

Nature Coast Journal

MAILING ADDRESS: P.O. BOX 2015 ♪ CRYSTAL RIVER, FL 34423-2015 ♪ INTERGROUP HOTLINE: (352) 621-0599

Volume 6, Issue 6

Carrying the message

June 2004

NATURE COAST INTERGROUP AND DISTRICT 28

meetings will be held at the Community Center in Holder on **Sunday, June 27th.**

INTERGROUP... 4:30 PM

DISTRICT...6 PM

Come get involved!

This is YOUR Intergroup!

INTERGROUP OFFICERS

Chairperson

Ron B. — 489-7216
rbee44@hotmail.com

Vice-Chairperson

John T. — 726-3942

Secretary

Kevin B. — 628-7944
Kbacon1@tampabay.rr.com

Alt. Secretary

Rosario R.

Treasurer

Beverly H. — 344-5939
behunter@naturecoast.net

INTERGROUP TRUSTEES

Frank S.
Janet B.
Jim K.
Pete M.

DISTRICT 28 OFFICERS

DCM

Joe C. — 563-5430

Alternate DCM

Marilyn B. — 637-9643

Secretary

Brian W. — 344-1119

Treasurer

Barbara C. — 563-5430

Step Six Step Six

Were entirely ready to have God remove all these defects of character.

"I want to be free."

- from The Twelve Steps Illustrated

Tradition Six: An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

1. Should my fellow group members and I go out and raise money to endow several AA beds in our local hospital?
2. Is it good for a group to lease a small building?
3. Are all the officers and members of our local club for AAs familiar with "Guidelines on Clubs" (which is available free from GSO)?
4. Should the secretary of our group serve on the mayor's advisory committee on alcoholism?
5. Some alcoholics will stay around AA only if we have a TV and card room. If this is what is required to carry the message to them, should we have these facilities?

- From the Traditions Checklist, AA Grapevine



4th of July Picnic

Sponsored by the Nature Coast Intergroup

Where: Floral City Park-Pavilion #1

Route 41 South

Time: Eat @ 1 pm; Speaker @ 3 pm

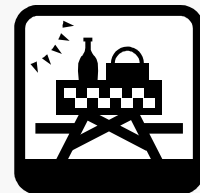
Hamburgers, hot dogs and drinks provided. Please bring a covered dish to share,

Cost: Ticket donation: \$2 in advance; \$3 at the picnic (children 12 and under—FREE)

50/50 raffle-door prizes-softball

Bring a lawn chair!

For more information, contact Rosita @ 341-0714.



If we are painstaking about this phase of our development, we will be amazed before we are half way through.

First Promise, p. 83, 4th ed. Big Book

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.

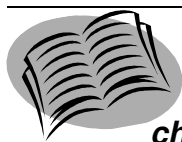
INTERGROUP TREASURER'S REPORT		May 2004
Beginning Balance		\$2361.57
		May YTD (2004)
Income		
Support - Individuals	\$15.00	\$69.52
Support - Groups	328.00	1422.10
Book Sales	191.55	1352.85
Medallion Sales	14.79	170.76
Other Sales	33.70	187.79
Sales Tax Collected	14.35	102.75
Events	0.00	71.30
Misc. Income	0.00	0.00
Total Income	\$597.39	\$3377.07
Expenses		
Rent	\$0.00	\$0.00
Sprint	38.66	194.58
Alltel	53.57	301.23
Books & Medallions	264.70	1844.65
Recovery Items	0.00	66.95
Sales Tax Paid	0.00	138.10
Journal	53.00	265.00
Website	0.00	0.00
Secretary Expenses	0.00	37.00
Bank Fees	0.00	14.55
Events	0.00	0.00
Misc. Expenses	775.73	836.98
Total Expenses	\$1185.66	\$3699.04
Ending Checking Bal.	\$1773.30	
Reserved for Events	-500.00	
Available Funds	1273.30	
Inventory Value	1157.65	
Accounts Receivable	93.49	
Office Reserve Acct	3287.85	
Total Assets	\$6312.29	

Group Support 2004	May	YTD (2004)
CATS Group	0.00	70.00
Crystal River Group	0.00	300.00
Crystal River Big Book Group	100.00	100.00
High Noon Group	138.00	167.10
Holder Way of Life Group	50.00	125.00
Inverness Monday Night Group	0.00	175.00
Last Chance Group	40.00	100.00
Red Eye Group	0.00	200.00
Wahoo Group	0.00	100.00
Wednesday Inverness Step Group	0.00	25.00
Women's Friendship Group	0.00	60.00
Total	\$328.00	\$1422.10

Nature Coast Intergroup Meeting Highlights — Sunday, May 23, 2004

Intergroup needs support from the groups' representatives. If your group does not have a representative, please elect one so that your group has a voice at the Intergroup Meetings.

