

Desperate Defiance

"As psychiatrists have often observed, defiance is the outstanding characteristic of many an alcoholic." (12&12 p. 31)

The 12&12 has many references to rebellion and defiance. That charming characteristic of my misshapen personality kept me from coming to Alcoholics Anonymous, from surrendering to a Higher Power, from getting a sponsor, from working the steps, etc. When working the 4th and 5th steps, it came up often as my role in many harms done, resentments, and the usual variety of self-inflicted injuries. Ouch! I have always bragged about being a "contrarian", that I was (in fact) exempt from the normal rules and limits of human existence. How arrogant!

No surprise at all to find out that this stubborn defiance and rebellion were mere

symptoms of fear and pride, both of which are the core roots of every character defect I've ever had the pleasure of investigating. But that's the good news too; it's *only* fear and pride, the two dimensional goblins that have formerly plagued my psyche.

Fortunately, following a few simple directions, I can walk the earth a free man. Steps 4 and 5 show me the basic flaws (pride and fear); steps 6 and 7 allow me to submit these to my Creator for correction; steps 8 and 9 let me get right with other people. Steps 10,11, & 12 let me maintain and enhance this spiritual path. My job is to surrender, continually: willingness and humility is the key....

~Anonymous

Living in the Present

At a recent discussion meeting, the topic was, "living in the day." The newcomer who had brought it up, asked how was one supposed to do that, particularly since he was new to recovery and was facing the consequences of his past. As the sharing went around the room I had time to think about my response, (missing everything that was shared of course), and I came up with an interesting but unique analogy.

My sponsor has always emphasized that the 4th and 5th steps will always lead to the two basic core issues of pride and fear. He guided me through my 5th, making certain I mentally

connected the dots until I could see that my behaviors in all my affairs resulted in either, or both, of those being triggered.

It is with that in mind that I was able to construct a concept of a timeline using the analogy of the mathematical numerical line with 0 being "the present" at the center, negative numbers increasing to the left and positive numbers increasing to the right. If the negative numbers represent the past which, for most alcoholics, is rich with shame and regret (pride), then the further in that direction, the

(Continued on Page 2)



Community News

The Southeast Regional Forum will take place at the Marriott Lake Mary, 1501 International Parkway in Lake Mary, FL, December 2nd through the 4th. A schedule of events can be found on the enclosed flyer. Additional information is available at Intergroup.

The Promises Saturday night meeting will be held at Highlands Church on November 12th and 18th, as the Gators are playing at home. The address is 1001 NE 16th Ave.

Intergroup's 11th Annual New Year's Eve Alkathon will take place at the Triangle Club, 1005 SE 4th Ave. It begins at noon on December 31st and runs until noon, on January 1st. In addition to the regular meetings at the Club, various groups from the local AA Community will bring meetings to insure 24-hour continuity. Coffee and refreshments will be provided by Intergroup.

The Space Coast Round-Up will take place at the Radisson Resort, 8701 Astronaut Blvd., in Port Canaveral, January 19th to 22nd. For registration or information, call Brevard Intergroup, at 321-724-224, or 321-633-005,2 or fax to 321-724-8574. Flyers are available at the Intergroup Office.

Next month's P.O.S.T. will contain a report on this year's Gratitude Dinner. It takes place on October 29. Feel free to send your comments to post@northcentralflaa.org.

Living in the Present

(Continued from Page 1)

greater the burden carried. Heading in the other direction is the fear of the future as in, what is my financial and health situation going to look like when I'm 78? which of course is nonsense because I have no guarantee of even being alive tomorrow, so what's the point of agonizing about something 18 years ahead.

As the timeline between the past and the future is shrunk to a point where there is little or no distance in either direction and subsequently, neither regret of the past nor fear of the future is factored in, we find ourselves at 0 or, living in the moment and, at peace.

~Anonymous

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!

October Anniversaries

Downtown Group

C P - 17 yrs

J H - 41 yrs (Sept)

Eye Opener

B M - 5 yrs

B W - 20 yrs

D - 33 yrs

L D - 2 yrs

S L - 30 yrs

Fourth Dimension

R B - 28 years

Free to Be

A - 4 yrs

D - 7 yrs

M - 1 yr

R R - 40 yrs

Gratitude

G M - 4 yrs

P C - 4 yrs

R G - 26 yrs

R K - 7 yrs

S G - 14 yrs

Saturday 10th & 11th Step

C C - 11 yrs

Tuesday Night Step Study

D O - 5 yrs

L D - 18 yrs

Women's Serenity Seekers

M C - 23 yrs

T T - 3 yrs

Women's Step Study

D S - 1 yr

P M - 28 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.

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

Disagreement is Not Always Defiance

In the beginning of my recovery, I knew nothing about staying sober, nothing about healthy relationships and and nothing about how to live and function in this world. I was desperate for my life to change; therefore, I had no desire to disagree with the program of A.A. or to balk at the directions of my sponsor. I had surrendered.

Now that I have recovered from the "hopeless state of mind and body," I have learned who I am, what I belie, and what works best for me. I have my own opinions today and they often differ from those of my sponsor and my fellow A.A.s and that's okay.

