

The Gift of Recieving

Truly I have often been extremely uncomfortable receiving anything in my adult life. A compliment might make me feel unworthy or embarrassed. A birthday gift makes me feel unworthy, vulnerable, and obliged as well. The intimacy involved in receiving a gift is a much bigger deal than I thought and has been a source of spiritual growth.

I was in a morning meeting many years ago when one of the founders of the group pulled me aside after the closing prayer. She had noticed that I had refused help for a project I was working on at my house, even though I could have used assistance. She sat me down and called me a thief of all things! Her point was that she knew I really enjoyed helping others but would not allow other folks to have that same enjoyment by helping me. She was spot on, although I did not admit it at the time. I was missing out on giving the gift of accepting help. That has given me much to inventory!

The gift of receiving is indeed a spiritual process. The act of becoming open and vulnerable to the love from another person is a 2-way gift for both people, and a willing human connection between the two. The disease of alcoholism clearly thrives best when we are in a state of isolation - the act of giving and receiving breaks the painful and destructive isolation that, ultimately, is responsible for the slow and tortuous death of most of us. We absolutely need each other!

It is ironic that the thing I claim to fear and detest the most, human contact, is actually my most important life-line - my most valuable asset. The act of receiving is a very important spiritual part of that. The most common form for me is the act of using the telephone. This keeps me connected to a vast network of my brothers and sisters in recovery.... active examples of service in both directions. I've also noticed that being part of an actual interactive telephone call is much different than bouncing texts back and forth. I now see the wisdom of the older sponsors insisting on daily calling!

Thank God that we must connect with each other to survive this awful deadly disease. We have to far exceed our comfort zone in order to achieve freedom from the bondage of self, and it is necessary to continually do so on a daily basis. Complacency, defiance. and isolation will always be our constant enemies!



VS



Which one saved your life?



Community News

- The Intergroup office and the A.A. Hotline received **59** calls in September.
- There are openings available for service work at the Intergroup office, contact Fred at 386-628-2541.
- Gratitude Dinner tickets still available but are selling out fast. The event is 11/23 beginning at 4:00 pm, costs: \$10/per person. Please bring a side dish or dessert to share. See back cover of this POST for more details.
- The newly updated Where and When's are now available at Intergroup.
- **NEW MEETING! Pamphlet Palooza: A Deeper Look** will be meeting at the Hawthorne at the Community Center Tuesdays @ 6:00pm.
- Plan on spending **Thanksgiving at the Triangle Club** with your AA family. Thursday November 28th Speaker meeting and Lunch 12:30 - 3:00 pm. Please bring a side dish or dessert to share. This event is sponsored by Eyeopener, New Life, Gratitude, Unity and Downtown groups.

The road to Sobriety...

Is a simple journey...

For confused people

With a complicated disease.



Tradition 11

The Steps are **HOW IT WORKS.**

The Traditions are **WHY IT WORKS.**

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film."

Long form: Our relations with the general public should be characterized by personal anonymity. We think AA out to avoid sensational advertising. Our names and pictures as AA members ought not be broadcast, filmed, or publicly printed. Our public relations policy should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

The principle of this tradition is self restraint and anonymity. As I heard in a meeting regarding this tradition "Ego is fueled by publicity; Humility is a by-product of anonymity".

..."To us, however, [Tradition 11] represents far more than a sound public relations policy. It is more than a denial of self-seeking. This tradition is a constant and practical reminder that personal ambition has no place in AA. In it, each member becomes an active guardian of our Fellowship."

Congratulations!



October Anniversaries

Monday Big Book Study

MB - 2 yrs
LS - 33 yrs

Eyeopener

AG - 4 yrs
BW - 23 yrs

Forth Dimension

KW - 2 yrs

Language of the Heart

DF - 35 yrs
AS - 1 yr

Gratitude Group

MC - 11 yrs
BB - 4 yrs
GM - 7 yrs
RK - 10 yrs
SGW - 17 yrs
HC - 3 yrs

Starke Happy Hour

SR - 1 yr
DG - 1 yr
S - 12 yrs

Tuesday Night Step Study

DO - 8 yrs
RB - 31 yrs

Women's Serenity Seekers

MEC - 26 yrs
TH - 30 yrs
TT - 6 yrs

Women's Step Study

DH - 3 yrs
PM - 31 yrs

November Birthdays?

