

## Relation-Slips in Recovery

It all makes sense now! We are all told to avoid relationships for the first year much to our bewilderment. It takes some time for the steps to reveal that I actually had a thinking problem for which drinking (anesthesia) was the formerly the only solution....

My first sponsor suggested that whatever my first thought was, it was wrong. By the time I made it through steps 4 and 5 the first time it was clear that my decision-making process was seriously flawed, causing shockingly bad consequences and regrettable collateral damage.

The slow progress that results from steps 6,7,8, and 9 gives us the hope and promise that we are not hopeless moral lepers, but useful and productive members of society. We have the right and responsibility to interact on an adult level with other people. Personally, I had quite a few years in which I was socially awkward and often inappropriate. My inventories have often revealed that I have a tendency to avoid contact with other people because of either pride or fear (or both). It was pointed out to me that all interactions with other people were a type of "relationship". Some are casual, business, intimate, professional, or sexual relationships. Every one of these relationships requires clear concise communication- something that I have to practice.

Since we alcoholics tend to be emotionally immature and self absorbed by nature, it takes a while for us to be ready for a romantic relationship. ***It is well documented that love and sex light up the same part of the brain as drugs and alcohol, perhaps it is not so surprising that our recovery can quickly lose it's priority (or get set aside altogether). It has been my experience that the old saying is correct- everything you put ahead of your recovery you will lose.***

I am very grateful that, by the Grace of God, I have been allowed to stay in recovery despite my many mistakes and distractions. We all get to "practice" these principles on a daily basis knowing that we will often fall short. I am blessed with a band of spiritual brothers and sisters to help me as I experience this new big and rich life! ~Anonymous

### Tradition 2

The Steps are HOW IT WORKS.

The Traditions are WHY IT WORKS.

***“For our group purpose there is but one ultimate authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern”***

Many people wonder how AA can function under such a seeming anarchy. Other societies have to have law and force and sanction and punishment, administered by authorized people. Happily for us, we found we need no human authority whatever. We have two authorities which are far more effective. One is benign, the other is malign. There is God, our Father, who very simply says, “I am waiting for you to do my will.” The other authority is John Barleycorn, and he says, “You had better do God’s will or I will kill you.” And sometimes he does kill. So, when all the chips are down, we conform to God’s will or perish. ...So there is authority enough, love enough and punishment enough, all without any human being clutching the handles of power. Such is AA’s backstop against dissolution, and its final guarantee of survival under any conditions. For us, it is do or die.

~Alcoholics Anonymous Comes of Age pgs 105-106



# Community News

A new meeting needs support - Wednesday's at 4:00 pm at Spirit of Truth, 2251 NW 40th Street, Suite 40, Gainesville. It is a Joe & Charlie format, come check it out and show them support.

Did you know there was a late meeting on Saturday night now? L.I.T. a candlelight meeting at University Lutheran Church, 1826 W. University Avenue at 10pm.

Changes to meetings in our area:

Out to Lunch Bunch has a different format - it still meets at noon Monday - Friday at Grace Presbyterian, 3146 NW 13th Street, Gainesville (around back). All meetings are wheelchair accessible, non-smoking, and open. Monday is Discussion, Tuesday is a Beginner's Meeting, Wednesday is a Big Book Study, Thursday is Living Sober, and Friday is Step Study.

Daily Reflections Book meets 7:00 pm at First United Methodist Church on N. Main in Chiefland. Closed meeting, children are not permitted.

## Relationships & Early Sobriety

I was pretty certain this sobriety thing wasn't going to work for me. One of the first "suggestions" was to not get involved in any romantic relationship for an entire year. Now, by the time I crawled into the rooms, there was very little "romance", but I was lonely. My friends and family actually suggested that maybe I could find a nice person in AA since, you know, the bars weren't very successful for me. And honestly, I was open minded about it (not the abstinence thing). For whatever reason I was saved from my own best thinking. A friend in the program would call this a God-Dot.

My sponsor told me that I needed to work on relationships, but not the ones I was interested in. It was first and foremost with a God, that I didn't believe in; it was with myself; and it was with this fellowship. That IF I focused my energy on these three relationships that I would find a new life and have an opportunity to rebuild many of those relationships that were strained or broken from my past.

I can honestly tell you that even with a few years under my belt, I'm still completely clueless on how this program works. But for once I took the suggestions, and the results are clear - my life is in fact better than it has ever been. I have true friendships with people both inside and outside of these rooms, and I have been able to mend many of the relationships within my family. I still have much more work to do, but thankfully there is no expiration date on sobriety. As long as I continue to take the suggestions and put those three relationships first I am promised another day to continue the rebuilding process.

