

50 Shades of Willingness

At the end of the day, in the quiet that occurs between me and my Creator, there is an undeniable truth to how I handled the details of this day. Was I honest in my dealings with other people (or even myself) all day? Did I maintain an open heart and a quiet mind such that I could be of service? Did I have a mindset of charity, love and compassion? Did I look for opportunities to “get out of self”, to be useful (and thereby not suffer from chronic self-absorption)? We ALL know that these things are the “right” things to strive for, and we all know that these are the essential success tools of emotional sobriety!

I guess the question would be—just how willing am I to follow such a righteous pursuit? If you asked me I would probably claim to be unconditionally willing. Pride still wants me to look good in your eyes (and mine). Turns out that I am absolutely no different than any other recovering alcoholic, and that my degree of willingness varies with my human condition—whether I am fatigued, perhaps have low blood sugar, recently upset, maybe a bit of self-pity. All of these things change my perception of reality, and therefore, my outlook on life and other people. How embarrassing to find out that a former “tough guy” is actually frail.

The solution, at least for me, is to accept myself as I am with the commitment to do my dead-level best every day. I used to think that I had excellent willpower and ironclad discipline. My lack of consistency in so many recovery areas has taught me that willingness, discipline, service, compassion and love require constant attention. Practice, practice, practice! Perhaps it does me most good to aim at, and practice, these principles with the full knowledge that I will likely fall short of the mark. Over time there has been a noticeable change: that my prayers for willingness have been met by opportunities for action, and growth.

- Anonymous

Step 6 *“Were entirely ready to have GOD remove all these defects of character”*

This step, for me, was one that was most difficult to understand. The big book doesn’t give much direction with it. And the 12/12 states that “this is the step that separate the men from the boys”. Being a woman, I got the concept - but again there wasn’t much direction with it.

Someone in my homegroup, who I respect so much likes to rephrase this sentence to “this step separates the **WILLFUL** to the **WILLING**”. Now that is getting my attention. Then my sponsor family read the book “Drop the Rock”, for me that is where the clear directions came. The analogy of my character defect being like heavy rocks chained around my neck like a useless, ugly necklace. Swimming toward the boat of Serenity and not able to make it unless I became WILLING to let go of the rocks. Once I became willing, taking them off was really a simple task. KEEPING them off is another story, but it is the same process as staying sober ... I must MAKE THE DECISION EVERY DAY to not take the drink, to work on my recovery as if my life depends on it, and to all myself to be free of those defects of character that keep me from the sunlight.

~ Anonymous



Community News

The 61st **Florida State Convention** will be held in Jacksonville from July 27-30. Celebrate our recovery with outstanding AA and Alanon speakers, panels, our banquet, entertainment, great fellowship and more. It is a time to strengthen and unify us. Don't miss it!

Other Florida roadtrips might include:

CHAPTERS TO RECOVERY, HELD June 30-July 2, 2017 at the Deauville Beach Resort in Miami Beach, FL, For more information, visit Chapters to Recovery.com or call April at 760.717.5184.

SERENITY BY THE SEA, August 25th to 27th, 2017, at the Naples Grande Resort Hotel and Spa in Naples, FL. For more information visit our website at <http://www.serenityclubswfl.org>, or call 844.210.5931

Our **Founder's Day Celebration**, brought to the Community by the Archives Committee of District 14, will take place at Trinity Methodist Church, 4000 NW 53rd Ave, on Saturday, June 10th commencing at 4:00 p.m. There will be a fellowship dinner, speaker and dance, plus a 50/50 raffle. Tickets for this event will be available throughout the AA Community at \$5 each, \$10 at the door. Side dishes and desserts welcomed. See enclosed flyer.

Please update!

Please be sure that your group's "birthday" person's information is correct in our records. Many groups have changed their reps over the last couple of years and I know that, for some groups, we are contacting the wrong person.

THANKS!

