

## *Spiritual Commitments for a New Year*

"The path to Hell is paved with good intentions." Most of us heard that saying when we were growing up, as we promptly and defiantly ignored it. During my illustrious drinking career I constantly had grandiose ideas on how I could improve my disastrous outcomes and sway people to forgive my often-unacceptable behavior. After all, I meant well. Why didn't those people see that (despite what it looked like) I am really a gentle, sensitive, compassionate, considerate, and nice guy?

As it turns out, the world would judge each of us by our actions, our strength of character. I'm very grateful for a sponsor who pointed out that AA is a program of action and that my opinions, intentions, comments, and thoughts are essentially worthless. Talk about tough love! It was demonstrated to me that the middle six steps would change everything, and that the last three would keep it in place.

Steps 4 and 5 help to identify what the problem is with my good intentions and endless opinions. Perhaps, most importantly, I get to change my mind (thanks to steps 6 and 7) and rethink the way I will live life. The wonderful news is that many (if not most) of my opinions/prejudices about life were based on faulty information (and therefore wrong). Steps 8 and 9 give me the full view of how twisted my relations with other humans really were, and many of the amends were with the people (such as my elders) who have a proper moral compass and are more than happy to help.

So here we are, a whole NEW YEAR of sobriety, and we all get to re-make ourselves

again and again. The step 10 annual inventory (with a peer or sponsor) helps to identify what areas might need work, whether it is prayer, meditation, procrastination, fitness, spirituality, etc. We all get to do that exercise with the three A's. We gather *Awareness* through steps 4 and 5, *Acceptance* and *Acknowledgement* with steps 6 and 7, and *Action* in steps 8 through 12. By the way, it has been my experience that we all do the first two As well, and most of us need lots of help with the action part.

For me, the most exciting (and often frustrating) part of this process is to plan a course of corrective action (as part of the yearly tenth step) for whatever shortcomings that need to be addressed. The idea is to develop discipline in these areas, and be able to measure results (realizing that I will, without a doubt, fall short). In my case, some examples of those areas have been problems with consistent prayer and meditation, consistent exercise, and accountability to others in recovery. Each of these areas still needs work but improve yearly, albeit slowly.

Bottom line is that each of us gets to have custom-made spiritual resolutions to keep us active and alive. It is recommended to keep an enthusiastic positive attitude, a mindset of perseverance, and most of all a sense of humor. After all, we are all walking miracles and examples of God's Grace!

~Anonymous



# Community News

The Space Coast Round-Up will take place at the Radisson Resort, 8701 Astronaut Blvd in Port Canaveral, January 19th to 22nd. There will be speakers from AA and Al-Anon holding workshops and, of course, meetings. For registration or information, call Brevard Intergroup, at 321-724-2247 or 321-633-0052 or fax to 321-724-8574. Flyers are available at the Gainesville Intergroup office.

The 46th Gulf Coast Round-UP will take place on February 10th to 12th, at the Ramada Plaza Beach Resort, located between Fort Walton Beach and Destin, FL. Information is available at <http://gulfcoastroundup.com/>. See enclosed flyer, or visit the Intergroup office for more.

The Trustees' Committee on Cooperation with the Professional Community/Treatment and Accessibilities of the General Service Board has an opening for a non-trustee appointed committee member. We are searching for a suitable individual to fill this position and would appreciate any recommendations. Further information is available at the Intergroup office, or contact C C, GSO, at the GSO Office.

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## "Sandy" B. & Forgiveness

The late "Sandy" B. (1931-2014), popular AA circuit speaker, would have celebrated 52 years of sobriety on 12/7/2016. His talks are immortalized online, and have played a huge part in my recovery. I put them on when I make a long trip, or if I am feeling *out of sorts*. Through these recordings, I have explored many thoughts on how to live happy and sober. "The spiritual life is not a theory," he reminds us quoting the big book, "we have to live it." You can tell that Sandy loved the *12 and 12*, as he cites it often.

We often avoid the steps and God, unnecessarily prolonging our suffering, like "the scientist who refused to perform a certain experiment lest it prove his pet theory wrong" (12&12 p. 97). Sandy states that in AA, God is an experience you have while working the steps. What happens with those whose minds shut when we speak of spiritual matters is that:

"You are deciding for me what I mean when I say God, and you have decided that you don't

like what I mean. Instead of asking me what I mean, your mind shuts and you decide that AA does not work. That will prove that AA does not work 100% of the time. Just decide it doesn't work, and don't do it." Boom! You will be drunk in no time! Or, at least miserable, if you are an alcoholic like I am.

