

Dealing With Our Demons

First of all, we alcoholics seem to be haunted by the regrets and resentments of the past. We are fortunate indeed that steps 3 through 9 are designed to eliminate the lingering horrors of our formerly misshapen lives. We have the 10th step to address any latent residue of such feelings, and we have steps 3, 7, and 11 to connect us with a loving and forgiving God of our own understanding. Although, I believe it is impossible to completely be rid of all resentment and regret, it is my experience that over time they lose their importance.

Fear and pride are the root of all other personality quirks it would seem. So faith and humility are the antidotes, but never in full enough measure to eliminate fear and ego entirely. Bill Wilson knew this well, and wrote about it often. Not surprisingly Bill talks about the cure for fear being faith, some kind of trust in a God of our understanding being a necessary component of our quest for peace. When I first saw fear described as "an evil, corroding thread: the fabric of our lives is shot through with it," I thought it to be overly dramatic and exaggerated. In fact, that whole discussion around the 4th step in the Big Book seemed to center too much around fear. At first glance I would have told you that fear was not a problem for me. You could not convince me that fear had been, and potentially could remain, the

driving force of most of my uncanny misfortune, misadventures, and misery. The bogeyman of fear can ruin a perfectly good day when I start to "micro-manage the wreckage of my future."

My sponsor has always been a great fan of the *gratitude list* - that ridiculous document listing the obvious assets so abundant in our lives. The consequences of such a thankful attitude is to realize who I am, where I came from, and what God has done for me. This makes me realize that somehow God has given me that mysterious thing the old-timers called Grace, a gift from God given undeservedly. Since all my fears have to do with the future, I actually live in a perfectly insulated *present* where I have everything I need right



here, right now! I remember at about 9 or 10 years old I thought that the whole world was comfortable and peaceful, that I was the only one so uncomfortable in my own skin. It seemed that there must be some secret to finding peace, and that answer was discovered in a few years when I found alcohol, but I couldn't stay inebriated enough to chase away the fears for any decent amount of time. I knew I had to find peace and the program provides just that, inasmuch as I care to apply these principles to daily living.

An effort to achieve peace by living in the present is by no means some incredibly new AA

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Community News

Due to unforeseen circumstances, the **Emotional Sobriety Workshop** scheduled for 10/21/16 - 10/23/16 has been cancelled. All prepaid registrations will be refunded. You may contact WL or BK for more information.

Preparations are well underway for the **25th Annual Intergroup Gratitude Dinner** which will take place at Holy Trinity Episcopal Church, 100 NE 1st Street, on Saturday October 29th. Much help is needed to make this a successful event. It is an excellent opportunity for service work. Tickets are on sale throughout the AA community at \$15 each. No tickets will be sold at the door. See enclosed flyer.

The **Promises Group** Saturday meetings will be held at Highlands Presbyterian Church, 1001 NE 16th Avenue, during home games, beginning September 3rd. See enclosed flyer for dates.

The **Southeast Regional Forum** will take place at the Marriott Lake Mary, 1501 International Parkway in Lake Mary, FL, December 24th. A schedule of events can be found in the enclosed flyer. Additional information is available at the Intergroup Office.

Did You Know?

Sister Ignatia, the nun who helped Dr. Bob get the hospitalization program started at St. Thomas Hospital in Akron, was the first person to use medallions in Alcoholics Anonymous. She gave the drunks who were leaving St. Thomas after a five day dry out a Sacred Heart Medallion and instructed them that the acceptance of the medallion signified a commitment to God, to A.A. and to recovery and that if they were going to drink, they had a responsibility to return the medallion to her before drinking.

~<http://www.barefootsworld.net>

District 27

(Serving Dixie, Levy & Gilchrist Counties)

District 27 Business Meeting

3rd Tuesday, 6:00 p.m.
St. Albans Episcopal Church
7550 NW 149th Place, Chiefland

District 27 Hotline:

(352) 949-2239

Contributions Address:

District 27 A.A.
P.O. Box 1257
Bronson, FL 32621

Website Address:

www.District27aa.org



Congratulations!

