

P.O.S.T. POWER OF SOBER THINKING

A Publication of North Central Florida Intergroup

Volume 28, Issue 1
January 2023



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 ensures 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



COMMUNITY NEWS



- ◆ The AA Hotline and Intergroup received 53 calls in November 2022.
- ◆ We'll be updating the printed Where and When soon!
Be sure your group's info is correct online. If not, send update to webmaster@aagainesville.org.
- ◆ I welcome comments and constructive criticism as I do my best in this learning curve as your new Intergroup manager.
- ◆ Holiday Blessings and Happy New Year!

Annie Opuda

352-317-1693

gainesville.intergroup@gmail.com

Service Positions Available at Intergroup

Alternate Treasurer

Secretary

Alternate Secretary

Alt-webmaster for new Website

(Will work with Webmaster)

Office Volunteers

Hotline Chairperson & Volunteers

Contact Annie O. 352-317-1693

For positions listed



Why Service?

- What's in it for me? (I'm selfish and self-centered.)
- (You will grow)
- How much time is involved? (That depends)
- I don't know how to do this? !!!!!
- (You'll learn)
- I don't know anyone. (You'll meet them)
- What if I make a mistake? (You can't break AA)



Tradition 1

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

"Our common welfare should come first; personal recovery depends upon A.A. unity."

Newcomers to a 12-step group will often place their entire focus on the Twelve Steps and pay less mind to the Twelve Traditions. In some ways, it's entirely understandable. As an individual, you want to reach your goal of sobriety. But unless you embrace the Twelve Traditions, your journey can become rudderless as you place "self" over others.

In the end, the Twelve Traditions provide the foundation by which individuals can navigate the Twelve Steps. Both are meant to provide you with the framework by which to live your life, not just stop drinking.

The underlying concept of Tradition 1 is that being of service to other people can help promote sobriety. One way to incorporate this concept into your own life is to work on doing things for others, even as you accept help toward your recovery.

Some ways to foster this sense of unity include participating in your 12-step group, sharing your experiences, and encouraging others in their progress.

You can also implement these practices within your own family unit. Instead of placing your own needs at the forefront, make sure each family member is seen and heard. Work on reaching consensus within the family unit. Each person may not get exactly what they want, but working together ensures that each person's needs are respected. -Buddy T

HEARD IN A MEETING:

"If you forgot your last drink, you did not have it yet."

December Anniversaries

Starke Happy Hour

PK – 11 yrs

JL – 26 yrs

Free to Be

DN – 16 yrs

KK – 28 yrs

MA – 33 yrs

4th Dimension

JH – 1 yr

MC – 14 yrs

Hampton Hole in the Wall

JA – 1 yr

Ole Joe – 26 yrs

Gratitude Group

RG – 6 yrs

LA – 7 yrs

RA – 8 yrs

Tues Night Step Study

BR – 2 yrs

NG – 25 yrs

Wholesale Miracle

EM – 1 yr (Nov)

KH – 11 yrs (Nov)

JA – 11 yrs

BF – 33 yrs



New Freedom

KE – 1 yr

TD – 1 yr

SG – 1 yr

TA – 1 yr

Everything or Nothing

PC – 2 yrs

Women's Step Study

SS – 42 yrs

*January Birthdays?
Send them by Jan 12th to
POST@AAGainesville.org*



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 226

DeLeon Springs, FL 32130

(Checks payable to NFAC)

General Service Office

PO Box 2407

James A. Farley Station

NY, NY 10116

(Checks payable to GSO)

Step 1

"We admitted we were powerless over alcohol—that our lives had become unmanageable."

