



Nature Coast Journal



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How Many of Us Were 100

SEVERAL times recently I have used the word "phony" in conversations regarding alcoholism. And several times recently I have heard the same word used by others, in closed meetings and in other places where the talk is of alcoholics and their ways.

In almost every instance, my friends of AA and I were not speaking of ourselves. We were discussing persons or types of persons who had asked for help. It was conjectured that certain of these persons were not honest in their desire to stop drinking. It was insinuated that these "phonies" might wish to use AA for some purpose or purposes unknown.

A standard dictionary defines "phony" as "not genuine; spurious, counterfeit, or bogus; fraudulent."

In the latter days of my drinking, I frequently expressed concern for the welfare of fellow drunks, often urging them to seek the aid of doctors, psychiatrists or of AA.

Now I see that my solicitude was no more than a rationalization by which I attempted to establish for myself a level of superiority to my fried friends. My concern for them was not genuine.

At this time, too, my maudlin expressions of endearment for members of my suffering family were frequent. I was desperately afraid they would sensibly abandon me. But no action of mine ever indicated that my glib phrasing of endearments was anything but spurious--as it was, at that time.

Having neither the proper paper, ink, plates, press nor skills, I printed no banknotes. But the illnesses I pleaded to excuse absences from work were counterfeit.

As to "bogus," I need say only that certain checks of mine were.

And a number of times I was able to borrow money upon presentations that were, to avoid an uglier word, fraudulent.

I was in no way genuine, my words were spurious, I was a coun-

terfeiter, my bogus checks bounced, I practiced fraud. I was, by definition, a "phony." But in my direction were turned no cold shoulders when my time came and I begged for help. No Pharisees pronounced me "phony."

"The only requirement for membership is an honest desire to stop drinking."

When I came into AA I didn't have even that vestigial trace of honesty. But I got help. And eventually I attained what I believe to be an honest desire for sobriety. And, by some miracle, it has been almost two years that I haven't had a drink. I'm even trying to be honest.

So, in taking inventory of my vocabulary, I think I'll drop a word. Had my sponsor been addicted to its use, I wouldn't be here now.

Because I was a phony.

*W. B. H.
Manhattan, New York
Reprinted from the May 1953 Grapevine*

A MEMBER SHARES:

Terry here, grateful alcoholic and honored to be here today. I wanted to talk about anger, because it's what I struggle with most these days. I was generally jovial, easy to get along with, until those moments drinking when the rage would surface -- sometimes out of nowhere -- sometimes rage about things long past -- sometimes about how life as it is was and not as I thought it should be. When I realized my life was unmanageable, I came to this program and was crushed. I came with fear and so little to offer. Even in early sobriety, I was angry that stopping drinking didn't fix my relationships or finances, or the myriad of other things I thought were important. Today, I realize that my sobriety is the MOST important thing in my day; that the acceptance of self and others is key to this. I realize that sober, I can endure almost anything, and that every sober day makes me a winner no matter what else goes

wrong. Yet I am perplexed that I have all the theory and not the practice yet -- I want to be totally fixed right now in good alcoholic fashion. Today, I see anger arising in me, and instead of just reacting, I remember that I am giving another space in my head. I am letting them mess with my serenity. I am impeding my own progress, eating poison hoping the other becomes ill -- all the things we "know" about sober life, and yet I find that I react at the same time. It's said that for some of us former military folks there are only two acceptable emotions: rage and lust. But sobriety is uncovering a broader spectrum, and it's still hard to deal. So today, I see the anger, and still react a bit, but I look also to the fears beneath, try not to "act" on the anger - and pray for those who anger me most. It's a process, and some days slower than others, but with each day, I get a little better -- especially on accepting my own limitations and myself.

Anonymous Internet

Are you being seduced by the lure of the comfort zone?

Comfort zones, are like the warmth of the your house, as a blizzard rages outside. And yet, a comfort zone is also like: resisting the new, in the face of change, and not doing, because you do not know how.

The average person, when he feels the storm swirling outside his comfort zone, rushes back inside where it's nice and warm.

One who is on the spiritual path knows that, they have the courage and guidance to step away from the familiar and comfortable, and to face the unknown with no guarantees of success.

It is this ability to "boldly go where no person has gone before" that distinguishes the spiritually aware person, the person who trusts God, from the average person.

Are you cold today? Leave the warmth anyway!

