

Nature Coast Journal

MAILING ADDRESS: P.O. BOX 2015 ♦ CRYSTAL RIVER, FL 34423-2015 ♦ INTERGROUP HOTLINE: (352) 621-0599

Volume 6, Issue 2

Carrying the message

February 2004

NATURE COAST INTERGROUP AND DISTRICT 28

meetings are held at the Community Center in Holder on the last Sunday of each month.

INTERGROUP... 4:30 PM

DISTRICT...6 PM

Come get involved!

We could use your support!

INTERGROUP OFFICERS

Chairperson

Ron B. — 489-7216
rbee44@hotmail.com

Vice-Chairperson

John T. — 726-3942

Secretary

Kevin B. — 628-7944
Kbacon1@tampabay.rr.com

Alt. Secretary

Rosario R.

Treasurer

Beverly H. — 344-5939
behunter@naturecoast.net

INTERGROUP TRUSTEES

Frank S.
Janet B.
Jim K.
Pete M.

DISTRICT 28 OFFICERS

Chairperson

Joe C. — 563-5430

Alt. Chairperson

Marilyn B. — 637-9643

Secretary

Brian W. — 344-1119

Treasurer

Barbara C. — 563-5430



Came to believe that a Power greater than ourselves could restore us to sanity.

"There is help."

Tradition Two: For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

1. Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
2. Am I absolutely trustworthy, even in secret, with AA Twelfth Step jobs or other AA responsibility?
3. Do I look for credit in my AA jobs? Praise for my AA ideas?
4. Do I have to save face in group discussion, or can I yield in good spirit to the group conscience and work cheerfully along with it?
5. Although I have been sober a few years, am I still willing to serve my turn at AA chores?
6. In group discussions, do I sound off about matters on which I have no experience and little knowledge?

- From the Traditions Checklist, AA Grapevine



Service

AA doesn't need me, but I need AA. Very desperately, very sincerely, very humbly. Not all at once, because you can't get it all at once, just a little bit at a time. They told me, "You've got to get out and work a little; you've got to give." They told me that giving was living, and living was loving, and loving was God. And you don't have to worry about God, because He's sitting right in front of your eyes.

C. 2003 AAWS, EXPERIENCE, STRENGTH AND HOPE, P. 201
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THOUGHT TO PONDER . . .

INTO SERVICE — OUT OF SELF.



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.

INTERGROUP TREASURER'S REPORT		January 2004		Group Support 2004		
				January	YTD (2004)	
Beginning Balance		\$2095.27		ABC Group	0.00	0.00
		Jan	YTD (2004)	Attitude Adjustment Group	0.00	0.00
Income				CATS Group	30.00	30.00
Support - Individuals	\$7.00		\$7.00	Citrus Springs Open Step	0.00	0.00
Support - Groups	544.10		544.10	Crystal River Big Book Meeting	0.00	0.00
Book Sales	266.24		266.34	Crystal River Group	0.00	0.00
Medallion Sales	39.02		39.02	Dunnellon Group	0.00	0.00
Other Sales	42.25		42.25	Early Birds Meeting	0.00	0.00
Sales Tax Collected	20.88		20.88	Floral City Meeting	0.00	0.00
Events	71.30		71.30	Floral City Men's Group	0.00	0.00
Misc. Income	0.00		0.00	Hernando Men's Group	0.00	0.00
Total Income	\$990.79		\$990.79	High Noon Group	29.10	29.10
Expenses				Holder Way of Life Group	50.00	50.00
Rent	0.00		\$0.00	Inverness Beginners Group	0.00	0.00
Sprint	\$39.37		39.37	Inverness Friday Night Group	0.00	0.00
Alltel	90.27		90.27	Inverness Monday Night Group	175.00	175.00
Books & Medallions	418.27		418.27	Inverness Wed. at Noon Meeting	0.00	0.00
Recovery Items	26.25		26.25	It's in the Book Group	0.00	0.00
Sales Tax Paid	81.75		81.75	Keep in Step Group	0.00	0.00
Journal	53.00		53.00	Last Chance Group	60.00	60.00
Website	0.00		0.00	Lecanto Group	0.00	0.00
Secretary Expenses	0.00		0.00	Living Sober Group	0.00	0.00
Bank Fees	0.00		0.00	Monday Night Men's Step Group	0.00	0.00
Events	0.00		0.00	New Beginnings Meeting	0.00	0.00
Misc. Expenses	0.00		0.00	New Horizon Group	0.00	0.00
Total Expenses	\$708.91		\$708.91	Quail Run Closed Step Group	0.00	0.00
Ending Checking Bal.	\$2377.15			Red Eye Group	200.00	200.00
Inventory Value	1003.30			Resentment Group	0.00	0.00
Accounts Receivable	49.03			Share at Noon Group	0.00	0.00
Building Fund	2510.86			Wahoo Group	0.00	0.00
Total Assets	\$5940.34			Wednesday Inverness Step Group	0.00	0.00
				What's the Book Say Group	0.00	0.00
				Women's Friendship Group	0.00	0.00
				Works for Me Meeting	0.00	0.00
				YANA Group	0.00	0.00
				Total	\$544.10	\$544.10

