

## Life 101

I came to AA because I had a legal problem, a DUI, but it wasn't my fault.

I came back to AA because for the first time someone was able to explain to me what I had been feeling most of my life but couldn't explain. I remember the feeling when a total stranger hugged me at the door to a meeting and said to me "you don't have to be alone anymore if you don't want to be." How could she know the terminal loneliness I felt?

I was blessed in AA to be partnered with a strong, sober woman who became my sponsor. She said some ridiculous things to me like "my DUI wasn't done *to* me, it was done *for* me." She asked me to pray and when I explained to her that I didn't believe in God, she smiled and said that it was okay, God believed in me. She became more than a friend; she became another mother *and* a life coach. She often told me things that I didn't like and didn't want to hear, but she always did it with love.

~ ~ ~ ~ Live the Life you Love ... Love the Life you Live ~ ~ ~ ~

Today I am grateful for the awareness to not take things personally. Contrary to what my mind wants to tell me, it has NOTHING to do with me. Not with the kind of person I am, who I am trying to be, what I was like. Awareness is the first step to a better life. Through pain, and much stubborn holding on to old ideas, these things start to unfold one by one, my grip loosens and I experience the freedom that the great spiritual teachers have been trying to teach us about since man first drew on cave walls.

She gave me tools for living, like the hula hoop: Is the problem outside my hula hoop? If so, then it isn't my problem; a personal remote, with buttons *Pause, Mute, and Pray*. But most importantly, she taught me how to develop a conscious relationship with the God of my understanding that works for me.

My sponsor died before I was ready. Cancer won, but Alcoholism didn't. I thought AA was about learning how not to drink, but I found that AA is about learning how to live. Thank you, God, for the path you have for me, it includes the friendships, the difficulties, the love, and yes, the grief. But today I can do it all without putting myself and others in danger. Now, I try to carry the tradition of teaching others how to live, like Jan taught me. This is the greatest gift of all.

~D. O.

I mean life has taken 13 billion years to get to this moment. My existence has been such a fraction of a blip it literally rounds to zero. How could anything be personal? That being said, it's time to ride the wave and experience all life is trying to offer me today.

If I can see clearly enough to recognize the gifts. And in this moment, the clarity is like a new pair of glasses.

~Anonymous



# Community News

The **13th Annual Soberstock** will take place March 17th to 19th in Odessa, Florida. For further information or for reservations, go to [www.soberstock.com](http://www.soberstock.com) or get a flyer from the intergroup office.

The new **Phone Volunteer's Manual** has been sent to all the hot-line volunteers. This booklet contains updates on procedures, lists of AAs for twelve step work, and resources outside of our District. Copies are available at the Intergroup Office. Also see "A Hot-Line Story" on page 5.

If you have not checked out the Intergroup website lately, you may want to pay a visit to [www.northcentralflaa.org](http://www.northcentralflaa.org) and look at the new layout. The homepage has been revamped to make it more informative and to make navigation easier.

The **18th Annual Spring into Sobriety Women's Conference** will be held in Venice FL, May 5th to 7th, 2017. For more information, go to [www.sisconference.com](http://www.sisconference.com) or call 941.681.0747.

The next **Atlanta Men's Workshop** will be held March 24th to 27th. For more information go to [atlantamensworkshop.org](http://atlantamensworkshop.org).



## *Everybody Has One.....*

I write this having just completed the 12 steps for the first time. I understand this is not a one-time thing, that I will continue to work ALL 12 steps each day if I want to continue to grow in my sobriety.

After a relapse, I am five months sober and am champing at the bit to take on sponsees. My sponsor started raising his hand in meetings after 30-days sober, availing himself to the newcomer as a temporary sponsor. My sponsor family is big, and we sponsor a lot of men. That is what attracted me to them, along with their excitement for recovery.

I would like to point out that I am always learning, and do not consider myself an expert

of any type on AA or on sponsorship, I am merely making an observation. The literature does not suggest a sobriety requirement for sponsoring. On the contrary, I have heard speakers say that in the old days, someone with one day sober would go out on a 12-step call. They didn't have as many meetings as we do now, and they had to work with newcomers or they would surely drink again.

