

Nature Coast Journal

P.O. Box 2015 ☆ Crystal River, FL 34423-2015 ☆ Intergroup Hotline: (352) 621-0599

VOLUME 8, ISSUE 1

JANUARY, 2006

**NATURE COAST
INTERGROUP**
MEETS ON LAST
SUNDAY OF EACH MONTH
4:30PM AT THE
COMMUNITY CENTER
IN HOLDER.
PLEASE GET INVOLVED!
WE NEED YOUR SUPPORT.
DISTRICT 28
MONTHLY MEETING
FOLLOWS AT 6:00 P.M.

Local Events

Jan 6-8

Area Assembly

Gainesville

District 28 will be one of
hosting organizations.

Volunteers needed

Call Marilyn B. for details:
637-9643

Jan 21

Wet Drunk and Hotline Workshop

Sponsored by District 28 &
Nature Coast Intergroup
First Lutheran Church
Inverness

Doors Open at 9 am

Workshop followed by Lunch
at 12 noon

For details:

Call Marilyn B. 637-9643
or Jim K. 746-3115

“Happy New Year!” That greeting will be said and heard for at least the first couple of weeks as a new year gets under way. Isn’t it incredible how often this greeting is exchanged? It is so commonplace, plain as vanilla ice cream. Do we just wish each other happiness, or is it an order or command to be happy?

Doesn’t everyone want to be happy? And don’t we all yearn, deep down, not only to be happy, but to be happy all the time? And isn’t the pursuit of happiness one of our God given rights?



one want to be happy without entirely new concepts or hoping for happiness trying to achieve it

Trying to be happy by taking action is another. What stands in the way of our happiness? Is it the nasty weather, the car that has to go to the shop, our needy family? But if happiness really comes from inside us, these negative events should just be a ripple on the surface of our serenity. Life will always have problems. The drink alternative is not attractive anymore. Living with problems will just have to be part of our plan.

Turning our will over to a Higher Power is a joyous thing and can create happiness. It won’t mean we will always get along with everyone, that we will always be healthy, or our job will always be there. But we can rise above these ever-present problems and choose to live in happiness. Happiness is relatively simple. It is a result of being at peace with ourselves.

So in the first days of this new year I declare to you, “Don’t have a happy new year!” But I do propose that you spend more quality time with your family; or work on your golf or tennis swing; or exercise your body and your mind; or work on your child’s model train or doll house. Go to more meetings; get more active in AA; help other AA’s or their families; socialize by calling or visiting other AA’s or inviting them into your homes, or going out to dinner or bowling, golfing or fishing with your AA friends. If you’re so inclined, put in some good hours at your favorite charity, temple or church. Work on your Fourth and Fifth Steps. With luck, you’ll find happiness by the by. If not, your time won’t be wasted. You may even bring a little joy to the world.

~~ Ed P.

DISCLAIMER

The Nature Coast Journal is a monthly publication of the Nature Coast Intergroup. It is about, by and for members of A.A. Opinions expressed herein are not to be attributed to Alcoholics Anonymous. Publication of an article does not imply endorsement by either A.A.

Regional Events

Jan 20-22, 2006

Big Book Workshop Weekend

Hilton Orlando/Altamonte
Springs
360 N Lake Blvd
Altamonte Springs, Fl
I-4 & Hwy 436
Rooms: (407) 830-1985
Info: (407) 333-4330 or
leestapes@vtafamily.com
Download Flyer:
www.leestapesandcnds.com/

Feb 2-5, 2006

Spacecoast Roundup

Holiday Inn
Oceanfront Resort
Cocoa Beach, Fl
Rooms: (800) 206-2747
Info: (321) 724-2247 or
email:
mailto:intergroup@aaspacecoast.org
Download Flyer:
http://www.ncintergroup.com/SCRU
Flyer.pdf

August 2-6, 2006

50th Florida State Convention

Westin Innisbrook Resort
Palm Harbor, Fl
Hotel Registration:
http://www.starwoodmeeting.com
/StarGroupsWeb/booking
/reservation?id=
0507137110&key=1302
Register online:
http://www.50flstateconvention.com
/index.asp

National Events

Mar 3-5, 2006

19th Unity Weekend

Holiday Inn Beach Resort
200 Beachview Dr
Jekyll Island, Ga
Reservations:
(800) 753-5955
(912) 635-3311
Reserve by Oct 6th
Info: (386) 677-6037
www.jekyllislandaa.com

Two poems writ-
ten by Terri P.
who was visiting
the Nature Coast
for 10 days in
Sept. 2003:

Starting to Live

This last year
I almost died
because all
I did was hide
The chains of addiction
held me back.

The courage to stand
apart is what I lacked.

Those days are gone
'cause now I'm strong
and I can be
where I belong
Chains are broken,
fear don't rule
No more pretending
to be cool.

Yesterday is now a
ghost

Just memories
of days gone by,
Of broken wings
that couldn't fly

No more lies,
no more alibis
No more jail,
no more hell.

