



Nature Coast Journal



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MY FIRST SPONSOR'S LAST LESSON

Over the past 24 years of reading and trying to comprehend, THE BIG BOOK, both with sponsors and other men, only two things appeared that I could not fully agree with. It said that "with us to drink is to die." I know that the last time I drank, I did not die and I was reasonably sure that most of the members in any meeting also had not died. I stated that what really terrified me was that if I drank again, I would not die but I would be sentenced to live in the prison of my mind with all the crap that was going on when I first came in the rooms of Alcoholics Anonymous. All this changed about a month ago. Let me tell you how.

Prior to that, I have to tell you about my first sponsor, Jerry. We grew up together, along with his twin brother, as good friends and when the time was right, he brought me to my first AA meeting. When I was in deep denial about the troubles you folks had, he offered the words that changed my life. After my first meeting, of which I knew you people were pretty screwed up, and there was not too much I could do to help you, we went out for coffee. My curiosity aroused, (only to help you, you understand), I asked Jerry, "What exactly was the definition of an alcoholic?" His answer, I am sure was inspired by a Higher Power which at that time I did not even believe in, was; "If you had ever been in trouble while drinking, or because of drinking, you might be an alcoholic." Just then a window opened for yours truly. You see I had been in a great deal of trouble in my life, but always attributed it to, just a bad run of luck. In the next few seconds after that statement, I was able to believe my problems, unknown to me, centered around, King Alcohol. At that moment I accepted, not fully, but partially, that I was, strange as it may seem, an alcoholic. Upon reluctant admission, he further advised me to "just go to meetings and be as honest as I could." The latter was another major task, I might add.

Another question came up after a couple weeks. It was that God thing. You see, I did not believe in God, because He did not get me out of all those scrapes I had been in and also I had done some pretty bad things that I was sure, God would not be too happy about. (FEAR) He explained to me that some use the people in the rooms, a doorknob, or even a booze bottle as a Higher Power. This explanation worked long enough for me to learn about my all-loving Higher Power that I can now call God.

After a short stay in my sobriety, Jerry disappeared. I had heard that he had gone back out, and over time, I was told that he lost his family, his home, his job, and for awhile, his pension. During this period, my journey was to be in recovery and to be honest, I did not think of Jerry very much. At about my twelve-year mark, while preparing to tell my story, I really got to thinking about the great gift Jerry had given me. I thought, wouldn't it be something if Jerry would show up that Saturday night, while I was speaking. It did not happen, but the following Monday, when I came in to one of my regular meetings, there was Jerry. At the end of the meeting he asked me to sign his paper and off he went.

More years passed when I did not see or think often of Jerry. I retired and moved south to enjoy the good life. Then about a month ago, I got a phone call from one of my daughters up north, stating that Jerry had died. That week, in my grief for one of the men that had saved my life, a thought came my way. Not only can we live one day at a time, but also we can go on to the bitter end, dying one day at a time. So what it says, "with us to drink is to die." is another truth and I thank my first sponsor for pointing that out for me. And now on to the second conflict, "for by this time sanity has returned."

Dave K. High Noon Group

“What exactly was the definition of an alcoholic?”

"God, grant me the serenity. . ."

The Serenity Prayer has the potential of changing our lives concretely. The hardest part is remembering to rely on it. What the prayer offers is an opportunity to quiet our minds long enough to sense what our Higher Power wishes for us. In the stillness, we'll find strength to change what we need to change.

It's not unusual to think that everyone but us needs to change. Ask around at meetings. All will agree that we came to our first meeting thinking we'd learn how to get other people to change, certain that would make us happy. But that's not how happiness comes, and we're lucky for that. If our happiness were tied to what others did, we'd always be in their control. What a bleak existence that might be!

The happiness we deserve will come when we do two things: first, take the power that is ours through becoming willing to accept others as they are and second, make a commitment to change what we need to change and then follow through. Using the Serenity Prayer puts us in charge of our own happiness.

There is no shortcut to life. To the end of our days, life is a lesson imperfectly learned.

