

Amends vs Apologies

So it (once again) comes down to the "three A's"- awareness, acceptance, and action. The 8th step seems like such a dreadful exercise of rehashing old wounds and revisiting disasters. In reality, this healing venue affords us forgiveness from the horrors of guilt and shame. I was reminded that it was just a simple LIST of harms I had done. Make no mistake: every one of us knew exactly what harms we did long before our 4th step. Perhaps our sponsors helped us fine tune the list and become more willing to address those wrongs, but we all had embarrassing (if not horrifying) memories of our past.

Before coming to AA, the only term I knew close to "amend" was when you change a document or contract. The word "amend" actually is defined as "to make better, improve". The ninth step allows me to walk the earth a free man, beholden to no one. I have amended my behavior and (hopefully) each broken relationship with people I had wronged. The phrase "to make amends" simply means to make "reparation or compensation for a loss, damage, or injury of any kind". The Latin root comes from the verb "to correct", and that is the exact purpose of these two steps.

Many sponsors point out the (obvious) fact that making amends is NOT a simple apology. Clearly, most of us had feeble and redundant "apologies" on a regular basis, followed by more bad behavior. I was told to make it short and to the point-state why I am there, what harms I did, and ask how I can make them right. Thank God for sponsorship because step 9 can go terribly wrong without good guidance. For instance, my sponsor suggested that I relinquish all contact with some "old flames" that I had listed in Step 8 (under that principle of "do no harm").

Since, in the realm of my older family members my "harms done" involved not actively participating., making formal amends was only a start. I started being an active member of the family, remembering birthdays and anniversaries, showing up for holidays, calling on a regular basis. Most of my family has passed away since then, and we were on the best of terms.

For this I am forever grateful, and especially glad that my sponsor did not allow much hesitation with those amends!

- Anonymous

Awareness.
Acceptance.
ACTION!

Tradition 9

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

"AA as such should never be organized; but we may create service boards or committees directly responsible to those they serve."

The words "Let's keep it simple" were the last Bill W heard from Dr Bob shortly before his death in 1950. Aware that "it" in "keep it simple" meant our recovery program, Bill later wrote, "We need to distinguish sharply between spiritual simplicity and functional simplicity. When we get into questions of action by groups, by areas, and by AA as a whole, we find that we must to some extent organize to carry the message or else face chaos. And chaos is not simplicity."

www.aa.org/assets/en_US/p-43_thetwelvetradiillustrated.pdf



Community News

Promises Group: This football season, on **HOME GAME WEEKENDS**, beginners and speakers meeting will be held at the **Westminster Presbyterian Church, 1521 NW 34th 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.

The 31st Annual Tampa Bay Round Up will be held, starting Friday, September 1st, at the Sheraton Tampa East Hotel. Find details in the enclosed flyer or at the Intergroup office.

Summer Serenity XV will be held at the Hilton Sandestin Beach Resort from September 1st through the 4th. Further information and registration forms may be found at the Intergroup office.

The Florida Unity Round-Up will take place October 6,7,and 8th, at the Lexington Hotel and Conference Center-Jacksonville Riverwalk. Registration forms and further information can be found at the Intergroup office.

The organizational meeting for this year's Gratitude Dinner will be held **on September 6th at 5:30p.m., in the Intergroup office**. Many hands will be needed for this annual community event. This presents an excellent opportunity for service.

Street Cleaning in AA

Early in sobriety I heard people talking about keeping their side of the street clean. Admittedly, I was clueless, and I had no interest in doing any street cleaning, nor did I understand why it was necessary. Looking back, I see where I was not interested in many of the suggestions, like finding a higher power, learning to pray, and meditate, getting to know all those people going to those meetings. Nope, I figured I could do those silly 12 steps, get my AA diploma, and move on with my life. I was so ignorant.

Gratefully I had a patient sponsor, and "those" people that went to the same meetings as I did offer me tolerance and kindness that I had not had in a long time. I finally figured out a few things. The middle 4 steps were where I found most of my potential for growth. The broom came into play during step 9. I had no idea how much courage it would take to have an active part in cleaning up the wreckage of my past, and continues to be in keeping "my side of the street clean".