Life is good, Life is fun.
My life has finally be-
gun.

~Terry P. 9/16/03

(Continued on page 4)

January '06 Anniversaries

Group Secretaries, please call Ed P.
at 422-0144 before the 1st of each month
with a list of month's anniversaries.

	<u>Years</u>
Attitude Adjustment Group	
Price O.	48
Steve H.	5
CATS Group	
Kim S.	22
Crystal River Group	
Jeff K.	15
Joe B.	14
Jerry B.	13
Dave L.	9
George B.	6
Jeep W.	5
Kim L.	5
Bill B.	4
Kathy B.	4
Bill F.	3
Marsha H.	3
Floral City Group	
Miriam S.	18
Chuck O.	9
Hernando Men's Group	
Ken P.	23
High Noon Group	
Debra	16
Mindy	15
Michael R.	8
Kathy Y.	3
Jeannie	2
John O.	2
David B.	
Holder Way of Life Group	
John T.	22
Dave D.	20
Dell B.	13
Bob R.	12
Jan S.	7
Vince M.	7
Last Chance Group	
Ron B.	30
Maureen E.	28
Toni M.	26
Frank F.	20
Lorraine F.	20
Joan C.	15
Share At Noon Group	
Gerhard T.	27
Loretta M.	1
Women's New Beginnings Group	
Mary R.	17
Dallas	6
Nancy N.	2
Marsha	2

All That Stuff

By Warren S.

As we progress through life we accumulate a lot of stuff.

Yet it never seems to be enough.

Sometimes the journey may even get rough.

No one ever said it could get so tough.

I am made of stubborn Scottish stuff. Mix that up with a wee bit of Irish stuff. To that add a dollop of the English stuff. Then top all that off with some German stuff.

One can only hope that that will be enough stuff.

My love of alcohol is no surprise. This is my cross to bear I can only surmise.

A new strategy I had to devise, Or else it would have been my demise.

Sometimes I am amazed that I am alive. I always thought I would never survive, As much as I loved to imbibe, My only hope is that I have finally arrived.

My struggle is day to day.

If I do not drink I will be O.K.

If this to others I can convey, Then they too may embrace another day.

In conclusion I do not want to create an illusion,

Nor do I want to create a delusion.

Sometimes it gets so confusing, My only hope is to keep it amusing.

Society's preoccupation with **happiness** and the pursuit thereof seem to have always been this way. In reality it has only been since the 17th century that changes in both religious and secular cultures have made **happiness** in the form of pleasure or good feeling not only morally acceptable but also commendable in and of itself. While many discounted religious notions that consigned life in this world to misery and sin, others discovered signs of God's providence in earthly satisfaction. The result was at once to weaken and transpose the ideal of heavenly felicity, in effect bring it to earth. Suffering was not our natural state. **Happy** was the way we were meant to be.

Realize that true **happiness** lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no **happiness** in having or in getting, but only in giving. Reach out. Share. Smile. Hug. **Happiness** is a perfume you cannot pour on others without getting a few drops on yourself.
Og Mandino

“The trouble with us alcoholics was this: We demanded that the world give us **happiness** and peace of mind in just the particular order we wanted to get it — by the alcohol route. And we weren't successful. But when we take time to find out some of the spiritual laws, and familiarize ourselves with them, and put them into practice, then we do get **happiness** and peace of mind... There seem to be some rules that we have to follow, but **happiness** and peace of mind are always here, open and free to everyone.”
DR. BOB AND THE GOOD OLDTIMERS, P. 308

National Events

(continued)

May 18-21, 2006 International Sober-Over-Sixty Conference

Outrigger
Keauhou Beach Resort
Kailua-Kona, Hi

Reservations:
(808) 322-3441
(800)688-7444
Info: (808) 329-0729
email: marionb@hawaii.rr.com

May 26-29, 2006 Daytona 16th Spring Conference

Plaza Ocean Club
604 N. Atlantic Ave
Daytona Beach, Fl

Reservations:
(800) 874-7420
(386) 239-9800
Info: (407) 677-5365
email: leestapes@viafamily.com
web: www.leestapesandcads.com

Announcing some exciting
Recovery Cruises
<http://www.meetingsenroute.com>

More Recovery Cruises
Sober Celebrations with
Snow
<http://www.sobercelebrations.com>

This serves as prior notice to all groups that the following will be voted upon at the next meeting of Intergroup on January 29:

Chairperson's Report: Beverly requested a by-law for replacing trustees. Marilyn made a motion to replace officers or trustees if absent for 3 months or more with no excuse. Motion passed. Janet suggested to amend the present by-law. Motion to squelch 1st motion and go with amendment to add "trustee" to Article 15 concerning replacement.

