

Nature Coast Journal

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

VOLUME 8, ISSUE 3

MARCH, 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

Mar 25

Holder Way of Life 22nd Anniversary Barbecue Picnic

Whispering Pines Park
11am—3pm

Eat 1:00—2:00

Speaker 2:00—3:00

Speaker: Carey H.

— Palm Harbor

Apr 1, 2006

Softball Picnic 1PM-5PM

After the Noon meeting

Sponsored by:

The High Noon Group

Crystal River

Bicentennial Park

(behind the airport)

Field #5

Hot Dogs, hamburgers &
soda provided

Bring a dish if you wish.

Bring a mitt.

The Helping Hand of AA

Somewhere I have heard or read that helping other alcoholics is the best way to keep sober. If this is so, and I really have a strong desire to stay sober, but having a difficult time doing so, then I must do the best thing to keep me sober. What are some simple ways I can help other alcoholics?

- Go to frequent meetings. Going to meetings frequently does several things:
 - I meet many of the same alcoholics on a regular basis. This encourages friendships and helps support me and my friends with a common bond to help one and other.
 - I meet newcomers. I can share my experiences: what it was like then, and what it is like now. This interaction with newcomers not only helps them, but also helps me. This reminds me of where I have been and re-teaches me the path of recovery.
 - At frequent meetings I can share my experiences, strengths, and hopes with others. It is very therapeutic for me to express myself on a regular basis. It also helps others when they hear my words. There is always something in what I have to say that will help another. Likewise, there is always something in what others have to say that can help me.
- I can help out by setting up at meetings, if I get there early. Making coffee and arranging chairs are a few ways I can help set up. I can also stay after meetings to help clean up. Setting up before meetings and cleaning up after the meetings can provide several benefits:
 - The meetings will have an opportunity to run more smoothly.
 - I have an opportunity to work together with other alcoholics who also are helping out. Teamwork promotes close friendships.
 - I can talk with other alcoholics before and after meetings. These are opportunities to express ideas, problem solve, or just be a sympathetic listener.

(Helping Hand — Continued on page 4)

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.

Area Events

Mar 24-26

2nd Annual Int'l Big Book Study Convention

Florida Atlantic University
Glades Rd.
Boca Raton, Fl
Info: (561) 339-5320
(781) 254-5140
(781) 589-8318
Website:
bbssconvention.org

April 28-30

Serenity Weekend Women's Spring Conference 2006 "A Spiritual Journey"

Holiday Inn Town Center
1950 Glades Road
Boca Raton, FL 33431
Call Ann P. for info
(407) 876-4430

Mar 24-26

Soberstock

Scout World
Camp Owen J Brorien
16901 Boy Scout Rd
Odessa, Fl
Website:
soberstock.com

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>

What the Traditions Mean in My Life

I believe the Traditions not only keep together the different groups within the AA community but also are essential for me to apply to my own life. For example, the first Tradition refers to the common good and the concept of unity, and its message is that if I apply harmony, serenity, and unity in my workplace and within my family, life will have similar characteristics.

Keeping in mind that a Higher power is above everything else (Second Tradition), if I act according to divine and natural law, nothing evil can destroy me.

Helping others in whatever way I can without prejudice or discrimination (Third Tradition) forces me to set fear aside and to give the best of myself to my fellow humans. Within my commitment to my job, my studies, or my group, I sustain my individuality but do not allow it to harm those around me (Fourth Tradition).

When I set a goal, I work toward it with perseverance, not letting outside influences steer me away from my primary purpose (Fifth Tradition).

I am aware that when property, money, and prestige enter into my personal situation, I must walk a straight path, because I am susceptible to those temptations (Sixth Tradition). I try to be financially self-sustaining, not borrowing from others, practicing moderation in my expenses, and balancing my budget (Seventh Tradition), always working toward keeping a prudent reserve in savings.

I do not know everything, so I seek the advice of others who know more than I do and that of professionals and specialists (Eighth Tradition). I cannot do it all alone, and help from those wiser than I am can help me reach my objectives.

Delegating and sharing were habits I did not have before I began to accept people, places, and things (Ninth Tradition). "Live and Let Live" – this axiom distances me from controversy and teaches me that it is better to keep quiet at opportune times than to win an unproductive battle (Tenth Tradition). When I have a good idea, I try to share it with those who might be interested in that concept, but I do not try to promote my ideas the way I did in bars and taverns (Eleventh Tradition).

Whether a task is big or small, the important thing is to keep it to myself, maintaining my anonymity even though it is hard to do so. After all, this is all about working toward perfection, and I am [trying to do so] (Twelfth Tradition).

Daniel Z. – Miami (Grapevine, December, 2004)

March '06 Anniversaries

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

	<u>Years</u>
CATS Group	
Karen	1
Crystal River Group	
Barry C.	14
Keith E.	13
Marie W.	13
Terry K.	6
Dick G.	3
Katharine D.	3
Jeff H.	2
Travis T.	2
Floral City Group	
Les	23
Angie M.	10
Butch P.	4
Floral City Men's Group	
Reese St.J.	5
Holder Way of Life Group	
George N.	18
Inverness Monday Night Group	
Charley A. (belated—Feb.)	22
Last Chance Group	
Al M.	26
Katie M.	15
No Name Group	
Rich S.	12
Red Eye Group	
Iris W.	18
Women's New Beginnings Group	
Shirley M.	24
Toni T.	15

Volunteers Wanted

The Treatment Committee is seeking volunteers to share experience, strength, and hope and to explain what AA is and what AA is not.

Call Bill F. at 422-0790

Local area rehabs— no long distances.

