

Nature Coast Journal

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

VOLUME 9, ISSUE 4

APRIL, 2007

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 6:00PM

Local Event

April 8
3:30 pm - 6:30 pm

Easter Dinner

Sponsored by High Noon Group
At the Serenity Club, St. Benedict's
Turkey, Ham and Drinks Provided
Bring a Covered Dish

Area Events

July 13-15
October 12-14
Area Assemblies
Paramount Resort and Conference Center
Gainesville, FL
Hotel: (352) 377-4000

Events (Continued on page 2)

Opinion Poll Results

In last month's newsletter Intergroup asked the groups to voice their opinions regarding the reserve funds. Should the funds be used for an Intergroup Office or for something else? At the March 25 meeting the motion passed to continue to use the money toward establishing an Intergroup Office. Fourteen of the thirty groups responded as follows:

- | | |
|------------------------------------|-----------|
| 1 ABC Group | |
| 2 Attitude Adjustment Group | Office |
| 3 Citrus Springs Closed Step Group | Undecided |
| 4 Crystal River Big Book Grp | |
| 5 Crystal River Group | Office |
| 6 Floral City Group | Office |
| 7 Floral City Men's Group | |
| 8 Hernando Men's Group | |
| 9 High Noon Group | Office |
| 10 Holder Way of Life Group | Office |
| 11 Inverness Fri Night Group | Office |
| 12 Inverness Mon Night Group | Office |
| 13 It's in the Book Group | |
| 14 Keep in Step Group | |
| 15 Last Chance Group | Office |
| 16 Lecanto Group | Office |
| 17 Mon. Night Men's Step Group | Office |
| 18 Never Too Early Group | |
| 19 No Name Group | Office |
| 20 Quail Run Closed Step Group | |
| 21 Red Eye Group | |
| 22 Resentment Group | |
| 23 Share at Noon Group | |
| 24 Wahoo Group | |
| 25 Wednesday Inverness Step Group | |
| 26 What's the Book Say Group | |
| 27 Women to Women Group | |
| 28 Women's Friendship Group | Undecided |
| 29 Women's New Beginnings Group | Office |
| 30 YANA Group | |

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)

There is a 30 day cut-off for registration at the hotel. Make reservations early.
Info: (877)992-9229

**Apr 20-22, 2007
Country Round-Up**

Ag Center
1424 Jackson Ave (Hwy 90)
Chipley, FL
Executive Inn
Reservations: (850) 638-7335
Info: (850) 547-5164
chipley_countryroundup@hotmail.com

**May 4-6, 2007
Serenity Weekend Women's Conference**

Holiday Inn Town Center
1950 Glades Road
Boca Raton, FL 33431
Reservations: (561) 368-5200
Info: (407) 876-4430

**May 10-13
Big Book Seminar**

Holiday Inn Town Center
1950 Glades Road
Boca Raton, FL 33431
Reservations:
(561) 368-5200
(800) 465-4329
Information:
Ph: (954) 881-8189
email: info@bigbookseminar.com

**May 25-28
Daytona 17th
Spring Conference**

Plaza Ocean Club
640 N Atlantic Ave
Daytona Beach, FL 32118
Reservations: (800) 874-7420
Info: (877) 902-5975
email: leestapes@viafamily.com

**June 15-17
FCYPAA 2007 MIAMI**

Florida Conference of Young People in Alcoholics Anonymous
Marco Polo Beach Resort
19201 Collins Ave,
Miami Beach, FL 33160
(305) 932-2233
Information: call Carissa
(305)498-3842 or
www.fcypaa.org

Events (Continued on page 3)

Not Worrying

Each of us has to do something each day -- work in an office or a factory, soldier, take care of a house, or whatever. None of us has to understand God or worry about things beyond our control. We can indulge ourselves in the luxury of not-worrying. Any of us can handle just one day; all each of us has to try at is our own job, our own family life. We don't have to try fixing up the whole world or understanding what no theologian of any faith has ever understood. We simply stop messing in God's business.

© 1973 AAWS, *Came To Believe.* . . p. 116.
With permission, Alcoholics Anonymous World Services, Inc.

Anniversaries

April 2007

To post your group's anniversaries ask your Group Secretary to contact Ed P. at 422-0144 or send email to news@ncintergroup.com prior to the first of each month.