The most powerful of Sandy's talks must be on *Forgiveness*. He speaks of the brutal murder of his daughter and how, as soon as he was told, he forgave the murderer, teaching us that forgiveness is most effective when rendered immediately. Now is the most important moment we all have. When receiving a phone call to tell him of another daughter dying an alcoholic death from liver failure, he explains perhaps the most powerful message I have ever heard: "You have this moment before you react after you receive such a phone call. In that moment, I went to God and said 'God, I just want you to know that no matter what happens this does not change how I feel about you.' Then

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# Congratulations!

## December Anniversaries



### Big Book Basics

D D - 3 yrs

R R - 3 yrs

### Everything or Nothing

A R - 2 yrs

### Eye Opener

A - 1 yr

### Downtown

E B - 7 yrs

### Fourth Dimension

K B - 5 yrs (Nov)

### Free To Be

D N - 10 yrs

K - 23 yrs

M A - 27 yrs

### Gifts of Sobriety

J H - 25 yrs (Nov)

J P - 2 yrs (Nov)

### Gratitude Group

D H - 34 yrs

T C - 9 yrs

### Hawthorne Group

J W - 4 yrs

C A - 35 yrs

R M - 2 yrs (Nov)

S I - 33 yrs (Nov)

### Promises

W - 34 yrs

### Saturday 10th/11th Step

B B - 8 yrs

### Unity Group

E B - 7 yrs

H C - 12 yrs

R R - 3 yrs

T V - 10 yrs

### Women's Serenity Seekers

C V - 1 yr

### Women's Step Study

D C - 4 yrs

G - 8 yrs

S S - 36 yrs

### YPG Group

A C - 2 yrs

K H - 2 yrs (Nov)

January Anniversaries? Send them by January 15th to: [post@northcentralflaa.org](mailto:post@northcentralflaa.org)

### "Sandy" B. & Forgiveness

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God was there comforting me while I received this news. There is still sorrow and sadness, but God helps us with those." Sandy goes on to explain that when blinded with anger and resentment, we often cannot see the perfect Help that is available to us.

This message really helps to put things in perspective. How often I become disturbed when someone cuts me off in traffic, or even more so when family matters turn sour. Can I learn to use the tools I have to forgive these people at once? To pray that I may seek to *understand*, rather than be understood?

For I have a lot to be thankful for, and I have a lot of forgiveness to ask when I make my 9th step amends. What a double standard if I do

not, in turn, forgive those who have not yet seen the error in their ways. Perhaps they truly "do not know what they do." I have come to believe that while drinking, I did not know any better way to live. Forgiveness of others allows me to release the guilt and shame that I hold from my past behavior and actions. This is my path into direct sunlight of the Spirit and any moment I spend not basking in my Higher Power's love, is a moment that I unnecessarily spend a little further away from Him.

You can listen to Sandy's talks online on YouTube, or on xa-speakers.org

~B E

NORTH CENTRAL FLORIDA INTERGROUP MINUTES  
November 27, 2016



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

Attending: A R, Everything or Nothing; B B, A Vision For You; C H, All Inclusive Solution; D L, Keystone Heights; Fred S, Faith Hope Strength, IG Treasurer; I F, Alt Free to Be; J M, Office Manager; J V, New Freedom, Alt Chair; J T, Gratitude; Kr C, 4th Dimension; P B, Tuesday Night Step Study; P M, Thursday Women's Step Study, IG Secretary; R G, Unity, TILLIS; R M, Geezers; S H, Unity; S R, Sat AM 10/11th Step, IG Chair.

R made a motion to accept the minutes as read. P seconded and the motion passed.

J V made a motion to accept the Treasurer's report as read. R seconded and motion passed.

The **Phone Committee** has open slots for volunteers to answer the hotline. Please consider suggesting this service to your sponsees with at least six month's of sobriety.

The **P.O.S.T.** is looking good due the efforts of the editing volunteers. Everyone is welcome to submit articles for publication which must be in by the 15th of each month.

**Literature and Merchandise:** J M keeps the office abundantly stocked for all your AA needs. It was mentioned as a discussion item there are two different "Little Red Books." One is a Hazelden publication; however, it was for information only.

*Where and When:* The paper copy is up to date for now; however, there will be a new one soon.

**Activities:** FCYPAA is hosting a Holiday party at the Triangle Club, date and time coming soon. The Triangle Club will be open 24 hours from 12/25 – 1/1. The annual **Alkathon** event will be happening during those hours. See group time slots below. Next year's **Gratitude Dinner** will be held on Nov 11, 2017. The **Emotional Sobriety Workshop** will be held the first weekend in May of 2017. Details to follow.

