

# Our Greatest Freedom!

It was Viktor Frankl, a survivor of Nazi concentration camps, who said that "our greatest freedom is the freedom to choose our attitude". He had spent years under the most deplorable conditions with suffering and death all around him, but kept a sense of purpose and a positive attitude nonetheless. The fact is that he **CHOSE** to keep a good attitude under the worst possible conditions. He retained his dignity by choice.

And so it is with us. We can choose misery or we can choose peace - which will it be for you? I personally find it quite embarrassing that my former angry attitudes of victimhood and entitlement were a choice, not a terrible affliction thrust upon me by the cruel hands of fate. The vicious cycle of alcoholism kept me on a spiral decline of chaos, drama, and pessimism for many years. It was no surprise that upon entering recovery I was in a spiritual void of hopelessness and desperation. Bill Wilson warned us in the Big Book that "a body badly burned by alcohol does not often recover overnight nor do twisted thinking and depression vanish in a twinkling". So what is it in our program that allows us to change our grievously grim outlook?

The steps are the key to releasing the power of choice, the ability to change our outlook on life. In step one I have totally surrendered, beaten down to a state of (partial) willingness. In step two I can see that my thinking is insanely warped and that the folks in recovery generally have a better perspective. Perhaps I would benefit from their experience. In step three I make a decision to submit my will and my life back to my Creator (they are His anyway). At this point I felt like I had nothing left to lose! Steps 4 and 5 allow me to explore exactly who I am (and am not). My old ideas and bad (useless) attitudes come to light so that I can choose new healthy thinking and actions in steps 6 and 7. God can re-mold my psyche as I become willing to change. My opinionated negative perspectives can be replaced by helpful, compassionate, grateful, and humble attitudes. In steps 8 and 9 the errors of my past are made right and I can face the world as an equal instead of a moral leper. In step ten I have an opportunity to adjust my attitude with a "spot-check" inventory and a daily inventory, knowing (by now) that the way I see the world around me is really a simple choice. In step eleven I attempt to get even closer to my Creator, to bask in the "sunlight of the Spirit". Step twelve insures that I keep connected with my brothers and sisters in recovery, that I may be of service. Also, and perhaps just as important, working with others allows me to see my own faults, quirks, and negativity as mirrored in another person.

What a relief that our attitude, and therefore our peace and happiness comes down to our personal choice. If my perspective gets sour or grumpy at any point in my day, then I have the power to change it. I have the awareness, the acceptance, and finally the ability to take action to change my thinking. I am NOT a victim nor do I need to blame someone or something else for how I feel. I am forever grateful that the grace of God makes it possible that I can have the dignity of personal responsibility. -Anonymous

**Tradition 8** The Steps are **HOW IT WORKS**.  
The Traditions are **WHY IT WORKS**.

*"Alcoholics Anonymous should remain forever nonprofessional,  
but our service centers may employ special workers."*

In my personal life, I need to be reminded that I am not a professional in AA. My service to AA is my ability to transmit a message of hope. That means I ought not play doctor, marriage counselor, banker, lawyer, or pharmacist.

--Woody R. Stockton, California From August 2009 Grapevine



# Community News

**The Hawthorne Group**, with Intergroup, is holding their 10<sup>th</sup> annual picnic, at the Luther Springs Retreat. Festivities begin at 11:00 a.m. on Saturday, August 19<sup>th</sup>. The event is for all members of the AA Community, family and friends. Side dishes will be most welcome. See enclosed flyer.

**The Eye Opener Group** is again hosting the Back-to-Basics sessions, beginning soon. See enclosed flyer for details.

**The 31st Annual Tampa Bay Round Up** will be held, starting Friday, September 1<sup>st</sup>, at the Sheraton Tampa East Hotel. Find details in the enclosed flyer.

**Promises Group:** This football season, on **HOME GAME WEEKENDS**, beginners and speakers meeting will be held at the **Westminster Presbyterian Church, 1521 NW 34<sup>th</sup> St.**, on home game weekends. *Note that this is a change from previous years where they were held at the Highlands Presbyterian Church.* A flyer with the dates is enclosed.