That's what we do in this program. We work the steps. We have a spiritual experience and then we do everything we can to give it away. The people who I see giving it away the most, are the people who seem to be the most fired up about AA, and those are the people who I want to learn from.

~Anonymous

# Congratulations!

## January Anniversaries

### BYOB

J - 1 yr (Dec)  
M - 7 yrs

### Downtown

D A - 7 yrs

### Eyeopener

D B - 5 yrs  
J - 1 yr  
J - 8 yrs

### Fourth Dimension

S S - 5 yrs

### Women's Step Study

J M-P - 1 yr

### Gratitude Group

A H - 4 yrs  
D T - 1 yr  
D M - 7 yrs  
F M - 7 yrs  
J H - 22 yrs

### Micanopy

E Mc - 20 yrs  
P - 36 yrs

### Saturday 10th/11th Step

A - 1 yr  
J S - 31 yrs

### Women's Drunk Squad

B D - 18 yrs

### Tuesday Night Step Study

P B - 12 yrs  
R J L - 34 yrs  
R A - 6 yrs  
S L - 5 yrs

### Women's Serenity Seekers

J M - 34 yrs

### Hampton Hole in the Wall

A - 7 yrs  
G - 19 yrs



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

## Step of the Month: 2

*"Came to believe that a power greater than ourselves could restore us to sanity"*

"Seemingly he could not drink even if he would. God had restored his sanity. What is this but a miracle of healing? Yet its elements are simple. Circumstances made him willing to believe. He humbly offered himself to his Maker - then he knew. Even so has God restored us all to our right minds... He has come to all who have honestly sought Him. When we drew near to Him He disclosed Himself to us"! (B.B. p 57)

## District 27

(Serving Dixie, Levy & Gilchrist Counties)

### District 27 Bus Mtg

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](http://www.District27aa.org)



## Learning to Live (Again)

I was brought up in a conventional middle-class American home with good parents, good direction, and adequate amounts of everything I could possibly need. I most certainly knew right from wrong, and I had been taught strong moral convictions. When did that change? What happened to that sweet innocent kid?

My life of inebriation brought with it a steep price. I had to protect my disease by lying, cheating, stealing, and hurting those closest to me. I had become a moral leper, a slimy excuse of human flesh. I just knew for certain that I deserved every bit of the guilt and shame I felt. Worse still, I could not share these feeling with anyone, lest they think of me as contemptuously as I viewed myself!

I made it to AA (only by the Grace of God) not to get sober or become a better person, but to escape consequences. Perhaps most of us were running from *the posse* when we got here. I was too befuddled for quite some time, so I could not see the utility in *working the steps*. The Big Book seems to suggest that the steps are important, but the 12 & 12 is insistent that emotional sobriety, or growing up, is a matter of life and death for us. Survival through character building? Seems absurd.

So it was that steps four and five sorted out who I really was, and who I really was not. The ongoing changes brought on by steps six and seven keep me growing (with good direction

from my sponsor and my AA peers). As Sandy B. used to say: "I can *change my mind* as I run into *old ideas* that don't work." In steps 10, 11, and 12 I'm taking ACTION on behalf of my own emotional and spiritual growth. The driving force of these changes have to do with esteemable (or estimable) acts, many of which were taught to me as that good kid I used to be.

It may not necessarily feel natural to me, but it's very important that I attempt to muster the discipline to do those small acts of kindness to myself and others. This includes such little things as making the bed when I get out of it, or keeping living spaces clean. Also, greeting others and being of service, as awkward as it sometimes feels, makes a small difference and builds esteem in everyone involved. Or, making a random phone call to check on a friend. It all sounds so silly, yet works so well.

Oddly enough, since I started my drinking career quite early, I now must learn how to have fun. Personally, I feel like I'm on about my fifth childhood. This is going to be a fun adventure! As far as emotional sobriety goes, I believe this is a lofty goal, but worthy of the work and play that it requires. By the Grace of God I get to "suit up and show up." I am humbly grateful for the opportunity to learn to live a happily useful life, comfortable inside and out!

