



Nature Coast Journal



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

VOLUME 8, ISSUE 6

JUNE, 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

June 10, 9:30am

**Founders' Day
Traditions
Workshop**

**Cosponsored by
District 28,
District 13**

**—Hernando County,
and Nature Coast
Intergroup**

**First Lutheran Church
1900 Hwy 44 West,
Inverness**

**Presenter: Chet P.
From Orlando**

Fried chicken, fixings, and
beverages provided

A Newcomer Asks

Am I an alcoholic?

If you repeatedly drink more than you intend or want to, if you get into trouble, or if you have memory lapses when you drink, you may be an alcoholic. Only you can decide. No one in A.A. will tell you whether you are or not.

What can I do if I am worried about my drinking?

Seek help. Alcoholics Anonymous can help.

What is Alcoholics Anonymous?

We are a Fellowship of men and women who have lost the ability to control our drinking and have found ourselves in various kinds of trouble as a result of drinking. We attempt—most of us successfully—to create a satisfying way of life without alcohol. For this we find we need the help and support of other alcoholics in A.A.

If I go to an A.A. meeting, does that commit me to anything?

No. A.A. does not keep membership files, or attendance records. You do not have to reveal anything about yourself. No one will bother you if you don't want to come back.

What happens if I meet people I know?

They will be there for the same reason you are there. They will not disclose your identity to outsiders. At A.A. you retain as much anonymity as you wish. That is one of the reasons we call ourselves Alcoholics Anonymous.

What happens at an A.A. meeting?

An A.A. meeting may take one of several forms, but at any meeting you will find alcoholics talking about what drinking did to their lives and personalities, what actions they took to help themselves, and how they are living their lives today.

How can this help me with my drinking problem?

We in A.A. know what it is like to be addicted to alcohol, and to be unable to keep promises made to others and ourselves that we will stop drinking. We are not professional therapists. Our only qualification for helping others to recover from alcoholism is that we have stopped drinking ourselves, but problem drinkers coming to us know that recovery is possible because they see people who have done it.

Why do A.A.s keep on going to meetings after they are cured?

We in A.A. believe there is no such thing as a cure for alcoholism. We can never return to normal drinking, and our ability to stay away from alcohol depends on maintaining our physical, mental, and spiritual health. This we can achieve by going to meetings regularly and putting into practice what we learn there. In addition, we find it helps us to stay sober if we help other alcoholics.

How do I join A.A.?

You are an A.A. member if and when you say so. The only requirement for A.A. membership is a desire to stop drinking, and many of us were not very wholehearted about that when we first approached A.A.

How much does A.A. membership cost?

There are no dues or fees for A.A. membership. An A.A. group will usually have a collection during the meeting to cover expenses, such as rent, coffee, etc., and to this all members are free to contribute as much or as little as they wish.

Is A.A. a religious organization?

No. Nor is it allied with any religious organization.

There's a lot of talk about God, though, isn't there?

(Continued on page 2)

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.

Local Events (cont'd)

**Saturday, July 1
4th of July Picnic**

11am—8pm
(Helpers show up at 10am)
Floral City Park
Pavilion #1
\$2 per ticket
\$3 at the door
Bring a covered dish

Area Events

Future Area Assemblies:
July 14-16
Oct 13-15

Phone: (352) 377-4000.
There is a cut-off for registration at the hotel. Make reservations early.

**June 9-11
2006 Founders Day
Florida-Style**

The Day's Inn
3100 Apalachee Pkwy
Tallahassee, FL
Reservations:
(850) 877-6121
(800) 325-2525
Info—>email:
info@FoundersdayFL.org

**June 17
Ocala District 17
FUNSHOP**
**"Sought Through
Prayer and Meditation"**
~ Step Eleven ~
1:00pm—4:00pm
With Dan J & Fishin' Jim
St. Mark's United
Methodist Church
1839 NE 8th Road
Ocala, FL
Refreshments provided

(Continued from page 1)

The majority of A.A. members believe that we have found the solution to our drinking problem not through individual willpower, but through a power greater than ourselves. However, everyone defines this power as he or she wishes. Many people call it God, others think it is the A.A. group, still others don't believe in it at all. There is room in A.A. for people of all shades of belief and nonbelief.

