



Nature Coast Journal



111 W. Main St., Room 305 ☆ Inverness, FL 34450 ☆ Office & Literature: (352) 344-0290 ☆ Hot Line: (352) 621-0599

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FEBRUARY 2009

My Grateful Miracle: The year was 1996 and I was the owner of the Self Help Bookstore, Journey to Serenity, in Western Massachusetts. A Satanic Church had taken up residence right next door. We were only separated by a thin wall. I was doing everything I could to keep the my side positive and the doors open. The rent was six months behind; electric two months and winter was coming with no gas for heat. The finance company had a repo order for my car as I was unable to make the last payment. There wasn't money for an apartment so I slept on an old couch in in the back room. The cash register had only eight dollars in it. I now knew what complete defeat felt like. Something had to be done but what.

In total desperation, I got down on my knees and begged for God's help. Just the way I had done so about not being able to stop drinking eight years before. I turned the entire problem over to Him and begged Him to take it. Then I went to sleep.

The next morning I was awoke to the phone ringing. To my surprise it was a old

friend from New Hampshire. He had just purchased a city block in the town where I first got sober and wanted to open a book store just like mine. Out of my mouth came the words, "why don't I sell you this one?" To my amazement his reply was, "that would be great, I will be right down."

I hung up the phone and started to shake, knowing that it was only eight hours ago that I had totally given up and turned the problem over to God. The overwhelming problem was solved. The solution came in a way that I could have never guessed. I remember thinking, "Is there a God? You darn right there

Is there a
God? You
darn right
there is!

is!"

My friend came through the door a few hours later and handed me more money than I had seen in several years.

The ordeal that that I didn't have an answer for was over. The final result was that my inner spiritual strength had become so much stronger and at that moment I had been closer to my creator.

Thank you God...

John L, Last Chance Group

Please Listen

When I ask you to listen to me and you start giving me advice, you have not done what I asked.

When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problem, you have failed me, strange as that may seem.

Listen! All I ask is that you listen. Don't talk or do—just hear me. Ad-

vice is cheap; 20 cents will get you both Dear Abby and Billy Graham in the same newspaper.

And I can do for myself; I am not helpless. Maybe discouraged and faltering, but not helpless.

When you do something for me that I can and need to do for myself, you contribute to my fear and inadequacy.

But when you accept as a simple fact that I feel what I feel, no matter how irrational, then I can stop trying to convince you and get about this business of understanding what's be-

hind this irrational feeling.

And when that's clear, the answers are obvious and I don't need advice. Irrational feelings make sense when we understand what's behind them.

Perhaps that's why prayer works - because God seldom speaks in an audible voice, and He doesn't force His way.

God listens and lets you work it out with His caring assistance.

So please listen, and just hear me. And if you want to talk, wait a minute for your turn - and I will listen to you.

Author Unknown

LISTENING Sometimes in sobriety I've prayed when I needed to meditate. I've yammered at God so much that

God can't get a word in edgewise. To me, meditation is simply being quiet and listening for a change.

It is buttoning up my lip -- and my mind that yaps even when my mouth is shut.

Meditation is the path by which I cease being caught up in my own mental "garbage in/garbage out" recycling.

It is the path by which I walk out of the turmoil, trouble, depression, and frustration that I create in and around me.

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When I say good morning I mean to say:

G-od
O-ffers us His
O-utstanding
D-evotion to

M-ake us
O-bedient &
R-eady for a
N-ew day with Him.

I-nspire others please, and
N-ever forget
G-od loves you!

Area Events

Area Assemblies 2009

April 3-5

July 17-19

October 8-10

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

July 29th - Aug 2nd, 2009 53rd Florida State Convention

Hyatt Regency Jacksonville
225 East Coastline Dr
Jacksonville, Florida 32202

Hernando Unity Meeting 3rd Saturday Each Month

7:30-9:30 PM
(doors open at 6:30)
sponsored by Hernando
County Intergroup
United Methodist Church
Fellowship Hall
7079 Mariner Blvd
Brooksville, FL
(corner Mariner/Cortez)

