



Nature Coast Journal



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AA Grapevine

The Lord's Prayer—A Perfect Convocation

October 1955

The AA meeting was coming to a close. The group discussion had ended and the informal chatting was only a murmur. The chairman, with a nod of his head to the group, said "We'll close the meeting in the regular manner."

Reverently heads were lowered, eyes were closed. The dramatic impact of that Sermon on the Mount 2000 years ago was upon us, at our meeting.

"Our father, Who art in heaven, hallowed be Thy name. . . ."

That fellow standing ahead, and to the left of me (it's his first meeting) shuffles his feet in worn shoes. He's embarrassed, ill at ease. But he is praying. Good! I remember a remark he made before the meeting opened. "I've absolutely no control over my drinking anymore. The stuff is killing me; my life's a mess."

Well, I thought now, he had taken the First Step with that admission. The expression on his face might be a clue to his thoughts. Grim, yet pleading.

"God, I'm licked. I've sworn off, gone on the wagon and switched drinks. Always with the same dreary results. Another drunk! I've tried everything--on my own hook. Nothing helped. So, here I am, God. With

shabby shoes and screaming nerves, I stand before you, my Father. I don't deserve your help. But I can't go on without it. Will you help me now? Please!"

My fellow alcoholic was not concerned at that moment with our Twelve Step program. He probably didn't know it existed. But he was praying. He had come to believe that a Power greater than himself could restore him to sanity. He was turning over his will and his life to the care of God as he understood Him. He had taken Steps Two and Three in the first ten words of the Lord's Prayer!

"Thy Kingdom come, Thy Will be done, on earth as it is in heaven. . . ."

Some of the grim quality was leaving the face of that man. The tell-tale liquor blotches stood high on his cheek bones but in his eyes, now open, was a softer light. Was hope beginning to replace despair?

"All of this is new to me, God. . . .but these fellows here tell me it isn't new to You. For more years than I care to remember, it has always been my will, my whims, my desires. To what end? Regrets, remorse, shame and suffering. Now I want you to take over. Let thy will be done. I know that you are the Master Planner, if I allow you to

be. And I know that in your plans there can be only good for me. Teach me, then, to trust in you."

The shuffling feet were still. The eyes again were closed. The form ahead of me was relaxing. Confession is good for the soul. Had not this distraught man just admitted to God, and to himself, the exact nature of his wrongs? Was he not subjecting himself and his will to that of God's--God as he understood Him? Was he not making a fearless inventory of himself? Of course he was! Here was Step Three again, and Steps Four and Five too!

"Give us this day, our daily bread. "

There were twenty-five people in that room. Some had known sobriety for years, some for only months. To the man ahead of me it had been a companion for only a few brief hours. But here in seven short words was the unbelievably powerful supplication that could secure it for a life-time, one day at a time!

"Divine master, the Bread we ask for this day's needs is sobriety. The emptiness of yesterday is gone; the demands of tomorrow we know not. Guide us then, this day. Let this day be expiation for the lost yesterdays, a strengthen-

Continue on Page 3

WE ARE WHAT WE DO --

We are what we repeatedly do. Excellence, then, is not an act, but a habit. - Aristotle

You choose what you are by what you do. Are you pleased with the way you spend your time?

"Habit" and "diligent practice" both describe the frequent and predictable repetition of activities. The difference lies in whether you consciously choose what you do every day, or you allow your circumstances to control you.

Anonymous

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do.

-Mark Twain-

RULE 62—"Don't take yourself too serious"

Rent-A-Sponsor

Are you tired of being told like it is? Still looking for that easier, softer way? Had enough of that same old time-tested direction?

No Reading! No Writing! No Deadlines!

STANDARD FEATURES INCLUDE:

- * Listen to your sniveling without referencing the Big Book!
- * Co-signing your excuses and rationalizations!
- * Work only the Steps you want, in the order you choose!
- * Learn the secret of giving it away before you even have it!
- * Why "walk the walk" when you can just "talk the talk?"
- * Remember, it's better to look good than to feel good!
- * Why save your ass at the cost of losing your face?

FOURTH STEP WRITING SERVICE NOW AVAILABLE YES, WE WILL WRITE YOUR INVENTORY FOR YOU

Yes, at Rent-A-Sponsor we know how unique you are and we do understand!

HALF MEASURES ARE OUR SPECIALTY!

