

Nature Coast Journal

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

Volume 6, Issue 8

Carrying the message

August 2004

NATURE COAST INTERGROUP AND DISTRICT 28

meetings are held at the
Community Center in Holder
on **Sunday, August 29th.**

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 Eight Step Eight

Made a list of all persons we had
harmed, and became willing to
make amends to them all.

*"I ask: Who did I hurt? How can I fix it?"
- from The Twelve Steps Illustrated*

Tradition Eight: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

1. Is my own behavior accurately described by the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it effects others?
3. Do I sometimes try to get *some* reward — even if not money — for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
7. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition — How It Developed*?

- From the Traditions Checklist, AA Grapevine



Labor Day Picnic



Monday, September 6th, 2004

1-4 p.m. — at Whispering Pines

Park, Inverness — Cover dish — \$2 advance tickets.

Flyers with more information have been distributed to
the groups.

A Special Thank You to all the VOLUNTEERS

that help at the

July 2004 Assembly in Gainesville.

Your dedication to Service and AA is greatly appreciated.

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		July 2004
Beginning Balance		\$2352.47
	July	YTD (2004)
Income		
Support - Individuals	15.00	99.52
Support - Groups	234.50	1676.60
Book Sales	265.50	2351.57
Medallion Sales	28.57	304.98
Other Sales	26.90	282.90
Sales Tax Collected	19.25	176.47
Events	356.00	667.30
Misc. Income	0.00	0.00
Total Income	\$945.72	\$5559.34
Expenses		
Rent	0.00	0.00
Sprint	38.66	271.90
Alltel	54.98	413.24
Books & Medallions	633.48	2772.65
Recovery Items	0.00	93.70
Sales Tax Paid	96.93	235.03
Journal	53.00	371.00
Website	0.00	0.00
Secretary Expenses	0.00	75.87
Bank Fees	118.34	14.55
Events	0.00	168.34
Misc. Expenses	0.00	935.53
Total Expenses	\$995.39	\$5351.81
Ending Checking Bal.	2302.80	
Reserved for Events	-927.66	
Available Funds	1375.14	
Inventory Value	1143.15	
Accounts Receivable	97.63	
Office Reserve Acct	3288.64	
Total Assets	\$6832.22	

Group Support 2004	July	YTD (2004)
CATS Group	0.00	70.00
Crystal River Group	0.00	300.00
Crystal River Big Book Group	0.00	100.00
High Noon Group	109.50	276.60
Holder Way of Life Group	0.00	125.00
It's in the Book Group	0.00	20.00
Inverness Monday Night Group	0.00	175.00
Last Chance Group	0.00	100.00
New Horizon Group	75.00	75.00
Red Eye Group	0.00	200.00
Share at Noon Group	50.00	50.00
Wahoo Group	0.00	100.00
Wednesday Inverness Step Group	0.00	25.00
Women's Friendship Group	0.00	60.00
Total	\$234.50	\$1676.60

**Nature Coast Intergroup Meeting Highlights —
Sunday, July 25, 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.

- ❖ Treasurer's Report: Report of July 4th picnic, total income (including ticket sales for June, July, gate sales, 50/50, etc.) \$596.00 minus expenses which totaled \$168.34 = Profit for picnic \$427.66. Profit to go into the Reserved Event Fund to help cover additional expenses to Gratitude Dinner in November if necessary.
- ❖ Hotline report: There were 103 total calls—82 for AA—2 for detox—12 for AlAnon—other: 7. Family members calling to thank us for our assistance; a newcomer called thanking us with 3 days of sobriety.
- ❖ Inventory and Sales: Beverly reported inventory and sales are good. Big Book: \$6; softcover: \$5.60; first 164 pages: \$3.50.
- ❖ *Gratitude Dinner Committee* needs volunteers and a chairperson. Date is set for Saturday, November 13th at Presbyterian Church, Inverness. Chairperson: Gayle W. Co-chair: Ken E. Trustee: Beverly Hunter 10 committees need to be filled. Volunteers to date: Sherry, Marilyn, Rosario More Volunteers are needed. First Gratitude Dinner Committee meeting to be posted in August newsletter.
- ❖ Labor Day Picnic discussed: September 6, 2004, 1-4 pm at Whispering Pines Park, Inverness, cover dish, \$2 advance tickets. Chairman: Kevin B. Trustee: Frank S.
- ❖ Visit www.ncintergroup.com for complete minutes

Happy Joyous Free



ATTENTION!!!!!!!

The first meeting of the 2004 Gratitude Dinner Committee will be held Sunday, August 15th @ 3:15 pm at the Serenity Club, St. Benedict's Church..

