

## *Give Us This Day*

On the one hand I came into AA beaten down to a nub, but on the other hand I still had my pride. The gift of desperation was truly a blessing because my will power was utterly useless against this unrelenting disease and I was very tired. I was tired of living, of the daily struggle. My body, mind, and soul were worn out. Unfortunately that curse of pride still told me that most certainly I could find a way to manage my environment and my life. Very unfortunate. Kept me sick for a long time!

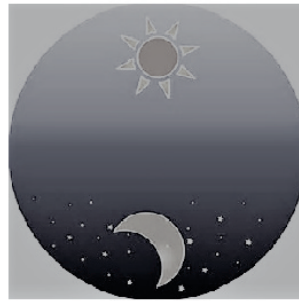
For the first few months in AA I kept hearing such phrases as "one day at a time" and "just for today" (among others that struck me as ludicrous). Who could be so simple-minded? After all, I could manage the past (with my regrets and resentments) *and* micro-manage the wreckage of my future (with worries and good intentions). As the Big Book points out "a body badly burnt does not often recover overnight." That was definitely true for me - it took quite some time for me to realize the value

of "staying in today." You know, that phrase sounds so trite when first heard.

Over time I have learned that *today* is the gift, the only place where I live, where God resides, where reality has any meaning. To further simplify it for my overly-complicated brain, I consider the rest of this day to be my whole existence. I've got until, let's say, midnight to experience the gifts and challenges (lessons) that my Higher Power has arranged for me. Sure makes living much easier - don't have to predict the future or re-arrange my past. Just get to live "one day at a time."

So that must be the *big* deal in that prayer we use so much - we ask God to give us what we need for "this day." Not tomorrow. No email coming from Him about next week. No need to re-hash what happened ten years ago. Here we are. Safe, sound, simple! Didn't happen by accident...Thank God!

~Anonymous



"God, grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference. Living one day at a time, enjoying one moment at a time, accepting hardship as a pathway to peace. Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He will make all things right if I surrender to His will. That I may be reasonably happy in this life, and supremely happy with Him forever in the next. Amen."



# Community News

The **Midway Men's Group**, in conjunction with District 27, is sponsoring a **St. Patrick's Day Dinner** on Saturday, March 18th, at the Midway Plaza, Williston, FL. There will be food galore, a cake auction, a 50/50 raffle, plus movies and games. A \$10 donation is suggested. Call B. A., (352) 528-3513/B' C., (352) 529-4216.

The **22nd Annual Country Round-Up** will take place April 28th to 30th, in Chipley, FL. There will be meetings, speakers and workshops throughout the weekend, with "pickin' and grinnin' everywhere. AAs, Al-Anons and their families are welcome. For further information, email [Chipley\\_countryroundup@hotmail.com](mailto:Chipley_countryroundup@hotmail.com) or pick up a registration form at the Intergroup Office.

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

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 **District 14 Pre-Conference Agenda Workshop** will be held on March 12th at 2:00 p.m. at the Triangle Club. See attached Flyer

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## *Just for Today...*

I remember thinking that the concept of living one day at a time seemed a little ridiculous. I mean, doesn't everybody already do that? Then someone explained to me that feelings of remorse and regret are a direct result of living in the past, and living in the future will cause anxiety. The present is where serenity is. It was suggested that I needed to focus on what I could do *today* to make my life better, and if I couldn't figure out how to do that, then I need to focus on *not* making *today* worse. The latter was easier for me in the beginning, and after a while, I could proactively strive to become better.

My sponsor would have me focus on basics, like *just for today* I will not take a drink, no matter what. To help deal with an

unmanageable – and unbearable – life, I would go to a meeting, call another alcoholic and be honest about my struggles.

To my surprise, it worked. It still works, and it still surprises me! I still struggle today – not with cravings, fear and anxiety, but in living with the curve balls of "life on life's terms." I still catch myself living in the future or the past, but today they are reminders to get down to the basics again. Doing these things gives me the gift of emotional sobriety.

Just for today is the difference between no longer drinking and being sober. Being sober today isn't what I could have ever imagined it would be. It is living a life worth living.

~Anonymous

# Congratulations!

## February Anniversaries

### Eyeopener

A - 1 yr  
E - 2 yrs  
J D - 22 yrs  
L P - 28 yrs

### Downtown

K H - 14 yrs

### Free to Be

L K - 20 yrs  
S G - 4 yrs  
S A - 36 yrs

### Fourth Dimension

K L. - 4 yrs

### Gratitude Group

D D - 25 yrs  
M O - 4 yrs

### Hampton Hole in the Wall

M - 4 yrs  
D - 11 yrs

### Hawthorne Group

G F - 30 yrs  
L M - 35 yrs

### New Freedom

L T - 9 yrs

### Saturday 10th/11th Step Group

M S - 29 yrs  
M L - 10 yrs

### Tuesday Night Step Study

C F - 1 yr  
T R - 15 yrs

### Women's Serenity Seekers

K W - 2 yrs  
T - 2 yrs (Jan)

### Women's Step Study

T - 1 yr



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

### Step of the Month: 3

*"Made a decision to turn our will and our lives over to the care of God as we understood Him"*

"The first requirement is that we be convinced that any life run on self-will can hardly be a success... Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-thinking and self-pity... Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible... We had to have God's help... When we sincerely took such a position, all sorts of remarkable things followed. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well... as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.

