

In and Out of Willfulness

The idea that I am in control of anything (other than my attitudes and resulting actions) is laughable at best, and often a pitiful piece of wishful thinking! I am powerless over alcohol, drugs, people, and almost everything on this planet. It kind of makes me feel small at first, but then I get the idea that the illusion of control is really a futile notion. The pursuit of the illusion of control has been a driving factor in my alcoholism, and can easily cause great discomfort in recovery.

I think all of us were required early in our recovery to make lists of things we can and cannot control. It's easy to see that the list of things I can't control is literally endless. We alcoholics are not the only people who want to feel the imaginary feeling of stability by micro-managing our environment. Like all humans, we want to feel safe and secure. We would like to think that we have the final say in every part of our destiny. We found that it just isn't so.

The part of me that craves control is my willful childish ego. Perhaps I am advanced enough to actually trust God with the Middle East or perhaps the weather, but can I trust Him with my future and my well-being? Only as long as things are going my way. Like any spoiled brat would do, I tend to willfully manipulate reality to get my own way. As the late great Sandy B. used to put it "the only pain you will have in recovery is not getting your

own way." Changing *my way* is acceptance of life on life's terms. This creates harmony and peace.

I recently lost a friend when a delivery truck turned in front of his motorcycle. This sober young man was doing everything right, was on a spiritual path, and had everything going for him. This I just could NOT accept! I argued fervently with God, and got no satisfaction. I finally have come to the (obvious) conclusion that I am powerless over life and death, and that the "why" question was well above my pay grade. I can accept what happened and honor that friend in every way possible, or I can have an irascible pessimistic attitude and dishonor his memory. My willfulness, as usual, was simply a waste of time and energy.

I am happy to report that the length of time I spend in willful defiance has gotten much shorter through the years, and that I do indeed realize that the pain of "not getting my own way" is a self-inflicted wound. The answer was on page 86 of the Big Book the whole time: "... we ask God for inspiration, and intuitive thought or decision. We relax and take it easy. We don't struggle." My wish is that we all remember that the struggle, and the pain, is optional!

~Anonymous





Community News

Late News: **Girlstock International**, Atlanta, GA, June 3 -5. A Journey Through the Steps
<http://www.girlstockconference.org/schedule/gsc2016.pdf> Use the link for additional information.

This year's **Founders' Day Celebration** will be held on Saturday, June 11, 2016, from 4:00 – 10:00 p.m. 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 Carl at (352) 575-4515.

We need your help in recruiting **12 Step Volunteers**. If you, your fellow sponsees, your program friends' sponsees, or sponsor have 6 months or more sobriety and are interested in doing this valuable service, or would like to know more about it, call C S-H at (919) 601-9522 or B B. at (352) 318-1423.

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

The Eye Opener Group is offering another **Back to Basics** program. We cover the 12 steps of Alcoholics Anonymous in four one-hour sessions. We will present this class at 8:30 a.m. on the following Saturdays in August: 6th, 13th, 20th, and 27th. Please mark your calendar. We will continue to note this meeting in the next two issues of the P.O.S.T. and there will be flyers in the next two issues also. For RSVP or further information, please email us at Thomaskh1950@gmail.com. All you need to bring is a Big Book, or you can share one of ours. See you there.

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!

May Anniversaries

Big Book Basics

D S - 9 yrs
M W - 2 yrs
W M - 10 yrs

BYOB

B Mc - 35 yrs
C D - 1 yr
M L - 9 yrs

Downtown Group

M O - 15 yrs

Everything or Nothing

J T - 1 yr
K K - 8 yrs
M 2 - yrs

Eye Opener

Cl - 4 yrs
D - 28 yrs
J T - 1 yr
P S - 34 yrs
T H - 12 yrs

Fourth Dimension

C C - 17 yrs

Free to Be

C D - 5 yrs
M R - 26 yrs

Gifts of Sobriety

E G - 7 yrs
M D - 14 yrs

Gratitude

C G - 3 yrs
C B - 11 yrs
S G - 3 yrs

Hawthorne Group

T G - 1 yr
B P - 20 yrs
D F - 31 yrs

New Hope Group

B B - 35 yrs
C J - 2 yrs
D C - 26 yrs
D M - 1 yr

Promises

C L - 37 yrs

Saturday 10th & 11th Step

N D - 1 yr
R H - 10 yrs

Tuesday Night Step Study

D O - 25 yrs
M R - 26 yrs
P B - 1 yr

Women's Serenity Seekers

B G - 3 yrs
D N - 2 yrs
D B - 26 yrs
J B - 2 yrs
M K - 1 yr

Women's Step Study

J H - 18 yrs
N - 29 yrs



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

In the Spirit of Rotation...

