

It's a Family Disease

My journey in AA has seen many blessings in a variety of avenues. In addition to gaining a newfound serenity, and a tool kit for dealing with life's stressful situation,

I have a better relationship with my family. I was 21 when I became sober and this was a great relief for my mother who had been in the program for almost 3 years at this point. She must have read the big book and taken its suggestions because she never pushed the program on me despite great evidence that drugs and alcohol were ruining my life.

She passively suggested I join her in going to a meeting one time after I had some type of breakdown. I remember being greatly uncomfortable at the meeting and nothing I heard made me want to go back. I just wasn't ready.

Having a parent in the program gave me a better perspective of her struggle and allowed our relationship to grow on the basis of relating to one another. We both remember the times the other couldn't remember because of this disease. Ugly as these times were, they serve as a reminder of how serious this disease is.

Today I can be a support system to my mother and she can do the same for me. Its so heartwarming to be each others cheerleader. Our relationship was never cold or rocky but it truly has grown in the fourth dimension today because of our shared struggle. Its really nice to be able to attend a meeting with my mother. We walk in as mother and son, but by the time "How it works" has been read, we are simply two members of Alcoholics Anonymous.

~Anonymous

Tradition 10

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

*"Alcoholics Anonymous has no opinion on outside issues;
hence the AA name ought never be drawn into public controversy."*

Sobriety in AA is the first thing in my life that has really worked. I'm especially grateful for Tradition Ten, where it is suggested that AA groups never get involved in the messy business of debating outside issues. The wonderful "extra" implied by this Tradition is that I, as an individual recovering alcoholic, am free to simply enjoy sobriety in AA, without having to defend my position on any outside issue.

Today, I'm sober and grateful for what it was like, what happened, and what it's like now. I'm even grateful to my parents, who put up with me as an active alcoholic. But I'm especially grateful to the alcoholics who founded this Fellowship and gave us the guidelines by which we run our groups.

Tradition Ten frees AAs to concentrate on what we have in common—recovery, unity, service—rather than waste time debating outside issues.

M.F. Brooklyn, New York
As written in the Grapevine October 2012
"The Beauty of Tradition 10"



Community News

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

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. Flyer enclosed. 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.

Preparations for this year's Intergroup **GRATITUDE DINNER** are well underway. This is definitely a community affair and many hands are needed for this annual event. It is an excellent opportunity for service work, especially for beginners and those new to the area. For the details on the next scheduled meeting, please call the Intergroup Office.

Willingness vs Willfulness

Perhaps the greatest gift that comes from steps 4 and 5 (and also 10) is the awareness that there is a common denominator to my many conflicts with people, institutions, and principles. The problem was me, and my willful and defiant attitude. The fourth column of the fourth step ("my role in the problem") shows me that pattern so very clearly. If awareness were enough we would have no problems with recovery from alcoholism. But then there is that moment when I realized that willpower was useless against this disease. On page 45 of the Big Book (We Agnostics) it talks about this failure that happens to us all "Our human resources, as marshaled by the will, were not sufficient: they failed utterly". Perhaps this is why it takes many of us so long to make it to AA. I was pretty sure I was powerless over alcohol but I had no doubt that it was merely a management problem. I imagined that sooner or later I could find a way to stay happily inebriated without consequences.

The problem is that when I got sober I still had an impulsive willful nature. Thank God for good sponsors who can reign in our "bright ideas". My first sponsor actually told me to do the opposite of any impulsive thought..... That seemed kind of cruel, but right on the mark! This still is a perfect opportunity to use part of the 10th step (spot-check inventory) when a hasty spontaneous idea comes to mind.

It seems that every one of our 12 steps require willingness and that, in turn, demands a certain surrender from the bondage of self (ego). Therefore, the prime ingredient for successful recovery is humble surrender. With step 3 we surrender our life and will to God, in step 7 we again surrender our willfulness to our Higher Power, and then in step 11 we work on becoming more attuned to His will.

I can safely say that, at this point most of us have been on this spiritual path long enough to know right from wrong, healthy from unhealthy, and self-centered vs God-centered behavior. Furthermore we all have a sponsor and our support "team" to consult at a moments notice. Many years ago I might have had a flimsy excuse because cell phones were rare, but now we all have instant communication that's always available. No excuses left.....

My willfulness certainly has caused most of the pain in my life according to my various inventories. Willingness, on the other hand, has caused almost all of the pleasant and productive parts of my life. Looks like we just have a simple choice: do I want happiness and peace or misery and chaos? I am so very grateful that I have the program and a loving recovery family that can help me grow, day by day, in alignment with God's will.

"Our human resources,
as marshaled by the
will, were not
sufficient:
they failed utterly".

Congratulations!



