



A Newsletter, for AA Members, Published by Nature Coast Intergroup: *Carrying the Message*

# Nature Coast Journal



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Every human being has a tendency to worry about the other fellow. It is a characteristic which none of us seems able to control. To be able to live our own lives without worrying about the other fellow is a virtue few of us possess. I have noticed in myself a feeling of depression when a friend of mine was driving a new car. I felt inferior because my friend had something I could only wish for. Is this not the pattern most of us follow in our lives? And isn't it also true that we many times concentrate on things which are of no concern to us; thus find ourselves in a "jam" because we didn't pay more attention to ourselves?

When a defect of character such as this presents itself, it is only natural that we want to strive to change our pattern. The alcoholic in A.A. finds the slogan "live and let live" a tremendous help in this particular trait of character. He begins by trying to eliminate jealousies or resentments. He then tries to live his own life without depending upon the pattern of another person. He concentrates more on his own problems and weaknesses rather than criticize his friends. (We can-

not criticize others when we ourselves are open for criticism.) The alcoholic in A.A. will begin at last to see and feel the benefits of living with himself rather than by living by some other person's pattern.



If we alcoholics are to gain happiness and serenity through sobriety we must to some degree live by ourselves and not be dependent upon the actions or emotions of our neighbors. It is not necessary that the alcoholic become a hermit or a prisoner of himself or that he should not accept advice from friends. He simply should try to live his individual life without patronizing the abilities or successes of his neighbor. A.A. teaches me to try and live with two beings. I have

found that by living with these two beings I am living happily.

These two beings are God and myself.

D. H. M.  
Peekskill, New York

*Reprinted with permission Grapevine August 1947*

## "I wanted to be famous but God made me anonymous."

I had some pretty big plans when I entered the program. Even though my sponsor told me it wasn't about money, property and prestige, I knew better. I was convinced that, being sober, I would finally write the books and create the products that would get me the recognition and riches I deserved. I even told my sponsor how good of a circuit speaker I would be and asked what I needed to do that. He smiled and suggested that a year of sobriety might be a good start.

As I began working the program, I made some startling revelations. In doing inventories, I found that there was a time when I had a lot of money, property and prestige, but I was still miserable. As I did more work, I discovered that the hole I felt inside could never be filled up with anything outside me, and the more I chased that, the emptier I felt. It was only when I surrendered the character defect of feeling terminally unique that I began to feel better.

One of the truest things I've learned in the program is that I will always feel less than when I compare my insides with someone else's outsides. It has taken years, but I now understand why character building and my spiritual connection must come ahead any outside success if I'm to be happy. I now understand the folly of wanting to be famous, and the wisdom of God's plan of anonymity for me.

*Michael Z*

## Search out shortcomings and correct them.

--Anonymous

One of the hardest things to do is to look at our own shortcomings when we are angry at someone. It seems impossible to believe at such times that something may be wrong with us. This is the reason we are so often instructed to count to ten. When we find ourselves so out of sorts, so internally disrupted, there is usually something wrong with us.

It is our first obligation to take care of ourselves. It is out of love for ourselves that we withdraw and take a spot check inventory. The spot check inventory does not demean or humiliate us. On the contrary, the purpose is to speak with God briefly, check our vital signs, and clean out our connections.

I always need my connection with God. Nothing works without a clear, clean, strong, conscious contact with my Higher Power.

**Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.**

*Ralph Waldo Emerson*

## Vulnerability

Our drinking lives left our emotional selves pinched, scraped, bent, and bruised, if not pretty firmly warped.

So, as our experience shows, the first nondrinking days are likely to be periods of great emotional vulnerability. Is this an extended pharmacological effect of the drinking? Is it a natural state for anyone recuperating from a long and extended illness? Or does it indicate a deep flaw in the personality?

The answer doesn't matter at first. Whatever the cause, the condition is one we have to watch out for, because it can tempt us to drink faster than the eye, head, or heart can realize.

© 1998 AAWS, *Living Sober*, p. 61

*With permission, Alcoholics Anonymous World Services, Inc.*

**Always be yourself. Because the people who matter, don't mind, and the ones who mind, don't matter.**



An artist asked the gallery owner if there had been any interest in his paintings on display at that time. "I have good news and bad news," the owner replied. "The good news is that a gentleman inquired about your work and wondered if it would appreciate in value after your death."

"When I told him it would, he bought all 15 of your paintings."

