



# Nature Coast Journal



111 W. Main St., Room 305 ☆ Inverness, FL 34450 ☆ Office & Literature: (352) 344-0290 ☆ Hot Line: (352) 621-0599

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AUGUST 2008

## NATURE COAST INTERGROUP

### OFFICE/BOOKSTORE

111 W. MAIN ST.  
RM 305

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.

DISTRICT 28  
MONTHLY MEETING TO  
FOLLOW INTERGROUP

## Area Events

### Area Assemblies

**2008:**

**October 3-5**

Paramount Resort and  
Conference Center  
Gainesville, FL

Hotel: ( 352 ) 377-4000

There is a 30 day cut-off for

*Events (Continued on page 2)*

## I came to Citrus County 29 years ago ...

I was most influenced by the first group of sober men and women and I wanted more of what I saw. The concept of sponsorship has basically been unchanged over the years. If the guidelines are followed as suggested in our literature it will show sponsors how to help sponsee's to help themselves. The beginning of my 40 years of blessed sobriety in AA took place in No Bergen County, namely Park Ridge, NJ. Service work came later as raising six children took my time and energy. I moved to Massachusetts four years into my sobriety. I was involved in 12-Step work, speaking and sharing at the women's prison in Framingham. Also did a lot of speaking at various exchange groups dedicated to "speakers meetings".

In my early days of sobriety I felt a release from the emotional prison I had put myself in. Thru AA I was accepted just as I was, warts and all. Having nearly died in my own vomit in my bed was my "bottom". I cried out "God help me", a few days later and he did, and has since.

I moved to Citrus County 29 years ago and now live in Dunnellon, in Marion County.

The number one reason for staying sober is the gift of life itself. I cling to the unchanging principles offered in our 12-Steps and 12 Traditions that results in being happy, joyous and free. I personally become frustrated in some meetings today where the "basics" are not followed. There are too many negative topics brought up and unless reminded, there can be too much "cross talk". My growing faith in God shows me that the joy is my journey, one step at a time. AA taught me never to take two steps at a time.

The first meeting I attended in Citrus County in 1979 was with a wonderful group of AA and Al-Anons. It was held outside the home of Marjo and Bill F on Turner Camp Road, Bill being referred to as "Fish Camp Bill". We sat under the stars and did battle with the local mosquitoes. The meeting worked, because we worked it. Many women were in my first home group, but still outnumbered by the men. We had two meetings a week --- each an hour and a half. One was a "closed" step discussion and the other an "open" speaker meeting.

Of seven in my family, five of us embrace the program and are drug and or alcohol free today.

The biggest change I've seen over the years is watching many people today unwilling to adjust to a whole new way of life, often going back "out there" to old behaviors while drinking.

I'll add that lots of wonderful sobriety through bonding with one another has caused Citrus County AA to grow and beautifully so. A dear lady, Ruth K of Ocklawaha did the one page meeting lists way back when. We did try "speakers meetings" in the county several times and it just never took off. Our Gratitude Dinners were very nicely done, especially at St Ann's in Crystal River for years. They were also held at the old Presbyterian Church in Inverness. Both provided warmth between groups who came together in an almost regal setting. In Inverness Wendy's had opened up, and after meetings on a Friday night a gang of us would go over and enjoy their "Frosty's" while having another "meeting".

One can never forget "Irene and Pat G." and all of their efforts into making Citrus County AA what it is today. RoseAnn N is due much gratitude for her part in all of this good.

I came across the following writing. Does this not describe us?  
*"You did your work, spoke your piece, cleared your space, drew your boundaries and started living your own life again."* Maybe for the first time for some of us?

