

From Desperation to Deliverance

Many sponsors have us list the wild and crazy (shameful and embarrassing) things we did as active drunks as proof positive that we are, indeed, powerless over alcohol - that our lives were unmanageable. Although we all have different details in our first step information, the mental torment and spiritual bankruptcy we felt are virtually identical. The horrors of our disease define our membership in a group of (former) hopelessly lost and broken people and, in my case, the unspeakable pain has led me to my finest spiritual growth.

My first exposure to recovery was at a tender age of 25 in a Pennsylvania small town AA meeting. I was indeed powerless over alcohol, but I was sure that I had simply overlooked a very important management tactic for my "drinking career." I believed the men and women at that meeting, their stories of hopelessness and transformation, were real for them. They had obviously given up! They had admitted defeat! How sad, I thought. I was so different from these poor souls because I still had plenty of fight left in me! Little did I know that the "incomprehensible demoralization" was already in the making. The next eight years were an exercise in self-loathing, self-pity, and isolation. I had imagined that I wasn't through because I still had a job, a car, some money, and no felonies. But those feelings of emptiness,

sliminess, and self-disgust are the exact same for all of us, I believe.

When I finally got sober I had the wonderful gift of desperation and an eager desire to avoid any further suffering. I believed that all of you had found some degree of peace, but that I was beyond redemption. My patient sponsor assured me that IF I would follow a simple course of action, that I would be just fine. Taking the third step commits me to the course of action that will erase the gripping emotional and spiritual hopelessness of active alcoholism. With each step my attitude turned more positive. What was once a vague belief that the program might work turned into a true faith in God, the program (steps), and my AA family. By the time I was working with others, I knew without a doubt that God (quite often through you) was doing for me what I could not do for myself. I also get to watch other men transform into the people they always wanted to be. What a gift!

It is indeed a matter of amazing grace that a hopelessly lost soul like me could find redemption and peace. I am so grateful that God saw fit to allow me to be usefully whole by virtue of the many people who altruistically escorted me from the darkest depths of despair. Thank you all for keeping the love moving forward!

~Anonymous





Community News

If you are looking for a Founder's Day Vacation, why not take in the 81st Anniversary of Alcoholics Anonymous in Akron, Ohio? This 2016 event will take place June 10, 11 & 12 in the city that gave birth to Alcoholics Anonymous. This is an amazing event to experience and one you will never forget if you get the chance to go. Visit <http://foundersdayregistration.akronaa.org/> for details.

Area Assembly will take place on April 8, 9 & 10 at the Wyndham Garden, 2900 SW 13 St. in Gainesville. Agenda items for the next General Service Conference will be discussed on Saturday. Visit http://www.aanorthflorida.org/assembly_agenda.asp to view the full agenda for this 3-day event.

The Gainesville Founder's Day event will take place on Saturday, June 11th from 4:00 to 10:00 p.m. at the Trinity United Methodist Church. Planning meetings are now taking place and many volunteers will be needed for this well-attended event.

The Grapevine magazine is not only a "meeting in the palm of your hand"; it represents the A.A. fellowship today! To get involved and learn more about the Grapevine committee, visit the monthly meeting at 6:00 p.m. on the 2nd Tuesday of each month at Trinity United Methodist Church, directly before the weekly "Magic Carpet Ride" Grapevine meeting.

Remember....this too shall pass

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



Congratulations!

March Anniversaries

Afternoon Reflections

A H - 5 yrs (Feb)

Everything or Nothing

N J - 6 yrs

Fourth Dimension

T R - 14 yrs (Feb)

B W - 1 yr (Feb)

Gratitude

L K - 6 yrs

D W - 1 yr

Hawthorne Group

G F - 29 yrs (Feb)

L M - 34 yrs (Feb)

M B - 5 yrs

Saturday 10th & 11th Step

J M - 13 yrs

S M - 8 yrs

Tuesday Night Step Study

J W - 33 yrs

L K - 6 yrs

Women's Serenity Seekers

C W - 26 yrs

N J - 6 yrs

Women's Step Study

E W - 2 yrs

Free to Be

G W - 2 yrs



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

The Number One Offender

When I let others rent too much space in my head, I need to meditate and let it go. Whatever the resentments are, I must go within and release them ASAP. These resentments are like cancerous tumors, that if left untreated, can spread and become systemic malignancies. The AA program has taught me that whenever I am disturbed, there is something wrong with me - no exceptions! The real question is how quickly will I become willing to go to my Higher Power and seek His perfect help in removing these unwanted thoughts.

When I start feeling these resentments plugging along on the hamster wheel in my head, I know I can go within and pray for their release. Often, a few minutes of silent breathing

and meditating can expel these tumors. I can take a moment to re-affirm my place in the universe and trust that whatever issues I think I have are so nanoscopic that it's almost laughable how I can get so bent out of shape. I can take a look at the big scheme of things and understand my place in this world.

Here I can take a kindly and loving view of everyone I know and pray that I can become helpful and serene for just today. It works when I am willing to take these steps, and the quicker I realize this, the quicker I can get back to truly enjoying my sobriety and being grateful that I no longer have to wake up under the rule of "King Alcohol."