**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.

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## Coming to Believe AA 101

One of the first things I heard in the rooms was that we Alcoholics have a 'disease of perception'. I wasn't sure I was in the right place, I was certain that I had a right to be angry and people certainly had harmed me.

I remember the first time I got a glimpse that I might be suffering with this. It was about 6 weeks from my last drink, about a month working with a sponsor and praying on a regular basis. It was time to visit family for some holiday, and I didn't want to go - I was certain they all hated me. My mother had recently died, and I didn't belong there anymore. So my daughter and I went. To my surprise I had an amazing time. On the way home I mentioned to my daughter that I thought mom told them to be nicer to me (I'm the youngest, in case that was unclear), and she looked at me and said, "Mom, they didn't change, you have". That was a serious Ah-Ha moment!

The next mind blowing moment came when I was asking God to remove my defects of character. I was praying for him to do it, but nothing happened. I don't recall who it was, probably my sponsor, who said "God does for you what you cannot do for yourself, BUT he will NOT do for you what YOU CAN DO FOR YOURSELF". KABOOM! You mean I need to change my attitudes and behaviors?? Whoa! What a concept.

Part of my disease, I came to understand, was a vicious cycle of intense Restless-Irritable-Discontent (RID). Looking back at those destructive days, I can see where these are the times where I developed much of my resentments. The ability to change my attitudes and perceptions has offered me more serenity and less calamity in my life. The RID cycles are still there, but with less intensity and frequency. Today instead of causing me to burn bridges (friendships and family ties), it is like a tap on the shoulder from my higher power reminding me to get to a meeting, call my sponsor, and hit my knees in prayer. It takes care of it every single time.

-An Alcoholic Who has Gratefully Caught Sobriety

# Congratulations!



## July Anniversaries

### Everything or Nothing

- D.R. - 1 yr
- S.A. - 1 yr
- K.T. - 5 yrs
- A.O. - 6 yrs
- B.K. - 28 yrs
- W.L. - 31 yrs

### Gratitude Group

- R.M. - 5 yrs
- J.S. - 5 yrs
- R.T. - 12 yrs

### Hawthorne Group

- M.M. - 25 yrs

### 4th Dimension

- J.D. - 8

### Women's Step Study

- A - 5 yrs

### New Freedom

- M - 14 yrs
- M - 5 yrs
- J.C. - 3 yrs

### BYOB of High Springs

- J - 1 yr
- L - 8 yrs
- K - 15 yrs
- J.S. - 33 yrs

### Women's Serenity Seekers

- J.M. - 3 yrs
- L.A.C. - 3 yrs

### Saturday 10th/11th Step

- J.F. - 33 yrs
- K.M. - 31 yrs
- H.G. - 9 yrs
- K.P. - 2 yrs

### Free to Be

- W - 29 yrs
- L.M. - 27 yrs

### Student Group

- M.C. - 7 yrs

### All Inclusive Solutions

- K.T. - 2 yrs
- WG. - 4 yrs

### Tuesday Night Step Study

- B.H. - 2 yrs (June)
- S.S. - 6 yrs
- M.C. - 24 yrs

### Eye Opener

- M.R. - 7 yrs
- S.S. - 29 yrs
- S.R. - 25 yrs
- M.G. - 13 yrs



### **August Birthdays?**

**Send them by Aug 15th to the 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](http://www.District27aa.org)



## NORTH CENTRAL FLORIDA INTERGROUP MINUTES

June 25, 2017

The meeting opened in the usual way with the Serenity Prayer at 1pm.

**Attendance:** A.L, phone committee; B.K, Free To Be; B.F, By The Book; C.H, All Inclusive Solution; C.H, Solutions; D.H, Everything or Nothing; D.L, Keystone Heights; J.M, IG Office Manager; J.VB, New Freedom, Alt IG Chair; K.C, 4<sup>th</sup> Dimension; L-K.P, Gratitude; M.P, Eye Opener; E, Good Morning God; P.M, Thurs Women's Step Study, IG Secretary; R.G, Unity, TILLIS; S.R, Sat AM 10/11<sup>th</sup> Step, IG chair.