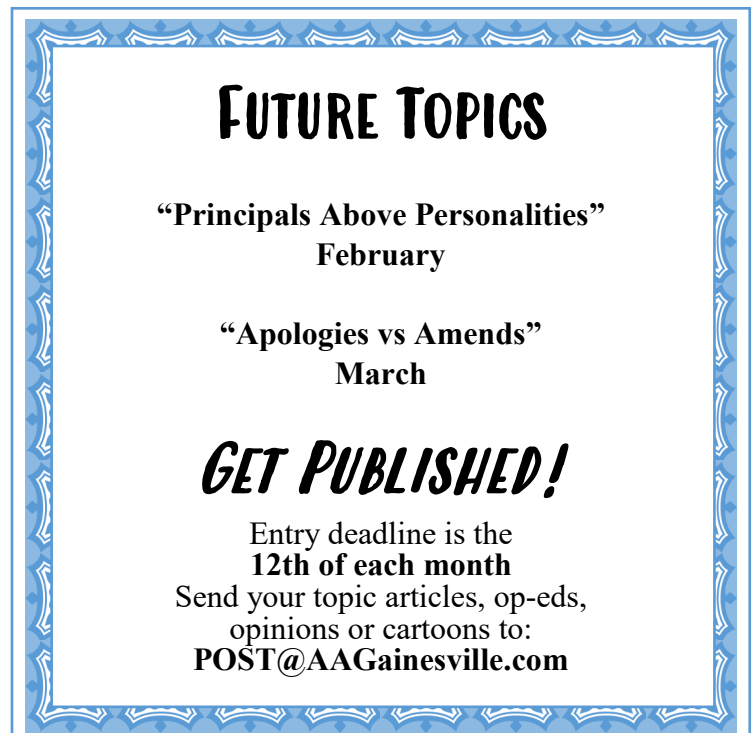
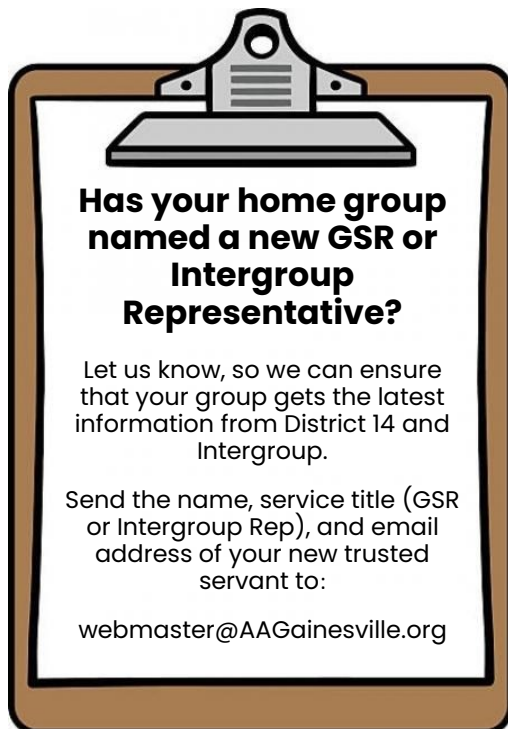
Yes and no are two of the most important words that one will ever say.

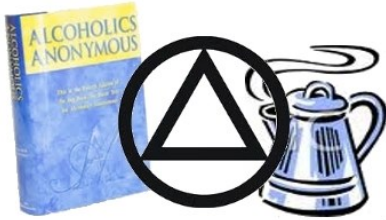
How and when you say them affects your entire life. That first step I took in faith was more powerful than a thousand miles in doubt. I was able to dream and pursue those dreams that God helped me create. The dreams that I carried inside of me were a source of power and incentive. They created hope and without hope we are nothing. What has happened in the past is just that--the past! What I should have done about certain issues no longer matters. What I do now is of greatest concern. Therefore, I am indeed happy that this Fellowship found me, brought me to this fold, nurtured me and showed me this new way of life that I am still living today after 33 years.

-- PK.Williamsville, Trinidad, W.I.

Found in the June 2010 Grapevine "Able To Dream"

**"SOMEDAY"
IS A DISEASE
THAT WILL
TAKE YOUR
DREAMS TO
THE GRAVE
WITH YOU.**





North Central Florida Intergroup

Our office is located at:

Land Title Plaza

2632 NW 43rd Street
Building 1000, around back at suite 1182
Gainesville, FL 32606-7551
Telephone: 352-372-8091

Office hours:

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 gainesville.intergroup@gmail.com with requests.

Check out our website at
www.AAGainesville.org

Our next Intergroup meeting
will be held on the last
Sunday of the month:
January 29th @ 1:00



Intergroup Chairperson's Corner

Hello everyone,

I hope sobriety finds you well. This year's Gratitude Dinner was a resounding success!! Thank you to all that were directly and indirectly involved. We couldn't have done without you all. We thank you again. Elections for Intergroup committee is well under way at the point of this publication, but that doesn't mean there's no service positions to fill!!! Come on by on the last Sunday of every month at 1 pm at our local Triangle Club to see what is available. Alternate chair positions may be available and we're ALWAYS looking for folks to join our AA hotline committee. We hope to see you there.


