



# Nature Coast Journal



111 W. Main St., Room 308 ☆ Inverness, FL 34450 ☆ Office & Literature: (352) 344-0290 ☆ Hot Line: (352) 621-0599

VOLUME 9, ISSUE 8

AUGUST, 2007

## NATURE COAST INTERGROUP

OFFICE/BOOKSTORE

111 W. MAIN ST.

RM 308

INVERNESS, FL 34450

(352)344-0290

OPEN: MON, WED, FRI

10AM-4PM

SAT 10AM-1PM

**BUSINESS MEETING**  
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 6:00PM

## Local Event

**November 4**  
**Gratitude Dinner**  
**2:30 pm**

*Events (Continued on page 2)*

## Subject: A Letter from Bill W. Read The Lord's Prayer

April 14, 1959

Dear Russ,

Am right sorry for my delay in answering. Lois and I were a long time out of the country and this was followed by an attack of the marathon type of flu that has been around here in New York. We are okay now, however, but I did want to explain my delay.

Now about the business of adding the Lord's Prayer to each A.A. meeting.

This practice probably came from the Oxford Groups who were influential in the early days of A.A. You have probably noted in AA. Comes of Age what the connection of these people in A.A. really was. I think saying the Lord's Prayer was a custom of theirs following the close of each meeting. Therefore it quite easily got shifted into a general custom among us.

Of course there will always be those who seem to be offended by the introduction of any prayer whatever into an ordinary A.A. gathering. Also, it is sometimes complained that the Lord's Prayer is a Christian document. Nevertheless this Prayer is of such widespread use and recognition that the arguments of its Christian origin seems to be a little farfetched. It is also true that most A.A.s believe in some kind of God and that communication and strength is obtainable through His grace. Since this is the general consensus it seems only right that at least the Serenity Prayer and the Lord's Prayer be used in connection with our meetings. It does not seem necessary to defer to the feelings of our agnostic and atheist newcomers to the extent of completely hiding our light under a bushel.

However, around here, the leader of the meeting usually asks those to join him in the Lord's Prayer who feel that they would care to do so. The worst that happens to the objectors is that they have to listen to it This is doubtless a salutary exercise in tolerance at their stage of progress.

So that's the sum of the Lord's Prayer business as I recall it. Your letter made me wonder in just what connection you raise the question.

Meanwhile, please know just how much Lois and I treasure the friendship of you both. May Providence let our paths presently cross one of these days.

Devotedly yours,

Bill Wilson

WGW/ni

Mr. Russ

*From the A.A. Archives in New York*

### 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.*

*Events (Continued from page 1)*

**Our Lady of Fatima Church**  
**Inverness**  
 Tickets: \$5.00  
 Speaker: To Be Announced  
 This event is self-supporting  
 Volunteers are needed  
 Please call Chairpersons  
 Melissa M. 634-1676  
 Dave A. 613-3852

**Area Events**

**October 12-14**  
**Area Assemblies**

Paramount Resort and  
 Conference Center  
 Gainesville, FL

Hotel: ( 352 ) 377-4000

There is a 30 day cut-off for  
 registration at the hotel.

Make reservations early.

Info: (877)992-9229

**August 8-12**

**51st Florida State**  
**Convention**

Caribe Royale

8101 World Center Dr.

Orlando, FL 32821

Reservations:

(800) 823-8300

web: [www.CaribeRoyale.com](http://www.CaribeRoyale.com)

Info: [www.flstateconvention.com](http://www.flstateconvention.com)

Download flyer

<http://www.ncintergroup.com/conferences/124153>

Flyer.pdf

**August 24-26**

**20th Annual**

**Sunset Round Up**

Casa Marina Hotel

Key West, FL 33040

Hotel Reservations: web:

[www.casamarinaresort.com](http://www.casamarinaresort.com)

go to reservations, scroll to

groups and enter the Group

#4280NUS Information:

*Events (Continued on page 3)*

# Can Drinking Be a Good Thing?

“Sometimes when I reflect back on all the wine I drink I feel shame. Then I look into the glass and think about the workers in the vineyards and all of their hopes and dreams. If I didn't drink this wine, they might be out of work and their dreams would be shattered. Then I say to myself, ‘It is better that I drink this wine and let their dreams come true than be selfish and worry about my liver.’”