- ❖ Chairman: Ron B. reported Web hits for the month of May 2004 were 169. There have been 4969 total hits since inception.
- ❖ Hotline report: Skip suggested that the sign-up list include an alternate person handling the hotline as backup or stress relief. Skip will ask present volunteers to secure a backup individual. Skip gave special thanks to Bill B for his support of the Hotline.
- ❖ Inventory and Sales: Beverly reported inventory and sales were doing good. As of July 1, 2004, the price of the BIG BOOK in hard cover will go to \$6; soft cover-\$5.60; These prices are set b GSO. The pocket-sized BIG BOOK will remain \$3.50. If your group uses a lot of Big Books you are urge to place an order during June while the price is \$5 for hard cover and \$4.60 for soft cover.
- ❖ District 28 is hosting and chairing the July Area Assembly in Gainesville, FL . Volunteers are needed for the afternoon shift at the registration table. Contact Marilyn B. @ 637-9643 if you are interested in volunteering.
- ❖ Gratitude Dinner Committee needs volunteers and a chairperson. Date is set for Saturday, November 13th at Presbyterian Church, Inverness.
- ❖ Visit www.ncintergroup.com for complete minutes



District 28 Archives

We need any old AA material. Please contact: Cheryl P. - 634-2217 - cherpier4@aol.com or Mary D. - 352-274-0914—mdally2002@hotmail.com



The Nature Coast Intergroup Trustees met previous to the April meeting for the purpose of reviewing the by-laws. They are making only one recommendation (subject to approval of the membership) at this time.

ARTICLE EIGHT COMMITTEE

The Trustees recommend that the term of office for Committee Chairman be changed from a period of 1 year or less to 2 years. We ask group members to inform their *Intergroup Reps* of their opinion of the following choices:

A. stay the same; **B.** two years; or **C.** If appointed to fill a vacancy-length of time remaining in the vacancy plus two years.

Janet B., Trustee, Nature Coast Intergroup

The Manic Depressive Type

By "Wild" Bill, Crystal River

In this time of my life I feel compelled to write about myself and how I have been dealing with my manic-depressive illness and have managed through the grace of God and the fellowship of *Alcoholics Anonymous* to stay sober since December 21st, 1980.

In the *Big Book* in the *Doctor's Opinion*, it is written: "There is the manic-depressive type, who is, perhaps, the least understood by his friends, and about whom a whole chapter could be written." Over the years I have found that others may not understand but that doesn't matter as long as I progress in the AA program and stay very close to my Higher Power, whom I choose to call God—who has seen it fit for me to understand who and what I am. God has set me free despite my grave emotional and mental disorder.

Maybe if I share some of my experience, strength and hope with others who are afflicted with manic depression, I can shed some light on what it is like on a daily basis managing to stay sober while in the gripes of this disorder. ...God has seen fit to keep me sober since December 21, 1980. So you see many of us do suffer from grave emotional and mental disorders but many of us can recover if we have the capacity to be honest, clean house, trust in God, and try to help another sick and suffering alcoholic.



Editor's note: I have spent some time with "Wild" Bill and find him to be very informative and honest about both of these diseases (alcoholism and manic-depression). I appreciate Bill taking the time to submit this article.



From page 133, Big Book, 4th edition: "Now about health: A body badly burned by alcohol does not often recover overnight nor do twisted thinking and depression vanish in a twinkling. We are convinced that a spiritual mode of living is a most powerful health restorative. We, who have recovered from serious drinking, are miracles of mental health. But we have seen remarkable transformations in our bodies. Hardly one of our crowd now shows any mark of dissipation.

But this does not mean that we disregard human health measures. God has abundantly supplied this world with fine doctors, psychologists, and practitioners of various kinds. Do not hesitate to take your health problems to such persons. Most of them give freely of themselves, that their fellows may enjoy sound minds and bodies. Try to remember that though God has wrought miracles among us, we should never belittle a good doctor or psychiatrist. Their services are often indispensable in treating a newcomer and in following his case afterward." ◆

June 2004 Anniversaries



ATTN. Group Secretaries:

Please call or email your list for next month's anniversaries to:
Mary R. – ph.# 352-465-4381
 or email address:
news@ncintergroup.com
 by the 25th of each month.