THE TRADITIONS AND SERVICE A DISTRICT 27 WORKSHOP



SATURDAY JUNE 24, 2017 FROM 10-2

**ST. ALBAN'S EPISCOPAL CHURCH
7550 149 PL, CHIEFLAND, FL 32626**

JOYCE C.

(OUR CURRENT AREA 14 DELEGATE)

WILL SHARE ON SERVICE
AND WHY WE DO IT

CHET P.

*(A PAST AREA 14 DELEGATE
AND S.E. REGIONAL TRUSTEE)*
WILL DISCUSS THE TRADITIONS

LUNCH PROVIDED • DISTRICT 27 ARCHIVES DISPLAY

This will be a great event! Hope to see you there!!

Congratulations!



May Anniversaries

Women's Serenity Seekers

- Mc.K. - 2 yrs
- D.N. - 3 yrs
- B.G. - 4 yrs
- K.A. - 6 yrs
- D.B. - 9 yrs
- Di.B. - 27 yrs
- J.P. - 30 yrs (May)

Gratitude Group

- S.G. - 4 yrs
- C.G. - 4 yrs
- S.M. - 6 yrs
- C.B. - 12 yrs

TNSS

- D.O. - 28 yrs
- M.R. - 27 yrs
- P.B. - 2 yrs

Downtown Group

- M.O. - 16 yrs

Everything or Nothing

- J.N. - 1 yr (April)
- J.C. - 16 yrs (April)
- C - 1 yr
- J.T. - 1 yr
- N.L. - 3 yrs
- K.K. - 9 yrs

Big Book Basics

- W.M. - 11 yrs

Hawthorne Group

- J.B. - 7 yrs (April)
- R.L. -13 yrs
- K.P. - 30 yrs
- D.F. - 32 yrs

4th Dimension

- C.C. - 18 yrs

Women's Step Study

- N.S. - 30 yrs

Saturday 10th/11th Step

- C.R. - 1 yr
- E.A. - 11 yrs
- R.H. - 11 yrs

Free to Be

- L.R. - 34 yrs
- M.W. - 3 yrs
- P.S. - 28 yrs

New Freedom

- F.R. - 27 yrs
- K.M. - 6 yrs
- D.M. -8 yrs

BYOB of High Springs

- B.M. - 36 yrs
- M - 10 years

July Birthdays?
Send them by June 15th to
Post@NorthCentralFLAA.org



DISTRICT 27

(Serving Dixie, Levy & Gilchrist Counties)

District 27 Business Meeting:

3rd Tuesday, 6:00 pm
St. Alban Episcopal Church
7550 NW 149th Place, Chiefland

District 27 Hotline:

(352) 949-2239

Contributions Address:

District 27 AA
PO Box 1257
Bronson, FL 32621

Website Address:

www.District27aa.org



NORTH CENTRAL FLORIDA INTERGROUP MEETING MINUTES

April 30, 2017

The meeting opened on time at 1pm (thanks, Suzanne!) with the Serenity Prayer.

Attendance: A.W, Student Group; B.K, Free To Be; C, Solutions; D.L, Keystone Heights; F.S, Faith Hope Strength, IG Treasurer; G.N, Downtown Group; J.M, IG Office Manager; J.VB, New Freedom, Alt Chair; M.P, Eye Opener; M.B, Sunday Morning Sobriety; E, Good Morning God; M.R, Wholesale Miracle; N.L, YPG; P.B, Tuesday Night Step Study; P.M, Thursday Women's Step Study, IG Secretary; R.G, Unity, TILLIS; S.C, New Freedom; S.R, Sat AM 10/11th Step, IG Chair.

Minutes: D.L. made a motion to accept the minutes with an amendment showing M.Bs attendance last month. N.L. seconded and motion passed.

Treasurer: J.VB made a motion to accept the report as read with M.B. seconding. Motion passed.

Phone: It was reported there was an opening on the Hotline and M.P. volunteered. As of 4/30 there are no open slots. You can still volunteer to be of service.