Nature Coast Intergroup Meeting Highlights — January 25, 2004

- ❖ Intergroup needs support from the groups' representatives. If your group does not have a representative, please elect one so that your group has a voice at the Intergroup Meetings.
- ❖ The Trustees positions have been filled by Pete M. and Jim K. We appreciate Barbara A. and Bill B. for serving as trustees for the past two years. Trustees are elected for two-year terms.
- ❖ There are two people who wish to be the Hotline Committee chair. The officers will meet and choose who will be the chair. It will be announced at the February meeting.
- ❖ Mary D. and Cheryl P. are the co-chairs of the "new" *Archives Committee*. They will be interviewing some of the AA "Oldtimers" for information about AA in Citrus County.
- ❖ There were 128 calls to the Hotline during January.
- ❖ The Nature Coast Intergroup Website www.ncintergroup.com had 201 hits in January. (4049 from inception)
- ❖ For the Spanish speaking AA members, a link to the District 33 website has been added to our website.

Visit www.ncintergroup.com for complete minutes of the meeting.

☺ *Where your Higher Power puts a period — Don't add a question mark.*

Are They Only Words?

By Ron B.

The other day a member of our fellowship mentioned to me that he had quit attending meetings at a certain location due to the propensity of vulgar language. It made me think back to my early days of sobriety when I used many "earthy" expletives, no doubt a byproduct of many years in the Navy where I learned to "cuss like a sailor".

I just didn't think I could get my point across without some strong language. A lot of it was a habit and even though I realized it was wrong, I wasn't eager to change. Then along came **Step Six**, "Were entirely ready to have God remove these defects of character". I was ready but how does one break the habit?

"Addictions and coarse language seem to go hand in hand. Cursing is often present in those addicted to anger. Lewd speech, deception, and gossip are part of other dependencies. Sarcasm and belittling is characteristic of addiction to control. Sometimes these speech patterns are so ingrained in us that we are not even aware of how much we use them. When we become ready for God to change us, He will change not only our actions, but also our attitudes and words. This is often a bigger surprise and joy to those who know us than a change in our behavior. Programs and methods may bring certain behavior changes for a time, but only God can change our hearts so completely that every aspect of our lives becomes new." Partly quoted from **Serenity for Every Day**.

The above writing opened my eyes because I had not considered that cursing could be a dependency. After all, aren't they only words? Apparently not.

Gradually over the years I no longer found the need to express myself with strong language. I firmly believe it is a result of trying to live this program based on the principles laid forth in our **Big Book, the Twelve & Twelve**, and through a loving fellowship. Of course, admitting to these other defects of character played a huge role.

Does that mean I don't use a choice word from time to time? Not at all. We never fully get rid of our defects of character. Mostly we simply replace them with positive attributes and attitudes. There are times when I get surprised and one of those old defects will pop up. This happens and though I usually recognize it quickly, I must take steps to resolve it. Maybe it won't happen so suddenly next time.

How can we rid ourselves of these other dependencies? Revisiting **Step Six** is a good start. Asking God to help us remove our anger or addiction to control in our daily prayers will certainly help. Maybe a good heart to heart with our sponsor will start us in the right direction. One day we'll discover that we don't find the need to use swear words to convey our message. What a joy to find this freedom.

From the desk of the Journal Editor

AA articles and/or thoughts that you would like featured in the newsletter are welcomed to be submitted to **Mary R.**, editor of the **Nature Coast Journal**. Please contact Mary at news@ncintergroup.com or by phone at 352-465-4381. Thank you.



Resentments are like stray cats —

if you don't feed them, they'll go away!