Feb 8, 2009 Wahoo Group Fish Fry Eat at 2 PM Meeting at 3 PM

Covered dish appreciated
Desoto Historic Site Hwy 48

<p>The 21st AA Men's Retreat May 15—17 of 2009 It is time to register for your weekend of Fun, Fellowship, Spirituality and Recovery Cost \$140 <i>See complete flyer on web site</i></p>	<p>FOUNDERS' DAY FLORIDA STYLE www.foundersdayflorida.org June 5th—7th Residence Inn Marriot Tallahassee, FL <i>Details on our web site</i></p>	
<p>SOBERSTOCK 2009 5th Annual Event March 13-15 Soberstock is a 3 day weekend. AA event featuring speakers, meetings, bands, food & fellowship. This festival is open to all mem- bers of AA and their families. Proceeds of this function will purchase Big Books and other AA literature for District 2 Jails & In- stitutions. 1 Day Pass—\$25 Weekend—\$35 <i>See complete flyer on web site</i></p>	<p>65th SOUTHEASTERN CONFERENCE & AREA 1 54th CONVENTION SHARING THE SUNLIGHT OF THE SPIRIT AUGUST 13 through 16, 2009 Mobile, Alabama www.riverviewmobile.com <i>Details on our web site</i></p>	
<p>Mar 28, 2009 Back to Basics Weekend Leesburg Community Center Leesburg, FL Workshop 7:30 AM - 5:00 PM Dinner and Speaker Bob W Daytona Beach</p>	<p>May 22-24, 2009 Spring Fling Convention The Hilton Frontenac St. Louis, Mo. 63131 Info: Mike M Committee Co Chair Spring Fling Convention Tel: cell (314) 835-8731 call any time Website: www.Springflingstl.com</p>	<p>Feb 12-15, 2009 45th International Women's Conference Mariott Hotel Downtown 75 S. West Temple Salt Lake City, UT 84101 Salt Palace Convention Center 100 S. West Temple Salt Lake City, UT 84101 Hotel Reservations: (801) 531-0800 www.marriott.com</p>

Appreciating Our Past

It is easy to be negative about past mistakes and unhappiness. But it is much more healing to look at ourselves and our past in the light of experience, acceptance, and growth. Our past is a series of lessons that advance us to higher levels of living and loving.

The relationships we entered, stayed in, or ended taught us necessary lessons. Some of us have emerged from the most painful circumstances with strong insights about who we are and what we want.

Our mistakes? Necessary. Our frustrations, failures, and sometimes-stumbling attempts at growth and progress? Necessary too.

Each step of the way, we learned. We went through exactly the experiences we needed to, to become who we are today. Each step of the way, we progressed.

Is our past a mistake? No. The only mistake we can make is mistaking that for the truth.

Today, God, help me let go of negative thoughts I may be harboring about my past circumstances or relationships. I can accept, with gratitude, all that has brought me to today.

From The Language of Letting Go by Melody Beattie ©1990, Reprinted with permission from Hazelden Foundation.

Struggling alone

Each of us is a struggling soul. We had to struggle with our addictions for some time before we found this program, and eventually each struggling soul must face the realities of life. If we face the trials of life alone, we will fail.

But if we make our will one with our Higher Power in the Third Step, nothing will be too much to bear. After taking this Step, we will realize that we are one with God and that we don't have to struggle alone any longer.

Am I still struggling alone?
May I turn my will and my life over to my Higher Power.

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ATTENTION

Group Secretary:

Under article three of the NCIntergroup Bylaws, every group is required to submit in writing the name and contact number of their Intergroup Rep and Alternant. Please send the information in writing to the NCIntergroup Store.

Jim Z.
Intergroup Chair

ANNIVERSARIES:

NOTE: Please contact your group secretary and have them send in the names and years of those celebrating that month. We are only hearing from 25% of the groups now.

Attitude Adjustment Group	
Joe K	29
Roseta V	10
Willie M	2
Sherrie R	1
Floral City Group	
Walter W	23
Rosita V	10
John R	6
Ashlee T	1
Robert	1
Hernando Men's Group	
Roland L	6
Holder Way of Life Group	
Beverly C	27
George B.	3
Keep in Step Group	
John O (Jan)	5
Last Chance Group	
Neil S	37
Tami E	15
Gordon B	1
Monday Nite Men's	
John R	1
Walter W	1
Joe K	29
Share at Noon Group	
Bob H	14
Women's Friendship Group	
Toni M (Jan)	29
Johanna N (Jan)	28
Gayle W (Jan)	26
Arlene M (Jan)	19
Verna C	11
Woman to Woman Group	
Joyce S	6
Ashlee T	1

NEW DEADLINE:

To insure that we have Journal's available as close to the first of the month as possible, I would like to have all articles, flyers, notices and anniversaries submitted prior to the last Thursday of each month. This will allow us time to have the Journal printed and ready for distribution by Friday's meeting.