September Anniversaries

Afternoon Reflections

J S - 4 yrs

S R - 1 yr

BYOB

J M - 14 yrs

Eye Opener

D - 30 yrs

K B - 7 yrs

S - 1 yr

Fourth Dimension

J J - 13 yrs

Free to Be

J P - 35 yrs

M N - 2 yrs

Gratitude

E D - 16 yrs

G W - 1 yr

J H - 6 yrs

J B - 37 yrs

New Hope

C M - 1 yr

Saturday 10th and 11th Step

S - 12 yrs

S - 8 yrs

Unity

B C - 23 yrs (August)

B - 1 yr (August)

N W - 2 yrs

P A - 2 yrs

R G - 5 yrs (July)

T B - 5 yrs

Wholesale Miracle

A O - 29 yrs

T S - 30 yrs (July)

Big Book Basics

D D - 12 yrs



NOTE: Please do not duplicate names under more than one group. If you belong to more than one group, please choose one group name for the purpose of announcing your anniversary. Thank you.

October Anniversaries? Send them by October 15th to: post@northcentralflaa.org

Dealing with our Demons

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discovery; theologians and philosophers have observed this for millennia. It simply never occurred to me that *the present* was that important, useful, or desirable. I could not understand the idea of "one day at a time" or "just for today." How could you be so simple and narrow minded? With the depressive thoughts of my past and the anxiety ridden fears of the future, I had no chance at all of living peacefully in today. As it would turn out,

my most valuable tool today is to live each day until midnight. What can I do, this day, before midnight?" It seems to simplify each day and help me focus on what's really important: love and service. After all, I am truly grateful for being spared the terrors of a slow alcoholic death, and it is a debt I shall never live long enough to repay.

~Anonymous

NORTH CENTRAL FLORIDA INTERGROUP MINUTES
AUGUST 28, 2016



J VB opened the meeting at 1:00 p.m. with the Serenity Prayer.

Attending: A R, Everything or Nothing; B K, Free to Be; C H, Solutions; D L, Keystone Heights; D E, High Springs; F S, Faith Hope Strength, Intergroup Treasurer; H B, Gifts of Sobriety, YPG; J M, Office Manager; J S, HALT; J VB, New Freedom, Alt IG Chair; K C, 4th Dimension; M P, Eye Opener; E M, Good Morning God; P B, Tuesday Night Step Study; P M, Thursday Women's Step Study, IG Secretary; T V, Alt Unity; S K, Monday Big Book Study.

The minutes were read and a motion was made by R M to accept with D L seconding. The motion passed.

The Treasurer's report was read and a motion was made by D L to accept with B K seconding. The motion passed.

B was not in attendance and there was no report on the Hot Line. However, please spread the word that volunteers are always needed to answer the phone. Volunteers only need to be sober 6 months. Sponsors: this is a good way to get your sponsees into service work.

P.O.S.T: As J says, "It's getting better all the time." Submissions are always welcomed.

Literature and Merchandise: The office is all stocked up. Stop by and take a look at all the recovery items for sale!

Where and When: The paper copy may not be up to date as it is only updated after 6 changes have been submitted. However, the website is always current.

Activities: Lots of activities going on and coming up. There are fliers in the *P.O.S.T.* for them.

Old business: none

New business: The Gratitude Dinner was mentioned. Tickets are available now and there are several opportunities for service work.

There being no more business, B K made a motion to adjourn with Rick seconding.

Meeting adjourned at 1:30 p.m. with the Lord's Prayer.

The next Intergroup meeting will be held on Sunday, October 30th at 1:00 p.m.

7th Tradition Addresses

North Central Florida Intergroup

2632 NW 43rd Street, Suite 1182
Gainesville, FL 32606-7551
[Checks payable to: NCFI]



North Florida Area Assembly

P.O. Box 291634
Port Orange, FL 32129-1634
[Checks payable to NFAC]

District 14

P.O. Box 357254
Gainesville, FL 32635-7254
[Checks payable to District 14]

General Services Office

P.O. Box 459, Grand Central Station,
NY, NY 10163
[Checks payable to GSO]

Self-support: Where money and spirituality mix.