~ Jack Handy

~~~~~  
 “When I read about the evils of drinking, I gave up reading.”

~ Henny Youngman

~~~~~  
 WARNING: The consumption of alcohol may leave you wondering what the hell happened to your bra and panties.

~~~~~  
 WARNING: The consumption of alcohol may create the illusion that you are tougher, smarter, faster and better looking than most people.

~~~~~  
 WARNING: The consumption of alcohol may lead you to think people are laughing WITH you.

~~~~~  
 WARNING: The consumption of alcohol may cause you to think you can sing.

~~~~~  
 WARNING: The consumption of alcohol may cause pregnancy.

~~~~~  
 WARNING: The consumption of alcohol is a major factor in dancing like a retard.

~~~~~  
 WARNING: The consumption of alcohol may cause you to tell your friends over and over again that you love them.

~~~~~  
 WARNING: The consumption of alcohol may make you think you can logically converse with members of the opposite sex without spitting.

~~~~~  
 WARNING: The consumption of alcohol may make you think you are whispering when you are not.

*And saving the best for last, as explained by Cliff Clavin, of Cheers.*

*One afternoon at Cheers, Cliff Clavin was explaining the Buffalo Theory to his buddy Norm.*

*Here's how it went:*

"Well ya see, Norm, it's like this... A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Excessive intake of alcohol, as we know, kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That's why you always feel smarter after a few beers."

## District To Elect New Treasurer

**T**ish O. announced at the last District meeting that she will soon be moving from Citrus County and plans to resign as District Treasurer. Many thanks to Tish for serving District 28 this year. Nominations and election for the District Treasurer position will be held on August 26 at which time all interested contenders should present their resumes. Two years of continuous sobriety is requisite. This position has a two year tenure expiring January 2009.

## Anniversaries August 2007

To post your group's anniversaries ask your Group Secretary to contact Ed P. at 422-0144 or send email to news @ncintergroup.com prior to the first of each month.

|                                     | Years |
|-------------------------------------|-------|
| <b>Attitude Adjustment Group</b>    |       |
| Janet B.                            | 21    |
| Rob P.                              | 8     |
| Debbie D.                           | 4     |
| Peggy S.                            | 1     |
| <b>Last Chance Group</b>            |       |
| Scotty E.                           | 15    |
| <b>Share at Noon Group</b>          |       |
| Kathy T.                            | 23    |
| <b>Women's Friendship Group</b>     |       |
| Janet L.                            | 20    |
| Loretta R.                          | 13    |
| Char S.                             | 3     |
| <b>Women's New Beginnings Group</b> |       |
| Sue C.                              | 24    |
| Sandi T.                            | 12    |
| Sheila F.                           | 7     |
| Elyse                               | 3     |
| Tracie W.                           | 1     |

## The 23rd - 1/2 Psalm

**T**he Lord is my sponsor! I shall not want.  
 He directs me to go to many meetings.  
 He desires me to sit back, relax, and listen with an open mind.  
 He restores my soul, my sanity, and my health.  
 He leads me in the paths of sobriety, serenity, and fellowship for my own sake.  
 He teaches me to think, to take it easy, to live and let live, and to do first things first.  
 He makes me honest, humble, and grateful.  
 He teaches me to accept the things I cannot change, to change the things that I can, and gives me the wisdom to know the difference.  
 Yea, though I walk through the valley of despair, frustration, guilt, and remorse, I will fear no evil, for God is with me. The Program, God's way of life, the Twelve Steps — they comfort me.  
 God prepares a table before me in the presence of my enemies: rationalization, fear, anxiety, self-pity, and resentment.  
 God anoints my confused mind and jangled nerves with knowledge, understanding, and hope. No longer am I alone; neither am I afraid, nor sick, nor helpless, nor hopeless. My cup runneth over.  
 Surely sobriety and serenity shall follow me every day of my life, twenty-four hours at a time, as I surrender my will to God and carry the message to others; and I will dwell in the house of my Higher Power, as I understand Him, daily.  
 Forever and Ever. Amen