Send them by
December 12th to
POST@AAGainesville.org



A Grateful Alcoholic Will not get Drunk!



Thanksgiving at the Triangle Club

Thursday, November 28th

12:30 - 3:00

Celebrate with your AA family

Speaker Meeting & Fellowship dinner

Please bring a side dish or dessert to share

This event is sponsored by Eyeopener, New Life, Gratitude, Unity and Downtown groups.



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

PO Box 10094
Jacksonville, FL 32247
(Checks payable to NFAC)

General Service Office

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

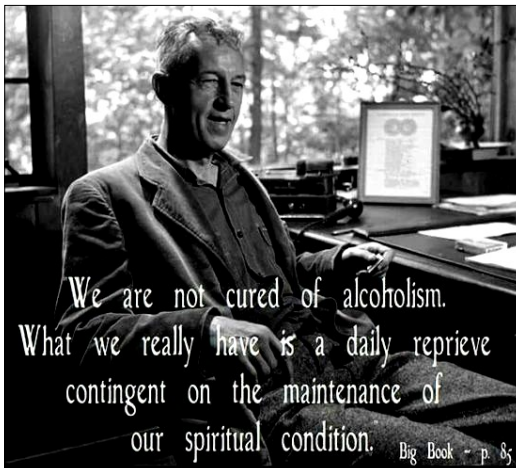
Self-support: Where money and spirituality mix!

Step 11

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

For me, Step Eleven has truly been a life saver. So many times, I have turned to prayer in order to center myself when I am in the middle of an argument, when I feel overwhelmed, helpless, helpless or of full of rage. Most of all when I feel that a drink sounds good, that I need a drink. There is simply no other solution but prayer. It allows me to quiet my anger, my rage, my disappointment. I can calm down and look at the situation rationally. Sometimes this doesn't happen immediately, but it does happen if I say the Serenity Prayer over and over and over and over and over and over and, you get the idea. I am so grateful that I can sometime act like an adult instead of the self-centered jealous child that will pop out when I don't use the gift of prayer in time.

Meditation is my best free time ever! I love silence, I crave it now. In this time, I feel very close to the universe, to all the forces for good in the world, to my higher power, to my fellow man. Sometimes I am lucky enough to find myself in that very special place of complete peace. There are many names for this, but for me it is “heaven on earth. I have been practicing meditation for all the years I have been sober. I am sure it has helped me grow spiritually and saved my life by improving my health. Another gift for which I am grateful.



Annual Post Subscription \$11.00
12 Posts delivered to your door monthly

Please make checks payable to NCFI

Name _____

Address _____

City _____



Future Topics

“Celebrating in Sobriety” December

“New Perspectives” January

“Learning to Love Myself” February

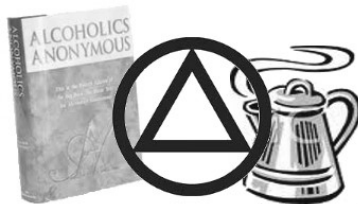
^Get Published!

Entry deadline is the **12th** of each month.

Send your topic articles, op-eds, opinions or cartoons to:

Post@AAGainesville.org

NCFI



North Central Florida Intergroup

Our office is located in
Land Title Plaza
 2632 NW 43rd Street
 Building 1000, around back to 1182
 Gainesville, FL 32606-7551
 Telephone: 352-372-8091
 Our office hours are:
 Monday - Wednesday: 2:00 - 5:00 pm
 Thursday - Friday: 12:00 - 6:00 pm
 Saturday: 11:00 am - 3:00 pm
 Sunday: Closed



POST Submissions

Send articles and anniversaries to Post@AAGainesville.org or mail them to the NCFI office no later than the 12th of each month.