February 2004 Anniversaries

ATTN. Group Secretaries:

Please call or email your list for next month's anniversaries to:

Mary R. — ph.# 352-465-4381
or email address:

news@ncintergroup.com

ABC Group

Roy W.	26 yrs
Mel Z.	4 yrs

As Bill Sees It Group

Lamar C.	2/17	31 yrs
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Crystal River Group

Floral City Group

(celebrates the last Tuesday)

Holder Way of Life Group

Bob H.	9 yrs
Vinnie C.	5 yrs

Last Chance Group

(celebrates the last Sunday)

Neil S.	2/28	32 yrs
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What's the Book Say Group—(celebrates the Wednesday following date)

Women's Friendship Group

(celebrates the Monday following the date)

Verna C.	20	5 yrs
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Books for Sale

In addition to the A.A. conference-approved literature, Nature Coast Intergroup also carries a supply of some **Hazelden books**:

24-Hour Book – hard cover.....	\$12.00
24-Hour Book – soft cover.....	\$10.00
24-Hour Book – Large Print.....	\$16.00
Language of Letting Go.....	\$18.00
More Language of Letting Go.....	\$17.00
Touchstones.....	\$13.00

We also have **Grapevine Literature**:

Language of the Heart –hard cover.....	\$10.00
Language of the Heart – soft cover.....	\$9.00
Best of Bill – soft cover.....	\$5.00
AA Around the World.....	\$5.00
The Home Group.....	\$3.25
Thank You For Sharing.....	\$8.00

NEW ITEMS: BOOK COVERS

Call Beverly H. to order: 344-5939

Local Events

Central Florida Men's Workshop

Feb 13-15, 2004

Life Enrichment Center
Leesburg, FL

Information: (352) 728-2672 or
314-3994 or 259-1724
email: sentry706@aol.com



"WET DRUNK WORKSHOP"

(Co-Sponsored by Districts 13 & 28)

Saturday, Feb. 21, 2004

9:30 am to 2:00 pm

LUNCH PROVIDED

First Lutheran Church
1900 Hwy 44, Inverness

CONTACT: Joe C 563-5430 or
Marilyn B. 637-9643



1st Annual Attitude Dinner (Resentment Group)

April 24, 2004—6:00 pm

First United Methodist Church
Hwy 581, Inverness

\$3 donation

Please bring a covered dish



Regional Events

Largo's Step 'N Ahead with Polly P.

Feb 6-8, 2004

St Jerome's Church Parish Ctr
10895 Hamlin Blvd, Largo, FL

Information: (727) 585-6202
email: warrenwir@earthlink.net

Website: Sober Action



Spacecoast Round Up

Feb 12-14, 2004

Holiday Inn Oceanfront Resort
Melbourne, FL

Reservations: (800) HOLIDAY
Mention "Spacecoast Round Up"

Information: (321) 724-2247 or
633-0052

email: intergroup@aaspacecoast.org

Meeting Changes

Friday at 8 PM—**Inverness Group**
Now an open meeting

Monday at Noon
Attitude Adjustment Group
Moves from Act II to
Unity House (the "old" Unity Church)
1515 Whitelake Dr, Inverness

Holder Way of Life
2nd Saturday — (Open Speaker-OS
— To begin in March)

3rd Saturday — (Anniversaries)
Last Saturday — Grapevine Discussion
All other meetings — OD

Meeting Additions

Thursday at 7:30PM
Hernando Men's Group
Closed Discussion
Citrus Family Worship Center
2577 N. Florida Ave (Hwy 41N)
Hernando — between Bank of Inver-
ness and ACE Hardware

Thursday at 5:00PM
Open Step Study
United Methodist Church
Hwy 581 South, Inverness

Monday at 8:00 PM
YANA Group — Open Discussion
147 NW 7th Street, Crystal River
(yellow house behind Crystal River
Police Station)

ATTENTION:

The Unity Church has invited
AA to open new meetings at
its new location in Lecanto.
If you are interested in start-
ing a new meeting, please
contact:

Lori at 746-1270.

Regional Events cont.

Longtimers Dinner

Saturday, March 20, 2004
6:00—9:30 pm

Shady Hills Methodist Church

Green Glen Lane, Shady Hills
(5.5 mi east of US 19 on County
Line Rd., 3.5 mi south on Shady
Hills Rd.,

Contact: Nancy B. 352-688-4105;
Candice R. 352-596-1849 Mary T.
352-684-0531



National Events

57th Annual SC State Convention

Mar 18-21, 2004

The Embassy Suites
Greenville, SC

Reservations: (864) 676-9090
email:

sc2004convention@yahoo.com
Website: <http://www.area62.org>
Click on Conventions & Events



Young At Heart Roundup

April 30, May 1-2, 2004

Crowne Plaza Hotel, Tampa
Westshore

700 N. Westshore Blvd
Tampa, FL 33609

Reservations: (813) 289-8200
use "young at heart" code
online reservations:

www.crowneplazatampa.com
group booking code "AAY"
email: jkaput@newsouth.com

or
jhoffma6@tampabay.rr.com
Website: Young At Heart
Roundup



Announcing Some Exciting Recovery Cruises

<http://www.meetingsenroute.com>



**Sober Celebrations
with Snow and Carol**
<http://www.sobercelebrations.com>

Thought to Ponder: It's not old behavior if I'm still doing it!