

VERNAL RENEWAL - HOPE SPRINGS

The idea of "spring fever" is slightly different for everyone, but the mindset is generally the same. We all get a little crazy coming out of the winter months, even here in North Florida. For me, this time of year is very special as a time of regrowth and renewal in all four areas: physical, mental, emotional, and spiritual. The opportunities abound as we can all get preoccupied outdoors with sunny cooler weather and take advantage of living in one of the nicest places on this planet!

So, the main problem I've always had this time of year is that it is so easy to become distracted and forget that, perhaps, this is a good time to focus on the *renewal* of the season, renewal of what little discipline I might have mustered in the fall and winter months. Ah, but spring is in the air! So many things to do! So many excuses to get me out of my healthy routine! I've heard it said that the difference between a good habit and a bad habit is that a good habit is easy to break. So, true!

This is where I really need my reality check. My mind would like to say that I do enough recovery, enough service work. I deserve a rest, some leisure! How easy to forget that *most* of us

will die from our disease (I've often heard that it is about 90%). It seems that it only takes a small amount of neglect: perhaps cut out some meetings; can't take time for prayer and meditation; don't have time for service work. My five-year relapse began just that way.

So now spring is a time to push myself in all areas and to use that information from the year-end 10th step to create a more refined routine. Sounds like drudgery, but I can incorporate fun stuff into the details. One such thing is to read, pray, and meditate outside. Sometimes that turns into a form

of *walking meditation*. Making an outdoor plan with someone else in recovery also helps break "the bondage of self" and that evil corrosive thread of fear that wants me isolated.

I am so grateful that my AA family is always there for me, and that we can enjoy this season or renewal together, enhancing each other in our spiritual journey. Thinking of all our brothers and sisters that died drunk, I wish to be vigilant of this precious gift God has so freely given!

~Anonymous





Community News

The **District Service Fair** was held at the Triangle Club on February 25th. Representatives from all the service committees were present and there was a display from Intergroup. Information was available for anyone interested in doing service work. Each representative gave a short talk about the operation of his/her committee. Plenty of breakfast goodies were available to assist in the social aspect of the event.

The **22nd Annual Country Round-Up** will take place April 28 to 30, in Chipley, FL. For further information, email Chipley_countryroundup@hotmail.com or pick up a registration form at the Intergroup Office.

The **18th Annual Spring into Sobriety Women's Conference** will be held in Venice, FL, May 5 to 7. For more information, go to www.sisconference.com or call (941) 681-0747.

The **2nd Annual Luther Springs Women's Retreat** will take place April 7-9th. It will include speakers, meetings, plenty of opportunities to meet friends, old and new. For further information, call Judy H at 352-466-1080.

District 14 is in need of volunteers to fill the positions of Grapevine Chair and Literature Chair. See the DCM Corner for contact information.

Volunteer Needed!! The Intergroup is looking for someone to take over the layout of the *P.O.S.T.* as it is time for the current person to rotate out. Computer skills a must and desk-top publishing skills are desirable. Contact Jay or email post@northcentralflaa.org if interested.

There is a Song in My Heart

As an older member of the fellowship, I seem to spend a lot of time reflecting and laughing at myself. I also hum and sing a lot! What is that about? I think it's about gratitude and true happiness. When I was new to AA, I hated the topic of gratitude at meetings. I couldn't come up with anything to put on a gratitude list. That attitude has changed 180 degrees.

I have everything to be grateful for today. The humming drives my family crazy, I know. But sometimes I don't even realize I'm humming. I like to think that is happiness



welling up inside of me. As far as the singing goes, I often burst into songs from musicals and movies, always have. Lately it's been "Put one foot in front of the other" leftover from the "Santa Clause is Coming to Town" Christmas special, I guess. It reminds that I must walk the walk to stay sober.

I work the steps to stay sober, and I put one foot in front of the other even in the difficult times to stay sober. The best part is that I am not walking alone, I am part of a fellowship and I have a Higher Power. That's a lot to be grateful for!

~Anonymous

Congratulations!

March Anniversaries

All Inclusive

C H - 4 yrs

BYOB

E W - 3 yrs

Eyeopener

K - 1 yr

Free To Be

G W - 3 yrs

N - 1 yrs

Gratitude Group

K B - 1 yr

L K - 7 yrs

Hawthorne Group

M B - 6 yrs

Saturday 10th/11th Step

A D - 4 yrs

J M - 14 yrs

S M - 9 yrs

Tuesday Night Step Study

J W - 34 yrs

Women's Serenity Seekers

C W - 26 yrs

YPG

H B - 8 yrs



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

Step of the Month: 4

"Made a searching and fearless inventory of ourselves."

"We want to find exactly how, when, and where our natural desires have warped us. We wish to look squarely at the unhappiness this has caused others and ourselves. By discovering what our emotional deformities are, we can move toward their correction. Without a willing and persistent effort to do this, there can be little sobriety or contentment for us. Without a searching and fearless moral inventory, most of us have found that the faith which really works in daily living is still out of reach." (p 43)

"...his character defects, representing instincts gone astray, have been the primary cause if his drinking and his failure at life; that unless he is now willing to work hard at the elimination of the worst of these defects, both sobriety and peace of mind will still elude him; that all the faulty foundation of his life will have to be torn out and built anew on bedrock." (p 50)

~Twelve Steps and Twelve Traditions

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

May: *"How Willing Am I?"*

June: *"A Home Group - What's In It For Me?"*

July: *"Attitude/Perspective"*

Food for Thought...

