

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.*



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

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 meeting listings,

please use "Meetings Change Form" available at our office, and online at
<http://www.northcentralflaa.org/d.mtg-change/mtg-change-form-options.html>,
or follow the link from the Intergroup home page: www.northcentralflaa.org.

Our next Intergroup meeting will be held on the last Sunday of the month,
March 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 at <http://www.northcentralflaa.org/d.post/post.html>.
Our home-page, <http://www.northcentralflaa.org>, has links to the *Where and When* and more.