I have faced people and issues in sobriety I never dreamed I could. It never ceases to amaze me how kind and gracious humans can be when I come to them not with another meaningless and pathetic apology, but with a sincere desire to make amends – to repair situations, relationships and by doing so repairing myself.

It was by completing this step that I was finally able to understand and believe in those 9th Step Promises we read at so many meetings. This alcoholic is certainly grateful that I found the willingness to be willing to complete these steps. I sincerely hope that each alcoholic that walks into the rooms can find the same.



~An Alcoholic that has Gratefully Caught Recovery

Congratulations!



August Anniversaries

Gratitude Group

- J.H. - 7 yrs
- A.H. - 14 yrs
- E.D. - 17 yrs
- J.B. - 38 yrs

Hawthorne Group

- C.L. - 17 yrs
- D.P. - 21 yrs
- J.C. - 5 yrs
- M.H. - 7 yrs

Women's Step Study

- S.R. - 2 yrs
- B.H. - 16 yrs
- B.S. - 32 yrs
- S.C. - 34 yrs
- T.L. - 39 yrs

Women's Serenity Seekers

- C.V. - 3 yrs
- R.H. - 13 yrs
- C.D. - 15 yrs

Big Book Basics

- C.P. - 2 yrs

Free to Be

- L.K. - 23 yrs
- S - 1 yr
- B.B. - 4 yrs
- R - 1 yr
- J - 1 yr

All Inclusive Solutions

- L.T. - 3 yrs
- L.P. - 4 yrs
- C.M. - 1 yr
- Z.Z. - 8 yrs
- M.G. - 8 yrs
- B.S. - 8 yrs

Tuesday Night Step Study

- D.P. - 14 yrs
- E.J. - 7 yrs

BYOB of High Springs

- J.M. - 15 yrs

Eye Opener

- P. - 14 yrs
- S.W. - 27 yrs
- J.S. - 28 yrs
- D. - 6 yrs

Saturday 10th/11th Step

- M.R. - 7 yrs
- J.E. - 3 yrs
- R.L. - 2 yrs
- G.M. - 2 yrs



September Birthdays?

**Send them by Sept. 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:

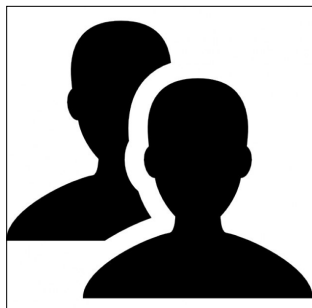
www.District27aa.org



New Faces

When I was in early sobriety, I resented how often meetings seem to change. Just when I was comfortable with the people and the place at a meeting, the people attending that meeting would change.

As people get sober their lives change. Some get a new job, some go back to school, some move home, some move to a new area. Sadly, some go back out, some die. And new people join the group. I liked seeing the same people at a meeting. It was cozy, like seeing family and friends. Often when a person left the group, I never learned what happened to them. That made me uncomfortable and sad.



Sometimes the new people were different, younger, older, they had “different ideas” about AA and sobriety. I didn’t want to get know them. It took me sitting in meetings and listening to my sponsor to adjust my attitude, to find my “new pair of glasses”.

Now new faces teach me so much about AA and sobriety. Thank God for them. AA needs new faces, I need new faces and the new faces need AA. The hand of AA must always be there, welcoming all who desire sobriety.

- Anonymous

Step 9 *“Made direct amends to such people wherever possible, except when to do so would injure them or others.”*

How truth makes us free is something that we AA’s can well understand. It cut the shackles that once bound us to alcohol. It continues to release us from conflicts and miseries beyond reckoning; it banishes fear and isolation. The unity of our Fellowship, the love we cherish for each other, the esteem in which the world holds us -all of these are products of the truth which, under God, we have been privileged to perceive.