The minutes were read and a motion to accept was made by J.VB, and seconded by M.P. Motion passed.

The treasurer's report was read and a motion to accept was made by P.M, and seconded by B.K. Motion passed.

At this time all phone slots are filled!! Thanks volunteers. The phone committee will always accept volunteers as backups, so put your name in the hat!

J.M congratulated all volunteers who help put out the POST and mentioned you can submit YOUR articles to the POST before the 15<sup>th</sup> of each month. Look in the POST for where to send your contributions. Thanks to D.O for your help.

The office is well stocked with recovery items, form books to trinkets. There are copies of "AA Comes of Age" (which is a good book) available.

The paper copy of the W&W is the Summer version and will be updated when there are enough changes made to meetings.

There are lots of activities printed in the POST with a number of fliers for more. You can submit your activities to the website to be placed online as well. Don't forget the annual picnic at Luther Springs coming up in Aug.

No old business.

**New business:** J.M, IG Office manager asked the groups if they want to stock a new book called "Drop The Rock" along with the other non-AA approved books in the office. P.M made a motion to bring the question to the groups with P.B. seconding. Motion passed. All IG reps will be reporting back at the next meeting for the vote.

Motion to adjourn made by E and seconded by B.K. Motion passed.

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

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# Step 8

*"Made a list of all persons we had harmed, and became willing to make amends to them all."*

Many people, myself included, tend to lump Steps Eight and Nine together. By doing this, I never really achieved even a glimmer of the humility and love that Step Eight has to offer. Being a person of impatient actions, I was off and running on Step Nine with a simple list of names tightly grasped in my sweaty hand and a bad case of false humility to go along with it. Needless to say, I came home each evening with a battered sense of justice and my tail tucked underneath me.

As usual, I did not read all the words contained in the Step, and, just as I had done in Step One, I read only the first half before jumping to the next Step. The resulting self-induced pain has, however, taught me much about myself and the principles of this simple program.

Going back to Step Eight, I read the words at last, "... became willing to make amends to them all." As I began to absorb what was being said to me, and as I reviewed the first seven Steps leading up to this one, it suddenly became clear what the message was for me and what the hasty mistake of impatient interpretation had cost me in serenity. The word "identify" held the key to my success with this Step. To become willing means to become willing to identify myself in others. I had been using Step Eight not as preparation for Step Nine, which is the carrying out of that willingness, but as a hiding place for my own real fear of my true shortcomings. The purpose of Step Eight for me is not to hide but to identify. In order not to identify, I either condemned or forgave as if I were some kind of standard for comparison. In this Step I receive the humility to "identify," to see myself in others and to share their burdens and difficulties by sharing myself. In this Step I truly join the human race. My identification becomes my freedom--freedom from fear and anger. When I can identify my own shortcomings in another, the battleground between us is removed.

--E.C. From Bowling Green Kentucky from October 1986 Grapevine

# 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!***

## Corrections Corner

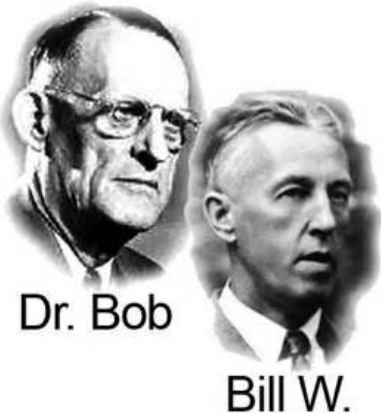
District 14 Corrections Committee isA seeking sober males to correspond with prison inmates.

IF interested please contact anyone in the Corrections Committee.



From experience, I've realized that I cannot go back and make a brand-new start. BUT through AA, I can start from now and make a brand-new END.

~Alcoholics Anonymous



Dr. Bob

Bill W.

### Upcoming topics:

September: Amends – Beyond “I’m Sorry”

October: “Aligning My Will”

November: “Principles before Personalities”

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).