Activities Submissions

Send information for all activities in the AA community to Activities@AAGainesville.org. If you want them to be announced in the POST they must be submitted by no later than the 12th of the month.

Intergroup

Questions about AA in North Central Florida or to order large quantities of literature please contact office.manager@AAGainesville.org with requests.

Our next Intergroup meeting
 will be held on the last
 Sunday of the month:
October 27th @ 1:00
 At the Triangle Club (1005 SE 4th Ave)

Check out our new website @
www.AAGainesville.org



Intergroup Chairperson's Corner

Hi everybody! It's a pleasure serving you as Intergroup Chair.

Our monthly meeting is the last Sunday of the month at the Triangle Club @ 1:00. Hope to see your group representative there! We've had great turnouts, and your group's voice will be heard on any of the decisions we make.

Our annual Gratitude Dinner is November 23rd this year. Our POST (what you are reading) has all the details on the back page about it and tickets are being sold as we speak. Don't wait till the last minute, because they will sell out quickly. I hope to see you there! We are having planning meetings periodically, so listen for announcements if you want to get involved.

As always, please contact me with any questions or concerns!
 Greg N, Intergroup Chair, gregnorm5@aol.com, (352) 283 2648

Thanks to the following 9 Groups and Individuals who sent in a donation to Intergroup in September of 2019

- Beginners Mind \$40.00**
- Every Thing or Nothing \$50.00**
- Individuals \$62.85**
- Hawthome Group \$141.00**
- Hole in the Wall Grp. \$52.75**
- Language of the Heart \$35.00**
- The Way Out Group \$160.00**
- Old Town Saturday \$90.00**
- Student Group \$110.25**
- The Loft \$26.00**
- Total \$767.85**

7TH TRADITION CHALLENGE

"Now that we are sober in A.A., the word 'support' has to do with sharing, people, self-respect, gratitude, and what we are privileged to give - not take - in material terms."



We are self-supporting through our own contributions - Many of our branches are suffering from lack of support (GSO, Area, H&I, Central Office). How much does one drink cost? If it were not for Alcoholics Anonymous, we'd be drinking plenty!

Drop the cost of one drink into your home groups basket when it comes by ... you can't afford not to!



Faithful 5 er's and 10 er's

**NORTH CENTRAL FLORIDA INTERGROUP
SEPTEMBER 29, 2019**

ATTENDANCE – GN (Chair), BC (Alt Chair), SR (Secretary), PB (Treasurer), MR (Alt Treas), FS (Office Mgr), DO (POST), WM (Webmaster), BB, AM, MR, WL, BM, MS, DL, JM, CH, AO, ST, NL, NF, SW.

MINUTES – SR presented the August minutes (page 7 of the POST), read and approved.

TREASURER'S REPORT – PB reviewed the August treasurer's report (page 8 of the POST); prudent reserve is up to \$7200; reviewed and approved.

PHONE COMMITTEE – SR reported for SS; the phone grid is full at this time.

POST – DO noted that the submission deadline for the November and December issues will be early due the holidays (the exact deadline will be announced next month after consultation with the printer); topics are needed. It was suggested that the announcement at the bottom of the previous minutes have the projected next Intergroup meeting date due to the lag time between submissions, printing, and distribution (for example, the August minutes which are printed in the October issue of the POST should have the upcoming October Intergroup meeting date rather than the September date).

LITERATURE & MERCHANDISE/WHERE & WHEN – FS reported that a new printing of the W&W is in progress; Hawthorne has a new literature meeting on Tuesday at 5:30pm (on the website, name not yet decided, pamphlet discussion). Gratitude Dinner tickets are on sale at the Intergroup office and will soon be generally available.

WEBSITE – WM reported that the website is up-to-date; the link on the committee page for CPCPI is now active. He reviewed the number of hits on the old and the new websites, but stated that he can't tell how many are authentic searches/hits.