I am blessed to be given this life instead of the one I deserved.

# Congratulations!



## January Anniversaries

**BYOB**

M - 8 yrs

**Everything or Nothing**

B.G - 2 yrs

**Eyeopener**

B.H - 34 yrs

D.M - 8 yrs

F.M - 8 yrs

**Downtown**

D.A - 8 yrs

**Fourth Dimension**

D.A - 11 yrs

R.Q - 1 yrs

**New Freedom**

N.G - 23 yrs

S.M - 1 yr

**Gratitude Group**

J.H - 1 yr

B.A - 2 yrs

N.F - 3 yrs

A.H - 5 yrs

J.H - 23 yrs

**Hampton Hole in the Wall**

A.M - 8 yrs

J.M - 20 yrs

**Monday Night Big Book Study**

B.R - 1yr

D.L - 7yrs

**Women's Serenity Seekers**

J.M - 35 yrs

T.M - 3 yrs

**Saturday Morning 10<sup>th</sup> & 11<sup>th</sup> Step**

J.S - 32 yrs

**Tuesday Night Step Study**

P.B - 13 yrs

R.J.L - 35 yrs

R.A - 7 yrs

S.L - 6 yrs

**10<sup>th</sup> & 11<sup>th</sup> Step**

T.G - 5 yrs

N.G - 23 yrs

J.M - 2 yrs

G.R - 1 yr

**Women's Step Study**

J - 2yrs

M - 10yrs

**February Birthdays?**

Send them by February 15th to:  
[Post@NorthCentralFLAA.org](mailto:Post@NorthCentralFLAA.org)

*“A spiritual awakening is easy: any time any alcoholic anywhere understands any part of the truth, that’s a spiritual awakening.”*

Chicago, IL, November 2002

“How I Took Step Two,” *Spiritual Awakenings II*

## 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)



## Intergroup Treasurer's Report: December 2017

<i>Sales</i>	<i>Current</i>	<i>Y.T.D.</i>	<i>Cost of Sales</i>	<i>Current</i>	<i>Y.T.D.</i>
Chips/Medallions	295.00	3,268.00	Chips/Medallions		1,378.67
AA Literature	1,289.00	11,031.00	Literature	1,386.00	10,176.19
General merchandise	77.00	767.55	General merchandise		157.67
Miscellaneous		0.00	Miscellaneous		28.00
<b>Sub-total Sales</b>	<b>1,661.00</b>	<b>15,066.55</b>	<b>Sub-total Cost of Sales</b>	<b>1,386.00</b>	<b>11,740.53</b>
 <b>Activities Revenues</b>			 <b>Activities Expenses</b>		
Picnic		0.00	Hawthorne Picnic Donation		212.25
Gratitude Dinner		8,405.84	Gratitude Dinner	1,215.54	2,126.15
<b>Sub-total Activities</b>	<b>0.00</b>	<b>8,405.84</b>	Alkathon		156.83
			Phone Workshop		0.00
<b>Group Contributions</b>	<b>739.02</b>	<b>9,638.62</b>	Other Workshop contributions		0.00
			<b>Sub-total Activities Expense</b>	<b>1,215.54</b>	<b>2,495.23</b>
 <b>Fund Balances</b>			 <b>Office/Operating Expenses</b>		
Checking @ 1st of mo.	9,423.36	9,423.36	Office Manager consultant fee	650.00	7,800.00
Current deposits	2,385.16	28,825.54	Insurance		510.12
Current expenditures	4,094.20	33,120.69	IRS forms preparation		0.00
Ending balance, checking		7,714.32	Taxes & Registration Fees	108.03	979.41
Savings/CDs 1st of mo.	6,195.32	6,195.32	Corporate Annual Report fee		0.00
Current deposits			Office rent	190.00	2,180.00
Current withdrawals			Rent for monthly meeting		340.00
Interest earned	2.31	25.99	Telephone	162.69	1,820.27
Ending balance, savings & CDs		6,197.63	Office supplies	31.36	678.28
<b>Total cash on hand:</b>		<b>13,911.95</b>	Printing: POST	279.75	2,455.80
General prudent reserve		5,082.58	Printing: Phone volunteer packets		72.70
Reserve for Gratitude Dinner		1,115.05	Printing & copying, general		454.13
<b>Operating funds available</b>		<b>7,714.32</b>	Postage	70.83	1,019.29
			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>1,492.66</b>	<b>18,884.93</b>

ONE DAY  
AT A TIME

ready  
for  
change.