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

Hello everyone,

We had another great turnout for our monthly District meeting on July 12<sup>th</sup>. I so appreciate all the GSRs, Committee Chairs, their Alternates and visitors who continue to show their support by attending these monthly meetings. Without you, we would not be able to conduct the business of Alcoholics Anonymous and reach out to the still sick and suffering.

*K.K.*, our new **Accessibilities** chair, has rescheduled the monthly committee for the 2<sup>nd</sup> Thursday of the month at 6pm at Books-A-Million on West Newberry Road. *K.K.* is asking for your assistance in identifying meeting places which are not accessible to all with varying abilities and disabilities. *H.C.*, our new **Literature** chair, has also rescheduled the committee's monthly meeting for the 2<sup>nd</sup> Tuesday at 6:30 pm at the Intergroup office located on NW 43<sup>rd</sup> Street. *L.E.*, our new **Grapevine** chair, will be scheduling the committee's monthly meeting soon and is asking group Grapevine representatives to contact her at [mggoblynn@gmail.com](mailto:mggoblynn@gmail.com). All are welcome to attend and we encourage all groups to considering electing a representative from your group to represent the various committees.

**Area Assembly** was held July 7-9 at the Wyndham Hotel. There were about 300 AAs from throughout North and Central Florida in attendance. Our Area Service Committee Coordinators conducted some very informative and interesting workshops. **J.C.**, **Area Delegate** gave an excellent report on the **General Service Conference** she attended in April in New York. GSRs voted at the business meeting to move the 2019-2020 Assemblies back to the Renaissance World Golf Village outside of St. Augustine.

Our **District 14 meetings** are held on the 2<sup>nd</sup> Wednesday of each month at 6 pm at *Westminster Presbyterian Church* on the corner of NW 34<sup>th</sup> Street and NW 16<sup>th</sup> Avenue. 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, (352) 281-5751  
[dcm@aagainesville.org](mailto:dcm@aagainesville.org)

# District 14 Service Committee Meetings

## District 14 Business Meeting

2nd Wednesday, 6:00 pm

Westminster Presbyterian Church

## Accessibilities

2nd Thursday, 6:00 pm

Books a Million (Newberry Rd)

## 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

TBD

Contact Lynn E at [mggoblynn@gmail.com](mailto:mggoblynn@gmail.com) for information.

## Literature

2nd Tuesday, 6:30 pm

Intergroup Office

## Phones (NCFI Committee)

2nd Tuesday, 5:00 pm

Intergroup Office

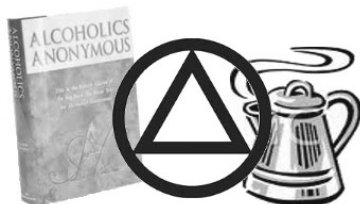
## Treatment

1st Monday, 6:30 pm

Triangle Club

Visit our new District 14 website @  
[www.AAGainesville.org](http://www.AAGainesville.org) for more information!