September Anniversaries

Gratitude Group

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

Women's Step Study

H.H. - 6 yrs
S.R. - 9 yrs
L.M. - 13 yrs
A - 15 yrs
S - 15 yrs
M.S. - 31 yrs
B.B. - 24 yrs

Women's Serenity Seekers

C.V. - 3 yrs
C.D. - 15 yrs
J.L. - 23 yrs (August)

Big Book Basics

D.D. - 13 yrs

Free to Be

M.N. - 3 yrs
J.P. - 36 yrs

All Inclusive Solutions

B.H. - 10 yrs
M.S. - 1 yr
D.M. - 1 yr
C.B. - 4 yrs
B - 21 yrs
R.H. - 13 yrs
G.J. - 1 yr

Tuesday Night Step Study

R.E. - 8 yrs

BYOB of High Springs

J.M. - 15 yrs

New Freedom

J. - 1 yr

Eye Opener

B.K. - 2 years
L.D. - 13 years
A.O. - 30 years
D. - 31 years
L.H. - 15 years
K. - 8 yrs

Saturday 10th/11th Step

S.R. - 9 yrs
J.J. - 14 yrs
B.B. - 24 yrs
D.A. - 5 yrs
M.R. - 13 yrs
J - 1 yr

Downtown Group

M.R. - 13 yrs
J.S. - 10 yrs (August)
L. E. - 12 yrs (August)



October Birthdays? Send them by Oct. 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



NORTH CENTRAL INTERGROUP MINUTES

August 27, 2017

Suzanne opened the meeting at 1pm with the Serenity Prayer.

Attendance: AW, Student Group; BK, Free To Be; CH, All Inclusive Solution; DL, Keystone Heights; DE, BYOB; BF, By The Book; GN, Downtown; JM, IG Office Manager; JVB, New Freedom, Alt Chair; KC, 4th Dimension; MP, Eye Opener; E, Good Morning God; MR, Wholesale Miracle; NN, YPG; PB, Tuesday Night Step Study; PM, IG Secretary, Thursday Women's Step; RG, Unity; SC, New Freedom; SR, IG Chair, Sat AM 10th/11th Step.

Treasurer's report was read. PM made a motion to accept as read, with JVB seconding. Motion passed.

There was no **Secretary's report** for July due to the PM. attending the State Convention.

Phone Chair: There is an open slot on **Sunday from 12n to 4pm**. It has been requested this get announced at meetings.

Literature & Merchandise: Everything is up to date with the exception of Language Of The Heart, which has been delayed due to a delivery problem.

Where & When: When there is a change to the group, a form needs to be filled out and given to the IG office. K offered to get with W and S to get the W&W UTD.

Activities: See the fliers in the POST. The first committee meeting for the Gratitude Dinner will be held on Sept 6 at 5:30p in the IG office. The Gratitude Dinner is on Nov 11.

Old Business: none

New Business:

- There was discussion about removing all non-GSO approved, but I can't decipher my notes, so I don't know what the results were.
- Our treasurer has resigned and we will need a new one. We will be voting on the positions of treasurer and secretary in a few months. SR made a motion to elect a new treasurer at this meeting, then the motion was canceled. She proposed that the Office Manager (M) be made a part of the board of directors. Copies of the by-laws are in the IG office.
- There was some discussion of changing the ticket price for the Gratitude Dinner back to \$10. It was pointed out that the price of food has gone up from 3 years ago when it was changed to \$15, so there will be no change.

M made a motion to adjourn, B seconded. Meeting adjourned at 1:45pm with the Responsibility Pledge.

Step 10

***“Continued to take personal inventory,
and when we were wrong promptly admitted it.”***

"KNOW thyself," Socrates advised. A later philosophical insight made it even more imperative: "The unexamined life is not worth living." Both these tenets have a bearing on Step Ten, which is supposed to keep AA members' lives under "continued" examination.

... It was only when I learned, through AA, the difference between a creative and energizing self-examination and mere brooding over the past, that the psychotherapy took hold. According to Step Ten, mere examination-- "personal inventory"--is not enough. In addition, you have to "admit it promptly" when you're wrong.

This word "wrong" implies a set of values. Before I can admit I'm wrong I must have in mind some notion of what I think is right. When I first came into the Movement I was confused about right and wrong and had no clear notion of what my life was for. Gradually, through going to meetings, reading, and AA give-and-take, I became capable of answering life's two basic questions--"Who am I?" and "What am I for?"--with greater confidence. Who am I? A mid-twentieth-century alcoholic snatched from self-destruction by a Higher Power. What am I for? To make some daily contribution, however small, toward the betterment of the human society in which I have been placed.

Excerpts from the Grapevine October 1962 The 12 Steps Revisited/Step 10

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 ...

I don't always know when to pray. Something I heard in a meeting that helps: "It's ok if I don't know what to do in a situation. That's the perfect opportunity to practice Step 11."

Think twice before saying nothing!

The highest office in AA is SOBER.

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:

November: "Principles before Personalities"

December: "Being in the Present"

January: "Turn it Over"

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,

I hope everyone has recovered from Irma and is beginning to return to some semblance of normalcy in your lives. I know, for me, I am glad to be able to get back to my regular schedule of meetings and service. I don't like it one bit when my routine is disrupted.

We are still in need of a new **Alternate Secretary** who can fill in when our regular **Secretary** is unable to attend. 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 in October.