ACTIVITIES – DO reported for Activities. The Gratitude Dinner is Saturday, 11/23/19, 4pm at Springhill Baptist Church, and tickets are \$10; the next committee meeting is Monday, 10/8/19, 6:30pm at the Triangle Club.

DCM REPORT – There was no DMC report; voting at District regarding establishing the DCM liaison position is still pending.

OLD BUSINESS – FCYPAA has been disbanded; the newly established group is GRYPAA (Gainesville Region of Young People in AA).

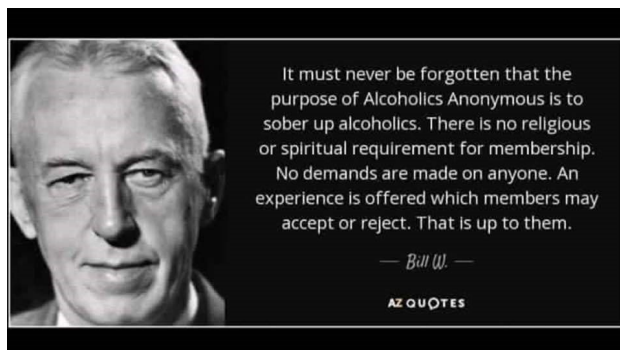
NEW BUSINESS – SR has resigned as secretary of IG effective 10/1/19 due to relocation (her current term would be up after 12/2019); Pati C will continue as alternate secretary but does not wish to assume the position of secretary. SW asked about linking District service coordinators e-mail addresses, but per WM (webmaster), the service coordinators would have to be willing to have their e-mail addresses linked and there is also the question of computer literacy with regard to linking the e-mails.

There being no further business, the meeting was closed with the Responsibility Pledge.

**NEXT MEETING – LAST SUNDAY OF THE MONTH @ 1PM AT THE TRIANGLE CLUB
ALL ARE WELCOME TO ATTEND.**

Intergroup Treasurer's Report: September 2019

Sales	Current	Y.T.D.	Purchases	Current	Y.T.D.
A.A. Literature	670.80	7,082.76	A.A. Literature	577.99	3,786.82
Chips	83.25	1,028.07	Chips	257.95	745.85
Medallions	142.00	1,374.94	Medallions	0.00	359.07
Other Merchandise	52.45	421.04	Other Merchandise	0.00	109.67
Where and Whens	28.00	438.46	Where and Whens	0.00	532.75
Total Sales	976.50	10,345.27	Total Purchases	835.94	5,534.16
Sales Tax Collected	67.69	723.21			
Activities Revenues			Activities Expenses		
Gratitude Dinner Tickets	20.00	20.00	Alkathon	0.00	0.00
Gratitude Dinner Contributions	0.00	150.00	Emotional Sobriety Workshop	0.00	0.00
Gratitude Dinner Cake Auction	0.00	0.00	Gratitude Dinner	865.08	1,642.67
Gratitude Dinner 50/50 Raffle	0.00	0.00	Hawthorne Picnic Donation	0.00	200.00
Total Activities Revenues	20.00	170.00	Total Activities Expenses	865.08	1,842.67
Contributions			Committee Expenses		
Faithful Fivers and Tanners	145.00	1,825.00	Phone Committee	0.00	0.00
Group Contributions	767.85	7,212.04	Steering Committee	0.00	0.00
Office Reserve Contributions	0.00	250.00	The Post	0.00	0.00
Total Contributions	912.85	9,287.04	Website Committee	0.00	0.00
 			Total Committee Expenses	0.00	0.00
Overhead Expenses			Fund Balance		
Corp Filing Fees	0.00	113.75	Checking		
Insurance	526.11	526.11	Checking @ 1st of Mo.	2,043.67	
Intergroup's Monthly Meeting	43.01	350.09	Current Deposits	1,977.04	
Internet	65.68	591.07	Transfer from Grat. Din. Res.	892.67	
Office Expenses	23.29	534.26	Current Expenditures	3,465.07	
Office Rent	190.00	1,900.00	Transfer to Grat. Din. Res.	20.00	
Office Manager Salary	540.27	6,170.81	Transfer to Office Reserve	220.00	
Payroll Taxes	0.00	348.05	Ending Balance, Checking		1,208.31
Postage	24.90	264.29	 		
Printing: Other	1.70	70.79	<i>Contributions are credited for the month they are deposited, hence some contributions may not be credited till next month.</i>		
Printing: Phone Volunteer Packets	0.00	0.00			
Printing: POST	111.30	1,076.56			
State Sales Tax	89.39	638.89			
Telephone	148.40	1,248.69			
Website Fees	0.00	-228.78			
Total Overhead Expenses	1,764.05	13,604.58			
Reserves					
Ending Balance, Grat. Din. Res.		2,029.00			
 Ending Balance, Off. Res.		 7,261.74			