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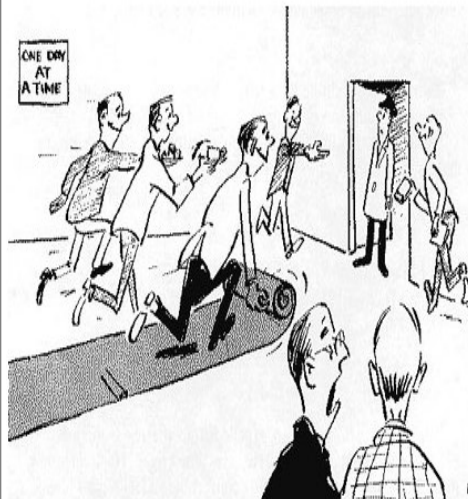
Call now and receive a free copy of "Staying Sober on War Stories Alone"!

Trusting that still small voice:

I got up this morning at exactly 6:06. I turned on the news and the weather man said that it was 66 degrees. And then it clicked. I realized I was just turning 66 years old. What is up with that.? I jumped into the convenience store for some gas for the car and chewing gum. The attendant said that will be six dollars and sixty-six cents. I was convinced that God was trying to tell me something. Listening to my inner voice I ran to the local dog track and put sixty-six dollars on number 6 in the 6th race. Well wouldn't you know, he came in 6th.



"Marge, he wants to be my male sponsor, what do I say?"



I wish those guys had the same enthusiasm to do Step 5!"

Area Events

Area Assemblies 2009

July 17-19

October 9-11

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**

July 29th—Aug 2nd 53rd Florida State Convention

See web site for flyer

September 4-7 23rd Annual Tampa Bay Fall Roundup

Details on our web site

Sept 18-20, 2009 10th Annual Serenity Weekend Women's Fall Conference 2009

Coca Beach, FL

See web site for flyer

November 8, 2008 GRATITUDE DINNER

At Our Lady of Fatima Church Hall
550 US Highway 41 S, Inverness.
More to come in upcoming issues.

July 29th—August 2nd 53rd Florida State Convention



See web site for flyer

ing for the tomorrows. Give us the courage to live out this one day as Thou wouldst will it."

Perhaps I imagined it. Or did our new friend actually rush into the next phrase as if eager to purge himself completely of all that was behind him?

"And forgive us our trespasses, as we forgive those who trespass against us. . ."

"Forgive me. Father! Forgive the lies, the treachery and the deceit wrought in drunken moments. Erase from my soul the stain of petty thievery, of precious time wasted. Forgive me for the heartache and anguish I've authored. Remove from me forever, the bitterness I've harbored against those who have chastised me, and supplant it with love. Strike from my heart the resentment and rancor with which I have lived so long."

He seemed to be growing in stature this man with the shabby shoes. The shoulders were squaring as if a great weight had been taken from them. And that is exactly what had taken place. For, in seeking forgive-

ness, he had forgiven. He had proved his willingness and readiness to have God remove his character defects. In humility, he had asked Him to remove his shortcomings. And though the compilation of a list of all people he had harmed would require time, he was willing to make amends.

Still without conscious realization of it, our new member was encompassing steps Six, Seven and Eight. And again it had been done in two phrases--thirteen words--of the "Our Father"!

"And lead us not into temptation. . ."

Oh, yes, there will be temptation. In the early stages of our new-found sobriety will come the urge to take "just one" drink. And as our sobriety continues, there may come the belief once again that our problem has been eliminated, that we have mastered it.

"But"--and the man ahead of me may be whispering it now--"there'll be no graduation exercises for me, God. Never permit me to feel that I have completed my course. For, O Lord, in not feeling that, I will not be led into

temptation. Give me always the humility to know myself. In that will be my strength."

"For Thine is the Kingdom, and the Power, and the Glory forever. Amen."

The prayer was ended. The owner of the shabby shoes walked slowly to the rear of the room. The liquor blotches still stood in high relief on his cheek bones. Nervous perspiration shone on his forehead. But in his carriage there was determination; in his eyes there was hope; in his heart there was the knowledge that he had enlisted an Omnipotent Ally.

In the final words of the "Our Father" he had paid true homage to the Almighty Power, the Supernatural Glory and the Everlasting Kingdom of God. In his quiet "Amen" he had pronounced a solemn "So be it" to the power-packed supplications of The Lords Prayer

John K.
Waupun, Wisconsin

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THE AA WISH

Two old-timers and a newcomer were stranded on an island. After several months, one of them found a lantern on the beach, polished it clean, and out popped a genie. "In return for my freedom, I will grant each of you one wish", announced the genie

The first old timer said, "I have a loving wife at home, my relationships with my children have been healed, and I have four beautiful grandchildren. I surely do miss them. I wish I were back home again." Poof. His wish was granted.