Holder Way of Life

Beverly C. 13 yrs

Floral City Group

Dick Z. 32 yrs
 Gil D. 28 yrs
 Mark K. 11 yrs
 Frank S. 6 yrs
 Keith T. 5 yrs

Last Chance Group

Louise D. 17 yrs
 Annette C. 6 yrs

Women's Friendship Group

Eleanor W. 36 yrs
 Arlene S. 18 yrs
 Joan T.S. 17 yrs
 Annette C. 6 yrs

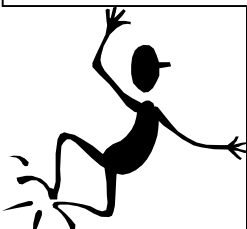
From the desk of the Journal Editor



AA articles and/or thoughts that you would like featured in the newsletter are welcomed to be submitted to **Mary R.**, editor, **Nature Coast Journal**.

Please contact Mary at news@ncintergroup.com or ph: 352-465-4381.

Thank you.



**We are going to know a new freedom
and a new happiness.**

Second Promise, p. 83, 4th ed. Big Book

Local Events

4th of July Picnic

Sponsored by the Nature Coast Intergroup

Floral City Park-Pavilion #1
Route 41 South

Eat @ 1 pm—Speaker @ 3 pm
Hamburgers, hot dogs and drinks provided—please bring a covered dish to share.

\$2 in advance—\$3 at the picnic
(children 12 and under—FREE)

For more information: contact
Rosita @ 341-0714.



Regional Events

Lake Yale Spring Meeting

Fri, June 4—Sun, June 6, 2004
Lake Yale—7903 Colley Rd—
Odessa, FL

(Lake Yale is 7 miles north of Eustis—map provided with registration)

813-920-9100

WEBSITE: www.lakeyaleretreat.com



Sunset Round Up 2004

June 4-6, 2004

Holiday Inn Beachside
Key West, FL

Reservations: (800) 465-4329 or
(305) 294-2571

Information email:

KQ@sunsetroundup.com

Website: <http://www.sunshineroundup.com>

www.sunshineroundup.com



23rd Annual Azalea City Jamboree

June 11-13, 2004

The Holiday Inn
Tillman's Corner
Mobile, AL

Reservations: (251)666-5600



This meeting needs your support!

WOMEN'S MEETING

Wed. 6 pm/St Benedict's

Crystal River

Hope to see you there!

Books for Sale

In addition to the A.A conference-approved literature, Nature Coast Intergroup also carries a supply of some **Hazelden books:**

24-Hour Book – hard cover \$12.00
24-Hour Book – soft cover..... \$10.00
24-Hour Book – Large Print \$16.00
Language of Letting Go \$18.00
More Language of Letting Go
..... \$17.00
Touchstones..... \$13.00

We also have **Grapevine Literature:**

Language of the Heart –hard cover
..... \$10.00
Language of the Heart – soft cover
..... \$9.00
Best of Bill – soft cover \$5.00
AA Around the World \$5.00
The Home Group \$3.25
Thank You For Sharing \$8.00

NEW AA ITEMS:

Large Print of the following:
*As Bill Sees It; Came to Believe;
Living Sober*

Call Beverly H. to order
Ph: 344-5939



ATTENTION:

A Recovery Church
in Inverness, 2242

Hwy 44 (across from the
Outback Steakhouse) has

invited AA to open new meetings
on Tuesday or Thursday. If you are
interested in starting a new meeting,
please contact:

Michelle at 726-2800 or 341-2791.

Founder's Day - Florida Style

June 25-27, 2004

The Double Tree Hotel
101 S. Adams Street
Tallahassee, FL 32301

Reservations: (800) 222-8773

Information: (850) 562-2440

(850) 322-8953

email: foundersdayfl@aol.com

Register online:

www.foundersdayfl.org



48th Florida State Convention

August 4-8, 2004

The Adams Mark Hotel
225 Coast Line Drive
Jacksonville, FL 32202

Reservations: (800) 444-2326

Information: (340) 473-7764 (340)
776-1335

Register online:

[Florida State Convention](http://FloridaStateConvention.com)



24th FCYPAA

Florida Conference

Sept, 2004

Jacksonville, FL

website: <http://www.fcypaa.org>



Announcing: Exciting Recovery Cruises

<http://www.meetingsenroute.com>

Sober Celebrations with Snow and Carol

<http://www.sobercelebrations.com>

We will not regret the past nor wish to shut the door on it.

*Third Promise, p. 83,
4th ed. Big Book*

God, grant me the serenity to accept the people I cannot change—Change the person that I can—Wisdom to know that I am that person.