Yours in service,

Matthew C

campbellmatthew0723@gmail.com

(352) 682-6728

2022's Gratitude Dinner Results

	Costs		Totals
Hall Rental	\$ 750.00	2022's Prudent Reserve	\$ 3,500.00
Food/Includes Sundries	\$ 2,105.00	Ticket Sales	\$ 4,450.00
Committee Expenses	\$ 1,036.74	Group/Ind. Donations	\$ 150.00
		Cake Auction	\$ 6,594.00
Total Expenditures	\$ 3,891.74	50/50 Raffle	\$ 1,485.00
		Totals	\$ 16,179.00
		Expenditures (Deduct)	\$ (3,891.74)
		Total Revenue	\$ 12,287.26
		Replace GD Reserve	\$ (3,500.00)
		Total	\$ 8,787.26



Attitude ↕



Gratitude

November's Group & Individual Donations

Anonymous \$44.26

Keystone Beginners \$70.00

Live and Let Live \$95.45

Intergroup Treasurer's Report: November 2022

Sales	Current	Y.T.D.	Purchases	Current	Y.T.D.
A.A. Literature	886.85	10,860.11	A.A. Literature	1,478.95	8,513.03
Chips	181.00	1,288.03	Chips	335.46	869.38
Medallions	110.00	1,514.25	Medallions	0.00	534.47
Where and Whens	45.00	530.25	Where and Whens	0.00	452.25
Total Sales	1,222.85	14,192.64	Total Purchases	1,814.41	10,369.13
Sales Tax Collected	78.82	878.47			
Activities Revenues			Activities Expenses		
Gratitude Dinner Cake Auction	6,596.00	6,596.00	Alkathon	0.00	0.00
Gratitude Dinner Contributions	180.00	200.00	Emotional Sobriety Workshop	0.00	145.31
Gratitude Dinner 50/50 Raffle	1,485.00	1,485.00	Gratitude Dinner	3,444.53	3,455.33
Gratitude Dinner Tickets	3,070.00	4,710.00	Intergroup Trivia Night	0.00	91.57
Total Activities Revenues	11,331.00	12,991.00	Total Activities Expenses	3,444.53	3,692.21
Contributions			Committee Expenses		
AT&T Credit		963.08	Gratitude Dinner	200.47	446.94
Faithful Fivers and Tanners	194.00	10,021.04	Steering Committee	0.00	0.00
Group Contributions	849.02	849.02	The Post	0.00	0.00
Total Contributions	1,043.02	11,833.14	Trivia Committee	0.00	0.00
Overhead Expenses			Fund Balance		
Corp Filing Fees	0.00	131.25	Checking		
Insurance	0.00	579.13	Checking @ 1st of Mo.	4,669.02	
Intergroup's Monthly Meeting	20.00	296.06	Current Deposits	13,675.69	
Internet	77.17	836.87 X	Current Expenditures	8,855.12	
Office Expenses	58.21	1,413.09	Transfer to GD Reserve		
Office Rent	190.00	2,090.00 X	Transfer to Off. Res. Avail.	7,000.00	
Office Manager Salary	2,477.01	11,755.24 X	Ending Balance, Checking		2,489.59
Paypal & Square Fees	100.04	348.73			
Payroll Taxes		646.62			
Postage	44.16	346.92 X			
Printing: Other		70.00			
Printing: Phone Volunteer Packets		70.00			
Printing: POST	127.30	1,363.40 X	11/23/22 xerographics		
State Sales Tax	105.30	892.27 X			
Telephone	196.52	2,103.09 X			
Total Overhead Expenses	3,395.71	22,942.67			
Reserves					
Gratitude Dinner Reserve	3500.00				
Office Reserve Available	15,000.00		Certificate	2862.33	

"Giving is not just
about making a donation,
it's about making a difference."



NORTH CENTRAL FLORIDA INTERGROUP MONTHLY HYBRID MEETING

AT THE TRIANGLE CLUB & ON ZOOM

NOVEMBER 27, 2022 MINUTES (ABRIDGED)

Opening – MC, Chair, opened the meeting with a moment of silence and the Serenity Prayer at 1:00 PM. Participants introduced themselves.

