

Nature Coast Journal

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

Volume 7, Issue 6

Carrying the message

July 2005

NATURE COAST INTERGROUP AND DISTRICT 28

meetings are held at the
Community Center in Holder

Sunday, July 31, 2005

INTERGROUP...4:30 PM

DISTRICT...6 PM

**INTERGROUP IS PART OF
AA – YOUR SUPPORT IS
NEEDED AND APPRECIATED.**

Come get involved!

INTERGROUP OFFICERS

Chairperson:

Beverly H. — 344-5939

behunter34453@earthlink.net

Vice-Chairperson:

Neil S. — 527-3014

Secretary: Kevin B. — 628-7944

kevinbacon6451@yahoo.com

Alt. Secretary: Sherrie L.

Treasurer: Kathy F.

INTERGROUP TRUSTEES

Gayle W. Ron B.

Ken E. Pete M.

Nature Coast Journal Editor:

Mary R. — 352-465-4381

DISTRICT 28 OFFICERS

DCM: Marilyn B.— 637-9643

Alternate DCM:

Jim K. — 746-3115

Secretary:

Don G. — 489-8752

Treasurer:

John R. — 637-2814



I Drank for Courage... and woke up night after night
horrified.

I Drank for Sophistication... and became crude.

I Drank to find Peace... and ignited a war within myself.

I Drank to be Friendly... and became argumentative and
nasty.

I Drank to be Sexy... and turned people off.

I Drank so that I could Relate to Others... and I babbled.

I Drank to put down Loneliness... and found myself retreating more
and more into my shell.

I Drank to Relax... and woke up tense.

I Drank to be Entertaining... and became an obnoxious clown.

I Drank to Live More Fully... and contemplated suicide.

I Drank for Adventure... and discovered disaster.

I Drank to be more Honest... and insulted my friends.

I Drank to Quiet my Nerves... and woke up with hangover jangles.

I Drank to Feel Better... and ended up sick and throwing up.

I Drank to have Fun... and passed out in the middle of the party.

I Drank to Pep Myself Up... and ended up exhausted.

I Drank to feel Successful... a Big Shot... but ended up a failure.

I Drank for Security... and became afraid of my shadow.

I Drank to Feel Better about Myself... and ended up hating me.

I Drank to prove I could handle Alcohol... and ended up knowing it
controlled me.

Submitted by Beverly H.



July 4th, 2005 Picnic

Celebration @ Floral City Park

Route 41 South ★ Noon to 3pm

Bring a Covered Dish to Share

\$2.00 in Advance ★ \$3.00 at the Door

Hamburgers ★ Hot Dogs ★ Beverages provided

50/50 Raffle ★ Door Prizes

Sponsored by Nature Coast Intergroup

Bring chairs and sports equipment!!!!

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.



49TH FLORIDA STATE CONVENTION

August 3-7, 2005 - Wed.-Sun.

Theme: *A New Freedom*

Wyndham Palace Resort & Spa, Orlando, FL

Reservations: (800) Wyndham

Online Registration: www.floridastateconvention.com

No online registration after July 15, 2005

National & International Events

17th Annual Courage AA Round Up

sponsored by gay men and, lesbians in AA — August 5, 6, & 7, 2005 — Fri-Sun
open to all alcoholics and those affected by the alcoholism of others.

Universalist Unitarian Church, 5500 Inglis Street, **Halifax, Nova Scotia, Canada**

Our program includes fellowship, spirituality, speaker meetings and workshop discussion of recovery topics in a relaxed and peaceful setting. This year's theme is. **"The Joy of Living"**. Courage is a small and intimate round up and always has been, and it is the only gay and lesbian AA round up in Atlantic Canada and maybe the only one of its kind in Canada east of Toronto.

Registration opens at 3 p.m. on Friday, August 5. Registration is **\$ 30.00 at the door**
(Registration fee includes luncheon on Saturday)



Hotline Workshop Sat.—July 16th Noon - 2 PM

Holder Community Building, Hwy 41 & 491, Holder

Instructions will be given on the use of the cell phone and how your sobriety can be enhanced by doing this most important service work for a day, week or month at a

The disease of alcoholism knows no boundaries.

Neither age, intelligence, willpower, or self-control prevents it.

We of Alcoholics Anonymous have discovered a way to live a life of sobriety, free from our drinking problem. Let us share this gift with you.

Please call the Intergroup Hotline: (352) 621-0599 if you need help.

HOTLINE CHAIRPERSON AND VOLUNTEERS NEEDED:

Call Ph#621-0599 or 422-0790 to volunteer. Thanks.

