

The Logic of the 24-Hour Day

The idea of living "one day at a time" at first seemed like a lack of management skills to me. Of course I admitted that I was powerless over alcohol, but step one also suggested that I was unable to manage my life. Imagine how proud I was to be able to micro-manage the future as well as the present. I now realize that my *multi-tasking* is really a sign of being scatter-brained.

It would seem that most of us ex-drunks have a real problem with over-thinking things, being often distracted, and generally lacking focus. Perhaps this is why step 11 is so helpful in keeping me present in today's business, and out of the morbid reflection of the past or the fearful dread of the future. Oddly enough, *today* is always okay. I always have enough food, clothes, shelter, material goods, love, friends, etc. In fact, now that I spend more time in the present I am finding that somehow, mysteriously, God actually provides an abundance of everything I could possibly need with plenty left over to share. My job now is to simply stay sober, stay present, pay attention, and try to be a good steward of the many gifts in my life.



So there's irony in this new way of simple living: what used to look like a highly complex and complicated *full plate* turns out to be, in reality, an effortless existence based only on the needs and provisions of this day, the present. Way too simple! Absolutely unsophisticated! All of a sudden my life is framed in "what do I need to do by midnight tonight?" My impressive list of possible accomplishments is now reduced to a half dozen lackluster daily necessities. It occurs to me that when we pray "give us this day our daily bread" it refers to what supplies we might need for today, knowing and trusting that God will do the same for us tomorrow as He has for countless days previously.

It looks like my busy schedule just got freed up! Thanks once more to the Grace of God, the chaos and drama of my everyday life, real or perceived, has been managed for me. Yet another opportunity for surrender!

~Anonymous

Yesterday is but a dream, and tomorrow is only a vision, but today well lived makes every yesterday a dream of happiness and every tomorrow a vision of hope.

~Anonymous





Community News

This year's **Founders' Day** celebration will be held on Saturday, June 11, 2016, from 4:00 – 10:00 pm. It will be held again this year at, Trinity United Methodist Church, 4000 NW 53rd Avenue, Gainesville. Preparations are in full swing and a flyer is included in this issue of the P.O.S.T. If you need tickets or want to assist in selling tickets (especially in outlying areas), please contact C.

Needed: 12 Step Volunteers

We are in the process of updating our Telephone Volunteers' Guide for our volunteers' use in help answering phone calls from fellow alcoholics. We need your help in recruiting 12 Step volunteers. If you, your friends, sponsees, or sponsor have months or more sobriety and are interested in doing this valuable service, or would like to know more about it, call C S-H or B B.

Florida State Convention

The 60th Florida State Convention "*New Freedom New Happiness*" will be held at Innisbrook Golf Resort and Spa in Palm Harbor, FL. August 3rd-7th, 2016. Palm Harbor is centrally located on the Gulf Coast and is easily accessible from all parts of Area 1, Area 14, Area 15 and Georgia. Flyers will be available in next month's P.O.S.T. For now, if you would like to register or just find out more, please visit: www.60.flstateconvention.com

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!

April Anniversaries

B.Y.O.B.

R B - 6 yrs

Big Book Basics

D C - 3 yrs

Downtown Group

G N - 15 yrs

Eye Opener

M C - 19 yrs

G H - 28 yrs

Fourth Dimension

M G - 1 yr

S M - 2 yrs

Free To Be

S H - 2 yrs

Gifts of Sobriety

H B - 7 yrs (March)

Gratitude

T D - 2 yrs

M D - 3 yrs

S H - 5 yrs

B K - 8 yrs

P C - 11 yrs

Hawthorne Group

J B - 6 yrs

New Hope

J P - 3 yrs

Tuesday Night Step Study

J M - 7 yrs

Unity Group

B G - 31 yrs

R C - 12 yrs

Women's Serenity Seekers

E W - 3 yrs

R T - 4 yrs

J P - 29 yrs

Women's Step Study

J F - 3 yrs

K - 3 yrs

L H - 3 yrs

J S - 29 yrs



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



Seventh Tradition Basket – How Much Should I Contribute?

At my very first AA meeting, I remembered hearing two claims which got my immediate attention and remain with me to this date: 1) That we claim spiritual progress rather than spiritual perfection. 2) That there are no dues or fees for A.A. membership; our groups support themselves through voluntary contributions.

First, in my work in manufacturing, I was very aware of the continuous improvement idea. I knew that this concept could work. It is the concept the Japanese automakers used to improve the quality of their cars and help dominate the world's auto market. So I could accept the same claim on spiritual progress, as well. No doubt, I was in a good place.

Secondly, I was glad that to be a member of AA, I wouldn't have to shell out a bagful of

money. What I did was to put in a dollar when the collection basket was passed around. It worked then; why is there a need to increase the contribution?

During the first half of the 2000s, we used to give out a copy of "Living Sober" to every newcomer to the Vision for You group in Vista. Then there was a price increase from \$2.75/copy to \$3.75 in 2008/2009. The group had to stop giving out the "Living Sober." I have since doubled my contribution to the AA baskets at every meeting I attend and have seen many others do the same. However, in my not-so-statistically-accurate assessment, most people continue to contribute at the same level as they did ten years ago. Isn't it time to take a more benevolent look at our contribution level?