In Attendance (12 Live; 4 Zoom*); MC (Chair); MR (Treasurer); PB (Outgoing Treasurer & Tue Night Step Study); DK (Secy & Melrose 12&12); AO (NCFI Office Mgr/Lit); and SS (Phone Committee Chair; in absentia); **Board of NCFI**: N/A; District **14 (D14)**: TD(DCM). **IG Reps/Alts**: AW (Lawtey Primary Purpose); BK* (Afternoon Reflections); CH (Solutions Group); GAH (Gratitude Group); GN (Downtown Group); LM (Keep it Simple Hawthorne); MR* (Sat Morning 10th & 11th Step), PC* (Sisters in Sobriety); RB (Young People’s Group); SS (New Freedom); and TL (By the Book). **Guests**: N/A.

Chair and Alt-Chair:. No Report.

Secretary Report –DK: October 30, 2022 minutes were approved. Motion to accept by PB, seconded by GN. Motion passed unanimously.

Treasurer Report – MR: MR reviewed the October report on page 7 of the December P.O.S.T. Total contributions were \$1559.10. Total overhead expenses were \$1,546.78. Errors were noted for correction in next report. Motion to accept the report, as corrected, was made by GN; Seconded by PB. Motion passed unanimously.

Phone Committee –SS’s report: 1) The hotline currently has two positions open: Thurs from 12:01AM – 7AM and Fri from 7PM – 10PM. 2) **An election for the new Phone Comm Chair will be held at the December meeting. Call SS at 352.301.0354 to learn the responsibilities. Members wishing to stand for the position should attend the December 18th meeting to qualify.**

P.O.S.T. – TS: The Dec issue was distributed at the meeting.

Intergroup Office – AO: 1) Gratitude Dinner was a huge success. It netted \$8,787.26. **2)** The Where & When is being updated. Use Change Form online to send revisions.

Website – No report. SS reported a possible glitch in the website to access P.O.S.T.

Activities Committee – PC: 1) Christmas Dinner will be at the Triangle Club; and **2)** Sign-up for New Year’s Eve alkathon will be sent this week, and **3)**. Call PC at 352.281.5751 to submit event flyers.

D14 DCM Report– TC: 1) See D14 meeting minutes in the Jan 2023 P.O.S.T. for details.

Old Business – N\A

New Business – 1) Motion was made by GN to meet Dec 18th. 2nd by DK. Passed unanimously; **2)** GN announced that IG Reps will vote on approval of the revised NCFI bylaws at the Dec 18th meeting; and **3)** Requests to host a meeting during the 12/31/2022 alkathon should be sent to gainesville.intergroup@gmail.com. Groups will be randomly selected.

Motion to **adjourn** was made by GN; Seconded by PB. Motion passed unanimously and **MC** closed the meeting at 1:30 PM with the Responsibility Declaration.

Respectfully submitted by DK, Secy

District 14 Business Meeting Agenda November 9, 2022

Meeting called to order with Serenity Prayer – 6:30 pm

In Attendance:

Officers: TD., DCM, EC., Alt DCM, KP., Treasurer

Committee Chairs: JW.- Grapevine, 4D; KN.-Treatment; BF.- Literature, Afternoon Reflections; SS.- Accessibilities, Queer and Sober; SD. – CPC/PI; NL. - Website

Intergroup: - MC. - Chair

GSRs/Alts: RD. – (Alt) New Freedom, MR. & BR. (Alt)- Tues. Night Step Study; LM.-Free to Be; JN. & CD.- Lawtey PPG Group; SG., Survivors Group; JF. - New Life Group; JS. – Young People’s Group; DH.- Downtown; LJ. – Next Right Thing; NO. – By the Book

Visitors: GN.,

Minutes from October meeting – Accepted as submitted

Treasurer’s report – Accepted as submitted

Alt DCM’s Report – EC. – The SE Regional Forum will be held December 2–4, 2022 in New Orleans, LA. The Lawtey PPG will be having a spaghetti dinner on December 10.

Service Committee Reports:

Accessibilities – SS. – Getting started

Archives – RG. – Not present

Corrections – BB –

Alachua County Jail meetings (men & women) have started back up as of this week.

Alachua County Work Release will start back up on Thursday, 12/17.

Lancaster CI (men only) continues as usual.

Corrections could always use Grapevines.

Corrections Correspondence program could use some men to participate. BB will be glad to explain how that works. A group could also sign up for that program.

Since I am rotating out, Corrections needs someone to step up to this rewarding program.