Just how and when we tell the truth - or keep silent - can often reveal the difference between genuine integrity and none at all.

Step Nine emphatically cautions us against misusing the truth when it states: “We made direct amends to such people wherever possible , *except when to do so would injure others.*” Because it points up the fact that the truth can be used to injure as well as to heal, this valuable principle certainly has a wide-ranging applications to the problem of developing integrity.



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!

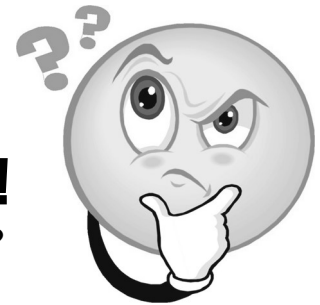
Heard in a Meeting ...

“Willingness is not an action to be planned, it is an ATTITUDE”

“Forgiveness is not condoning their actions against me, it is releasing the hold they have on me, some of which I’ve held onto for years!”

“The core of the steps is to achieve emotional resolution.”

“God does what I cannot do for myself,
but WILL NOT do for me what I can.”



Ponder THAT!

What have you heard in a meeting that made a difference?
Pass it on ... Post@NorthCentralFLAA.org (by the 9/15).



Upcoming topics:

October: “Aligning My Will”

November: “Principles before Personalities”

December: “Being in the Present”

Get 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,

In spite of a horrendous downpour, our August District meeting was well attended. Extra big kudos and thanks to all the GSRs and Alternates, Committee Chairs, and visitors who braved the storm!

Our **Alternate Secretary** has had to step down due to scheduling commitments so we are in need of a new Alternate who can fill in when our regular **Secretary** is unable to attend. The Alternate will be responsible for recording the minutes of the meeting and furnishing them to the Secretary so he can distribute them as required. This is a wonderful opportunity for you or your sponsees to get involved in service. For more information, please contact me at my email and phone number below or attend our next District meeting on September 13th.

How exciting! We now have the final conference report from the **General Service Conference** held in New York in April in digital format with anonymity protected. You can find it on the Area 14 website at aanorthflorida.org. Click on **Area & AA News** then on **New! 67th General Service Final Report**. Both English and Spanish versions are available. The theme for this year's conference was "Supporting Our Future".

Our monthly **District 14 meetings** are held on the 2nd Wednesday of each month at 6 pm at *Westminster Presbyterian Church* on the corner of NW 34th Street and NW 16th Avenue. The **District 14 Service Committee** meeting schedules can be found elsewhere in the **P.O.S.T.** All are welcome to attend and we encourage all groups to considering electing a representative from your group to represent each of the various committees. Service is a great way to enhance 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,
Pati C, DCM for District 14, (352) 281-5751
gvillepati@cox.net

District 14 Service Committee Meetings

District 14 Business Meeting

2nd Wednesday, 6:00 pm

Westminster Presbyterian Church

Accessibiliites

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 maggoblynn@gmail.com for information.

Literature

2nd Tuesday, 6:30 pm

Intergroup Office

Phones (NCFI Committee)