Inverness and Lecanto

Men and Women volunteers

**“Living Sober”
Women’s Closed
Discussion Meeting
Thursday 7 PM.
First Presbyterian
Church,
Washington Ave,
Inverness.**

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

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

Recovery Roller Coaster

One of the times I was resisting change in my life, my sponsor said, “Accept that life has ups and downs like a roller coaster. Some are predictable and some are not. On a roller coaster it is fun only if you go with each experience and allow yourself to discover all that is in it. If you are set against the experience and the most you are trying for is survival, you miss the richness of the ups and downs.”

The longer I stay sober, the more I discover the wisdom of these words.

Kathy H. – Springhill (Grapevine, April 2005)

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.

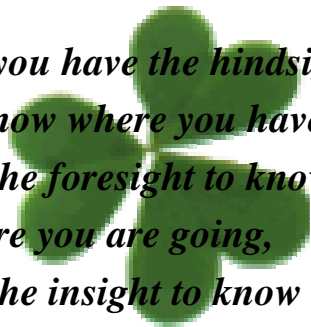
Call Beverly H.

to order:

Ph: 344-5939

An Irish Blessing:

*May you have the hindsight
to know where you have been,
And the foresight to know
where you are going,
And the insight to know
when you have gone too far.*



Grapevine — October, 2004

**Announcing
Some Exciting
Recovery Cruises**

<http://www.meetingsenroute.com>

**More Recover Cruises
Sober Celebrations
With Snow**

<http://www.sobercelebrations.com>

TREASURER'S REPORT		26-Feb-06	
	3,650.53		
Beginning Balance	February	YTD	
Income			
Support - Individuals	15.60	33.60	
Support - Groups	310.00	530.00	
Book Sales	350.16	1,161.77	
Medallion Sales	29.60	52.68	
Other Sales	41.95	136.26	
Sales Tax Collected	25.32	81.07	
Events	-	39.10	
District 28-WS Adjustment	-	20.00	
Total Income	772.63	2,054.48	
Expenses			
Rent	-	-	
Alltel	60.15	117.35	
Books	394.68	1,318.28	
Medallions	48.55	48.55	
Recovery Items	9.00	9.00	
Sales Tax Paid	-	87.36	
Journal	56.46	112.09	
Website (pd for yr in Oct)	-	-	
Treasurer Expenses	39.00	39.00	
Bank Fees	-	-	
Misc. Expenses	-	75.00	
FI Dept of State-Corp Filing	61.25	61.25	
Transfer to Money Market	-	-	
Total Expenses	669.09	1,867.88	
Ending Checking Balance	3,754.07		
Reserved for Events	-751.02		
Available Funds	3,003.05		
Inventory Value	1,696.64		
Accounts Receivable	479.81		
Office Reserve Account(CD)	2,500.00		
Office Reserve Account(MM)	4,507.63		
Total Assets	12,938.15		
GROUP SUPPORT 2006			
	YTD	February	
ABC Group	-	-	
Attitude Adjustment Group	-	-	
CATS Group	-	-	
Citrus Springs Closed Step Gr	-	-	
Crystal River Big Book Grp	-	-	
Crystal River Group	-	-	
Dunnellon Group	-	-	
Early Birds Group	-	-	
Floral City Group	10.00	10.00	
Floral City Men's Group	-	-	
Hernando Men's Group	-	-	
High Noon Group	80.00	50.00	
Holder Way of Life Group	50.00	50.00	
Inverness Fri Night Group	100.00	100.00	
Inverness Mon Night Group	-	-	
Inverness Wed. at Noon Group	-	-	
It's in the Book Group	20.00	-	
Keep in Step Group	-	-	
Last Chance Group	-	-	
Lecanto Group	-	-	
Mon. Night Men's Step Group	60.00	60.00	
Never Too Early Group	-	-	
New Beginnings Group	-	-	
No Name Group	-	-	
Quail Run Closed Step Group	-	-	
Red Eye Group	-	-	
Resentment Group	40.00	40.00	
Share at Noon Group	100.00	-	
Wahoo Group	-	-	
Wed Inverness Step Group	-	-	
What's the Book Say Group	-	-	
Women's Friendship Group	70.00	-	
Works For Me Group	-	-	
YANA Group	-	-	
Total	530.00	310.00	

For Your Information

The Intergroup Telephone Hotline Report: 91 calls in February, 1 for detox, 1 rehab, 4 NA, 2 wet drunk, 5 Alanon, 1 Alateen, 61 Citrus County, and 10 other counties meeting information. Gail N. is the new Hotline Chair.

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.**

Important Intergroup Announcement

Nominations are being accepted for a new trustee. Election will be held at March Intergroup meeting.

(Helping Hand — Continued from page 1)

- Get active. I can attend my home group's business meetings. If I regularly attend these meetings, I may someday have an opportunity to be a secretary or group rep. I could attend monthly Intergroup and District meetings. I could volunteer to work on a committee. Intergroup and District are always looking for volunteers. "Many hands make for light work." ~ Ed P.

SPECIAL ANNOUNCEMENT

COPIES OF THE *NATURE COAST JOURNAL* ARE AVAILABLE FOR PICKUP AND DISTRIBUTION FOR ALL THE GROUPS EARLY EACH MONTH FROM TWO LOCATIONS:

EAST COUNTY
1ST LUTHERAN CHURCH,
INVERNESS (FRIDAY BEGINNERS'
MEETING 6:30 PM)

WEST COUNTY
SERENITY CLUB, ST. BENEDICT'S,
CRYSTAL RIVER

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.
PETE M.
RON B.
(OPEN POSITION)

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