John L-Editor

VALENTINES DAY

DINNER AND MOVIE

"The Bill W Story"

on the big screen

United Methodist Church

Hwy 581 S Inverness

Saturday, Feb 14th @ 4:00

Resentment Group to follow at 6:00

Bring a side dish and/or dessert—we will do the rest.

Enjoy

Valentines Day with the ones you really love, and love you. The members of Alcoholics Anonymous!

Contact: Willve 601-5362

NOTICE: Effective February 15th the Store will no longer be open on Saturday. This was voted on at the January NCI meeting.

JOURNAL DISTRIBUTION:

- 100—Store
 - 100—Inverness Friday Night Beginners Meeting.
 - 100—Serenity Club, Crystal River
- If you are getting your Journals from Beverly now, nothing will change. If your not getting any Journals to your group, pick them up at the store during normal hours.

Treasurer's Position Still Open -Neil S. has agreed to fill in until a permanent treasurer can be appointed. Thank you Neil.

TREASURER'S REPORT

Starting Balance: \$3178.45
 Check for Sales Tax: \$137.78
 Deposit from Bookstore: \$433.12
End Balance: \$3473.79

Next month we should be back to our normal format for the report.

Dear God,

Please get me through these doors.
 A meeting is what I need.
 Remind me to leave my ego and intolerance outside.
 Help me to hear the strength and hope in every-one's words.
 We are the same but appear so different.
 I will remember that others' experiences will help my recovery just as my experience may help another.

INTERGROUP OFFICE/BOOKSTORE

111 W. MAIN ST.
 RM 305
 INVERNESS, FL 34450
352-344-0290

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

- Audio Big Book, 12 & 12, Living Sober, AA Comes of Age
 - Literature Racks
 - Pamphlets for your meeting racks
 - Meeting Signs
 - Big Book Dictionary
 - 12 & 12 Dictionary
 - Speaker Certificates
 - Birthday Cards
 - Serenity Prayer Cards
 - Key Rings
 - Circle Stickers
 - Mini Saying Stickers
 - Bookmarks
 - Verse Cards
 - Bronze Medallions
 - Monthly Coins
 - Leather Book Covers
 - Chrome Travel Mugs
 - Tri-plate Lapel Pins
 - Tri-plate Medallions
 - License plate covers
 - **Gift Certificates**
- Thank you to our Volunteers at the bookstore!!!!**
Your service keeps our doors open!

Intergroup Hotline Report

Kurt's December Hotline Report:

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NCI meeting minutes are available on our website

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Please forward any announcements to: NEWS@NCIntergroup.com

MEETING CHANGES:

Big Book 164 Study-6PM THURSDAY CD
1st Presbyterian Church, RT 44 East Inverness

Women's Big Book time change to 6:30 p.m. effective Thursday, March 5, 2009-House of Power Church Rt 491-7233 N. Lacanto Highway, Hernando

"Making amends is doing what I say I'm going to do, when I say I am going to do it."~Chet P (Delegate to New York)

A meeting on the road or at home. Many AA speakers, FREE and Joe and Charlie Big Book Series

WWW.ELMOWARE.NET

BUSINESS MEETING

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

DISTRICT 28

MONTHLY MEETING TO FOLLOW INTERGROUP

INTERGROUP

OFFICERS

- CHAIR—JIM Z. 352-613-0366
- VICE CHAIR—JOHN L. (727) 560-3247
- SECT—JULIE P
- TREAS—OPEN
- NEIL S FILLING IN

INTERGROUP TRUSTEES

- AL L-ROCK P
- RICK T-SANDY H

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- REPORTER—WILLIE 601-5362

DISTRICT 28

OFFICERS

- DCM—SUE ANN A
- ALT DCM—HANS N
- SECT—PAT H
- TREAS—PAULA D

JOURNALS FOR GROUPS

CAN BE PICKED UP AT:

BOOKSTORE

EAST COUNTY

1ST LUTHERAN CHURCH
FRIDAY BEGINNER'S MEETING 6:30 PM

WEST COUNTY

SERENITY CLUB

JOURNAL IS ALSO POSTED ON WEBSITE

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