



Nature Coast Journal



111 W. Main St., Room 308 ☆ Inverness, FL 34450 ☆ Office & Literature: (352) 344-0290 ☆ Hot Line: (352) 621-0599

VOLUME 10, ISSUE 1

JANUARY 2008

NATURE COAST INTERGROUP

OFFICE/BOOKSTORE
111 W. MAIN ST.
RM 308

INVERNESS, FL 34450
(352)344-0290

OPEN: MON, WED, FRI
10AM-4PM
SAT 10AM-1PM

BUSINESS MEETING
LAST SUNDAY OF EACH
MONTH 4:30PM AT THE
COMMUNITY CENTER
IN HOLDER.

DISTRICT 28
MONTHLY MEETING
FOLLOWS AT 6:00PM

Area Events

Area Assemblies

2008:
January 11-13
April 4-6
July 11-13

Events (Continued on page 2)

STEPPING INSIDE OUT

LETTING GO

To let go doesn't mean to stop caring,
it means I can't do it for someone else.

To let go is not to cut myself off,
it's the realization that I can't control another.

To let go is not to enable,
but to allow learning from natural consequences.

To let go is to admit powerlessness,
which means the outcome is not in my hands.

To let go is not to try to change or blame another,
I can only change myself.

To let go is not to care for,
but to care about.

To let go is not to fix,
but to be supportive.

To let go is not to judge,
but to allow another to be a human being.

To let go is not to be in the middle arranging all the outcome,
but to allow others to effect their own outcomes.

To let go is not to be protective,
it is to permit another to face reality.

To let go is not to deny, but to accept.

To let go is not to nag, scold, or argue,
but to search out my own shortcomings and to correct them.

To let go is not to adjust everything to my desires,
but to take each day as it comes, and to cherish the moment.

To let go is not to criticize or regulate anyone,
but to try to become whatever dream I can be.

To let go is not to regret the past,
but to grow and live for the future.

To let go is to fear less and to love more.

~ Author Unknown ~

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. or Nature Coast Journal, except where indicated.

Events (Continued from page 1)

October 3-5

Paramount Resort and Conference Center
Gainesville, FL
Hotel: (352) 377-4000
There is a 30 day cut-off for registration at the hotel. Make reservations early.
Info: (877)992-9229

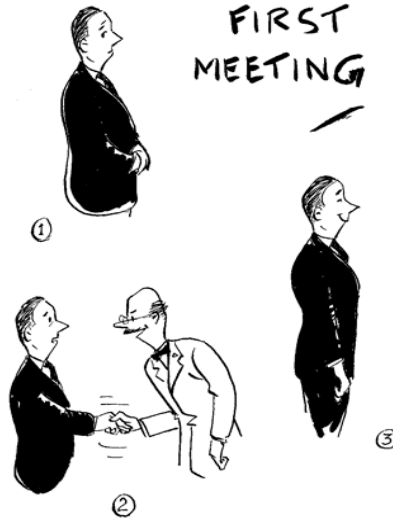
**January 31-
February 3, 2008
2008 Spacecoast
Round Up**

Holiday Inn Cocoa Beach
Oceanfront Resort
1300 N. Atlantic Ave (A1A)
Cocoa Beach, FL 32931
Hotel Reservations:
(800) 206-2747
(321) 783-2271
Group Code "SPU"
Information:
email: aaspacecoast.org
(321) 724-2247
or 633-0052

**January 18-20, 2008
Big Book Weekend**

Holiday Inn Cocoa Beach
Oceanfront Resort
1300 N. Atlantic Ave (A1A)
Cocoa Beach, FL 32931
Hotel Reservations:
(800) 206-2747
(321) 783-2271
Group Code "BBK"
Information:
Lee (877) 902-5975

Events (Continued on page 3)



**Anniversaries
January 2008**

To post your group's anniversaries ask your Group Secretary to contact Paula D at 201-0353 or send email to news@ncintergroup.com prior to the first of each month.

	<u>Years</u>
Attitude Adjustment Group	
Price O.	49
Steve H.	7
John O.	4
Holder Way of Life Group	
Dave D.	22
Vince M.	9
Bobbi S.	1
Share at Noon Group	
John W.	11
Loretta M.	3
Gerhard	29
Shirley (December Celebrant)	23
Women's Friendship Group	
Sally Q.	20
Gayle W.	25
Johanna N.	27
Toni M.	28
Women's New Beginnings Group	
Joan B.	19
Nancy M.	4

RECOVERY SAYINGS

F.I.N.E.
[I'm] Frustrated, Insecure,
Neurotic, Emotional

F.E.A.R.
Face Everything And Recover

N.U.T.S.
Not Using The Steps

E.G.O.
Edging God Out.