Sending AA love and hugs. Eleanor

### 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)

registration at the hotel. Make reservations early. Info: (877)992-9229

**August 13-17, 2008****52nd Florida State Convention**

Harbor Beach Marriott,  
Ft. Lauderdale Beach  
Register at [www.52FLStateConvention.com](http://www.52FLStateConvention.com)

**September 12-14 2008****Serenity Weekend Women's Fall Conference 2008**

Cocoa Beach Oceanfront Resort  
1300 N. Atlantic Ave.  
1-800-206-2747

**September 21, 2008****Sunset Fiesta & CHILI COOK OFF at 6pm****Fort Island Beach Crystal River**

Sponsored by: The RESENTMENT and YOUNG PEOPLE'S GROUPS

Each group or individual can submit a pot of chili to be tasted & voted on. Live music, piñatas with a trophy for the best 2008 Chili contest and more. To participate, contact Willie 601-5362 or Dee 201-6386 before August 31st.

**November 1, 2008****"HEARTS of HOPE"****HALLOWEEN DANCE**

Sponsored by: The ATTITUDE ADJUSTMENT and RESENTMENT GROUPS  
Costume Contest.

Bring a pre-carved Jack-O-Lantern for vote "Best of the Best" Contest (presented by yourself or as a group)

**When : 6:30pm to 11pm**

Our Lady of Fatima Church Hall  
550 US Highway 41 S, Inverness.

For information contact  
Willie - 601-5362

**November 9, 2008****GRATITUDE DINNER**

At Our Lady of Fatima Church Hall  
550 US Highway 41 S, Inverness.

Come join in the fellowship and celebration of District 28's 20 year anniversary and Nature Coast Intergroup's 10 year anniversary.

Watch for more details in upcoming newsletters.

**December 5, 6, 7 2008****20th AA Central Florida**

**Men's Retreat** for \$140

Deposit of \$70 due by 9/15/08.

Remaining balance by 11/15/08

FMI contact Don G. at  
(352) 489-8752

**HAPPY, JOYOUS AND FREE**

I woke up in the hospital with tubes and an IV in my arm. I had been in hospitals before, but this time my Dad and my Uncle Ralph were standing over me. My Dad said, "David, you must have had another seizure." I was 36 years old and had been tested years ago for convulsive disorder and put on medication.

I was 22 years old when I had my first seizure. It was a heavy drinking weekend for me. I never could get enough alcohol in my body to satisfy the craving. The crowd that I hung around with were drinkers. Some drank a little, some drank more, but very few drank as much as I did. Everyone at the camp that weekend thought that I had an allergic reaction to the fish we ate for breakfast. I found out years later in AA that I had an allergic reaction to alcohol and the seizures were the result of my body going through alcohol withdrawal. Over the years I have heard many stories in the rooms of AA from fellow members about similar seizure episodes.

My sponsor Tommie told me "If the alcoholic is guilty of anything, it is ignorance." He was right. I did not have a clue about alcoholism or the disease of selfishness. Tommie knew the answer to the question of "How to live a happy, joyous and free life." We went to meetings together, spoke at meetings out of town, had plenty of coffee at the corner coffee shop, worked with newcomers, did service work, listened to AA tapes and thanked God every night for another daily reprieve from the disease of alcoholism. Tommie made sure I was a member of a home group that had a step meeting and followed the traditions of Alcoholics Anonymous.

Tommie told me to go back to college and finish my education. I had dropped out of school because alcohol was more important in my early 20's. Tommie and his wife Joyce were there for the ceremony of my AA degree & BA degree.

"It's probably going to take all the courage you have", was Tommie's comment to me about writing Step 4 and taking Step 5 with him. When it was over, I had felt such a relief and experienced a great feeling that I was sure I did not need any more of the 12 steps. Tommie reassured me that if I wanted what he had, and if I wanted the promises of AA in my life, I would have to go further.

AA's new pair of glasses fit just right. The window of that old barroom that I used to look out and criticize people for not having a life, was now the same window that I look into from the outside, realizing that I am one of those that I criticized.

When I had trouble getting a permanent job at the company I worked for, Tommie held my hand and worked me patiently through the process of interviews with the company doctors and supervisors to explain my seizures. Today after 21 years of service with that company, I was able to retire early and earn a pension.