Another opportunity to learn more about service is at the quarterly **Area Assembly**. Our next assembly is October 6th – 8th at the Wyndham Hotel and is open to all. This is a terrific opportunity to come together with about 300 or so fellow AA members from throughout North and Central Florida and learn more about how Alcoholics Anonymous works from the home group on up! Each service committee has a workshop where you can learn more about their role in carrying the message. Our District has volunteered to man the registration desk for the upcoming assembly. This is a lot of fun because you have the opportunity to get to know other AAs from around the state. If you would like to take a one or two hour shift, please let me know.

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

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 maggoblynn@gmail.com for information.

Literature

2nd Tuesday, 6:30 pm

Intergroup Office

Phones (NCFI Committee)

2nd Tuesday, 5:00 pm

Intergroup Office

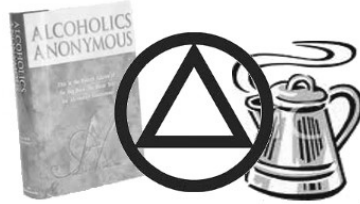
Treatment

1st Monday, 6:30 pm

Triangle Club

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

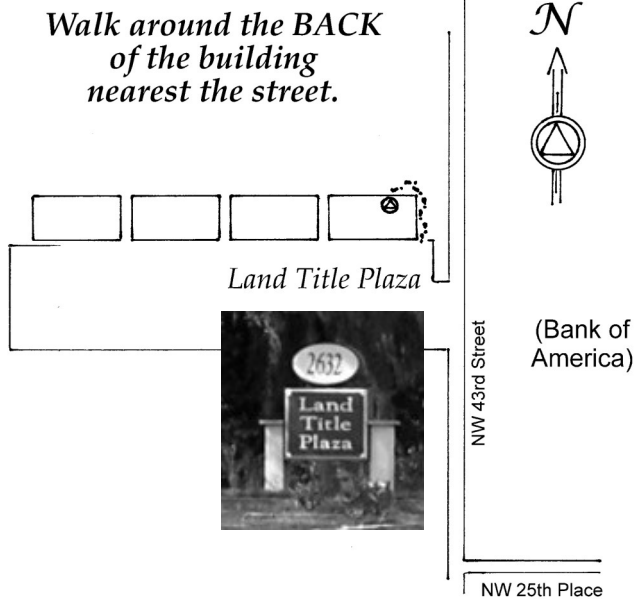
NCFI



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

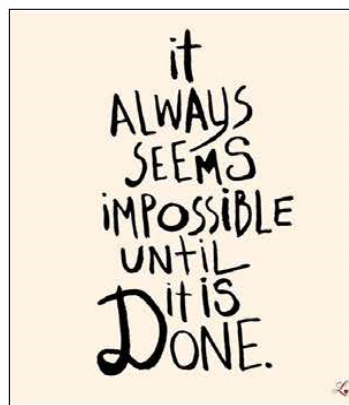
The P.O.S.T. (and more) in Cyberspace

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: August 2017

Sales			Cost of Sales		
	Current	Y.T.D.		Current	Y.T.D.
Chips/Medallions	256.00	2,258.00	Chips/Medallions		299.05
AA Literature	940.00	7,992.00	Literature	1,045.60	8,300.64
General merchandise	53.00	622.55	General merchandise		157.67
Miscellaneous		0.00	Miscellaneous		28.00
Sub-total Sales	1,249.00	10,872.55	Sub-total Cost of Sales	1,045.60	8,785.36
Activities Revenues			Activities Expenses		
Picnic		0.00	Hawthorne Picnic Donation		212.25
Gratitude Dinner		0.00	Gratitude Dinner		0.00
Sub-total Activities	0.00	0.00	Alkathon		156.83
			Phone Workshop		0.00
Group Contributions	211.00	4,962.61	Other Workshop contributions		0.00
			Sub-total Activities Expense	0.00	369.08
Fund Balances			Office/Operating Expenses		
Checking @ 1st of mo.	2,983.84	2,983.84	Office Manager consultant fee	650.00	5,200.00
Current deposits	1,460.00		Insurance		0.00
Current expenditures	2,534.17	21,720.23	IRS forms preparation		0.00
Ending balance, checking		1,909.67	Taxes & Registration Fees	81.19	706.73
Savings/CDs 1st of mo.	6,186.67		Corporate Annual Report fee		0.00
Current deposits			Office rent	190.00	1,420.00
Current withdrawals			Rent for monthly meeting		340.00
Interest earned			Telephone	149.79	1,183.70
Ending balance, savings & CDs		6,186.67	Office supplies	51.91	405.07
Total cash on hand:	8,096.34		Printing: POST	218.75	1,560.80
General prudent reserve		5,071.92	Printing: Phone volunteer packets		72.70
Reserve for Gratitude Dinner		1,114.75	Printing & copying, general	49.00	405.13
Operating funds available	1,909.67		Postage	97.93	696.73
			Computer software		0.00
			Computer: Website		331.93
			Grapevine subscriptions		243.00
			Bank charges & cash discrepancy		0.00
			Sub-total Overhead Expenses	1,488.57	12,565.79



Contributions are credited for the month they are deposited, hence some contributions may not be credited till next month.