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

Whatever happened to the alcoholics anonymous that I fell in love with?

Around 9 years ago when I was first getting sober, I would go to beginners meetings and hear old timers with 20 plus years sobriety passionately declaring that new comers should work the steps or die. I go to the same meetings and the "oldest members have 5 to 10 years and the topic has to do with anything but the 12 steps. I would go to speaker meetings and the speaker would talk about the 12 steps and the 12 traditions and service work carrying the message of aa to the still suffering alcoholic, now I keep hearing public 5th steps and opinions on outside issues. Is it those newcomers being newcomers? Is it an issue of the old timers "retiring" from service work? And honestly who cares whose fault it is? The important question is what are we going to do about it?

I don't have an answer. What I can do is be an ACTIVE member of alcoholics anonymous. I can go to meetings and I can share about the steps and traditions. I can go to more meetings and get involved with home groups. I can go to committee meetings, I can go to district. The most important thing I can do while getting involved is to ask questions, make comments, and share my experience strength and hope. I can help propagate a discussion on how we can better carry the message of alcoholics anonymous to other alcoholics (step 12) and I can help elevate the discussion of how are we giving back what was so freely given to us. I can take personal responsibility and invest my time and energies into our community.

I am a fairly proud man, due to the things I have survived and the work I have done with others. I tend walk about this earth with my head held high; but if I have to I will get on my knees and beg you to get involved. To the newcomer, get involved, your disease is outside doing pushups, getting stronger. To the old timer, that tingling in your back is not another ailment, it's your next relapse breathing down your neck, get involved. I will continue to trudge the happy road of destiny and while I would rather see you walking it with me, I will not hesitate to step over your corpse, if necessary.

Abraham Lincoln said it best when he declared "The dogmas of the quit past are inadequate to the stormy present. The occasion is piled high with difficulty and we must rise with the occasion. As our case is new, so must we think anew and act anew."

Thank you for allowing me to serve, Chris M, DCM District 14 (954) 540-8046

District 14 Service Committee Meetings

District 14 Business Meeting

2nd Wednesday, 6:00 pm
Westminster Presbyterian Church

Accessibilities

1st Saturday, 5:00 pm
Triangle Club

Archives

1st Tuesday, 6:30 pm
Triangle Club

Corrections

3rd Tuesday, 6:00 pm
Triangle Club

CPC/PI

1st Thursday, 6:30 pm
Triangle Club

Grapevine

3rd Monday @ 6:30
Triangle Club

Literature

1st Saturday, 5:00 pm
Triangle Club

Phones (NCFI Committee)

2nd Tuesday, 5:00 pm
Intergroup Office

Treatment

1st Monday, 6:30 pm
Triangle Club

Visit our combined District 14 & Intergroup website @
www.AAGainesville.org for more information!

District 14 Business Meeting - October 9th, 2019

Meeting called to order at 6:00 PM by CM. Minutes recorded by WM.