*The 12 Step Prayer Book (Hazelden), p.6*

## Sober Sand-Gnats Meet in Inglis

**A** new meeting has formed at Inglis Community Center behind Town Hall. The Sober Sand-Gnats meets on Tuesdays at 7:00pm. For information call John S. (352)220-0003

## Events (Continued from page 2)

web: www.sunsetroundup.com

### August 31- September 02 Big Book Workshop Weekend

Holiday Inn Hotel and Suites  
 Boca Raton Town Center  
 Reservations: (800)781-5611  
 Info: (877) 902-5975  
 leestapes@viafamily.com

### October 19-21, 2007

### March 28-30, 2008

### November 14-16, 2008

### "QUEST"

### A SPIRITUAL RETREAT GIVEN BY AND FOR A.A.'S AND ALANONS

Meals and accommodations provided by the Benedictine Monks at St. Leo Abbey Retreat Center, St. Leo, Florida \$112 per person and includes semi-private room 2 nights, 6 meals, snacks and beverages

Retreat includes meditation instruction and three meditations

For information: call Cliff (727)546-2239

Or send email to quest\_retreat@verizon.net

### November 2-4 37<sup>th</sup> Gulf Coast Roundup

### "SOS - Sharing Our Serenity"

Fort Walton Beach Ramada Beach Resort  
 Highway 98 E on Okaloosa Island

1500 Miracle Strip Parkway  
 Ft. Walton Beach, FL 32548

For Hotel Reservations call (800)447-0010

Registration: \$20 each

Pre-registration suggested to facilitate planning

For information: send email to gulfcoastroundup2007

@gmail.com

| 2007                            | July            | 2007            |
|---------------------------------|-----------------|-----------------|
| <b>Beginning Balance</b>        | 2325.10         | YTD             |
| <b>Income</b>                   |                 |                 |
| Support - Individuals           | 21.00           | 135.15          |
| Support - Groups                | 335.00          | 2,045.00        |
| Book Sales                      | 329.60          | 2,697.83        |
| Medallion Sales                 | 33.23           | 333.98          |
| Other Sales                     | 122.46          | 343.94          |
| Sales Tax Collected             | 28.77           | 201.75          |
| Events                          | 157.00          | 254.94          |
| Misc Income                     | 30.51           | 57.51           |
| <b>Total Income</b>             | <b>1057.57</b>  | <b>6,070.10</b> |
| <b>Expenses</b>                 |                 |                 |
| Rent (Holder CC)                |                 | 0.00            |
| Office Exp (111 W Main St)      | 694.38          | 3,403.96        |
| Alltel                          | 104.74          | 442.02          |
| Books                           | 632.47          | 2,928.90        |
| Medallions                      | 27.50           | 255.40          |
| Recovery Items                  | 164.52          | 290.69          |
| Sales Tax Paid                  | 80.77           | 263.89          |
| Journal                         |                 | 452.33          |
| Website (pd for yr in Oct)      |                 | 0.00            |
| Treasurer Expenses              |                 | 0.00            |
| Bank Fees                       |                 | 0.00            |
| Events                          | 702.41          | 934.37          |
| Misc Expenses                   | 10.38           | 279.32          |
| <b>Total Expenses</b>           | <b>2417.17</b>  | <b>9,250.88</b> |
| <b>Ending Checking Balance</b>  | <b>965.50</b>   |                 |
| <b>Reserved for Office (MM)</b> | <b>4523.43</b>  |                 |
| <b>Reserved for Office (CD)</b> | <b>2694.09</b>  |                 |
| <b>Office Change Fund</b>       | <b>40.00</b>    |                 |
| <b>Balance Cash Accounts</b>    | <b>8223.02</b>  |                 |
| <b>Inventory Value</b>          | <b>1884.46</b>  |                 |
| <b>Accounts Receivable</b>      | <b>0.00</b>     |                 |
| <b>Total Assets</b>             | <b>10107.48</b> |                 |
| <b>Prudent Reserve</b>          | <b>3000.00</b>  |                 |
| <b>Group Support 2007</b>       | <b>YTD</b>      | <b>July</b>     |
| ABC Group                       | 60.00           |                 |
| Attitude Adjustment Group       | 125.00          | 25.00           |
| Bright Spot                     | 0.00            |                 |
| Citrus Springs Group            | 0.00            |                 |
| Crystal River Big Book Group    | 70.00           |                 |
| Crystal River Group             | 400.00          |                 |
| Floral City Group               | 25.00           |                 |
| Floral City Men's Group         | 0.00            |                 |
| Hernando Men's Group            | 150.00          |                 |
| High Noon Group                 | 100.00          |                 |
| Holder Way of Life Group        | 175.00          | 175.00          |
| Inverness Friday Night Group    | 160.00          |                 |
| Inverness Monday Night Group    | 0.00            |                 |
| Inverness Wednesday Night Step  | 0.00            |                 |
| It Works For Me Meeting         | 0.00            |                 |
| It's in the Book Group          | 25.00           |                 |
| Keep in Step Group              | 20.00           |                 |
| Last Chance Group               | 275.00          | 75.00           |
| Lecanto Group                   | 0.00            |                 |
| Monday Night Men's Group        | 60.00           | 60.00           |
| Never Too Early Group           | 0.00            |                 |
| New Beginnings                  | 0.00            |                 |
| No Name Group                   | 0.00            |                 |
| Quail Run Group                 | 0.00            |                 |
| Red Eye Group                   | 0.00            |                 |
| Resentment Group                | 100.00          |                 |
| Share at Noon Group             | 100.00          |                 |
| Wahoo Group                     | 0.00            |                 |
| What's the Book Say Group       | 45.00           |                 |
| Women to Women Group            | 0.00            |                 |
| Women's Friendship Group        | 140.00          |                 |
| Women's New Beginnings Group    | 15.00           |                 |
| YANA Group                      | 0.00            |                 |
| <b>Total</b>                    | <b>2045.00</b>  | <b>335.00</b>   |