Upcoming Topics in the P.O.S.T.:

November: *"When You Want to Disagree"*
December: *"Giving and Receiving"*
January: *"Spiritual Resolutions"*

Food for Thought ...

"Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength."

~August Wilson

Get yourself published! Entry deadline is the 15th of each month. Send your topic articles, op-eds, opinions or cartoons to post@northcentralflaa.org.

Tradition of the Month: 10

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

"In this respect, we do not enter into public controversy, because we know that our Society will perish if it does. We conceive the survival and spread of Alcoholics Anonymous to be something of far greater importance than the weight we could collectively throw back of any other cause. Since recovery from alcoholism is life itself to us, it is imperative that we preserve in full strength our means of survival."

~Twelve Steps and Twelve Traditions

District 14*(Serving Alachua County)***DCM Corner**

Hi Everybody!

We had our monthly district service meeting on 9/14. We have elections coming up in October, as we are all rotating out from our positions. That means all the Committee Chair, Secretary, Treasurer, DCM, and Alt DCM positions are available! We had a few people interested in those positions at the last district meeting, but we would love to have as many people as possible stand for these positions and get involved in carrying the message to the still suffering alcoholic. Come to our meeting on 10/12!

In other news, our Archives committee voted to have \$450 sent to GSO from the Founders Day prudent reserve. As with any other group, we don't want to have excess monies that can be donated to the pie chart. Archives picked GSO, because they are in the greatest need out of the 4 service entities (pie chart).

We also had 4 Grapevines donated to our District by FCYPAA. Our Treatment and Corrections committees will be able to use these in the facilities that they bring meetings into.

And lastly, Area Assembly is 9/30-10/2. It's right here in town. Hope to see you all there! It is also election time at Area, and it is an amazing thing to see. Visitors are always welcome at Area and District!

Thanks for allowing me to serve you! Any questions or concerns, please contact me.

G N, DCM, District 14

District 14 Service Committee Meetings

District 14 Business Meeting

2nd Wednesday, 6:00 p.m.

Westminster Presbyterian Church

Accessibilities

2nd Saturday, 11:00 a.m. Primary Purpose Club

Archives

1st Tuesday, 6:30 p.m., Triangle Club

Corrections

3rd Tuesday, 5:30 p.m., Triangle Club

CPC/PI

1st Thursday, 6:00 p.m., Triangle Club

Grapevine

2nd Tuesday, 6:00 p.m.

Trinity United Methodist Church, Room 204

Literature

2nd Monday, 6:30 p.m., Intergroup Office

Phones (NCFI Committee)

2nd Tuesday, 5:00 p.m., Intergroup Office

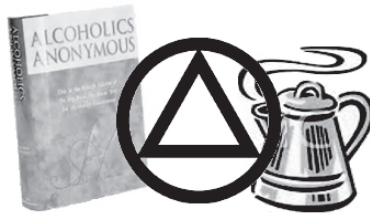
Treatment

1st Monday, 6:30 p.m., Triangle Club

Visit www.aanfldistrict14.org for more info



NCFI



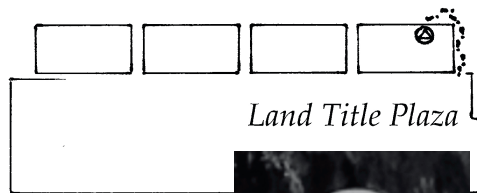
North Central Florida INTERGROUP

Our office is located in
Land Title Plaza

2632 NW 43rd Street, Suite 1182
 (Same office. New number on the door.)
 Gainesville, FL 32606-7551
 Telephone: 352-372-8091

Our office hours are:
 Monday - Friday: 2:00 - 5:00 p.m.
 Saturday: 11:00 a.m. - 2:00 p.m.
 Sunday: Closed

Walk around the **BACK**
 of the building
 nearest the street.



NW 43rd Street
 (Bank of America)
 NW 25th Place

Meetings Schedule

The *Where and 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, **October 30th** at **1:00 p.m.** at Schaffer Hall

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

The *Power of Sober Thinking* can now be found online at <http://www.northcentralflaa.org/d.post/post.html>. Our home-page, <http://www.northcentralflaa.org>, has links to the *Where and When* and more.