Many of us said to our Maker, as we understood Him: 'God, I offer myself to Thee—to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help, of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!'

We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him."

~Big Book, pages 60-63

## NORTH CENTRAL FLORIDA INTERGROUP MINUTES

January 29, 2017



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

Attendance: P M, IG Secretary, Women's Step Study; J VB, Alt IG Chair, Geezers, New Freedom; B H, Tuesday Nite Step; C, Solutions; M P, Eye Opener; M B, Keystone; J P, By The Book; C H, All Inclusive Solution; H B, YPG; K C, 4th Dimension; G N, Downtown Group; K P, Gratitude; K P, Gratitude; B K, Free to Be; F S, Faith Strength Hope, IG Treasurer; J M, Promises, Office Manager; S R, Sat 10/11 Step, IG Chair; S C; J M, Eye Opener; D E, BYOB; B B, Step by Step.

**Minutes:** Since there was no IG meeting in December, the minutes used were from November. J VB made a motion to accept, seconded by B after the reading of the minutes. Passed.

**Treasurer:** B made a motion to accept, seconded by J after the reading of the report. Passed.

**Phone Committee:** There is one opening as of this date. Please encourage your sponsees to sign up to volunteer. There is always a need for people.

**P.O.S.T.:** The staff at the P.O.S.T. are doing a wonderful job getting it edited and published.

**Literature and Merchandise:** "Everything UTD in Kansas City" says J!!

**Where and When:** The new pink copy is the most recent copy of the printed W&W. The website is always current.

**Activities:** The group has secured the church for this year's **Gratitude Dinner**. The date is Nov. 11th, the only date available that isn't a Gator game night. **YPG and FCYPPA** are hosting a "**Sober Love**" event at the Triangle club on Feb 11, 7:00 p.m. A \$10 donation is requested. There will be a spaghetti dinner, cake auction, and dance. The **Service Fair** will be held on Feb 25th at 9:00 - 11:00 am at the Triangle Club. There will be games, food, and lots of opportunities to check out service positions.

**Old Business:** The discussion regarding social media and creating a private Facebook for photos of events held was discussed. Since several groups had not been informed, K suggested to table this until all groups have a chance to discuss and vote on the idea. The motion was seconded by G. Approved. B brought up that there are no meetings in the area near the hospitals on Archer Rd. A discussion was held on what could be done and where there might be meetings close enough for visiting families of patients. K made a motion to take this idea to groups for discussion. B seconded.

Motion to adjourn by G, seconded by J. Motion passed. Meeting adjourned at 1:30 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]

#### 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.*

## 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)



### AA HUMOR



*"I have the coffee pot, now all I need is a resentment and I can start my own meeting."*

*--Anonymous*

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

Hello Everyone,

I hope you were able to make it to our District's annual Service Fair and had a chance to visit with all the various service committees and learn about all the opportunities for service available to enrich your life in sobriety. Not all Districts are as blessed as we are in our District to have such an active service community.

We are fortunate to have another opportunity to learn more about service at the District 14 Pre-Conference Workshop coming up on March 12th at 2:00 p.m. at the Triangle Club. Our new Area 14 Delegate, J C, will present the agenda items that will be presented at the General Service Conference in New York this April. The theme for this year's conference is "Supporting Our Future." More details are available in a separate flyer in this issue of the *P.O.S.T.* Come see how you and your home group fit in to that upside down triangle and are the ultimate voice in the future of Alcoholics Anonymous.

As always, please feel free to contact me with any suggestions of how we can better serve our fellowship.

In love and service,  
P C, DCM for District 14,

**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

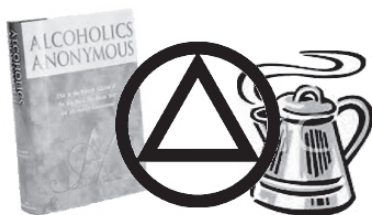
Visit [www.aanfldistrict14.org](http://www.aanfldistrict14.org) for more info**Upcoming Topics in the *P.O.S.T.*:**April: *"Spring Fever"*May: *"How Willing Am I?"*June: *"A Home Group - What's In It For Me?"***Food For Thought...**

*"The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly."*

~Buddha

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

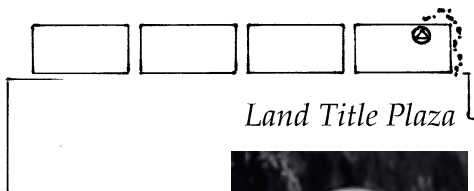
Our office hours are:

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.*



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,  
**March 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.