"CHANGES" NATURE COAST AA MEETINGS:

- ❖ **Early Bird Group:** 8:00 AM Daily— Serenity Club—
St Benedict's Church—Crystal River
Tuesday-Open Step Study— Thursday-Big Book—
Saturday-Beginner's Meeting—3rd Sat Speaker
- ❖ **CATS Women's Group—Inverness—6:00 PM**
Thursday—**Suspended Until Further Notice**

ALL Group Meeting changes — please notify:

- 1) **HOTLINE** — ph#621-0599;
- 2) **Webmaster Ron B** —
www.ncintergroup.com;
- 3) **Where and When** Chairperson,
Kevin B — ph# 628-7944..



It's not old behavior if I'm still doing it.



ATTENTION!!!!!!!

Gratitude Dinner Committee needs volunteers and a chairperson. Date is set for Saturday, November 6th at Presbyterian Church, Inverness.



**Wanted: Chairperson/Volunteers —
Needed: Chairperson/Volunteers**

Please come and support your
2005 Gratitude Dinner.

See you at the July 31st at
4:30 pm

Intergroup Meeting in Holder



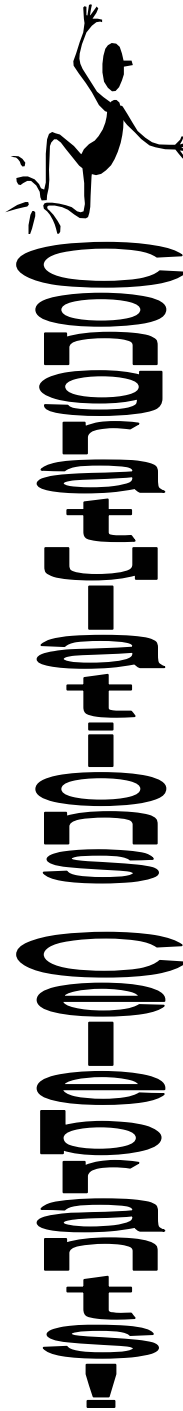
Books for Sale

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



We also have **Grapevine Literature.**
Call Beverly H. to order

Group Support 2005	June 05	YTD
Attitude Adjustment Group	0.00	20.00
CATS Group	0.00	60.00
Crystal River Big Book Group	0.00	75.00
Crystal River Group	300.00	300.00
Floral City Group	0.00	40.00
High Noon Group	72.00	231.00
Holder Way of Life Group	50.00	150.00
Inverness Fri. Night Group	0.00	200.00
Inverness Mon. Night Group	0.00	150.00
Inverness Wed. at Noon Mtg.	0.00	0.00
It's in the Book Group	20.00	20.00
Keep In Step Group	0.00	0.00
Last Chance Group	0.00	65.00
Lecanto Group	0.00	25.00
Monday Night Men's Step Group	0.00	60.00
New Horizon Group	0.00	50.00
Red Eye Group	0.00	0.00
Resentment Group	25.00	25.00
Share at Noon Group	0.00	100.00
Wahoo Group	0.00	60.00
Wed. Inverness Step Group	0.00	50.00
Women's Friendship Group	0.00	100.00
Total	467.00	1778.00



A drunk is a sick human being trying to get well, not a bad one trying to be good

July 2005
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

CATS

- Ida J 8 yrs
- Gail N. 5 yrs
- Rose Ann J 2 yrs
- Kathleen G. 1 yr

Floral City Group—for June 2005

Belated **June** wishes to:

- Frank S. 7 yrs
- Mark K. 2 yrs
- Van A. 23 yrs

Holder Way of Life

- Mike T 23 yrs
- Pat H 19 yrs
- Dennis R 14 yrs
- Mike E 4 yrs

Last Chance Group

- Jim K 21 yrs

Women's Friendship Group

- Gene T..... 28 yrs
- Ruth M..... 16 yrs
- Bridget M 14 yrs
- Lenny C 11 yrs
- Ann A..... 9 yrs

Step Seven:

Humbly asked Him to remove our shortcomings.

Seventh Step Prayer

My Creator,

I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.

Grant me strength, as I go out from here to do Your bidding.

Tradition Seven:

Every AA group ought to be fully self-supporting, declining outside contributions.

Nature Coast Intergroup Meeting Highlights — SUNDAY, June 26, 2005 — 4:30 PM

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.