--Harrison E. Salisbury

There are no perfect days. We have struggled hard against this truth. In our demanding ways, we haven't wanted life to be a process; we have wanted to reach a secure point of arrival. We have struggled against the dialogue and learning process of experience. We've looked for a "fix" and for perfection. Even now in recovery we long to "get it right." We continue to learn and to grow, but the lessons we learn are not the things we expected. We grieve the lateness of our learning, and then we go on to learn more.

As we grow in this program, we learn how to learn. We become more accepting of life as a process with no shortcut to the truth. We learn to engage in the process and accept that there usually is no right or wrong answer at the end of our search.

Today, may I accept the truth, which comes from the lessons of my experience -- and be tolerant of its incompleteness.

Anonymous

COMPULSION

"It helped me a great deal to become convinced that alcoholism was a disease, not a moral issue; that I had been drinking as a result of a compulsion, even though I had not been aware of the compulsion at the time; and that sobriety was not a matter of willpower. I was afraid to let go of what I had in order to try something new; there was a certain sense of security in the familiar. At last, acceptance proved to be the key to my drinking problem. When I stopped living in the problem and began living in the answer, the problem went away."

Alcoholics Anonymous, p. 417 4th Edition

"Gods work..done Gods way,
will never lack Gods supply."

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**

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

September 3-6, 2010

24th Tampa Bay

Fall Roundup

November 7, 2010

NCI Gratitude Dinner

December 3-5, 2010

23rd Men's Retreat

See Web Site

Feb 10-13, 2011

47th International

Women's Conference

Anchorage, Alaska

Donation Addresses:

Nature Coast Intergroup:

111 W. Main St

Room 305

Inverness, FL 34450

NFAC

PO Box 567

Melbourne FL 32902

General Service Board

Po Box 459

Grand Central Station, NY

10164-0371

District 28

713 Laurel Ave

Inverness, FL 34452

Message to ALL:

We the officers and members of Nature Coast Intergroup would like to extend our hand to those individuals and groups who have chosen not to be active in Intergroup here in Citrus County. We hold no resentment against any individual or group. Please feel free to join us in making our area the best in Florida. With EVERYONE'S input and help we can pull this off.

Please remember the principle which is printed on page 568 of our Big Book. "There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation." - Herbert Spencer-

If you've had problems in the past with the way business is conducted within Intergroup, come check out new board and group representatives.

We are all brothers and sisters in recovery, dysfunctional as that may be at times. Let's work together in the solution, as we all know, this is where true recovery takes place.

Al L., Intergroup Chair

Gratitude Dinner will be here soon....

Your Nature Coast Intergroup will be hosting the Gratitude Dinner again this year at the Our Lady of Fatima Church (same as last year) on November 7th.

We are presently looking for volunteers for the various committees.

If you're interested in helping, contact John L at 727-560-3247 or email NEWS@NCINTERGROUP.COM

Most positions will only require a few hours of your time. Last year the committee members had a great time and our efforts were appreciated by one and all who attended.

Main Course Committee-Other Food items-Hall Setup-Hall Cleanup-Door Prizes Committee-Greeters-Finding a Speaker Committee

There will be other positions and committees as we go along. If you have a sponsee, this is a great way to get them involved in AA and to meet members from inside and outside our area.

The **HERNANDO MEN'S** meeting, which now meets on Tuesday, the same time and location needs your help. We are down to 2 members and only one can open and make coffee. That person is myself and will be on vacation in New Hampshire for the last two weeks of June and the first week of July so there will be no meetings those weeks. We have been trying to get someone to open but have been unable to do so.

NO MEETING JUNE 22, 29th and JULY 6th

We will resume the meeting July 13th for the remainder of the month. If the attendance does not increase and we find someone to open then the meeting will be cancelled. I took the coffee position when Bill K could no longer do it physically. He has made coffee for the past 15 years. My taking the position is only temporary as I have other commitments.

AA is the only meeting at the church on Tuesday so it is very quiet these days. Look forward to seeing all the old members on July 13th.