~Anonymous

The Shape of Things to Come

"AA's first quarter century is now history. Our next twenty-five years lie in prospect before us. How, then, can we make the most of this new grant of time?

Perhaps our very first realization should be that we can't stand still. Now that our basic principles seem established, now that our functioning is fairly effective and widespread, it would be temptingly easy to settle down as merely one more useful agency on the world scene. We could conclude that "AA is fine, just the way it is."

Yet how many of us, for example, would presume to declare, "Well, I'm sober and I'm happy. What more can I want, or do? I'm fine the way I am." We know that the price of such self-satisfaction is an inevitable backslide, punctuated at some point by a very rude awakening. We have to grow or else deteriorate. For us, the "status quo" can only be for today, never for tomorrow. Change we must; we cannot stand still.

Just how, then, can AA go on changing for the better? Does this mean that we are to tinker with our basic principles? Should we try to amend our Twelve Steps and Twelve Traditions? Here the answer would seem to be "no." Those twenty-four principles have first liberated us, have then held us in unity, and have enabled us to function and to grow as AA members and as a whole. Of course, perfect truth is surely something better understood by God than by any of us. Nevertheless, we have come to

believe that AA's recovery Steps and Traditions do represent the approximate truths which we need for our particular purpose. The more we practice them, the more we like them. So there is little doubt that AA principles continue to be advocated in the form they stand now.

So then, if our basics are so firmly fixed as all this, what is there left to change or to improve? The answer will immediately occur to us. While we need not alter our truths, we can surely improve their application to ourselves, to AA as a whole, and to our relation with the world around us. We can constantly step up "the practice of these principles in all our affairs."

As we now enter upon the next great phase of AA's life, let us therefore rededicate ourselves to an ever greater responsibility for our general welfare. Let us continue to take our inventory as a Fellowship, searching out our flaws and confessing them freely. Let us devote ourselves to the repair of all faulty relations that may exist, whether within or without.

And above all, let us remember that great legion who still suffer from alcoholism and who are still without hope. Let us, at any cost or sacrifice, so improve our communication with all these that they may find what we have found – a new life of freedom under God."

~Bill W., October 1961
Language of the Heart

There was no Intergroup meeting held in March. The next Intergroup meeting will be held on Sunday, May 29th 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]



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.:

- June: *"In and Out of Control"*
- July: *"Sponsorship"*
- August: *"Practicing the Principles"*

Food for Thought

"In God's economy, nothing is wasted. Through failure, we learn a lesson in humility which is probably needed, painful though it is."

~Bill W.

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: 5

*"Each Alcoholics Anonymous group ought to be a spiritual entity **having but one primary purpose** -- that of carrying its message to the alcoholic who still suffers."*

"Just as firmly bound by obligation are the members of Alcoholics Anonymous, who have demonstrated that they can help problem drinkers as others seldom can. The unique ability of each A.A. to identify himself with, and bring recovery to, the newcomer in no way depends upon his learning, eloquence, or on any special individual skills. The only thing that matters is that he is an alcoholic who has found a key to sobriety. These legacies of suffering and of recovery are easily passed among alcoholics, one to the other. This is our gift from God, and its bestowal upon others like us is the one aim that today animates A.A.s all around the globe."

~Twelve Steps and Twelve Traditions

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

Hi Everybody!

We had our monthly District 14 meeting on April 13th. It's always the 2nd Wednesday of the month, and anybody is welcome to attend. We had six visitors from Lake City District 16! They are interested in getting their district more involved, and we are going to help in any way we can.

We also talked about the Area Assembly we had 4/8 - 4/10. It's held quarterly at the old Paramount Hotel by the Gainesville Sun right here in town! All GSRs and committee chairs should attend but again, anybody is welcome to attend. The big thing at Area this time were the agenda items that Glenn W. (Area 14 Delegate) will be voting on at the General Service Conference that's held in New York once a year in April. He got a sense of our assembly by taking informal votes by the GSRs in our area on Saturday. That was our chance to voice our group conscience! Those are the same agenda items he discussed at the workshop we held at the Triangle Club in March.

We were told at Area that GSO (main AA office in New York) approved a budget earlier this year with a \$350,000 deficit. At this time, District 14, Area 14, and our Intergroup office are doing fine financially. We talked about how GSO needs our help the most right now. Options discussed were changing your group pie chart for 7th tradition donations to a bigger percentage for GSO, birthday envelopes that are available at intergroup, and individual donations. Remember, we are fully self-supporting from the individual all the way to GSO!

Thanks for allowing me to serve you! Please contact me with questions/concerns.

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)

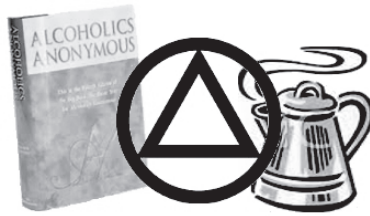
2nd Tuesday, 5:00 p.m., Intergroup Office

Treatment

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

Visit www.aanfldistrict14.org for more info

NCFI



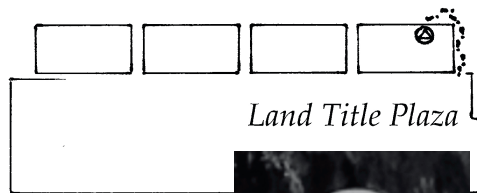
North Central Florida INTERGROUP

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,
May 29th 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.