- ❖ **ATTENDED:** Marilyn B., Jim K., Hank S., Beverly H., David A., Don G., George M., Gayle W., Ron B., Ken P., Bill F., Warren S., Kathy F., Ed P., Frank S., Tony T., Martha G., Tom B., Sandy H., Melissa C., Mary R., Winston and Kevin B.
- ❖ Chairperson Beverly called the meeting to order at 4:30 PM. The meeting was opened with a moment of silence followed by the Serenity Prayer.
- ❖ **V-CHAIRMAN REPORT AND ROLL CALL (Neil S.):** Neil was absent: Beverly made the Roll Call. 16 Groups are represented.
- ❖ **SECRETARY REPORT:** Kevin read the minutes to the meeting of May 29th, 2005. Report accepted.
- ❖ **TREASURER'S REPORT (Kathy F):** Kathy passed out the June report. Report of income and expenses for June 2005, was read by Kathy. Report accepted.
- ❖ **TRUSTEE'S REPORT:** Nothing from Gayle W., as her dog ate her report. Ron researched CD rates and announced them. \$2,500.00 will be put into a 9 month CD at 3.5% interest at SunTrust Bank. Marilyn wants to put more funds into the reserve account to bring it up to \$5,000.00, so that a second \$2500.00 can be put into a CD in 4-1/2 months.
- ❖ **WEBMASTER REPORT:** Ron received notification of a convention in Nova Scotia; however, it is felt to be too obscure to our population and area that it will not be posted on the Web. All Meeting changes are up to date on the site.
- ❖ **CHAIRPERSON'S REPORT:** Supply costs are going up as of July. All books except AA Big Book are going up \$1.00 plus a shipping charge of 10% or minimum of 3.00. Exempt will be purchases over \$250.00.
- ❖ **NEWSLETTER COMMITTEE REPORT (Mary R):** Mary has the July copy to pass around.
- ❖ **HOTLINE REPORT** There were 142 calls this month; 5 people were sent to detox.
- ❖ **ARCHIVE COMMITTEE:** Not present. As they have not been present for too many months; Bev asked for a motion to dissolve this committee. Motion passed to dissolve committee.
- ❖ **INVENTORY AND SALES:** Beverly reported on inventory and sales as having a good supply with active sales.

OLD BUSINESS:

- ❖ Vote on the New Article Five-Meeting Bi-law passed. "Voting will be limited to only group representative or alternates on record with the Nature Coast Intergroup Secretary. Should a tie result from any vote the Chairperson of NCI will cast the deciding vote. This Bylaw amendment will eliminate NCI Officers from voting.
- ❖ July 4th, picnic planning and development is still in progress. Bev still needs a Chairperson for the Gratitude Dinner. Gratitude Dinner will be November 19th at the First Presbyterian Church, Inverness.

NEW BUSINESS:

- ❖ Trustee for Picnic is Gayle W. and Kathy F. will collect the money.
- ❖ Bill will step down from the Hotline Chair and Tom B will take over the Hotline Chair. We all thank Bill F., for the fine service he has provided to the Hotline Chair for the past year. The Hotline announcement is printed in the Chronicle under services. Letter of thanks will be sent to the Chronicle in appreciation for their support. Marilyn emphasizes the importance of the Hotline.
- ❖ The Hotline Workshop is set for July 16th from 12 noon to 2 PM at the Holder Community Building.

Kevin Bacon, Secretary, Nature Coast Intergroup

Meeting was closed at 5:45pm with the Lord's Prayer

Visit www.ncintergroup.com for more information.

The Following By-Law Amendments Are Effective as of June 26, 2005:

Article Three-Membership: Each group shall notify Intergroup in writing or vocally as to who the NCI representative & alternates are.

Article Five-Meetings: Voting will be limited to only group representative or alternates on record with the Nature Coast Intergroup Secretary. Should a tie result from any vote the Chairperson of NCI will cast the deciding vote. This Bylaw amendment will eliminate NCI Officers from voting

Article Six-Elections: Officers & Trustee elections will be held bi-annually in October of even years. Nominations of Officers & Trustees shall be submitted @ the September meeting of even years and published in the N.C. I. monthly Newsletter. Additional nominations may be submitted the day of the elections. New Officers & Trustees term will begin at the January annual meeting following the elections.

Article Sixteen: A new Article – When a By-law Article is amended a foot note will be added, in brackets, to the original Article referring to the amendment number.

Kevin Bacon, Secretary, Nature Coast Intergroup

AA DISTRICT 28 Meeting—Sunday, June 26, 2005 NOT AVAILABLE AT PRESS TIME

Area 14 July Assembly dates have been changed to: July 22-24, Paramount Resort, Gainesville

Next District Meeting, Sunday, July 31, 2005

***Nature Coast Journal* Distribution Info**

The *Nature Coast Journal* newsletters may be picked at the following places: St. Benedict's Serenity Club, Crystal River or at the Beginner's 6:30 P.M. Meeting, Lutheran Church, Inverness on the first Friday nights of the month. Thank you for helping to distribute the *Nature Coast Journal* to your group.

And acceptance is the answer to *all* of my problems today. 4th Edition Big Book, p. 417