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow." - Mary Anne Radmacher

Each of our thoughts are like individual seeds. These thoughts will plant our life garden. Whatever our thoughts, they grow in our gardens. Each day we will process about 50,000 thoughts or thought seeds. Positive thoughts will produce positive results. Have you ever been aware of what you are thinking about during the day? Of the possible 50,000 thoughts in one day - if the positive thoughts were flowers and the negative thoughts were weeds - how would your garden look at the end of the day?

WAHOO MEETING BBQ

JUNE 20, 2010 - 3PM

Hamburgers-Hot Dogs-Chicken-Beans-Soda-Chips-Potato Salad-Desserts-More

Speaker Corliss G. Gainesville, FL

Bring a covered dish - Chair or Blanket

The meeting is located at the Wahoo Community Center on Highway 40 between Bushnell & Floral City

We need 4 hugs a day for
survival.

We need 8 hugs a day for
maintenance.

We need 12 hugs a day for
growth.

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Dunellen Group	
Keith	3
Floral City Group	
Frank S	12
Floral City Men's Group	
Bill B	22
Frank S	12
Paul D	3
Last Chance Group	
Jim H	38
Marlene H	29
Sue Ann A	20
Katie M	19
Rainbow Group	
Hans N	22
Mike G	4
Julie N	4
Steve M	3
Ann M	2
Donna R	1
Thursday Share At Noon Group	
Kathleen	26
Don P	20
Gail N	10
Carol M	1
Woman's Friendship Group	
Eleanor W	42
Brenda R	15

The following groups were represented at the Intergroup meeting.

Bright Spot Group, Hernando Men's, Night Cap Group, Crystal River Group, Inverness Friday Night Group, Sober Sand Gnats, Women's Friendship Gp, Rainbow Group.

If your representative is not listed then your group was not represented.

Lets make an effort to have 100% participation.

The following volunteers were appointed by Chairman Al L for the following positions:

Book Store Manager—Darrel M, Floral City Men's Volunteer Coordinator—John W, Big Book 164 Gratitude Dinner Chair—John L, Hernando Men's Congratulations and thank you for you service to the

AA community of Citrus County. Please step up and help these individuals where ever possible. Remember it is ALL of us working together that makes this AA thing somehow work for those who are still suffering.

The soul attracts that which it secretly harbors; that which it loves, and also that which it fears.

James Allen

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, Darrel M-Floral City Men's, Rich G-Keep in Step, Elisa T-Crystal River Group, Jim L-Inverness Monday Night, Carol M-Attitude Adjustment

Intergroup Hotline Report

Hotline Report:

Total Calls	214
AA	199
Wet.....	1
Alanon	1
Detox	2
Calls to the Store	11

	YTD	May
ABC Group	\$30.00	\$30.00
Bright Spot		
Big Book 164	\$84.00	
Crystal River Group	\$140.00	
Dunnellen Group		
Floral City Men's Group		
Hernando's Mens		
High Noon Group	\$100.00	
Holder Way of Life Gp	\$200.00	\$100.00
Inverness Monday Night	\$150.00	
Inverness Friday Night	\$80.00	
Inverness Wed Night		
It's In The Book	\$25.00	\$25.00
Keep In Step	\$40.00	
Last Chance Gp	\$52.79	
Monday Night Men's		
Never To Early Group	\$50.00	
New Beginnings-Dunn		
Night Cap		
No Name Group		
Rainbow Group	\$168.80	\$30.00
Share At Noon	\$100.00	\$50.00
Sober Sand Nats	\$75.00	
What The Book Says		
Won Rebos	\$87.50	
Women's Friendship Gp	\$100.00	
Women to Women		
Women's N-Beginnings	\$50.00	
Women's House Power		
Yana	\$100.00	
Monthly Totals	\$1,633.09	\$235.00

Notice: A meeting to discuss the feasibility of starting a clubhouse on the east side of the county will be held on July 10th, 7pm at the Pleasant Grove Church, on Hwy 581 S. Everyone is welcome to attend and see what you can do to help.

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

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JOURNAL

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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

What conflicts can I resolve by letting them be?