Today I can disagree with the *one size fits all type of sponsorship* and choose to sponsor the way I think best for each individual. I can disagree with how certain meetings are run or disagree with the *conference approved literature only* concept. These disagreements are simply a matter of opinion and they are not expressed in a defiant manner.

So... disagreements for me are simply a by-product of my transformation into a whole person with a healthy sense of individuality.

~Anonymous

NORTH CENTRAL FLORIDA INTERGROUP MINUTES

September 25, 2016



J VB opened the meeting in the usual way with the Serenity Prayer at 1:00 p.m.

In attendance: C H, Solutions; J M, Office manager, Promises; J VB, Alt Chair, New Freedom; K C, 4th Dimension; M E, Good Morning God; P B, Tuesday Night Step Study; P M, Thursday Women's Step Study, IG Secretary; R G, Unity; R M, Geezers; S K, Monday Big Book Study.

The minutes from last meeting were accepted as read. R M motioned to accept and P seconded.

The Treasurer was not in attendance, but the report was accepted as read, with a motion made by P, seconded by P.

There are still three (3) openings on the Hotline. This is a great way to get involved and a wonderful way for a sponsee to start service work.

The P.O.S.T. is looking good and the staff is doing a really great job getting it out each month.

The IG office is well stocked with literature and merchandise to add to your library or give as gifts for Anniversaries.

There will be a new Where and When printed and available next month. The website is always up to date.

There are a few activities coming up, the most anticipated event is the Gratitude Dinner on Oct 29. Tickets are available around the community and there will be none sold at the door.

There was no old business to discuss.

New Business: Start talking to your groups about participating in this year's Alkathon. There will be 9 slots available which will be selected at the November IG meeting. The next meeting for the Gratitude Dinner is Sept 28 at 5:30 p.m. at the IG office.

There being no more business to conduct, R M made a motion to adjourn, with P seconding.

Meeting closed at 1:20 p.m. with the Responsibility Pledge.

The next Intergroup meeting will be held on Sunday, November 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.:

December: *"Giving and Receiving"*
January: *"Spiritual Resolutions"*
February: *"Life 101"*

Food for Thought...

"One's philosophy is not best expressed in words; it is expressed in the choices one makes... and the choices we make are ultimately our responsibility."

~Eleanor Roosevelt

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: 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

"The future poses no greater problem or challenge to A.A. than how best to preserve a friendly and vital relation to all the world about us. Success will heavily rest upon right principles, a wise vigilance and the deepest personal responsibility on the part of every man jack of us. Nothing less will do. Else our brother may again turn his face to the wall because we did not care enough.

So, the 11th Tradition stands sentinel over the lifelines, announcing that there is no need for self-praise, that it is better to let our friends recommend us, and that our whole public relations policy, contrary to usual customs, should be based upon the principle of attraction rather than promotion. Shot in the arm methods are not for us -- no press agents, no promotional devices, no big names. The hazards are too great. Immediate results will always be illusive because easy shortcuts to notoriety can generate permanent and smothering liabilities."

~B. W., A.A. Grapevine, October, 1948

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

Hi Everybody!

Our District meeting was held on 10/12; always the 2nd Wednesday of the month. Elections were held for new officers for the next rotation. P C will be your new DCM in January and C M. is the alternate DCM. We had people stand for every position except Treatment chair. Please spread the word that we need a new treatment chair by Dec. 14 (the last district meeting of our 2-year term). It's one of our most important and rewarding positions. If you've been involved in treatment meetings, and have 2 years of sobriety, you are qualified. This committee is doing a great job taking meetings into the local treatment centers. I will be glad to help anyone who is interested. See me or one of the GSRs for a complete list of all the committee chairs, secretary and treasurer that were elected by your GSRs. Thanks to everyone for a great turnout.

Our quarterly Area Assembly was here in town on 9/30-10/2. They also held elections. Our GSRs and GSRs from other districts in north Florida voted on all the officers for our area. We had 19 votes which comprised 10% of the total voting members! Thanks to all GSRs who came and for your service. Our current Alt. Delegate, J C., is now your new Delegate. She will be our representative to the General Service Conference in New York each April the next 2 years. She carries our group conscience from north Florida Area 14 to the conference each spring. Again, see me or your GSR if you want a complete list of all the officers elected at the Area level.

Please see me if you have any questions or concerns. I'm here to serve you. Come visit us at the District meeting and think about getting involved.

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

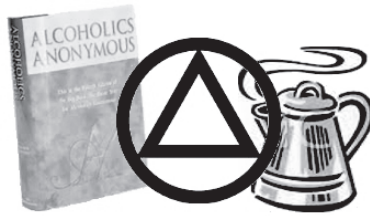
Treatment

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

Visit www.aanfldistrict14.org for more info



NCFI



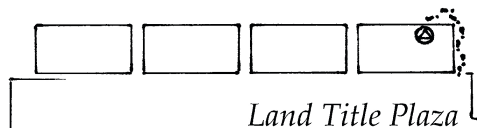
North Central Florida INTERGROUP

Our office is located in
Land Title Plaza

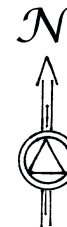
2632 NW 43rd Street, Suite 1182
(Same office. New number on the door.)
Gainesville, FL 32606-7551
Telephone: 352-372-8091

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,
November 27th
at 1:00 p.m.
at Schaffer Hall

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.