Wanted: Volunteers—Needed: Volunteers

Please come and support your 2004 Gratitude Dinner Committee. Contact: Gayle W—860-0314 or Ken E— 628-6122 for more information or to volunteer.

Why One Man Quit

"How come you don't drink any more?", a renewed acquaintance from long ago asked me the other day.

"Any more than who?"

"I mean any longer. How come you don't drink anything these days?"

"Drink? I drink coffee, milk, tea, soda pop, water, fruit juices...."

"I mean drink", he said, "You know, BOOZE."

"Oh, BOOZE. No, I don't drink booze anymore, you're right," I said, "I couldn't trust it anymore. It turned on me. Once my friend, it became my enemy."

"Maybe you got a bad batch," he said.

"No, the sauce is the same, I changed. Because I have the illness of alcoholism, my tolerance weakened. Alcoholism doesn't come in a bottle. It comes in people."

"Sounds pretty confusing," the fellow said.

"You think you're confused," I said, "you should have seen me. I drank for happiness and became unhappy; I drank for joy and became miserable; I drank to be outgoing and became self centered; I drank for sociability and became argumentative and lonely. I drank for sophistication and became crude and obnoxious; I drank for friendship and made enemies; I drank for sleep and awakened without rest; I drank to soften sorrow and wallowed in self pity. I drank for strength and felt weak; I drank to prove my masculinity and it sapped my potency; I drank medicinally and got sick; I drank because I thought my job called for it and lost my job. I drank for relaxation and got the shakes; I drank for confidence and became uncertain; I drank for courage and became afraid; I drank for assurance and became doubtful. I drank to stimulate thought and blacked out; I drank to make conversation and it tied my tongue; I drank for warmth and lost my cool; I drank for coolness and lost my warmth. I drank to feel heavenly and came to know HELL; I drank to forget and became haunted; I drank to erase problems and saw them multiply; I drank to cope with life and invited death ...or worse. I drank because I had the right and everything turned out wrong."

"Gosh," my friend exclaimed, "that must have taken a bunch of booze to get you in that shape."

"Just ONE," I told him. " The first one. For me, One is too many and a thousand aren't enough."

"So that's why you don't drink anymore?"

"Yep, I made it a rule, ***I don't drink while I'm sober.***"

August 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.

CATS

Beverly Ph.....24 yrs
 Kathy T.....20 yrs
 Beverly P.....6 yrs

Holder Way of Life

Bill G.....10 yrs
 Don G.....1 yrs

Last Chance Groups

Margaret Y21 yrs
 Tom S19 yrs
 Vince M.....5 yrs

Resentment Group

John W.....7 yrs

Women's Friendship Group

Barbara L28 yrs
 Catherine T20 yrs
 Helen H.....18 yrs
 Janet L.....17 yrs
 Rose S7 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.

Regional Events

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](#)



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>

District 28 Workshop

Saturday, Sept 25, 2004

1st Lutheran Church
1900 Hwy 44 West
Inverness, FL

9:00 AM - 1:00 PM

Area 14 Delegate:
Corliss G.

Dan E. Workshop:

"How to Chair a Meeting"

Food - Beverages - Good Fellowship

Following meeting sites have been added as Handicap Accessible:
Unity Building, Inverness
Presbyterian Church, Inverness
Methodist Church, Inverness
Lecanto Community Center, Lecanto
Lutheran Church, Inverness

Other Meetings

Monday at 7:00 PM—
YANA Group — Open Discussion —
147 NW 7th St., Crystal River
(yellow house behind Crystal River
Police Station)



Wed at Noon
Moves from 1st Presbyterian
Church to Unity House —
1515 Whitelake Dr
Inverness



Thursday at 5:00PM
Open Step Study
United Methodist Church
Hwy 581 South, Inverness Thursday
at 7:30PM



Holder Way of Life Group—8 pm
2nd Sat — Open Speakers (OS)
3rd Saturday — (Anniversaries)
Last Saturday — Grapevine Discussion
All other meetings — OD

Books for Sale

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

We also have **Grapevine Literature**.

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

Stick with the Winners and Win with the Stickers

LIVING IT

The spiritual life is not a theory. We have to live it.

Alcoholics Anonymous, p. 83

When new in the program, I couldn't comprehend living the spiritual aspect of the program, but now that I'm sober, I can't comprehend living without it. Spirituality was what I had been seeking. God, as I understand Him, has given me answers to the why that kept me drinking for twenty years. By living a spiritual life, by asking God for help, I have learned to love, care for and feel compassion for all my fellow men, and to feel joy in a world where, before, I felt only fear.