## Bookstore at the Office

In addition to the A.A conference-approved literature, Nature Coast Intergroup Office/Bookstore carries Grapevine Literature, Medallions, Hazelden books, and a good selection of Recovery Items suitable for gifts. The following items are also available in our new Store:

- Audio Big Book
- Audio 12 & 12
- Audio Living Sober
- Audio AA Comes of Age
- Braille Big Book
- Literature Rack
- Meeting Sign
- Pocket Cards (steps, traditions, serenity prayer)
- Big Book Dictionary
- Speaker Certificates
- Birthday Cards
- Serenity Prayer Cards
- Medallion Boxes
- Key Rings
- Large Circle Stickers
- Small Circle Stickers
- Mini Saying Stickers
- Bookmarks
- Verse Cards
- Special Bronze Medallions
- Leather Book Covers
- Chrome Travel Mugs w/slogans
- Gift bags and wrapping paper with circle and triangle motif
- Tri-plate Lapel Pins
- Tri-plate Specialty Medallions

## For Your Information

The Nature Coast Intergroup Website is located at [www.ncintergroup.com](http://www.ncintergroup.com). Please note: Website features printable AA meeting schedules and directions/maps, and Nature Coast Intergroup and District 28 Meeting Minutes.

**Intergroup Telephone Hotline** Chair Rick T.'s July Hotline Report: Total Calls Incoming were 125: 114 for AA information/meetings, 4 NA, 4 Alanon, 2 Alateen, 1 ride, 4 wet drunk, 2 detox, 2 half-way house.

**Hotline Volunteers greatly needed to carry the phone. Call the Hotline at 621-0599.**

COPIES OF NATURE COAST JOURNAL ARE AVAILABLE FOR PICKUP AND DISTRIBUTION FOR ALL THE GROUPS EARLY EACH MONTH FROM TWO LOCATIONS:  
**EAST COUNTY**  
 NATURE COAST INTERGROUP OFFICE  
 111 W. MAIN ST., ROOM 308  
 INVERNESS  
**WEST COUNTY**  
 SERENITY CLUB, ST. BENEDICT'S,  
 CRYSTAL RIVER

### INTERGROUP OFFICERS

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#### ALT. SECRETARY

(VACANT)

#### TREASURER

SUE C.  
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### INTERGROUP TRUSTEES

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### INTERGROUP

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