"When you're at the end of your rope, tie a knot and hold on."

~ Theodore 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.

NORTH CENTRAL FLORIDA INTERGROUP MINUTES

February 26, 2017



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

Attendance: B K, Free to Be; B B, Step by Step; C H, All Inclusive Solutions; C H, Solutions; D L, Keystone Heights; F S, Faith, Hope, Strength, IG Treasurer; G N, Downtown; J M, Office Manager; J S, HALT; J VB, New Freedom, Alt IG chair; K P, Gratitude; K C, 4th Dimension; M P, Eye Opener; P B, Tuesday Nite Step Study; P M, Thursday Women's Step Study, IG Secretary; S R, Sat AM 10/11th Step, IG Chair.

The minutes were read and a motion was made by D to accept them as read, with a second by B. Motion passed.

The Treasurers report was read and a motion to accept was made by P, with a second by J. Motion passed.

The Phone Committee chair has requested a replacement and much discussion ensued as to what the requirements were. After the discussion, the topic shifted to open slots. As always, the phone committee can use volunteers for back up.

P.O.S.T.: Looking good, could always use submissions for publishing. In each issue, there is a list of topics to write on.

Literature & Merchandise: There are more orders for large print "Big Books" which require more storage space. These books are selling at cost.

Where & When: The paper copy is up to date as of now, but will be printed if 6 changes come into the IG office. The form for changes can be obtained online and need to be submitted to the office. The website is current.

Activities: Lots of fliers for events included in the P.O.S.T. The first committee meeting for Founders Day will be held on 3/7 in the Tranquility Room at the Triangle Club. The event will be held on June 10th at Trinity Methodist Church located on 53rd Ave and 43rd Street. Tickets are still \$5. March 17th is a St Patrick's Day dance as a fundraiser for the Emotional Sobriety Conference coming in July.

Old Business: The creation of a private Facebook page was voted down by the groups.

There being no other old or new business, a motion was made by C, seconded by K to adjourn. 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

The Third Tradition

I have been blessed with sobriety for a few 24 hours and I will never be able to adequately give back in any measure what has been given me through the steps, the traditions and the wonderful fellowship of AA. There is no doubt in my mind, that I am only here because of my HP and the third tradition. I had absolutely no desire for anything other than freedom from the obsession of the mind and the allergy of the body when I arrived. Had there been any additional requirement for membership, I would have never stayed. Had anyone asked me for the desire for a spiritual awakening, I would have run screaming from the meetings. Had there been a pledge, or a payment, or a penance, I would have walked.

I was accepted as I was, with only a desire to stop drinking. And, I was lucky to get it "for

good." There are others who are not so fortunate. For whatever reason, the struggle to maintain sobriety is too intense, too scary, too absolute or too difficult. Too much. And, if I am being honest, the smell of alcohol on a person in a meeting is unnerving to me. Not always, but sometimes, knowing that the person I am sitting next to has been drinking, has picked up several white chips, or is "just there to get a signature on a sheet of paper" bugs me.

And then, I hear the true meaning of the third tradition. Willing or unwilling, sick or well, whole hearted, half-hearted or in between, "The only requirement for membership is a desire to stop drinking."

Thank God for that!

~Anonymous

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

Hello Everyone,

Kudos to our new Area 14 Delegate, J C and her team (H V, A D and M W) from Area 14, who put on an excellent Pre-Conference Workshop for us at the Triangle Club. The presentation of the agenda items for this year's General Service Conference in New York, "Supporting Our Future," was enthusiastic, well organized, and extremely informative. Excellent presentations were made by our own M A, D A, and G N, in their capacity as Area Service Coordinators for Cooperation with the Professional Community (CPC), Public Information (PI), and Finance.

Our next Area Assembly is scheduled for April 7th through 10th at the Wyndham Hotel on SW 13th Street here in Gainesville. On the District level, two of our service coordinators, had to resign for personal reasons so we are currently looking for someone to fill the positions of Grapevine Chair and Literature Chair. If you are interested in serving in either of these capacities, please contact me or attend our next District 14 meeting which is held on the second Wednesday at Westminster Presbyterian Church from 6 to 7 p.m. Both the Area Assembly and District meeting are open to all and provide an excellent opportunity to learn more about how service can enrich your sobriety.

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)

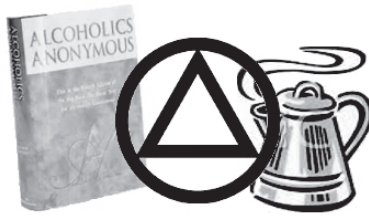
2nd Tuesday, 5:00 p.m., Intergroup Office

Treatment

1st Monday, 6:30 p.m., Triangle Club
Visit www.aanfldistrict14.org for more info



NCFI



North Central Florida INTERGROUP

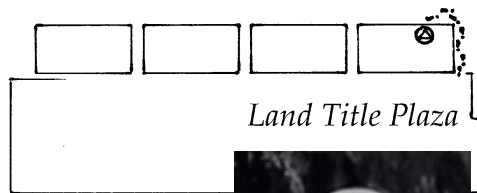
Our office is located in
Land Title Plaza

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.



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,
April 30th
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.