Can I bring my family to an A.A. meeting?

Family members or close friends are welcome at "Open" A.A. meetings. Discuss this with your local contact.

What advice do you give new members?

In our experience, the people who recover in A.A. are those who:
(a) stay away from the first drink;
(b) attend A.A. meetings regularly;
(c) seek out the people in A.A. who have successfully stayed sober for some time; (d) try to put into practice the A.A. program of recovery.

How can I contact A.A.?

Look for Alcoholics Anonymous in your local telephone directory. These telephones are answered by A.A. volunteers who will be happy to answer your questions, or put you in touch with those who can. If there is no A.A. telephone service close to you, write or phone the A.A. General Service Office.

Here is a list of A.A. pamphlets which may be particularly helpful to you:

Is There an Alcoholic in Your Life?
A.A. — 44 Questions Is A.A. for You? Do You Think You're Different? A.A. for the Woman Young People and A.A. Too Young?

Remember that alcoholism is a progressive disease. Take it seriously, even if you feel you are only in the early stages of the illness. Alcoholism kills people. If you are an alcoholic, and if you continue to drink, in time you will get worse.

ALCOHOLICS ANONYMOUS© is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

- The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.
- A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.
- Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

June '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>
Crystal River Group	
Joe C.	22
Ronnie	20
Jim K.	19
Eric H.	7
Keith T.	7
Pete T.	6
Kim D.	5
Lee K.	5
Melisa C.	4
Steph G.	1
Floral City Group	
Van A.	24
Al L.	17
Frank S.	8
High Noon Group	
Shawna	24
Betty G.	10
Bill L.	3
Jennifer H.	3
Jerry K.	3
Melinda	3
Holder Way of Life Group	
Dave F	1
Randy P.	1
Keep In Step Group	
Leeanne	18
Last Chance Group	
Annette C.	8
No Name Group	
Ed P.	8
Rafael T.	3
Women's Friendship Group	
Eleanor W.	38
Arlene S.	20
Women's New Beginnings Group	
Peggy L.	14
Roberta K.	4

Four Horsemen

“The less people tolerate us,
the more we withdraw from society, from life itself.
As we become subjects of King Alcohol,
Shivering denizens of his mad realm,
The chilling vapor that is loneliness settled down.
It thickened, ever becoming blacker.
Some of us sought out sordid places,
hoping to find understanding, companionship and approval.
Momentarily we did—then would come oblivion
And the awful awakening
To face the hideous Four Horsemen -
Terror, Bewilderment, Frustration, Despair.
Unhappy drinkers who read this page will understand!”

© 1976AAWS, Alcoholics Anonymous, p.151

A Wild Ride

So, here I am, sober. Successful. Serene. Just a few of the gifts of the program for surrendering, suiting up, and showing up for life every day. Good days and bad days, reality is a wild ride, and I wouldn't miss it for the world. I don't question how this program works. I trust in my God, stay involved in AA service, go to lots of meetings, work with others, and practice the principles of the Steps to the best of my willingness each day. I don't know which of these keeps me sober, and I'm not about to try to find out, It's worked for quite a few days now, so I think I'll try it again tomorrow.
© 2001 AAWS, *Alcoholics Anonymous*, p. 337

Serenity

I came back to my little apartment in Saigon, ready to return to my medical work. I was so beaten because I'd been driving and searching and clenching my fists for almost three years. . . I came into my apartment and suddenly collapsed on the floor. I was breathing kind of heavily and said to myself, "Oh, to hell with serenity, I don't care if it ever comes." And I meant it. And do you know what happened? All of a sudden the craving to find serenity utterly evaporated -- and in its place was serenity. The trouble was the search . . . looking out *there* for what was right *here*.
- October 1995 interview with Dr. Earle M., author of "Physician, Heal Thyself" © 1998 The AA Grapevine, Inc., *The Best of the Grapevine* [Vol. 3], p. 142

NEW MEETING —BRIGHT SPOT — Friday at 7PM
At the YANA Club, 147 NW 7th Street Off US 19, one block north of Citrus Ave.
Behind CR Police Station
Call Rocky for details: (352) 257-2302

Editor's Comment:
In last month's article entitled "Still in Touch": Page 449 Third Edition is found on page 417 Fourth Edition; Page 552 Third Edition is found on Page 552 Fourth Edition.