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

# 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!***

## Step 2

*“Came to believe that a Power greater than ourselves could restore us to sanity.”*

If the First Step is a measure of our despair, the Second is a measure of our hope. The First Step is the admission and acceptance of our defeat - total, absolute defeat. With all our resources, we cant stay sober; with the best intentions and the utmost determination, we still find our lives crashing down around our heads. Indeed, we are powerless over alcohol, and our lives are unmanageable.

BUT if we are powerless over alcohol, then who or what will keep us sober? And if we cannot manage our own lives, then who or what will guide us, help us return to some sort of rational existence?

In answer to both questions, the Second Step says: a power greater than ourselves can restore us to sanity.

With that single, simple statement, the Second Step lays the spiritual cornerstone of AA: IF we are to recover from the physical, mental and spiritual disease called alcoholism, we must come to believe in and rely on a force outside ourselves....

So by hook or by crook, we came to believe. But believe in what?

In three things: the existence of a force outside - and greater than - ourselves; the fact of our own insanity; the ability of the greater power to take care of that insanity.

*~ from AA Grapevine, February 1970 “The Second Step - A Measure of Hope”*



### **Next month’s topic: “Procrastination”**

Get 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**

Happy New Year everyone!

Well we are off to a great start this new year with a great turnout at our District meeting. We now have all our service committee chairs filled. We are so pleased to welcome **Robin G.** as our new Grapevine Chair and **Wanda L.** has stepped up to serve as our new Literature Chair with **Hilary C.** serving as her Alternate Chair. We also welcomed several new GSRs and Alternate GSRs at our first meeting of the year.

We had our first **Area Assembly** for 2018 this month and Panel 57 continues to wow us all with their innovative ideas and workshops. One of the workshops was on Tradition 7 and how Area and Districts can use our money to work together to ensure all GSRs are able to attend the Area Assembly. This is of great interest to our District since we will no longer have the luxury of having Assembly here in Gainesville beginning in January of 2019 as it will be moving to St. Augustine for the next two years. Obviously, this will involve added expense to groups as their GSRs will be traveling to St. Augustine and will incur the cost of hotel rooms, meals and gas in order to attend Assembly. While some groups may be able to afford the added expense, other groups struggle to come up with the money. The workshop was well attended, and some innovative ideas were suggested. The discussion will continue throughout the next several Assemblies.

Please join us at our monthly **District 14 meeting** which is held the 2<sup>nd</sup> Wednesday of every month at 6 pm at *Westminster Presbyterian Church*. All our welcome to attend.

*In love and service,  
Pati C, DCM for District 14, (352) 281-5751  
[gvillepati@cox.net](mailto: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](mailto:maggoblynn@gmail.com) for information.