~B E.



North Central Florida Intergroup Minutes February 28, 2016



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

In attendance: B K, Free To be; B B, A Vision For You, Phone Committee Chair; C H, Solutions; F S, Faith Hope Strength, IG Treasurer; H B, Gifts Of Sobriety; J M, IG Office Manager; J V, New Freedom, Alt Geezers; K C, 4th Dimension; M V, Promises; E, Good Morning God; P M, Women's Thursday Step Study, IG Secretary; R G, Unity, TILIS; S R, Sat AM 10th/11th Step, IG Chair; C J, Accessibility and Special Needs Chair; B M, Eye Opener; J H, YPG; D L, Keystone Heights; D E, High Springs; R T, The Way Out.

A motion to accept the Secretary's report as read was made by J V, seconded by H B. Motion passed.

Motion to accept the Treasurer's report was made by D L, seconded by B K. Motion passed.

P.O.S.T.: J M mentioned how well K and S are doing with the publication of the *P.O.S.T.* Please continue to submit your articles and opinions; they are always welcome. These should be submitted by the 15th of each month.

Literature and Merchandise: The office is well stocked with all sorts of books and gifts.

Where and When: There is a new printing in the works to be available soon. All changes to meetings need to be in writing on a form available at the IG office and online and given to the IG office.

Activities: District 14's Annual Conference Agenda Item Workshop is March 26 at 9:30 a.m. to noon. It will be at the Triangle Club. The Founder's Day committee has had its first meeting and the next one will be March 22 at the Triangle Club at 7:00 p.m. Lots of opportunity for service! Any activity can be sent digitally to our webmaster, William M., at P.O.S.T.@northcentralflaa.org to be put on the website.

Old Business: None.

New Business: There is a new meeting at Health Street, 2401 Old Archer Rd on Thursdays 5:30 p.m. The Accessibility and Special Needs Committee now meets on the second Saturday of the month at the Primary Purpose Club on NW 6th St at 11:00 a.m. Contact C J to volunteer. S R brought up the by-laws for review by the IG Reps to be discussed at the April 24th meeting. We discussed changing the terms for officers from 1 year to 2 years. B K made a motion to make the change, P M seconded. Since Easter falls on March 27, a motion to cancel the monthly meeting made by J V and seconded by K. Motion passed and March meeting has been cancelled.

Motion to adjourn by B K, seconded by D.

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.:

May: *"One Day at a Time"*
June: *"In and Out of Control"*
July: *"Sponsorship"*

Food for Thought

"A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success."

~ Elbert Hubbard

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: 4

"Each group should be autonomous except in matters affecting other groups or A.A. as a whole"

"Over the years, every conceivable deviation from our Twelve Steps and Traditions has been tried. That was sure to be, since we are so largely a band of ego-driven individualists. Children of chaos, we have defiantly played with every brand of fire, only to emerge unharmed and, we think, wiser. These very deviations created a vast process of trial and error which, under the grace of God, has brought us to where we stand today."

~Twelve Steps and Twelve Traditions

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

Hi everybody!

Our monthly District meeting was held on March 9th. We talked about the Agenda Item Workshop being held on March 26th. Our Delegate for Area 14, G W, facilitated a very informative session at the Triangle Club. We went over all the "hot button" items that will be voted on at the General Service Conference in April in New York. G is getting a sense of how our area feels about the issues before he votes at the conference.

We also approved our 2016/2017 budget for District 14! The GSRs approved it unanimously. It is a balanced budget (rare these days lol) which shows how we will spend the money your groups donate to support our effort in helping the still suffering alcoholic. Please let me know if you want more details!

Founders Day is coming June 11th! There will be planning meetings leading up to it; a great way to get involved in a much needed service! We have nearly 400 people every year at this event, so help is much appreciated. Our district Archives Committee sponsors this annual event.

Thank you for allowing me to serve you! Contact me with any questions.

G N

District 14 Service Committee Meetings



District 14 Business Meeting

2nd Wednesday, 6:00 p.m.

Westminster Presbyterian Church

Accessibilities

2nd Saturday, 11:00 a.m. Primary Purpose 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)

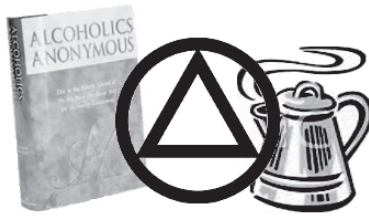
2nd Tuesday, 5:00 p.m., Intergroup Office

Treatment

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

Visit www.aanfldistrict14.org for more info

NCFI



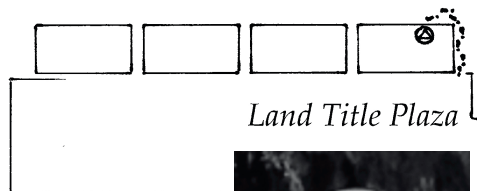
North Central Florida INTERGROUP

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,
April 24th 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.