Corrections meets third Tuesday of each month @ Triangle club @ 6. Visitors are always welcome.

CPC / PI –SD. – Meet the 1st Tuesday of the month at 6:30 pm at the Triangle Club

Grapevine – JW – Having a table at the Gratitude Dinner

Literature – BF – Had monthly meeting alone, will travel with display

Treatment – KN. – No meeting in Nov. due to Thanksgiving; Need people for Bridgehouse & MIST; Groups can also sign up to take a meeting into a facility

Website – NL – Will continue as Website Chair; Updating Website with Committee info;

Submit all flyers, etc. as .jpg or .png files; Give 1 week for it to appear on website

Intergroup: MC – Gratitude Dinner coming up; AO will be new Office Manager

Old business

Workshops

December Workshop “What is a Group Inventory?” December 3, 2022, Triangle Club; Committee members wanted!

New Business –

Increase budget for Archives by less than \$10 to cover rent for storage at Triangle Club- Approved

Elections for positions starting in January

SD. – Elected to continue as CPC/PI Chair

NL. – Elected to continue as Website Chair

In and Out Party at TD’s House – Wednesday, December 7, 6:30 to 8 pm. 12026 NW 71st Terrace, Turkey Creek, Alachua. Please come and bring your group’s incoming GSR!

Heavy Hors D’oeuvres

Adjourned with Responsibility Pledge – 7:30

DISTRICT 14

Treasurer Report September 2022 Meeting

Report on November Financial Activity Fiscal Year April 2021-March 2022

	Amount	Year to Date
Opening Bank Balance	\$ 15,531.53	
Group and Individual Contributions	\$ 177.47	\$ 2,797.99
Committee Expenses	\$ -	\$ (2,150.88)
D14 Expenses	\$ (341.00)	\$ (2,505.96)
PayPal Expense	\$ (3.10)	\$ -
Earned Interest	\$ 1.28	
Total Expenses	\$ (344.10)	\$ (4,656.84)
Closing Bank Balance	\$ 15,366.18	
Money Held in Reserve:		
Founders Day (677.5+3,33.60=4,013.50 less 2,850.00)	\$ 1,163.50	
Service Fair - Reserve for 2022	\$ 300.00	
Prudent Reserve	\$ 5,000.00	
Operating Cash (bank balance minus reserves)	\$ 8,902.68	

*Note - Please indicate Group Name or Number on Contributions

November 2022 - Group Contributions

Group Names	Amount	
Cross Creek	\$ 18.49	
TILIS	\$ 54.90	
Gratitude Group	\$ 104.08	
TOTAL	\$ 177.47	

D14 Service Committees

Name	When	Where
Archives	6:30 PM 1 st Tuesday of every month	Triangle Club 1005 SE 4th Ave
Corrections	6:00 PM 3 rd Tuesday of every month	Triangle Club 1005 SE 4th Ave
District 14	6:30 PM 2 nd Wednesday of every month	Westminster Presbyterian Church 1521 NW 34th St
Grapevine	6:30 PM 3 rd Monday of every month	Triangle Club 1005 SE 4th Ave
Intergroup	1:00 PM Last Sunday of every month	Triangle Club 1005 SE 4th Ave
Treatment	6:00 PM Last Thursday of every month	Triangle Club 1005 SE 4th Ave



HAPPY
 JOYOUS
 FREE

DCM'S CORNER

Our December workshop on "Group Inventory" was a great success with about 40 people in attendance. Many groups have been struggling with the effects of the pandemic, and a group inventory is a great way to get back on the beam! Handouts from the workshop are available at the Intergroup Office.

For the panel that starts January 1, 2023, District 14 still needs an Alternate DCM, a Secretary, a Treasurer, and a Chairperson for the Corrections Committee. If you can be of service in any of these positions please come to our next business meeting on January 11, 2023 at 6:30 pm at Westminster Presbyterian Church. AA service needs you, and this is an opportunity to be a part of something greater than yourself!

I am rotating out and your new DCM, Eve C. is ready to do a fantastic job starting in January. I am grateful that I was able to serve the AA community as your DCM and thank all of you for service.

In love and service,

Tobi



become a
Faithful Fiver

Faithful Fivers are AA members who graciously choose to contribute five dollars each month to support the Intergroup Office in its efforts to carry the AA message of hope & recovery to those alcoholics who still suffer, in the North Central Florida Intergroup Area. As a Faithful Fiver, your personal contribution will help to carry the message of Alcoholics Anonymous.