Area Events (cont'd)

August 2-6
50th Florida State Convention
Westin Innisbrook Resort
Palm Harbor, Fl
Hotel Registration:
www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=0507137110&key=1302
Register online:
<http://www.50flstateconvention.com/index.asp>

Sept 1-4
20th Annual Tampa Bay Fall Roundup
Doubletree Hotel - Tampa
Westshore Airport
4500 W Cypress St
Tampa, FL 33607
Reservations:
(813) 879-4800
(800) 222-8733
Info: (813) 205-7663
email: G.Luker@verizon.net
web: tampabayfallroundup.com

National Events

Jun 9-11
71st Anniversary of AA
University of Akron
Akron, OH 44325
Info: Founder's Day Committee
PO Box 12
Akron, OH 44309-0012
website: AkronAA.org

TREASURER'S REPORT

28-May-06

Beginning Balance	5,186.78	
	<u>May</u>	<u>YTD</u>
Income		
Support - Individuals	13.00	81.97
Support - Groups	390.00	2,072.00
Book Sales	763.99	3,249.24
Medallion Sales	55.92	238.99
Other Sales	20.75	243.83
Sales Tax Collected	50.44	223.99
Events	-	59.10
Miscellaneous	-	3.00
Total Income	1,294.10	6,172.12
Expenses		
Rent (pd for yr in Oct.)	-	-
Alltel	57.33	289.09
Books	761.06	2,992.47
Medallions	61.90	179.70
Recovery Items	10.20	83.04
Sales Tax Paid	-	205.88
Journal	56.05	279.82
Website (pd for yr in Oct)	-	-
Treasurer Expenses	-	39.00
Bank Fees	-	-
Events	15.34	75.00
Misc. Expenses	39.00	61.25
Total Expenses	1,000.88	4,259.59
Ending Checking Balance	5,480.00	
Reserved for Events	-735.68	
Available Funds	4,744.32	
Inventory Value	1,726.45	
Accounts Receivable	10.33	
Office Reserve Account(CD)	2,500.00	
Office Reserve Account(MM)	4,510.23	
Total Assets	14,227.01	
GROUP SUPPORT 2006		
	<u>YTD</u>	<u>May</u>
ABC Group	25.00	-
Attitude Adjustment Group	200.00	-
CATS Group	-	-
Citrus Springs Closed Step Gr	-	-
Crystal River Big Book Grp	100.00	-
Crystal River Group	500.00	-
Dunnellon Group	-	-
Early Birds Group	-	-
Floral City Group	25.00	15.00
Floral City Men's Group	-	-
Hernando Men's Group	-	-
High Noon Group	187.00	-
Holder Way of Life Group	100.00	50.00
Inverness Fri Night Group	100.00	-
Inverness Mon Night Group	325.00	225.00
Inverness Wed. at Noon Group	100.00	100.00
It's in the Book Group	40.00	-
Keep in Step Group	20.00	-
Last Chance Group	30.00	-
Lecanto Group	-	-
Mon. Night Men's Step Group	60.00	-
Never Too Early Group	-	-
New Beginnings Group	-	-
No Name Group	-	-
Quail Run Closed Step Group	-	-
Red Eye Group	-	-
Resentment Group	40.00	-
Share at Noon Group	200.00	-
Wahoo Group	50.00	-
Wed Inverness Step Group	-	-
What's the Book Say Group	-	-
Women's Friendship Group	70.00	-
Works For Me Group	-	-
YANA Group	-	-
Total	2,072.00	390.00

For Your Information

Intergroup Telephone Hotline chair Gail N.'s May Hotline Report: 85 calls total: 1 for detox, 5 NA, 4 Alanon, 1 wet drunk, 10 for rides, 52 Citrus County, and 9 other counties' meetings, and 3 AA 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 Office/ Store Update

The commercial lease agreement from First Baptist Church of Crystal River presented to the Trustees in April is still under review. The ad hoc committee was directed to ask First Baptist to simplify the language of the document, and to obtain liability and renters' insurance quotes before the June meeting.

At this time it appears that Intergroup is very close to moving into the new office.

Book Sales

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

SPECIAL

ANNOUNCEMENT

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

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