~Anonymous

"Hope rises like a phoenix from the ashes of shattered dreams"

~S.A. Sachs



## 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

5703 Red Bug Lake Road  
Unit 241  
Winter Springs, FL 32708  
[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.*

## A Hot-Line Story

In December of this past year, the hotline received a call from the sister of a dying AA member. She asked if there was a way to have some AA's visit her brother. What follows is an excerpt from the hot-line person's chronological account of the text message conversations that followed:

### Friday, December 2nd:

Caller: This is Chris S. in Tavares. My brother's name is Dan A. He has been in AA for 18 years, the past 12 or so in Ocklawaha. He is dying of bladder cancer at the Medical Center in Leesburg. He would like a visit.

Hot-Line: Chris, Leesburg Intergroup office will try to contact a visitor for your brother. They have information on your brother's hospital stay. Thank you for the opportunity to be of service.

Caller: Thank you from my heart for your concern & help. May all good blessings come to you.

Hot-Line: Please let me know when a Leesburg AA finds someone to visit your brother?

Caller: A very nice man from AA named Jerry came to see my brother around 2:30 p.m. this afternoon. I left the room so they could talk together. I thanked him for his kindness. & I thank you again for your compassion.

### Wednesday, December 7th

Caller: Danny passed away this morning at LRMC. Jerry had come to see him and a nice man named Al and his wife came also. They made plans to return again.

Caller: Thank you all. It is in sadness but with joy that I say Dan had such a wonderful support group!

Hot-line: I am very sorry that your brother Danny passed away even sooner than you expected. But, the blessing is that he did so sober.

~B B



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

Hello Everyone,

I am so grateful to the amazing group of GSRs, committee chairs and officers at District over the past two years. It has been an absolute privilege to serve with each of you. If this first month is any indication of what is to come, history will repeat itself over the next two years.

We had a great turnout for our first District meeting and at our first Area Assembly held this past weekend and I want you all to know how much I appreciate you. I look forward to working with each of you in keeping our District strong and carrying the message to the still suffering alcoholic. District meetings and Assemblies are both open to anyone who wants to attend and learn more about how service can enrich your sobriety.

In keeping with that theme, we will be holding our annual **Service Fair** on Saturday, February 25th from 9:00 a.m. to 11:00 a.m. at the Triangle Club. All District service committees, as well as Intergroup, will be represented and we welcome all to come and discover where your niche might be in the realm of service in Alcoholics Anonymous.

In love and service,  
P C, DCM

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## District 14 Service Committee Meetings

### District 14 Business Meeting

2nd Wednesday, 6:00 p.m.  
Westminster Presbyterian Church

### Accessibilities

3rd Saturday, 11:00 a.m.  
Triangle Club

### Archives

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

### Corrections

3rd Tuesday, 6:00 p.m.,  
Triangle Club

### CPC/PI

1st Tuesday, 6:30 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.aanfdistrict14.org](http://www.aanfdistrict14.org) for more info




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

March: *"Just for Today"*

April: *"Spring Fever"*

May: *"How Willing Am I?"*

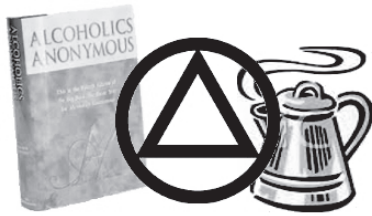
### **Food For Thought...**

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

- St. Francis of Assisi

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).

# NCFI



# North Central Florida INTERGROUP

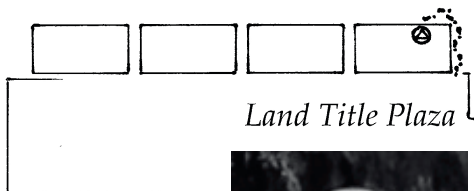
Our office is located in  
**Land Title Plaza**

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.*



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, **February 26th** 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.