POST: K.C., on the POST staff, is still looking to rotate out of her service position on the POST. Anyone with editing skills can volunteer to help put the POST together each month. Contact J.M. at the IG office.

Literature & Merchandise: The office is up to date with all kinds of merchandise relating to recovery. Drop by for your shopping needs.

Where & When: The printed version will be updated when there are 6 changes to the meeting information. The website is always updated right away. The Student Group is adding a meeting on Thursday nights at 8pm. It will be a mixed media format. Their Tuesday meeting is a closed meeting.

Activities: May 6th is a spaghetti dinner at the Triangle Club to build funds for the Emotional Sobriety Conference to be held at a later date. Founders Day is fast approaching!! It will be held on June 10th at the usual location. The next committee meeting is on 5/2 at the Triangle Club. There will be a Memorial Day event at the Triangle on that day. No further details. Contact the Club for information. If you have an event you would like to share, send the information to W.M. (info in the POST) in a PDF format to be put on the website.

Old Business: None

New Business: The District is discussing having a copy, not a link, on the internet for the W&W.

Motion to adjourn made by D.L, seconded by G.N.

Meeting adjourned at 1:25pm with the Responsibility Pledge.

Tradition 6

The Steps are HOW IT WORKS.

The Traditions are WHY IT WORKS.

"An AA group out never endorse, finance or lend the AA name to any related facility or outside enterprise lest problems of money, property and prestige divert us from our primary purpose."

One of the reasons that Alcoholics Anonymous has survived since 1935 is this tradition. Focusing on our primary purpose - To carry the message of recovery (HOPE) to the still sick and suffering alcoholic.

In this Tradition, I began to learn the importance of singleness of purpose, both in AA and in my private life. I came to understand the difference between that which helps and that which hinders. By keeping my AA program simple, I underscored my own way to "Live and Let Live."

~ D.K. Oakland, CA

7th Tradition Addresses

North Central Florida Intergroup

2632 NW 43rd Street, Suite 1182
Gainesville FL 32606-7551
(Checks payable to: NCFI)

District 14

PO 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 Service Office

PO Box 459, Grand Central Station
NY, NY 10163
(Checks payable to GSO)

Self-support: Where money and spirituality mix!

Promises Really Do Come True!

Our children are one of the most precious gifts that our Higher Power can give to us, as is our Sobriety.

When you watch your child slip into the same patterns and heartaches of alcoholism that you have experienced yourself, is very disheartening. It is painful to watch. The only things you can do are to pray that they may find help in their Higher Power and be the best example of the Big Book that you can be by working your own program.

Almost two years ago, I watched my son going down this path. I continued to pray for my son. And, by a miracle, my son came to me one day and said he needed help. Through the help of my AA friends, we were able to get my son into the recovery treatment that was right for him. He stated that he had seen AA work for me and that he was willing to try it for himself.

Fast forward to today. My son is more than 15 months sober and doing great. I continue to thank my Higher Power for his sobriety. One of the greatest gifts of my sobriety is seeing my child get sober!

In his Mother's Day card this year, he thanked me for choosing to always do the right thing. And he thanked me for being the best role model for him! I am so thankful to my Higher Power and to this AA program. It truly works and miracles happen and the promises do come true.

- A Grateful Recovering Mom

Upcoming topics:

July: Attitude/Perspective
August: Amends – Beyond "I'm Sorry"
September – "Aligning My Will"

Get yourself published! Entry deadline is the 15th of each month. Send your topic articles, op-eds, opinions or cartoons to Post@NorthCentralFLAA.org.



DISTRICT 14*Serving Alachua County***DCM Corner**

Hello everyone,

We had our monthly District 14 service meeting on May 10th and it was another great turnout. We were able to fill our last open Service Coordinator position. Katy K was unanimously voted in to serve as our new Accessibilities Chair and we are delighted to have her.