Anonymous

Dear Editor:

What bothered us most a year ago? A month ago? Even a week ago? It's probably that whatever it was, we were obsessed with it, certain that our futures were ruined, that there was no reasonable solution. It's also probable that we feared we simply couldn't survive the complexity of the situation. But we did. And we always will be able to survive any and all difficulties. We are never, absolutely never, given more than we can handle. In fact, we are given exactly what we need, at any given time.

We have many lessons to learn. Fortunately, we have the structure of the Twelve Steps to guide us through the lessons. We need mainly to remember what we are powerless over, that there is a power greater than ourselves, and that life will become simple; we'll need no extra homework when we've turned it over to the care of God.

Whatever my problem today, I will let God have it. A solution is in the making. I'll see it just as quickly as I can let go of the problem.

By Karen Casey—reprinted with permission

Power To Tolerate

You have the power to tolerate anyone and any situation. But tolerance is not just suffering in silence. It means going beyond any personal discomfort you may feel, and giving a gift to whom ever you would tolerate. Give your time, attention, understanding, compassion, care - all are gifts, which paradoxically, you also receive in the process of giving. And, as you do, you will experience your own self esteem and inner strength grow. In this way you can turn tolerance into strength.

In Memory—Price O

6/26/18—3/25/10

Price, age 91, a long time member of the Rainbow Group passed away on March 25th. His sobriety date was January, 3 1959 and he received his 51 year medallion this

past January.

During 1994, Price was program director of a halfway house in Maryland. Later he founded and was chief benefactor to another drug and alcohol rehab center also in Maryland which housed 30 to 50

men and women. That rehab is still in operation today.

Price was an imposing presence at meetings, always contributing and will be dearly missed.

Gene M

Area Events

Details on our web site

Area Assemblies 2010

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**

Founders Day

Florida Style

Jun 4-6, 2010

Tallahassee, FL

75 Years of

Alcoholics Anonymous

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

Feb 10-13, 2011

47th International

Women's Conference

Anchorage, Alaska

23rd AA Men's Retreat

December 3,4,5 2010

"I thought I was the black sheep of my family until I got to my first meeting and there I found the rest of my flock..."

“It Does Get Better”

I always knew the difference between right and wrong. With that knowledge I choose the wrong side of the coin every time. Throughout my life I have made numerous mistakes, harmed family, discouraged friends and wasted most of my early years.

The guilt grew stronger and the dislike I had for myself became overwhelming. Ending it all seemed like a good idea. One thing I know today is that I can't cry over spilt milk.

Ever so slowly a light came on. Very dim at first but became brighter as the time went on. God's outstretched hand led me to my first AA meeting. At that meeting I was told that the 12 steps would lead me into sobriety. Step One was easy. No problem there. I knew I was an alcoholic right from the beginning. The rest came a bit slower. Finally came Step Four. I didn't think I would ever close the door on that one. I finally did and now use Step Ten when I remember things that need my attention. I deal with things promptly as they come up like the program has taught me.

I've been told AA is like going to college for the alcoholic. In the AA classroom is where I listen, observe others, and pick up little tidbits of wisdom that I can use on myself when I am away from meetings. Some members have many years under their belts; others are still have problems getting the message but keep coming back. God bless that group. It took what it took for me to get sober but I thank God that I am where I am today.

For myself, I'm grateful for one thing; that I didn't drink yesterday, I haven't drank today and I am not planning on drinking tomorrow. This is my intention, one day at a time. I take care of me and my God takes care of the rest.

If you think you have reached the end of your rope, tie a knot and hang on. Help is within the doors of AA and the people are here for you. I thank God for the people in AA who have given me peace of mind, serenity and sobriety. For that I will keep coming back.

My name is Ernie and I am an alcoholic from the Attitude Adjustment Group.

The back row of an AA meeting is the "Shoe Department" . . . that's where we usually find the slippers, the loafers, the sneakers, and the heels!

WHO AM I?

I have found that the process of discovering who I really am begins with knowing who I really don't want to be. And although the disease of alcoholism is like gravity, just waiting to pull me down, AA and the Twelve Steps are like the power that causes an airplane to become airborne. It only works when the pilot is doing the right thing to make it work.

- Alcoholics Anonymous, pp.456-7

MEETING CHANGES:

The Big Book 164 Group will be moving to a permanent location starting May 27th at the First Baptist Church , 550 Pleasant Grove, Inverness Rt 581S. Room 174 at 6 PM Thursday Nights

Hernando Men's Meeting has changed it's night to TUESDAY. Same time and same place. We now have the church to ourselves. Nice and quiet, just AA. Hope to see you there. Great coffee and cookies.