2nd Tuesday, 5:00 pm

Intergroup Office

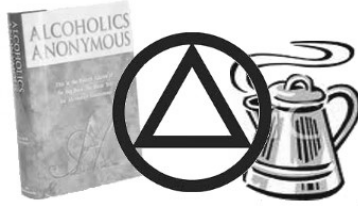
Treatment

1st Monday, 6:30 pm

Triangle Club

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

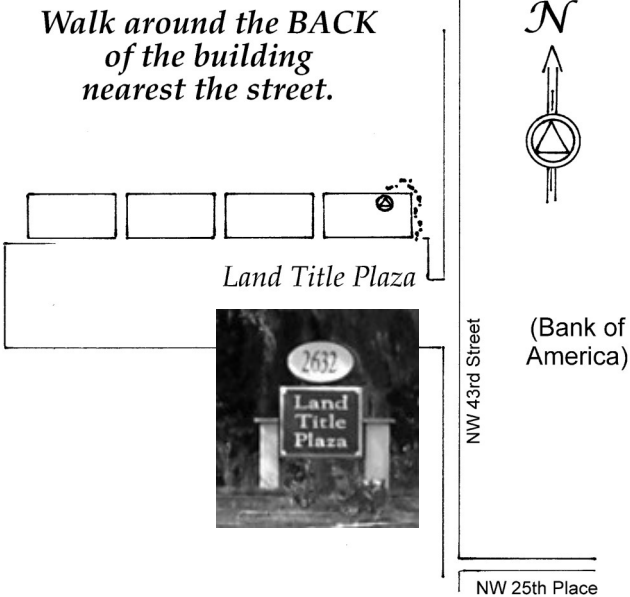
NCFI



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,

September 24th @ 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: July 2017

| Sales | Current | Y.T.D. |
|------------------------|-----------------|-----------------|
| Chips/Medallions | 289.00 | 2,002.00 |
| AA Literature | 717.00 | 7,052.00 |
| General merchandise | 109.00 | 569.55 |
| Miscellaneous | | 0.00 |
| Sub-total Sales | 1,115.00 | 9,623.55 |

| Activities Revenues | | |
|-----------------------------|-------------|-------------|
| Picnic | | 0.00 |
| Gratitude Dinner | | 0.00 |
| Sub-total Activities | 0.00 | 0.00 |

Group Contributions 849.62 4,751.61

Fund Balances

| | | |
|----------------------------------|----------|-----------------|
| Checking @ 1st of mo. | 2,938.72 | 2,938.72 |
| Current deposits | 1,964.62 | |
| Current expenditures | 3,831.47 | 19,186.06 |
| Ending balance, checking | | 1,071.87 |
| Savings/CDs 1st of mo. | 6,184.51 | |
| Current deposits | | |
| Current withdrawals | | |
| Interest earned | | |
| Ending balance, savings & CDs | 6,184.51 | |
| Total cash on hand: | | 7,256.38 |
| General prudent reserve | | 5,069.76 |
| Reserve for Gratitude Dinner | | 1,114.75 |
| Operating funds available | | 1,071.87 |

| Cost of Sales | Current | Y.T.D. |
|--------------------------------|-----------------|-----------------|
| Chips/Medallions | | 299.05 |
| Literature | 1,808.00 | 7,255.04 |
| General merchandise | | 157.67 |
| Miscellaneous | | 28.00 |
| Sub-total Cost of Sales | 1,808.00 | 7,739.76 |

| Activities Expenses | | |
|-------------------------------------|---------------|---------------|
| Hawthorne Picnic Donation | 212.25 | 212.25 |
| Gratitude Dinner | | 0.00 |
| Alkathon | | 156.83 |
| Phone Workshop | | 0.00 |
| Other Workshop contributions | | 0.00 |
| Sub-total Activities Expense | 212.25 | 369.08 |

Office/Operating Expenses

| | | |
|------------------------------------|-----------------|------------------|
| Office Manager consultant fee | 650.00 | 4,550.00 |
| Insurance | | 0.00 |
| IRS forms preparation | | 0.00 |
| Taxes & Registration Fees | 72.48 | 625.54 |
| Corporate Annual Report fee | | 0.00 |
| Office rent | 190.00 | 1,230.00 |
| Rent for monthly meeting | 340.00 | 340.00 |
| Telephone | 156.76 | 1,033.91 |
| Office supplies | 26.96 | 353.16 |
| Printing: POST | 233.00 | 1,342.05 |
| Printing: Phone volunteer packets | | 72.70 |
| Printing & copying, general | 61.25 | 356.13 |
| Postage | 80.77 | 598.80 |
| Computer software | | 0.00 |
| Computer: Website | | 331.93 |
| Grapevine subscriptions | | 243.00 |
| Bank charges & cash discrepancy | | 0.00 |
| Sub-total Overhead Expenses | 1,811.22 | 11,077.22 |



"The tremendous fact for every one of us is that we have discovered a common solution".
Page 17 Alcoholics Anonymous