In addition to our committee chairs, I'd like to give a huge shout out to all the GSRs who continue to show up every month, participate in discussions, vote on current issues, and report back to their home groups. Your GSR is your group's voice at District 14, Area Assembly, and even at the General Service Conference in New York which just took place in April. Many important decisions about Alcoholics Anonymous and its future are decided at these meetings and at the GSC and that is something that should concern all of us. If your home group doesn't have a GSR, and you would like to learn more about it, please feel free to contact me or join us at our next meeting.

Our meetings are the 2nd Wednesday of each month at 6 pm at *Westminster Presbyterian Church* on the corner of NW 34th Street and NW 16th Avenue. All of our committee chairs attend and would be happy to answer your questions and welcome all who care to volunteer to serve on a committee.

We're looking forward to our annual **Founder's Day** celebration which will take place on June 10th at *Trinity United Methodist Church* and hope to see you there. See flyer for details. And, as always, please feel free to contact me with any suggestions of how we can better serve our fellowship.

*In love and service,
Pati C, DCM for District 14*

District 14 Service Committee Meetings

District 14 Business Meeting

2nd Wednesday, 6:00 pm

Westminster Presbyterian Church

Accessibilities

3rd Saturday, 11:00 am

Triangle Club

Archives

1st Tuesday, 6:30 pm

Triangle Club

Corrections

3rd Tuesday, 6:00 pm

Triangle Club

CPC/PI

1st Tuesday, 6:30 pm

Triangle Club

Grapevine

2nd Tuesday, 6:00 pm

Trinity United Methodist Church, Room 204

Literature

2nd Monday, 6:30 pm

Intergroup Office

Phones (NCFI Committee)

2nd Tuesday, 5:00 pm

Intergroup Office

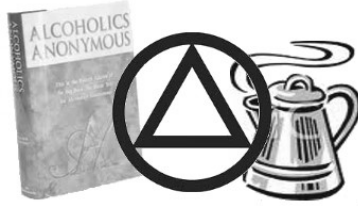
Treatment

1st Monday, 6:30 pm

Triangle Club

Visit our new District 14 website @
www.AAGainesville.org for more information!

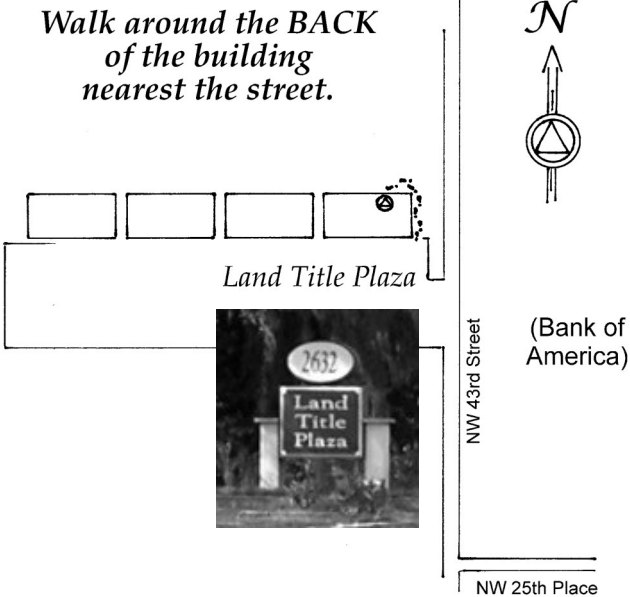
NCFI



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 pm
 Saturday: 11:00 am - 2:00 pm
 Sunday: Closed



Meetings Schedule

The *Where & 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,

June 1:00 pm

At Schaffer Hall

The P.O.S.T. (and more) in Cyberspace

The Power of Sober Thinking can now be found online:
<http://www.NorthCentralFLAA.org/d.post/post.html>

Our home-page, <http://www.NorthCentralFLAA.org>
 has links to the Where and When and more.