Book Sale

In addition to the A.A conference-approved literature, Nature Coast Intergroup stocks a supply of some Hazelden books. We also have Grapevine Literature. New AA items: **Large Print** of the following:

**As Bill Sees It
Came to Believe
Living Sober**
Call Beverly H. to order
Ph: 344-5939

From the Editor's Desk:
After a two year sabbatical, I have once again returned refreshed and anxious to serve Nature Coast Intergroup and District 28 as Nature Coast Journal Editor. On behalf of NCI and Dist 28, I want to express heartfelt thanks and appreciation to Mary R. who served us well as the NCJ Editor for the past two years. Ed P.

Important Notice!!!

Nature Coast Intergroup and District 28 Meeting Minutes are no longer published here. They can be viewed on the Nature Coast Intergroup Website www.ncintergroup.com or obtained through your Group Rep.

TREASURER'S REPORT		31-Dec-05
Beginning Balance	3,851.22	
	<u>Dec.</u>	<u>YTD</u>
Income		
Support - Individuals	14.00	258.21
Support - Groups	50.00	2,562.10
Book Sales	438.85	4,469.09
Medallion Sales	27.17	479.97
Other Sales	39.00	665.75
Sales Tax Collected	30.32	337.04
Events	-	1,952.66
Misc. Income	-	2,022.24
Total Income	599.34	12,747.06
Expenses		
Rent (paid for year in Oct)	-	63.60
Sprint	-	153.68
Alltel	57.20	756.15
Books & Medallions	341.56	4,475.48
Recovery Items	-	384.95
Sales Tax Paid	-	291.50
Journal	55.63	578.57
Website (pd for yr in Oct)	-	50.00
Secretary Expenses	-	182.02
Bank Fees	-	-
Events	428.70	1,550.34
Misc Expenses	-	3,767.96
Total Expenses	883.09	12,254.25
Ending Checking Balance	3,567.47	
Reserved for Events	-830.52	
Available Funds	2,736.95	
Inventory Value	1,419.35	
Accounts Receivable	72.56	
Office Reserve Account(MM)	4,504.66	
Office Reserve Account(CD)	2,500.00	
Total Assets	12,064.04	
GROUP SUPPORT 2005		
	<u>YTD</u>	<u>Dec.</u>
Attitude Adjustment Group	20.00	
CATS Group	90.00	
Crystal River Big Book Grp	75.00	
Crystal River Group	300.00	
Floral City Group	40.00	
High Noon Group	357.10	
Holder Way of Life Group	250.00	
Inverness Fri Night Group	400.00	
Inverness Mon Night Group	150.00	
It's in the Book Group	20.00	
Last Chance Group	130.00	35.00
Lecanto Group	25.00	
Mon. Night Men's Step Group	60.00	
New Beginnings Group	150.00	
New Horizon Group	50.00	
Resentment Group	50.00	
Share at Noon Group	100.00	
Wahoo Group	60.00	
Wed Inverness Step Group	50.00	
What's the Book Say Group	15.00	15.00
Women's Friendship Group	170.00	
Total	2,562.10	50.00

For Your Information

The Intergroup Telephone Hotline Report: 35 calls in the last few weeks, 28 for meeting information, 2 for rides, 5 miscellaneous. Gail N. is the new Hotline Chair who succeeded Frank S. who resigned. Many thanks to Frank who served Nature Coast Intergroup in this important position in 2005.

The Nature Coast Intergroup Website is located at www.ncintergroup.com. **Please note: Website features printable AA meeting schedules and directions/maps, and Nature Coast Intergroup and District 28 Meeting Minutes.**

(Continued from page 2)

The Face of God

Suddenly and silently you came
Strongly and boldly
you whispered my name.
I would not listen, I would not heed
Your love I thought I did not need.
You waited patiently and watched
me get my way
Straying into the darkness,
the pits of hell
and then you picked me up
this fragile shell.
You held me in your arms
You held me close
and protected me from harms.
And why you would do this
when I pushed you away
is you loved me unconditionally.
Please God may I
not be so blind again
That I cannot see your grace,
Please dear Lord,
may I always see your face.
~Terry P. 9/16/03

INTERGROUP OFFICERS

CHAIRPERSON

BEVERLY H.
344-5939

behunter34453@earthlink.net

VICE-CHAIRPERSON

NEIL S.
527-3014

SECRETARY

KEVIN B.
628-7944

kevinbacon6451@yahoo.com

ALT. SECRETARY

SHERRIE L.

TREASURER

KATHY F.

INTERGROUP TRUSTEES

GAYLE W.

KEN E.

PETE M.

RON B.

MAILING ADDRESS

NATURE COAST
INTERGROUP
P.O. Box 2015
CRYSTAL RIVER
FL 34423-2015

INTERGROUP

HOTLINE

621-0599

WEBSITE

www.ncintergroup.com

JOURNAL EDITOR

ED P.

422-0144

news@ncintergroup.com

DISTRICT 28

OFFICERS

DCM

MARILYN B.
637-9643

ALT DCM

JIM K.
746-3115

SECRETARY

DON G.
489-8752

TREASURER

JOHN R.
637-2814