The second old timer said, "I miss my family too. And before we were stranded, I had a wonderful career and a beautiful home. I wish to go home too". Poof. His wish was granted.

The newcomer said, "My wife left me, my children hate me, I lost my house and job. I have nothing to go back home to. The only friends I had in the whole world were my two buddies here on the island, and they're gone. I sure do wish they were here now." Poof!!!!

"The ONLY thing that can ever make me drink again is untreated alcoholism." ing my spiritual life

There is a lot in this quote. First, it reminds me that no matter how much time I have, I also still have the disease of alcoholism. Like someone once said, after each day I stay sober, at night alcoholism is in the closet doing push-ups and by morning it has grown stronger. This is why, each day, I have to do something to strengthen my recovery and treat my alcoholism. I can go to a meeting, talk to another alcoholic, work the steps or be of service in some other way. Each of these activities help to keep me spiritually fit, and only by developing, maintaining or grow-

can I effectively treat my alcoholism. This quote also reminds me that other people's untreated alcoholism is a danger to me as well. If I'm not spiritually fit, then I'm vulnerable to the influence, the resentment, the lure and the romance of others alcoholism. In these, and many other ways, alcohol truly is cunning baffling and powerful.

Only by constant vigilance and treatment of my alcoholism can I remain sober and recovered.

By Michael Z and printed with permission

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group

- Ted W..... 7
- Eric W..... 7

Holder Way of Life

- Jack N..... 25
- Pat H..... 23
- Mike W..... 3
- Margot S..... 1

Last Chance Group

- Annette C (June)..... 11
- Jim K..... 25
- Andy K..... 23
- Tom M..... 1

Women's Friendship Group

- Ruth M..... 20
- Ann A..... 13
- Pat B..... 9

Share At Noon

- Ginny..... 51
- Ruth..... 20

Group Contributions

Group Name	YTD	June
ABC Group	\$60.00	\$60.00
Bright Spot	\$5.00	
Big Book 164	\$70.00	\$25.00
Crystal River Big Book	\$100.00	
Crystal River Group	\$800.00	
Floral City Men's Group	\$40.00	
Holder Way of Life Group	\$200.00	
Inverness Friday Night	\$80.00	
Inverness Wednesday Night	\$62.00	\$32.00
It's In The Book	\$25.00	
Keep In Step	\$80.00	
Monday Night Men's	\$100.00	
Never To Early Group	\$40.00	
New Beginnings-Dunnellon	\$100.00	
Night Cap	\$5.00	
Rainbow Group	\$340.00	
Share At Noon	\$50.00	
Won Rebos	\$46.00	
Women to Women	\$40.00	
Women's New Beginnings	\$79.00	\$25.00
Monthly Totals	\$2,322.00	\$142.00

Intergroup Hotline Report

Kurt's June Hotline Report:

- Total Calls83
- AA Book Store8
- AA Within District63
- Alanon4
- NA3
- Wet Drunk2

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 for June: Nanci R. Big Book 164—John W. Ocala Breakfast Group—Rich G. Keep in Step—Mel L. Crystal River Group—Don P. Share at Noon

**District 28 Workshop
August 8, 2009
Tradition/Concept Play**

*Special Guest Chet P.
Delegate-Area 14-Panel
Conference Report After Plays*

**Our Lady of Fatima Catholic Church
Rt.#41 South, Inverness**

**Time: Doors Open 10:00AM
"Fun, Friends, Food"**

Serenity

Serenity to me, therefore, is the absence of insoluble conflict. And it is up to me first to determine whether, after an honest look at myself, I can cope with the problem, then decide whether it is to be tackled, passed over to another day, or dismissed forever.

- Came To Believe . . . , p. 111

Recipe For Happiness

Two heaped cups of patience, One heart full of love, Two handfuls of generosity One head full of understanding and a dash of humor. Sprinkle with kindness, add plenty of faith and mix well, Spread over a period of a lifetime and serve to everyone you meet.

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—RICK T

SANDY H—MEL L

HOTLINE

KURT
(352) 621-0599

EVENTS COORDINATOR

OPEN

POSITION

WEBSITE

www.ncintergroup.com

JOURNAL

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344-5939

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601-5362

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