	<u>Years</u>
Attitude Adjustment Group	
Lori C.	3
Billy B.	3
Dave G.	1
Last Chance Group	
Kevin H.	23
Kathy F.	10
Women's Friendship Group	
Gloria D.	33
Pat O.	25
Liz R.	16
Women's New Beginnings Group	
Shirley	25
Toni T.	16

The Missing Link

"I knew ... I needed to be open-minded toward what people suggested for recovery. However, when it came to spirituality, I fought it nearly every step of the way. Although raised in an ethnic and religious Jewish household, I was agnostic and very resistant to anyone and anything that I perceived to be imposing religious beliefs. To my surprise, Alcoholics Anonymous suggested something different. "The idea that religion and spirituality were not one and the same was a new notion. My sponsor asked that I merely remain open-minded to the possibility that there was a Power greater than myself, one of my own understanding. He assured me that no person was going to impose a belief system on me, that it was a personal matter. Reluctantly, I opened my mind to the fact that maybe, just maybe, there was something to this spiritual lifestyle. Slowly but surely, I realized that there was a Power greater than myself, and I soon found myself with a full-time God in my life and following a spiritual path that didn't conflict with my personal religious convictions."

© 2001 AAWS, Inc., *Fourth Edition; Alcoholics Anonymous*, p. 287

The Gift

Life doesn't care whether I agree with what's happening or not.

Life doesn't care whether I think it's fair.

My only real job on a daily basis is to accept what comes my way and be grateful for the opportunities that all circumstances present to me.

I need to be grateful that I have been given a second chance at life in whatever form it takes on a daily basis. . .

It's a gift, and not one I can afford to take for granted. . .

Every day sober is a good day.

The AA Grapevine, April 2007, p. 31

OLD TIME AA

- 1- It's not old behavior if I'm still doing it.
- 2- If you're looking to have an image in AA, look around at the meetings you go to and take a look at whom you're trying to impress.
- 3- An alcoholic is a person who wants to be held while he's isolating.
- 4- Sobriety is the leading cause of relapse.
- 5- A treatment center is where you go and pay \$15,000 to find out that AA meetings are free.
- 6- The idea that alcoholics, drug addicts, sex addicts, overeaters, smokers, etc, etc, should all just go to AA Meetings because a disease is a disease is a disease...was started by a treatment center that only had one van.
- 7- This is a 'One Day at a Time' program. If you are clean and sober today, you are tied for first place in AA.
- 8- If drinking is interfering with your work, you're probably a heavy drinker. If work is interfering with your drinking, you're probably an alcoholic.
- 9- I often obsessively pursue feeling good, no matter how bad it makes me feel.
- 10- When I was new, I didn't think I had any obsessions until I started thinking about it. Then it was all I could think about.
- 11- How come if alcohol kills millions of brain cells, it never killed the ones that made me want to drink?
- 12- From a newcomer reading the 'Promises' for the first time: "We will comprehend the word cemetery and we will know peace."
- 13- If God were small enough to be understood, He wouldn't be big enough to be God!
- 14- If you want to quit drinking, you are going to have to quit drinking.
- 15- Newcomer: How do I know how many meetings I should attend each week? Old-timer: Gradually cut back until you get drunk. Then you'll know.
- 16- I would rather go through life sober, believing I am an alcoholic, than go through life drunk, trying to convince myself that I am not an alcoholic.
- 17- Resentments are like stray cats: if you don't feed them, they'll go away.
- 18- The difference between a problem drinker and an alcoholic is that:
 - (A) When alcohol is taken away from the problem drinker, the problem goes away.
 - (B) When alcohol is taken away from the alcoholic, the problem begins.
- 19- Before I came into AA, I was dead, but I did not know enough to lay down.
- 20- I drank when I was happy. I drank when I was unhappy. Actually, I am a reason to drink.
- 21- You don't have to be sick to want to get well. But if you don't want to get well, you ARE sick.
- 22- I can't do His will my way.
- 23- In order to change the way we feel we need to change the way we act. There is only one way to coast, and that is downhill.
- 24- The good news is you get your emotions back; the bad news is you get your emotions back.
- 25- All we ask is that you completely change your attitude as soon as possible.
- 26- I have held many things in my hands, and I have lost them all.
- 27- Joy isn't the absence of pain -- it's the presence of God.



"Sponsor...could you help me review my Step Four?"

Events (Continued from page 2)

July 27-29 , 2007

12th Annual Southeastern Woman to Woman Seminar

Clarion Hotel Airport & Conference Center
Jacksonville, FL

Reservations: (904) 741-1997

Web: jaxclarion.com

Info: (904) 765-6268

Register on-line: sewomantowoman.org

August 8-12

51st Florida State Convention

Caribe Royale

8101 World Center Dr.

Orlando, FL 32821

Reservations: (800) 823-8300

web: www.CaribeRoyale.com

Info: www.flstateconvention.com

August 24-26

Key West 20th Annual Sunset Round Up

Casa Marina Hotel

800-626-0777

info: www.sunsetroundup.com

August 31- September 02 Big Book Workshop Weekend

Holiday Inn Hotel and Suites

Boca Raton Town Center

Reservations: (800) 781-5611

Info: (877) 902-5975

leestapes@viafamily.com

National Events

April 13-15

5th Carolinas Spring Fling

Marriott Executive Park

Charlotte, NC

Reservations: (800) 228-9290

online: www.marriott.com

info: carolinasspringfling.com

www.carolinasspringfling.com

May 25-27

21st Annual Gathering of Eagles

DoubleTree Hotel Dallas

4099 Valley View Lane

Dallas, TX 75244

Reservations:

(800) 222-TREE

Note: many attendees with 50+ years of sobriety

Information:

Ph: (214) 357-1478

email:

searcyw@aol.com

Web: Gathering.of.Eagles

Treasurer's Report	Mar	2007
Beginning Balance	3,964.54	YTD
Income		
Support - Individuals	22.50	53.50
Support - Groups	125.00	435.00
Book Sales	550.50	1,203.88
Medallion Sales	110.43	241.89
Other Sales	22.50	64.16
Sales Tax Collected	40.71	90.14
Events		97.94
Misc Income		-
Total Income	871.64	2,186.51
Expenses		
Rent (pd for yr in Oct)		-
Alltel	56.08	168.13
Books	351.67	1,012.26
Medallions	87.50	186.40
Recovery Items		10.00
Sales Tax Paid		95.23
Journal		196.63
Website (pd for yr in Oct)		-
Treasurer Expenses		-
Bank Fees		-
Events		181.96
Misc Expenses	67.69	208.94
Total Expenses	562.94	2,059.55
Ending Checking Balance	4,273.24	
Reserved for Office (MM)	4,519.41	
Reserved for Office (CD)	2,584.00	
Balance Cash Accounts	11,376.65	
Inventory Value	1,622.55	
Accounts Receivable	47.70	
Total Assets	13,046.90	
Prudent Reserve	3,000.00	
Group Support 2007	YTD	March
ABC Group	0.00	
Attitude Adjustment Group	100.00	100.00
Citrus Springs Closed Step	0.00	
Crystal River Big Book Group	0.00	
Crystal River Group	0.00	
Dunnellon Group	0.00	
Early Birds Meeting	0.00	
Floral City Group	0.00	
Floral City Men's Group	0.00	
Hernando Men's Group	0.00	
High Noon Group	0.00	
Holder Way of Life Group	0.00	
Inverness Friday Night Group	80.00	
Inverness Monday Night Group	0.00	
Inverness Wednesday Night Step	0.00	
It's in the Book Group	25.00	25.00
Keep in Step Group	0.00	
Last Chance Group	160.00	
Lecanto Group	0.00	
Monday Night Men's Step Group	0.00	
Never Too Early Group	0.00	
No Name Group	0.00	
Quail Run Closed Step Group	0.00	
Red Eye Group	0.00	
Resentment Group	0.00	
Share at Noon Group	0.00	
Wahoo Group	0.00	
What's the Book Say Group	0.00	
Women to Women Group	0.00	
Women's Friendship Group	70.00	
Womens New Beginnings Group	0.00	
Works For Me Meeting	0.00	
YANA Group	0.00	
Total	435.00	125.00

Wanted: Alternate Journal Editor

Qualifications: Hard working, attend Intergroup meetings regularly, computer savvy, internet and email access, good literary skills, fundamental Word and Excel skills, Microsoft Publisher skills preferred (if not, willing to learn), willing to accept lead Journal Editor's position, if necessary. Call Ed P. 422-0144

Webmaster Needed

To maintain Nature Coast Intergroup Website (<http://www.ncintergroup.com>).

Our current webmaster is planning to resign very soon, and we need someone to take over maintaining and updating our website. This is a volunteer position. Knowledge of html is essential and a working understanding of CSS and ftp protocol is desired. (Some training will be provided). Dreamweaver or Front Page skills are helpful. If you feel you are qualified for this position please contact Ron B. at 489-7216 or email webmaster@ncintergroup.com or contact Beverly H. at 344-5939.

This is a wonderful way to be of service.

For Your Information

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.

Intergroup Telephone Hotline Co-chair Rick T. March Hotline Report: Total Calls Incoming were 96: 91 for AA information/meetings, 3 NA, and 2 Alanon.

Hotline Volunteers greatly needed to carry the phone. Call the Hotline at 621-0599 to volunteer.

Book Sales

In addition to the A.A conference-approved literature, Nature Coast Intergroup stocks a supply of some Hazelden books and medallions. We also have Grapevine Literature. Call Beverly H. to order Ph: 344-5939

COPIES OF 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

TONI T.
382-7578

VICE-CHAIRPERSON

MARTHA G.
489-8752

SECRETARY

MARY R.
465-4381

ALT. SECRETARY

VACANT

TREASURER

SUE C.
344-5153

INTERGROUP TRUSTEES

ALFRED L.
NEAL S.

RICK T.
ROCK

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

JIM K.
746-3115

ALT DCM

DON G.
489-8752

SECRETARY

TAMI E.
563-2133

TREASURER

TISH O.
344-4555