NOTICE: Intergroup meeting for May will be on the 23rd due to Memorial Day.

In Memoriam

Harold H. of Beverly Hills passed away in April. He was a long time member and frequent coffee maker at the Share at Noon Group.

Intergroup has 1 opening for Trustee to replace the leaving of Mel. If your interested come to the May NCI meeting.

Intergroup Hotline Report

Hotline Report:

Total Calls.....	125
AA.....	105
Out of State for Information	3
Alanon/Alateen	5
Detox.....	3
Rides	7
NA.....	2

HIGH NOON GROUPS

SEMI-ANNUAL

SOFTBALL GAME & BBQ

When: May 15th at 1:00

Where: Bicentennial Park Drive,
Crystal River

Hamburgers, Hotdogs, Corn on
the Cob and Soft Drinks

FREE-FREE-FREE

See flyer on web site for more details

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group
Ken S 1

Floral City Men's Group
Tommy B 31
Rick C 22
Bruce B (April) 12

High Noon Group
Mike M 26
Dave K 24
Ken 21
Rick C 11
Martha C 7
Jeanie Z 6
Dan Y 6
Cris G 6
Lori C 6
Terry S 3
Marcus L 3
Nancy G 3
Wayne B 3
Luther B 3
Joan H 2
Dave R 1

Rainbow Group
Donna L 20
Sue Ann 20
Ted L 5
Mike S 4
Brian P 3
Kate J 2
Tammi G 1

Thursday Share At Noon Group
Jack M 38
Robie M 37
Ellen 37
Marion S 37
Nancy B 20
Jay B 16
Pat B 10

Woman's Friendship Group
Robie M 37
Laura 31
Frani B 28
Sue E 26
Shirley W 23
Nancy C 13

Wednesday Night Step
Mary B 20

Group Contributions

	YTD	Apr
Big Book 164	\$84.00	
Crystal River Group	\$140.00	
High Noon Group	\$100.00	\$100.00
Holder Way of Life Gp	\$100.00	
Inverness Monday Night	\$150.00	
Inverness Friday Night	\$80.00	\$80.00
Keep In Step	\$40.00	
Last Chance Gp	\$9.96	\$42.83
Never To Early Group	\$50.00	\$50.00
Rainbow Group	\$138.80	\$138.80
Share At Noon	\$50.00	
Sober Sand Nats	\$75.00	
Won Rebos	\$37.50	\$50.00
Women's Friendship Gp	\$100.00	
Women's N-Beginnings	\$50.00	
Yana	\$100.00	\$100.00
Monthly Totals	\$1,305.26	\$561.63

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: John W. Big Book 164, Jim L. Inverness Monday Night, Rich G. Keep in Step, Don P. Share at Noon. More volunteers are needed. Contact John W 215-990-1170 or JFW1956@aol.com for information.

Intergroup Office/Store Manager Wanted

This is a volunteer position and an excellent way to give back.

Qualifications: One year sobriety.
Duties: Keep track of receipts and make bank deposit once a week; order inventory; present monthly report at Intergroup meeting.
Contact Al L or Beverly H if interested.
We are very grateful for the great service that Mel L has given to Intergroup. He is leaving for an extended vacation with family up north. The position will be for the remainder of this year and could continue for another term.

NCI Store Volunteer Coordinator position was accepted by John W for the remainder of the term.

NOTICE: The book store now has a lending library of audio tapes with AA speakers. There are over 100 ready to borrow and many more coming.

The following groups were represented at the Intergroup meeting.

John W, Big Book 164 Group—Mike F, Crystal River Gp—Walt W, Floral City—Darral M, Floral City Men's—John L, Hernando Men's—Joe R, Holder Way of Life—Beverly H, Inverness Friday Night—Rick T, Monday Night Men's Step—Julie P, Night Cap—Sue M, Sober Sand Gnats—Pauline H, Women's Friendship—Toni T, Women's New Beginnings—Michelle S, Yana Group

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

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—OPEN

HOTLINE

ROCK

(352) 621-0599

WEBSITE

www.ncintergroup.com

JOURNAL

EDITOR—JOHN L

727-560-3247

news@ncintergroup.com

ASSIST—BEVERLY H

344-5939

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