"That's wonderful," the artist exclaimed. "What's the bad news?" "He's your doctor"

## Area Events

*Details on our web site*

### Area Assemblies 2010

**April 9-11**

**July 23-25**

**October 22-24**

Paramount Resort and  
Conference Center

Gainesville, FL

Hotel: **352-377-4000**

30 day cut-off at the hotel.

Make reservations early.

Info: **877-992-9229**

### 46th International Women's Conference

*Feb 11-14, 2010*

*Orlando, Florida*

### Founders Day

**Florida Style**

**Jun 4-6, 2010**

**Tallahassee, FL**

### 75 Years of Alcoholics Anony- mous

*San Antonio TX*

*July 1-4, 2010*

**August 11-14, 2010**

**54th AA Florida State**

**Convention**

*Miami, FL*

**August 26-29, 2010**

**52nd ICYPAA**

**International Convention of  
Young People**

*New York, NY*

## Unity Meeting

Second Saturday of each month

7:30 pm to 9:00 pm

(Doors open at 6:30)

Sponsored by your  
Hernando County Intergroup

Nativity Lutheran Church

6363 Commercial Way

Refreshments will be served

If your group is interested in hosting a Unity Meeting, please have your Intergroup Representative sign your group up at the monthly business meeting or contact the Intergroup office at (352)683-4597

Upcoming Unity Meeting Calendar

**THE JANUARY UNITY MEETING WILL BE ON  
THE THIRD SATURDAY OF THE MONTH!**

Date.....	Host Group
January 16 .....	Intergroup
February 13.....	Promises Group
March 13.....	Hope Group
April 17 .....	Open

## THE EVIL OF OUR FEARS IT IS EASY "IF"

It is easy to not lie if one doesn't fear the truth.  
 It is easy to not steal if one doesn't fear need.  
 It is easy to not envy if one doesn't fear that one's status is threatened.  
 It is easy to not anger if not fearing others.  
 It is easy to not be open-minded if one fears knowledge.  
 It is easy to not kill if one doesn't fear that a life is threatened.  
 It is easy to not be creative if one fears criticism.  
 It is easy to not be prejudiced if not fearing the differences of others.  
 It is easy to not trust if one fears the mal-intent of others.  
 It is easy to not have hope if one fears continued failure.  
 It is easy to see that most of the evils of life come from our fears  
 It is easy to see that if we stopped responding to most of our fears,  
 that most of life's evils would no longer be.

### February 26<sup>th</sup>

"HEARTS of  
HOPE"



DANCE in Your  
RECOVERY



6:30pm to 22:??

Our Lady of Fatima Church Hall  
550 US Highway 41 S, Inverness

Sponsored by  
The Attitude Adjustment Group  
The Resentment Group  
Donations Accepted

## Last Chance Café

I slowly walked through the door and sat down. I thought everyone was looking at me and I guess they were. A man said, "we have a special drink for you today. It is called humility on the rocks." That was my first introduction to this place. Then he brought me a dish and said, "Have a snack. They are called the Twelve Steps." Each one was marked 1 through 12. He told me, "start with 1 and digest them slowly. We go slow because if you choke on one you have to start over again." The person next to me said, "Welcome, your new here? My name is sponsor and I am here for you. I will help you walk through these steps if you just ask." I could feel all the weight falling off my shoulders. It felt like the Prodigal Son returning. Here I was, home at last, thanks to AA.

*My name is Ernie P and my home group is Attitude Adjustment Group*

## Traditions

- The Twelve Traditions point straight at many of our individual defects. By implication they ask each of us to lay aside pride and resentment.
- They ask for personal as well as group sacrifice.
- They ask us never to use the AA name in any quest for personal power or distinction or money.
- The Traditions guarantee the equality of all members and the independence of all groups.
- They show how we may best relate to each other and to the world outside.
- They indicate how we can best function in harmony as a great whole.

*c.1957AAWS, Alcoholics Anonymous Comes of Age, p. 96*

## Love

## Wisdom

### Purity and Peace

When you build a house, every brick counts. When you build a character, every thought counts. You are what you think. Love, purity, peace, wisdom - the more you think of these qualities, the more you will become them.

"Every thing happens for a reason. Just be patient and in time, those reasons will be answered for you. Sometimes, the big question is (Why, is this happening to me)? The answer to that question is, every day that we wake up, we are gaining incredible knowledge, experience and wisdom. Cherish these moments, hold them close to your heart, for these are the Lessons of Life."