### Literature

2nd Tuesday, 6:30 pm

Intergroup Office

### Phones (NCFI Committee)

2nd Tuesday, 5:00 pm

Intergroup Office

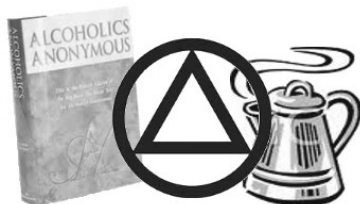
### Treatment

1st Monday, 6:30 pm

Triangle Club

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

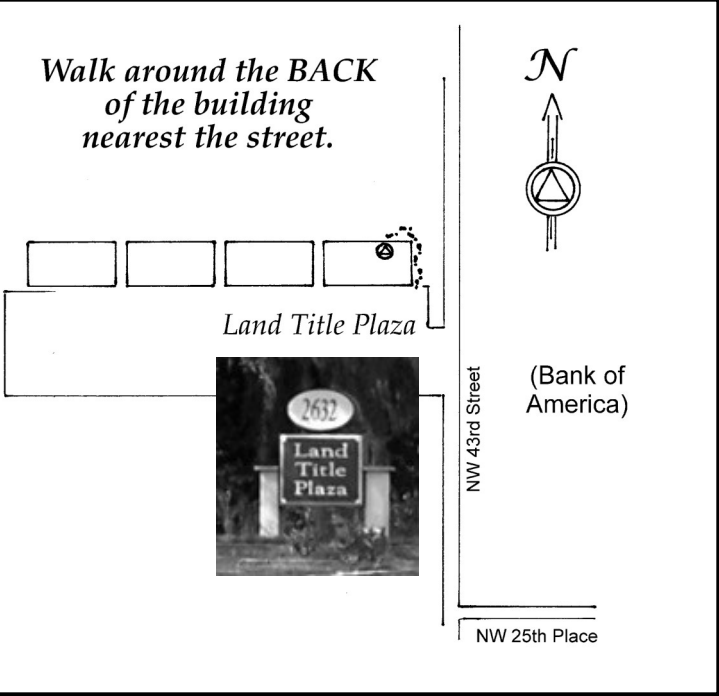
# NCFI



# 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:  
 February 25, 2018 @ 1:00  
 At Schaffer Hall (2505 NE 9<sup>th</sup> Street)

### 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.

**District 14 Business Meeting – January 10, 2018**

Meeting called to order at 6PM by Pati C. Minutes recorded by Matthew R.

**In attendance – Officers:** Pati C. DCM, Chris M. Alt DCM, Matthew R. Secretary, Eric B. Treasurer; **Committee Chairs:** Jimmy W. and Bill B. Corrections, David A. CPC/CI, Robin G. Grapevine, Wanda L. and Hilary C. Literature, Ryan C. Website; **GSRs & Alt GSRs:** Paul D. All Inclusive Solution, Charlie C. Beginners Mind, Fred S. Bring Your Own Book, Kim N. By the Book, Terry C. Cross Creek Live and Let Live, Don F. Every Step We Take, Alissa O. and Valarie P. Everything or Nothing, Courtney C. Fourth Dimension, September W. Gratitude, Kris P. Keystone Heights, Shirley P. Micanopy, Jay M. Promises, Eve H. Saturday Morning 10/11 Step, Austin S. Student Group, Matthew R. and Bill B. The Way Out, Major J. Tilis Men's Group, David A. YPG, Lydia S. Women's Serenity Seekers; **Visitors:** Gary Z.

**DCM**—Pati C. Moment of silence; Serenity Prayer followed by introductions.

**Secretary**—Matthew R. Minutes accepted without amendment. We still need an alternate secretary.

**Treasurer**—Eric B. Report accepted without amendment.

**DCM**—Pati C. Area Assembly is this coming weekend. We have preliminary agendas available. There will be an interesting workshop on the 7<sup>th</sup> Tradition. Must be in your seat Sunday morning at 9:00 AM, or you cannot vote. I will send out agenda items tomorrow for the next General Service Conference. Our delegate, Joyce, wants to visit us for discussion.

**Alt DCM**—Chris M. Nothing to report.

**Accessibilities**—Pati C. Katy had surgery this week, so she has not been able to hold meetings. She is available by phone.

**Archives**—Pati C. Founder's Day committee meeting is going to take place on March 6 at 7:00 PM at the Triangle Club.

**Corrections**—Jimmy W. and Bill B. Nothing new to report. Can use help in all the areas.

**CPC/PI**—David A. Made the business cards discussed at previous meetings. Going to purchase plastic racks to strategically place them in public places. Making ready-made PowerPoint for presentations. We have opportunities for people to share their stories along with the presentations. The post in the Gainesville Sun was mistakenly put in as an advertisement rather than in the support-group section, which breaks with tradition, so we are addressing that.

**Grapevine**—Robin G. Still new to the position. Need to check with Triangle Club for a regular meeting time.

**Literature**—Wanda L. No meeting was held last month. I spoke with Hilary and received materials from her. I am looking for people to help put out literature.

**Treatment**—Steve C. (written report) Treatment schedule for the month is full. We met with Bridging the Gap members; this program is out of date and not working. We are doing a total overhaul and meeting with directors of treatment centers. We need people to sign up for our temporary contact program. GSRs can take our forms back to their home groups.

**Website**—Ryan C. I want to update the treatment aspect of the site. The live meeting list will be on the mobile site soon.

**FCYPAA**—David A. Sober Love is our next event on February 17<sup>th</sup>. There will be a cake auction; we need people to donate cakes. We are reaching out to the different committees to support them.

**Workshops**—We have been talking about holding a sponsorship workshop. This may also include service sponsorship.

**Old Business**—We still need an alternate secretary.

**New Business**—Our prudent reserve is not at the district level. GSRs should ask their groups to reevaluate how they distribute contributions.

1<sup>st</sup> Tradition and 1<sup>st</sup> Concept were read by Pati C.

Meeting Adjourned at 6:48 PM. Next district meeting Feb. 14<sup>th</sup>. See AAGainesville.org for more information.