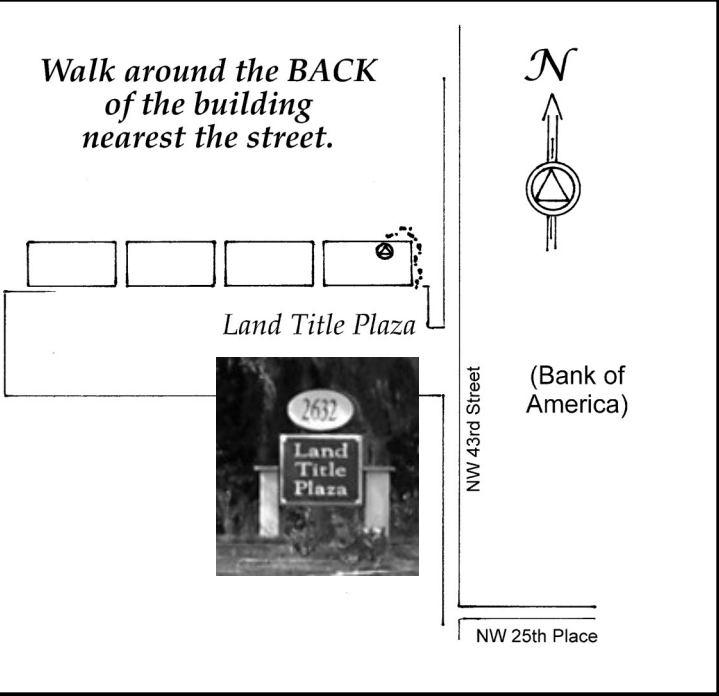
# NCFI



# 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](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,

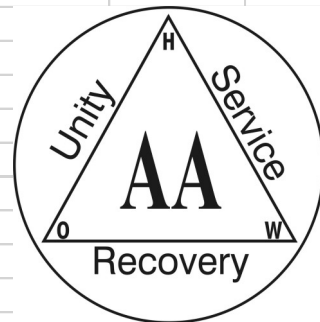
Please use "Meetings Change Form" available at our office and online at  
<http://www.NorthCentralFLAA.org/d.mtg-change/mtg-change-form-options.html>  
 Or follow the link from the Intergroup home page: [www.NorthCentralFLAA.org](http://www.NorthCentralFLAA.org)

**Our next Intergroup meeting**  
 will be held on the last  
 Sunday of the month,  
**August 27th @ 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.

## Intergroup Treasurer's Report: June 2017

<b>Sales</b>			<b>Cost of Sales</b>		
<i>Current</i>	<i>Y.T.D.</i>		<i>Current</i>	<i>Y.T.D.</i>	
Chips/Medallions	307.00	1,713.00	Chips/Medallions		299.05
AA Literature	715.00	6,335.00	Literature	335.84	5,447.04
General merchandise	48.52	460.55	General merchandise		157.67
Miscellaneous		0.00	Miscellaneous		28.00
<b>Sub-total Sales</b>	<b>1,070.52</b>	<b>8,508.55</b>	<b>Sub-total Cost of Sales</b>	<b>335.84</b>	<b>5,931.76</b>
<b>Activities Revenues</b>			<b>Activities Expenses</b>		
Picnic		0.00	Hawthorne Picnic Donation		0.00
Gratitude Dinner		0.00	Gratitude Dinner		0.00
<b>Sub-total Activities</b>	<b>0.00</b>	<b>0.00</b>	Alkathon		156.83
			Phone Workshop		0.00
<b>Group Contributions</b>	<b>403.61</b>	<b>3,901.99</b>	Other Workshop contributions		0.00
			<b>Sub-total Activities Expense</b>	<b>0.00</b>	<b>156.83</b>
			<b>Office/Operating Expenses</b>		
<b>Fund Balances</b>			Office Manager consultant fee	650.00	3,900.00
Checking @ 1st of mo.	2,759.18	2,759.18	Insurance		0.00
Current deposits	1,474.13		IRS forms preparation		0.00
Current expenditures	1,625.01	15,354.59	Taxes & Registration Fees	69.58	553.06
Ending balance, checking		2,608.30	Corporate Annual Report fee		0.00
Savings/CDs 1st of mo.	6,182.28		Office rent	190.00	1,040.00
Current deposits			Rent for monthly meeting		0.00
Current withdrawals			Telephone	156.93	877.15
Interest earned			Office supplies	54.49	326.20
Ending balance, savings & CDs		6,182.28	Printing: POST	175.90	1,109.05
<b>Total cash on hand:</b>		<b>8,790.58</b>	Printing: Phone volunteer packets		72.70
General prudent reserve		5,067.67	Printing & copying, general	61.85	294.88
Reserve for Gratitude Dinner		1,114.61	Postage		518.03
<b>Operating funds available</b>		<b>2,608.30</b>	Computer software		0.00
			Computer: Website		331.93
			Grapevine subscriptions		243.00
			Bank charges & cash discrepancy		0.00
			<b>Sub-total Overhead Expenses</b>	<b>1,694.59</b>	<b>9,266.00</b>



**There is scarcely any form of trouble and misery which has not been overcome among us.**  
Big Book Bill's Story, p.15