D.E.N.I.A.L.
Don't Even Notice I Am Lying.

H.A.L.T.
[Don't get too] Hungry, Angry, Lonely, Tired.

H.O.P.E.
Happy Our Program Exists

H.O.W.
Honesty, Open-mindedness, Willingness

S.P.O.N.S.O.R.
Sober Person Offering Newcomers
Suggestions On Recovery.

G.O.D.
Good Orderly Direction

B.I.G. B.O.O.K.
Believing In God Beats Our
Old Knowledge.

S.L.I.P.
Sobriety Losing Its Priority.

A.C.T.I.O.N.
Any Change To Improve Our Nature.

P.R.O.G.R.A.M.
People Relying On God Relaying
A Message.

S.T.E.P.S.
Solutions To Every Problem Sober

K.I.S.S.
Keep It Simple, Sweetheart

Step 1

“We admitted we were powerless over alcohol that our lives have become unmanageable.”

After many years of denial, recovery can begin with one simple admission of being powerless over alcohol --

Tradition 1

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

Concept I

The final responsibility and the ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

Promise ONE

**We are going to know a new freedom & a new happiness.
Are these extravagant promises?
We think not. They're being fulfilled among us - sometimes quickly, sometimes slowly. They'll always materialize ~ if we work for them.**

1st Step Prayer

**Today, I will ask for help with my addiction. Denial has kept me from seeing how powerless I am and how my life is unmanageable. I need to learn and remember that I have an incurable illness and that abstinence is the only way to deal with it.
The 12 Step Prayer Book Second Edition p.65**

Cartoon

Volume 3 Issue 4 (September 1946 Grapevine)



Events (Continued from page 2)

May 1-4, 2008

18th Spring Conference

The Woodstock of AA
 Holiday Inn Cocoa Beach
 Oceanfront Resort
 1300 N. Atlantic Ave (A1A)
 Cocoa Beach, FL 32931
 Hotel Reservations:
 (800) 206-2747
 (321) 783-2271
 Group Code "SPU"

Notice

Trustees Election to be held during the next business meeting on January 27th . Nominations include:

**ALFRED L.
AND JANET B.**

Thank you both for your willingness to service.

??ACTIVIES???

Intergroup is asking for our input for future activities we would like

THE TWELVE REWARDS OF SOBRIETY

By Searcy W., 55 years sober as at 2001 aged 90.

- Faith instead of despair.
- Courage instead of fear.
- Hope instead of desperation.
- Peace of mind instead of confusion.
- Real friendships instead of loneliness.
- Self-respect instead of self-contempt.
- Self-confidence instead of helplessness.
- A clean conscious instead of a sense of guilt.
- The respect of others instead of their pity and contempt.
- A clean pattern of living instead of a hopeless existence.
- The love and understanding of our families instead of their doubts and fears.
- The freedom of a happy life instead of the bondage of an alcoholic obsession.