I will be stepping down from my duties of assembly and layout of the articles for publication of the P.O.S.T. If you are interested in desktop publishing and wish to try your hand in providing this service, please let us know by sending a note to post@northcentralflaa.org. I will be available to mentor anyone in the use of the software, as well as with tips and techniques I've found useful. I have appreciated the opportunity to be of service in such a creative way.

~K C.

North Centra Florida Intergroup Minutes
April 24, 2016



The meeting started promptly at 1:00 p.m. with the Serenity prayer.

Attendance: A R, Everything or Nothing; B K, Free to Be; B M, Eye Opener; B B, A Vision for You; C H, Solutions; D L, Keystone Heights; H B, Gifts of Sobriety; J M, Office Manager; J H, YPG; Jenneene S, HALT; J V, New Freedom, Alt Geezers; M G, 4th Dimension; M V, Promises; E, Good Morning God; P B, Tues Night Step Study; P M, Thursday Women's Step Study, IG Secretary; R M, All Inclusive Solutions; S K, Monday Big Book Study.

Since there were no minutes from March due to no meeting, and no-one had an old P.O.S.T. for the Feb minutes; the Secretary's report was deferred.

The Treasurer's report was accepted as read after a motion was made by D and seconded by B.

There was an error noted in the Community News on page 2. The article regarding the Phone Line failed to state that at least six months' sobriety was required to volunteer. On the Birthday page, the group YPG birthdays were not mentioned. They will be resubmitted.

The Where & When has been updated and is available in the IG office.

Activities: Woodstock Festival in Orlando, April 29, 2016. There is a link on NCFAA website. The State Convention is approaching in August. There will be a Founder's Day event in Tallahassee, fliers to be coming. PPC is having a fundraiser to install a handicapped ramp. The event will be held May 14-15, 2016, from 9:00 a.m. - 3:00 p.m. There will be lots of activities, a yard sale, bake sale, big screen tv raffle. Fliers are available at several meetings.

Old Business: None

New Business: Elections for IG Chair and Alt Chair. Nominations for Chair made by C and seconded by B: S R. Nominations for Alt Chair made by S and seconded by M: J VB.

Phone Committee: The grid is full as of this date. There are 33 volunteers at present. S has stepped down from co-chair and C has stepped up to be the co-chair.

Motion to adjourn by B, seconded by D. Adjourned at 1:25 p.m. with the Responsibility Pledge.

The next Intergroup meeting will be held on Sunday, June 26th 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.:

July: *"Sponsorship"*
August: *"Practicing the Principles"*
September: *"Have Program Will Travel"*

Food for Thought

*"Willfulness must give way to
willingness and surrender"*

~Gerald May

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: 6

"An AA group ought never endorse, finance or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose"

"This Tradition declares in substance that the accumulation of money, property, and the unwanted personal authority so often generated by material wealth comprise a cluster of serious hazards against which an AA group must ever be on guard... We would thus divide the spiritual from the material, confine the AA movement to its sole aim, and ensure ... that AA itself shall always remain poor. We dare not risk the distractions of corporate wealth. Years of experience have proven these principles beyond doubt. They have become certainties, absolute verities for us."

~Bill W., May 1948, "Language of the Heart"

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

Hi Everybody!

We had our district meeting on 5/11. I appreciate all of the people who were there. Thank you for your service!

GSRs voted to fund any overage that Founders Day may incur. That has not happened in the 11 years that our Archives committee has been sponsoring this huge event, but we always like to have a plan in place in case the event loses any money.

A few notes about Founders Day: June 11th is the big day! Tickets have been on sale since May 3rd. They are still only \$5 each! Please bring a covered dish or dessert to share. We usually have around 400 people at the event, so get there early to make sure you have a seat. Doors open at 4:00 p.m. Our Archives committee is doing a presentation on the history of District 14 and there will be a great main speaker after that.

The next District meeting is June 8th and the next Area assembly is July 8th-10th right here in town! Hope to see you all there!

It's an honor to serve you - please contact me with any questions or concerns.

G N, DCM, District 14

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)

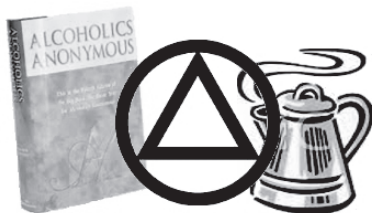
2nd Tuesday, 5:00 p.m., Intergroup Office

Treatment

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

Visit www.aanfldistrict14.org for more info

NCFI



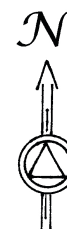
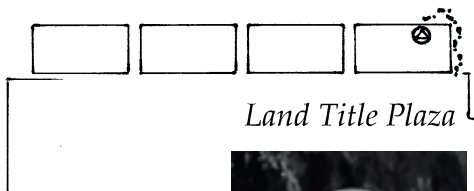
North Central Florida INTERGROUP

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, **June 26th 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.