

Practicing These Principles

The twelfth step gives me three gifts. I have had a spiritual awakening of sorts, I also get to stay sober and grounded by helping others, *and* I get the opportunity to practice all the (newly acquired) principles everywhere and every day (falling short, of course). At first glance this looked like a tall order. Initially I was hesitant to believe that a lasting spiritual change had happened, and I was sure that I had very little to offer the newer recovering alcoholic. That third part of "practicing these principles" is a spiritual challenge worthy of a lifetime effort.

The principles or virtues of the 12 steps seem to vary depending on who you ask, but I have found several lists. Here they are combined:

- Step 1- Surrender, Honesty
- Step 2- Hope, Faith
- Step 3- Commitment, Surrender, Faith
- Step 4- Honesty, Soul Searching, Courage
- Step 5- Truth, Integrity
- Step 6- Willingness, Acceptance
- Step 7- Humility
- Step 8- Reflection, Brotherly Love, Willingness
- Step 9- Amends, Justice, Forgiveness
- Step 10- Vigilance, Perseverance, Maintenance
- Step 11- Spirituality, Attunement. Making Contact
- Step 12- Love, Service

Looking back on my early life, these principles were offered to me in many ways, whether in school, home, Sunday school, or by my peers. I was taught that you don't lie, cheat,

steal, or harm others. These things were never negotiable. As a barely-functioning inebriate I lost all interest in *practicing* anything like character building as a discipline. Before becoming a drunk I knew right from wrong. Where did that go? Moral integrity was never supposed to be flexible or flaccid. I had many examples of *normal* people who practiced good principles as a way of life. I both respected and envied them because it looked so easy and effortless.

So the operative word seems to be *practice* defined as: "repeated performance or systematic exercise for the purpose of acquiring skill or proficiency." Like everything else in my life, (exercise, computer skills, professional skills, prayer and meditation) I can simply practice these principles as an ongoing adventure, an imperfect discipline. I can and will fall short, but I have a large spiritual family to help me keep on track. The payoff is that I get to move towards emotional sobriety, making me more useful to God and my fellows (and very comfortable in my own skin).

I am so grateful that we can all share and support each other on this spiritual undertaking. Previously a group of grim and gloomy people, we now focus on being the best we can be on any particular day thanks to the grace of God, our comrades, and these principles.

~Anonymous

"A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole."

~ *Twelve & Twelve*, page 15



Community News

- August 13th, the Lawtey Primary Purpose Group is holding their **9th Annual Spaghetti Dinner**. See enclosed flyer.
- August 20th, The Hawthorne Group, with Intergroup, is holding their **9th Annual Picnic**, at the Luther Springs Retreat. See enclosed flyer.
- August 3-7th, **Florida State Convention** in Palm Harbor, reported in the July issue. Flyers are available at the Intergroup Office.
- September 23, 24 and 25th, **Florida Unity Roundup** in Jacksonville. Registration information enclosed.
- October 21, 22 and 23rd, The Everything or Nothing Group, Women's Serenity Seekers and Intergroup is sponsoring **Twelve Steps to Emotional Sobriety Workshop** at P.K. Yonge. Information can be found on the enclosed flyer.
- August 26-28th, **Women in Recovery Conference**, to take place at the Marriott in Delray Beach. Flyers with further information are available at the Intergroup Office.
- August 3rd, first committee meeting for the **Intergroup Annual Gratitude Dinner**. This is always a great opportunity for service work! See enclosed flyer.
- **Promises Group Meetings** will be held at the Highlands Presbyterian Church on Gator home game weekends. Flyer enclosed.
- **Young People's Group**: See the enclosed letter from the General Service Office.

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!

July Anniversaries

Big Book Basics

D H - 1 yr
F - 10 yrs
P S - 16 yrs

Everything or Nothing

K T - 4 yrs
J C - 2 yrs
W L - 30 yrs
B K - 27 yrs
A O - 5 yrs

Eye Opener

B A - 27 yrs
S R - 24 yrs
M G - 13 yrs

Free to Be

R H - 28 yrs
W R - 28 yrs
L M - 26 yrs
D H - 2 yrs
D M - 4 yrs
S O - 2 yrs

Gratitude

R M - 4 yrs
R T - 11 yrs
J S - 4 yrs
E M - 43 yrs (June)

Hawthorne Group

D M. - 54 yrs

Saturday 10th & 11th Step

J F - 32 yrs

Tuesday Night Step Study

R T - 27 yrs
S S - 5 yrs

Women's Serenity Seekers

J M - 2 yrs
L C - 2 yrs
K P - 1 yr

Women's Step Study

J D - 7 yrs

Happy Birthday



NOTE: Please do not duplicate names under more than one group. If you belong to more than one group, please choose one group name for the purpose of announcing your anniversary. Thank you.

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



Help us carry the AA Message

Do you want your sponsee to perform an important service? Then encourage him or her to become a part of the Intergroup "Hot Mail" Phone Committee. Have your sponsee contact B (352) 318-1423.

The committee meets the 2nd Tuesday of each month in the Intergroup Office at 5:00 p.m. Encourage your sponsee to call B or just show up on the second Tuesday at 5:00 p.m.