In attendance- Officers: CM. DCM, KP. Treasurer, DA. Alt DCM *Committee Chairs:* TP. Literature (Proxy), GN. Intergroup, LR. Corrections, HP. Website, MC. Archives, KM. CPC/PI, BH. CPC/PI Co-Chair *GSRs/Alt GSRs:* IW. By the Book, MO. Downtown Group, DD. Kanapaha Open Discussion, JM-P. Saturday 10th and 11th Step, CC. Beginner's Mind, BA. Gratitude, DR. Everything or Nothing, RG. Unity, BP. Free to Be, FS. BYOB, ML. The Way Out, DK. No Name Yet Group, GM. Renacer, MM. TILIS Men's Group, WM. YPG, JM. Promises, JP. Everything or Nothing, NM. Visitor, CG. (Past Delegate) Visitor, SE. Visitor, RB. Visitor, TW. Visitor.

Area Delegate- AD. The deadline for proposing new Agenda items for next year's conference is December 15th. If you have a great idea of a way to make AA better, or would like to suggest an update for a pamphlet please email Annette at delegate@aanorthflorida.com. There will be a Southeast regional Forum next year in Biloxi, the first 50 registrants will receive a free subscription to *Grapevine*- Please visit the *Delegates Corner* at aanorthflorida.org!

Treasurer - KP. Treasurer's report accepted

DCM- CM. Thanks to all the *GSRs* who showed up to Area Assembly- attendance at the Business meeting was better than last time, but with less than 50% of AA groups in our district being represented, there's certainly room for improvement! CM would like your help in visiting AA groups who are not being represented to spread the word about how they can be of service to Alcoholics Anonymous- You can email CM at christian_mejia13@hotmail.com for a list of these groups.

Alt DCM- DA. If you would like to stay in one of the rooms we provide at the next Area Assembly in January, please see DA in the next few weeks to reserve a spot.

Archives- MC. Special thanks to MR. for his service in transferring the Oral Histories to digital format! An Archives representative from GSO will be hosting a workshop in Winter Park in February. Archives has begun planning an exhibit for the History section of Founder's Day- Please attend our next meeting on Nov. 5th at 6:30 at the Triangle Club for more details.

Corrections- LR. Corrections is currently in the planning stages for a new meeting at a nearby adolescent work camp to help carry the message of AA to teens who are currently incarcerated. Come by the Triangle Club on the third Tuesday of every month to get involved!

CPC/PI- KM. A discreet new CPC/PI business card with contact information is available. We made a new contact this month at the V.A.- hopefully AA literature will soon be on display at their Hospital. CPC/PI will be attending a Town-Hall meeting about substance abuse, hosted at Gainesville High School, on Nov. 14. CPC/PI welcomes their new co-chair, BH!

Grapevine-DN. Audio versions of the Grapevine are now available on AAGrapevine.org, visit to start a free 7-Day Trial!

Literature- TP. M is attending a new meeting in Hawthorne next Tuesday to deliver a literature rack and accommodate any other needs they may have.

Accessibilities- *Vacant*

Treatment- DS. All meetings are covered for this month. Treatment committee is still looking for a Co-Chair, if interested in the position please attend the next committee meeting on November 4th at 6:30.

Website- HP. This committee will meet next at 6 PM, Nov. 7th at the Triangle Club.

Intergroup- GN. The Gratitude Dinner is getting closer, and tickets are now available- They're going fast so don't wait until the last minute to buy yours. The planning committee is chugging along, but could always use more help- if you'd like to get involved, swing by the next planning meeting at the Triangle Club, on October 22 at 6:30.

10th Concept and 10th Tradition read by CM. And DA. respectively. Meeting adjourned at 6:35 PM.

Next District 14 meeting November 13th at 6:00 PM.

See AAGainesville.org for more information.



GAINESVILLE INTERGROUP'S
ANNUAL POTLUCK

GRATITUDE DINNER

SPRINGHILL BAPTIST CHURCH
120 SE WILLISTON ROAD
GAINESVILLE FL 32641

Fellowship
Turkey & Ham Dinner
Cake Auction
Sobriety Countown
Speaker Meeting
50/50 Raffle

Please Bring
A Side Dish &
Dessert!

SATURDAY
NOVEMBER
23RD - 4PM

Tickets \$10
In advance only