"The Faithful Fiver idea came about when we remembered that we wasted much more than \$5 each month during our drinking careers."

Payment Options: Checks, payable to NCFI, Cash, or
Credit Card (min charge \$25 fee waived)

Email any questions to: Gainesville.Intergroup@gmail.com
or call Fred S. @ 386-628-2541

a candle
loses nothing
by lighting
another
candle.

- JAMES KELLER

Service Positions Available

Intergroup needs Volunteers!
Volunteer 3 hours of your time weekly
Mondays or Wednesdays from 2:00 pm till 5:00

Contact Fred @ 386-628-2541

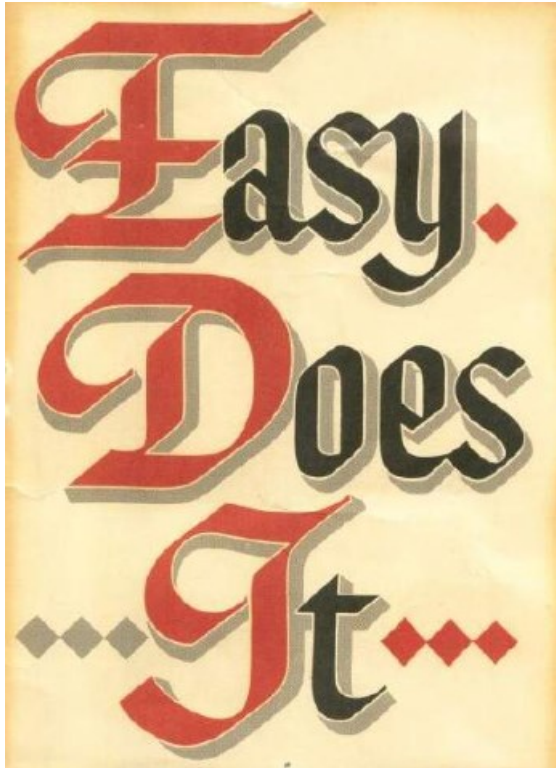
Duties to include;
Helping Customers with Literature and Merchandise
Answering the A.A. Hotline
Familiar with using computer



**Intergroup now accepts PayPal & Venmo for
Groups, Individuals and Faithful 10er's and 5er's**


Send donations to gainesville.intergroup@gmail.com

Under notes: Please include Group name, Anonymous Individual or Faithful 5'er or 10'er
Intergroup wishes to thank all who continue to contribute to help the still sick and suffering



Womens Big Book Meeting

*Mondays 6pm
St Joseph's Episcopal Church
16921 W Newberry Rd,
Newberry, FL 32669
Bring a Big Book and a friend!!*

SOUTHERN STATES WOMEN'S CONFERENCE 

JANUARY 27-29, 2023 JACKSONVILLE, FL

SPEAKERS:

Steps 1:	Hilary R. (Dallas, TX)
Steps 2 & 3:	Tina H. (Waukesha, WI)
Steps 4 & 5:	Carla R. (Tujunga, CA)
Alanon:	Sonia L. (Nashville, TN)
Steps 6 & 7:	Dolly A. (Cleveland, OH)
Steps 8 & 9:	Vivian Q. (Bluffton, SC)
Step 10:	Nancy B. (Denton, TX)
Steps 11 & 12:	Kelley B. (St. Petersburg, FL)



First Name _____ Last Name _____
 Address _____
 City & State _____ Email _____
 Phone _____ Program: AA ___ Al-Anon ___ Alateen ___
 Check here if you would like to volunteer at the conference: _____

Please make check for **\$37** per registration, payable to Southern States Women's Conference and send to:
Southern States Women's Conference
 P.O. Box 35100
 Elmwood Park, IL 60707

Please let us know if you need assistance with accessibility (hearing, vision, and/or physical disability)

Early registration online at southernstateswomensconference.org/registration-2023

Hyatt Riverfront Jacksonville
 225 E Coastline Drive
 Jacksonville, FL 32202
Group Code: G-SWCC
 904-588-1234

ASL Interpreter Provided

GRAPEVINE LA VIÑA

To sign up for our Daily Quote and monthly newsletter visit -
aagrapevine.org
aalavina.org

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