Their participation will help them, the Phone Committee and the mission of AA.

North Central Florida Intergroup Meeting Minutes June 26, 2016



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

In attendance: A R, Everything or Nothing; B K, Free to Be; B M, Eye Opener; C H, Solutions; H B, Gifts of Sobriety; J C, 4th Dimension; J M, Office Manager; J VB, New Freedom, IG Alt Chair; M V, Promises; P B, Tuesday Night Step Study; P M, Thursday Women's Step Study, IG Secretary; R G, Unity, TILIS; R M, Geezers; S R, Sat AM 10th/11th Step, IG Chair.

Secretary's report was read and a motion to accept was made by M and seconded by R M. Motion passed.

Treasurer's report was read and a motion to accept was made by J VB, seconded by R M. Motion passed.

B was not present, but it was mentioned by J VB there is always a need for volunteers. Currently they are in need for women 12th-Step volunteers. This position is not a weekly commitment, only on call. Please call B or C to volunteer. Their numbers can be obtained from the IG office or on the bottom of the monthly grid published with the P.O.S.T.

Literature and Merchandise: The office is stocked with all kinds of recovery items.

Where and When: There is one mistake on the Friday list, but everything is up to date. The website is always up to date.

Activities: **The 9th Annual Hawthorne Group/ Intergroup Picnic** will be held on August 20 at Luther Springs Retreat Center, see flyer for directions. The **60th Florida State Convention** will be held August 3rd - 7th in Palm Harbor at the Innisbrook Golf Resort and Spa. **Serenity in the Scenic City** will be held in Chattanooga TN on August 19th – 21st. Back to Basics is still going strong. The next session starts in August at the Triangle Club. See flyer for further information. **Women in Recovery Conference** will be held August 26-28th at Delray Marriott in Delray, Fl. The Everything or Nothing group is hosting a workshop on **Emotional Sobriety** Oct 21-23 at PK Yonge, see flyer. Last but not least, the Triangle Club is hosting a 4th of July event at the club starting at 11:00 a.m. See flyer for more details. The Primary Purpose Club on NW 6th street is also having a 4th of July event at the club.

No old business.

No new business.

Motion to adjourn made by J VB, seconded by P. Meeting adjourned at 1:15 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.

Food for Thought ...

"In choosing to exchange precious principles for worthless impulses, I have far too often bankrupted my soul in order to bankroll my ego."

— Craig D. Lounsbrough

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

- September: *"Have Program Will Travel"*
- October: *"What's Haunting You?"*
- November: *"When You Want to Disagree"*

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: 8

"Alcoholics should remain forever nonprofessional, but our service centers may employ special workers."

"We are beginning to see that our few paid workers are performing only those service tasks that our volunteers cannot consistently handle. Primarily these folks are not doing Twelfth Step work. They are just making more and better Twelfth Step work possible. Secretaries at their desks are valuable points of contact, information, and public relations. That is what they are paid for, and nothing else. They help carry the good news of AA to the outside world and bring our prospects face to face with us. That's not *AA therapy*; it's just a lot of very necessary but often thankless work...

Let us also distinguish clearly between *organizing the AA movement* and setting up, in a reasonably businesslike manner, its few essential services of contact and propagation."

~"Language of the Heart," Page 87

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

Hi Everybody!

We had another great turnout for our monthly district meeting on July 13th. Thanks to all the GSRs, Committee Chairs, and visitors who attended. GSRs approved \$200 for the Emotional Sobriety workshop in October.

The Area Assembly on July 8-10th was well attended and we discussed the business that occurred there. Mainly, a motion for GSO to decrease spending at the General Service Conference by 5%, and to look at how to cut spending for Grapevine/La Vina. GSO is in a deficit budget, so we discussed ways you can help with individual contributions (birthday envelopes, etc...) and as a group (changing pie chart donations to more for GSO). Of the four pie chart entities, GSO is in the greatest need.

Our Area and District elections will be held in October, and probably in your home group too. All officers & committee chairs at District will be rotating out. We already have much interest in these positions of service. Get involved in carrying the message to the still suffering alcoholic, and consider standing for a position! We would like to know at our September meeting who intends to stand, but if you just come to the October meeting, that would be fine too.

Let me know if you have any questions or concerns and I'll be glad to help! Thanks for allowing me to serve you.

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

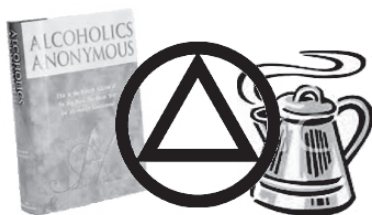
Treatment

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

Visit www.aanfldistrict14.org for more info



NCFI



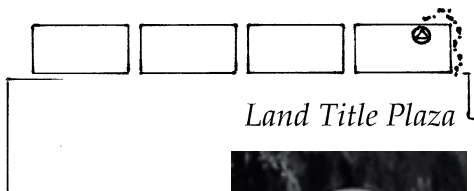
North Central Florida INTERGROUP

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.*



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

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, **August 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 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.