*Nancy Olivia Thomas*

**ANNIVERSARIES:**

Deadline for submissions is the Thursday following Intergroup meeting

**Floral City Group**  
 Walt W ..... 24  
 John R ..... 7  
 Ashlee T ..... 2  
 Robert B ..... 2

**Floral City Mens Group**  
 Pete M ..... 21

**High Noon Group**  
 George H ..... 38  
 Gus ..... 28  
 Sherrie L ..... 20  
 Jacqui H ..... 15  
 Herb T ..... 8  
 Eric ..... 6  
 Lydia M ..... 5  
 Lorraine B ..... 5

**Holder Way of Life**  
 David D (January) ..... 24  
 Vince M (January) ..... 11  
 Chester P (January) ..... 2  
 Beverly C ..... 28  
 George B ..... 4

**Last Chance Group**  
 Neil S ..... 38  
 Jill P ..... 19  
 Tami E ..... 16  
 Billy W ..... 10  
 Gordon B ..... 2  
 Ann D ..... 2

**Rainbow Group**  
 Gene H ..... 3  
 Mark S ..... 1  
 Jerry S ..... 1

**Sober Sand Gnats**  
 Leo D ..... 23

**Thursday Share At Noon Group**  
 Bob H ..... 15

	YTD	Jan
ABC Group	\$0.00	
Bright Spot	\$0.00	
Big Book 164	\$0.00	
Crystal River Big Book	\$0.00	
Crystal River Group	\$0.00	
Dunnellen Group	\$40.00	\$40.00
Floral City Men's Group	\$0.00	
Hernando's Mens	\$0.00	
High Noon Group	\$0.00	
Holder Way of Life Gp	\$100.00	\$100.00
Inverness Monday Night	\$0.00	
Inverness Friday Night	\$0.00	
Inverness Wed Night	\$0.00	
It's In The Book	\$0.00	
Keep In Step	\$0.00	
Last Chance Gp	\$9.96	\$9.96
Monday Night Men's	\$0.00	
Never To Early Group	\$0.00	
New Beginnings-Dunn	\$0.00	
Night Cap	\$0.00	
No Name Group	\$0.00	
Rainbow Group	\$168.00	\$168.00
Share At Noon	\$50.00	\$50.00
Sober Sand Nats	\$25.00	\$25.00
What The Book Says	\$0.00	
Won Rebos	\$37.50	\$37.50
Women's Friendship Gp	\$100.00	\$100.00
Women to Women	\$0.00	
Women's N-Beginnings	\$0.00	
Women's House Power	\$0.00	
Yana	\$0.00	
<b>Monthly Totals</b>	<b>\$530.46</b>	<b>\$530.46</b>

**INTERGROUP OFFICE/BOOKSTORE**

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

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

Store volunteers for December: John W. Big Book 164—Rich G. Keep in Step—Don P. Share at Noon—Mel L. Crystal River Group

Intergroup Hotline Report

Hotline Report:

Total Calls ..... 79  
 AA ..... 61  
 AA at the Office ..... 3  
 NA at the Office ..... 1  
 Alanon ..... 7  
 Detox ..... 3  
 NA ..... 4

**MEETING UPDATES**

Wednesday Night Step Study is now using the 12 & 12.

The following groups were represented at the Intergroup meeting for January Big Book 164, Brightspot Group, Inverness Friday Night Group, Inverness Wednesday Night Group, Last Chance Group, Monday Night Men's Step, Night Cap Group

*If your representative is not listed then your group was not represented. Lets make an effort to have 100% participation.*

*Overall Group donations to Intergroup were very good last year. It is appreciated and will further carry on the services that Intergroup provides like the AA Store, Hotline, Gratitude Dinner, Where & When's, Business Cards, Website and others.*

Intergroup voted two new Trustees: Mel L of the Crystal River Group John W of the Big Book 164 Group Congratulations.... The term is for 2 years.

**Positive Affirmations:**

Today, I will take the time to dream.  
 As I believe, so I am. I will keep my thoughts positive.  
 I chose to move forward in the light. I expect the best to come to me.  
 I am keeping my attitude open to all possibilities, I expect good.  
 I am faith filled and free of fear and ready to heal.

**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—AL L  
 352-586-0800

VICE CHAIR—BEVERLY H..  
 352-344-5939

SECT—JULIE P

TREAS—JOHN L

**INTERGROUP TRUSTEES**

ROCK P—JOHN W

SANDY H—MEL L

HOTLINE

ROCK  
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WEBSITE

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**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

FRIDAY BEGINNER'S

MEETING 6:30 PM

WEST COUNTY

SERENITY CLUB

JOURNAL IS ALSO

POSTED ON WEBSITE

[www.ncintergroup.com](http://www.ncintergroup.com)

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