2007	Dec	2007
Reg Checking Balance	2789.39	YTD
Income		
Support - Individuals	36.00	250.65
Support - Groups	342.21	3,852.21
Book Sales	917.85	4,507.50
Medallion Sales	180.75	774.67
Other Sales	228.87	1,050.59
Sales Tax Collected	78.77	375.57
Events	49.86	1,570.80
Misc Income	0.00	2,755.20
Total Income	1834.31	15,137.19
Expenses		
Rent (Holder CC)		63.60
Office Exp	994.73	6,167.03
Alltel	112.04	727.08
Books	1323.98	5,803.74
Medallions	140.10	609.50
Recovery Items	137.23	650.95
Sales Tax Paid		332.24
Journal	66.71	811.79
Website		38.50
Treasurer Expenses		0.00
Bank Fees	17.75	17.75
Events	202.00	1,686.20
Misc Expenses	41.68	807.61
Total Expenses	3036.22	17,715.99
End Checking Balance	1567.48	
Office Reserve (MM)	4529.59	
Office Reserve (CD)	0.00	
Office Change Fund	40.00	
Balance Cash Accounts	6137.07	
Inventory Value	2278.66	
Accounts Receivable	75.07	
Total Assets	8490.80	
Prudent Reserve	3000.00	
Group Support 2007	YTD	December
ABC Group	120.00	60.00
Attitude Adjustment Group	225.00	
Bright Spot	10.00	
Citrus Springs Group	0.00	
Crystal River Big Book Group	140.00	70.00
Crystal River Group	400.00	
Floral City Group	95.00	
Floral City Men's Group	40.00	
Hernando Men's Group	150.00	
High Noon Group	100.00	
Holder Way of Life Group	625.00	
Inverness Friday Night Group	320.00	
Inverness Monday Night Group	200.00	
Inverness Wednesday Night Step	40.00	
It's in the Book Group	45.00	20.00
Keep in Step Group	20.00	
Last Chance Group	350.00	
Lecanto Group	0.00	
Monday Night Men's Group	60.00	
Never Too Early Group	0.00	
New Beginnings-Dunnellon	152.21	152.21
Night Cap	0.00	
No Name Group	25.00	
Quail Run Group	0.00	
Recovery by Fire	40.00	40.00
Red Eye Group	0.00	
Resentment Group	200.00	
Share at Noon Group	200.00	
Sober Sand Gnats	0.00	
Wahoo Group	0.00	
What's the Book Say Group	45.00	
Women to Women Group	0.00	
Women's Friendship Group	210.00	
Women's New Beginnings Group	40.00	
YANA Group	0.00	
Total	3852.21	342.21

Bookstore at the Office

In addition to the A.A conference-approved literature, Nature Coast Intergroup Office/Bookstore carries Grapevine Literature, Medallions, Hazelden books, and a wide selection of Recovery Items suitable for gifts. The following items are also available in our Store:

- Audio Big Book
- Audio 12 & 12
- Audio Living Sober
- Audio AA Comes of Age
- Braille Big Book
- Literature Rack
- Meeting Sign
- Pocket Cards (steps, traditions, serenity prayer)
- Big Book Dictionary
- Speaker Certificates
- Birthday Cards
- Serenity Prayer Cards
- Medallion Boxes
- Key Rings
- Large Circle Stickers
- Small Circle Stickers
- Mini Saying Stickers
- Bookmarks
- Verse Cards
- Special Bronze Medallions
- Leather Book Covers
- Chrome Travel Mugs w/slogans
- Gift bags and wrapping paper with circle and triangle motif
- Tri-plate Lapel Pins
- Tri-plate Specialty Medallions

For Your Information

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

Intergroup Telephone Hotline Chair, Rick T.'s December Hotline Report: Total Calls Incoming were 76: 73 for AA information/meetings, 1 NA, 2 Alanon, 1 Alateen, 1 wet drunk.

Volunteers are greatly needed and appreciated to carry the Hotline phone. Call the Hotline at 621-0599 for more information.

THE NATURE COAST JOURNAL

IS AVAILABLE FOR PICKUP AND DISTRIBUTION FOR ALL GROUPS EARLY EACH MONTH FROM THE FOLLOWING LOCATIONS:

EAST COUNTY

1ST LUTHERAN CHURCH,
INVERNESS (FRIDAY BEGINNER'S
MEETING 6:30 PM)

WEST COUNTY

SERENITY CLUB, ST. BENEDICT'S,
CRYSTAL RIVER

INTERGROUP OFFICERS

CHAIRPERSON

TONI T.
382-7578.

VICE-CHAIRPERSON

MARTHA G.
489-8752

SECRETARY

JOAN B.
637-5696

ALT. SECRETARY

(VACANT)

TREASURER

SUE C.
344-5153

INTERGROUP TRUSTEES

ALFRED L.

NEAL S.

RICK T.

(VACANT)

MAILING ADDRESS

NATURE COAST
INTERGROUP
1-1-1 W. MAIN ST.,
ROOM 308
INVERNESS, FL 34450
OFFICE & LITERATURE
(352) 344-0290
ncinter@ncintergroup.com

INTERGROUP

HOTLINE

(352) 621-0599

WEBSITE

www.ncintergroup.com

JOURNAL EDITOR

PAULA D.

201-0353

news@ncintergroup.com

DISTRICT 28

OFFICERS

DCM

JIM K.

746-3115

ALT DCM

JOHN R.

637-2814

SECRETARY

TAMI E.

563-2133

TREASURER

BEVERLY H.