**Old Business:** Groups drew for the slots to host meetings during the Alkathon as follows: Gratitude, 12/31, 2:30-3:30 p.m.; Keystone Heights, 12/31, 4:00-5:00 p.m.; Everything or Nothing, 12/31, 8:30-9:30 p.m.; FCYPAA, 12/31, 10:00-11:00 p.m.; All Inclusive Solution, 12/31, 11:30 p.m.-12:30 a.m.; Geezers, 1/1, 1:00-2:00 a.m.; 4th Dimension, 1/1, 2:30-3:30 a.m.; Free to Be, 1/1, 4:00-5:00 a.m.; Saturday 10/11th Step, 1/1, 5:30-6:30 a.m. Many thanks to these groups for volunteering.

In the spirit of rotation, we held elections for positions for the IG Committee. The following people were elected: P M, IG Secretary; K, Alt Secretary; F S, Treasurer; P, Alt treasurer. Thank you for your service.

**New Business:** A discussion was held regarding photos on Facebook and other social media regarding anonymity. A motion was made to have a private group on Facebook to post photos and events to attract newcomers. F seconded the motion. It will be considered to see if it is doable.

Motion to adjourn, meeting adjourned at 1:35 p.m. with the Responsibility Pledge.

THERE WILL BE NO MEETING IN DEC DUE TO THE LAST SUN BEING CHRISTMAS DAY.

## 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.:

February: *"Life 101"*  
March: *"Just for Today"*  
April: *"Spring Fever"*

### Food For Thought

"Success consists of going from failure to failure without loss of enthusiasm."

"If you're going through hell, keep going."

-Winston Churchill

Get yourself published! Entry deadline is the 15th of each month. Send your topic articles, op-eds, opinions or cartoons to [post@northcentralflaa.org](mailto:post@northcentralflaa.org).

### Step of the Month: 1

*"We Admitted we were powerless over alcohol - that our lives were unmanageable"*

"Lack of power, that was our dilemma." -Big Book "We Agnostics" p. 45

"Men and women drink essentially because they like the effect produced by alcohol. The sensation is so elusive that, while they admit it is injurious, they cannot after a time differentiate the true from the false. To them, their alcoholic life seems the only normal one. They are restless, irritable and discontented, unless they can again experience the sense of ease and comfort which comes at once by taking a few drinks--drinks which they see others taking with impunity. After they have succumbed to the desire again, as so many do, and the phenomenon of craving develops, they pass through the well-known stages of a spree, emerging remorseful, with a firm resolution not to drink again. This is repeated over and over, and unless this person can experience an entire psychic change, there is very little hope of his recovery."

-Big Book "The Doctor's Opinion" pgs.xxviii-xxix

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

Hi Everybody! Hope you had a great Christmas and have a very happy New Year!

We had the final District 14 meeting of our term on 12/14. It's always the 2nd Wednesday of the month at Westminster Church at 6:00 p.m. Visitors are always welcome! Come get involved in carrying the message with us. All the committee chairs are in place for the new 2-year term, but they could all use your help to carry out the committee's work. Please contact me if you would like to get involved! Our District will be in great hands the next 2 years. P C is the new DCM, and she will be honored to serve you all.

The next Area Assembly is the weekend of 1/13-1/15. It's right here in town, and all the area officers and committee chairs are brand new. They rotate in/out at the same time we do. I'm looking forward to seeing you all there! I will be honored to serve you as Finance Chair for Area 14 the next 2 years, so I will be at all the assemblies.

It has been a great privilege to serve all of you the last 2 years! I look forward to seeing you at a meeting, assembly, or workshop soon. I'll be glad to help you with any questions or concerns you have. Thanks for helping me stay sober!

G N, DCM, District 14

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## 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)

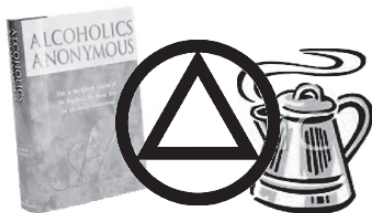
2nd Tuesday, 5:00 p.m., Intergroup Office

### Treatment

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

Visit [www.aanfldistrict14.org](http://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  
Gainesville, FL 32606-7551  
Telephone: 352-372-8091

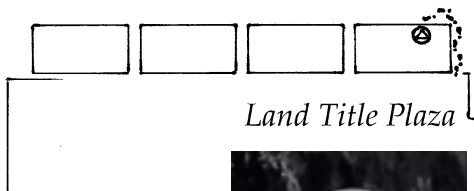
Our office hours are:

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](http://www.northcentralflaa.org/wandw.html)

## P.O.S.T. Submissions

Send articles and anniversaries to: [post@northcentralflaa.org](mailto: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](http://www.northcentralflaa.org).

Our next Intergroup meeting will be held on the last Sunday of the month,  
**January 29th**  
**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.