God guided me to AA, and in AA I was able to find the God of my understanding. At 6 years of sobriety, Tommie was the best man at our wedding. Elaine was loving, giving and unselfish. She had all the qualities that I lacked. Over the years, she has taught me so much about life and love. I am grateful to her and I treasure her love.

Tommie T. passed away in March 2005, but he left a legacy in the rooms of AA. Everyone remembers him with great fondness. We were all blessed by knowing one of the great men who have come to believe and who showed us the answer to the question, "How to live a happy, joyous and free life."

Dave D. Holder Way of Life, DOS: 01/08/1986

**House of Power Women's Big Book Study**

**When:** Thursday at 5:30 p.m. (last Thurs. of month an anniversary / discussion meeting)

**Where:** House of Power Church, 7233 N Lecanto Hwy, Hernando, FL 34442

**BB- 164** to start the 2nd Thursday in September Closed meeting for all members. Includes the first 164 pages of the Big Book. More details to follow.

## Step 8

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

### Tradition 8

(Long form)

Alcoholics Anonymous should remain forever non-professional. We define professionalism as the occupation of counseling alcoholics for fees or hire. But we may employ alcoholics where they are going to perform those services for which we may otherwise have to engage non-alcoholics. Such special services may be well recompensed. But our usual A.A. "12th Step" work is never to be paid for.

**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 affects 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*?
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## Promise EIGHT

Self-seeking will slip away.

## Concept VIII

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

## Principle 8: Willingness

**Making a list of those harmed before coming into recovery may sound simple. Becoming willing to actually make those amends is the difficult part.**

Working Step 8 begins the internal healing from any guilt and shame generated while active in our disease. We focus on taking responsibility for ourselves.

In the past, we blamed our parents, relatives, friends, foes, bosses, coworkers, and just about anyone other than us. We make a list of all who we have harmed, including ourselves. We will forgive ourselves as part of the process. We learn about amends and what we will do in the next step.

We list all the people we identified in our 4th step inventory. Our willingness is important in this step. We are willing to face the damage we caused ourselves and others. We remember that faith overcomes fear.

Forgiveness helps us to let go of hurtful events of the past. What we don't forgive from our past behavior, we will re-live in our future.

We remember, "Forgiveness is blessing someone before they deserve it."

We prepare to ask, but not expect forgiveness from others.

One day at a time.

Article taken from the *Hazelden* Web site at [www.hazelden.org](http://www.hazelden.org). Used with permission.

## 8th Step Prayer

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes."

God help me to become willing to sweep away the debris of self will and self reliant living. Thy will be done for this person as well as for me. AMEN

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## Anniversaries August 2008

To post your group's anniversaries ask your Group Secretary to contact Paula D at 201-0353 or send email to news@ncintergroup.com prior to the first of each month.

	<u>Years</u>
<b>Attitude Adjustment</b>	
Janet B	22
Debbie D	5
Peggy S	2
Rosemary T	1
<b>Holder Way of Life Group</b>	
Robin J	23
Agnes T	15
Jackie D	7
Don G	5
Walter R	3
June H	1
<b>Last Chance Group</b>	
Scott E	16
John L	22
<b>Rainbow Group</b>	
Sandra O	8
John L	2
<b>Share at Noon Group</b>	
Cathy T	24
<b>Women's Friendship Group</b>	
Char S	4
Gail M	5
Loretta L	11
Janet L	21
<b>Women's New Beginnings</b>	
Sandy T	13
Tracie W	2
<b>Woman to Woman Group</b>	
Sue C	25
Nanci R	11

2008-NCI	July	YTD
Beg Checking Balance	2197.85	
<b>Income</b>		
Support - Groups	418.00	3030.95
Book Sales	583.23	5221.30
Other Sales	230.21	1781.03
Sales Tax Collected	49.05	382.56
Events		45.00
Misc Income		1080.90
<b>Total Income</b>	<b>1280.49</b>	<b>11541.74</b>
<b>Expenses</b>		
Rent (Holder CC)		0.00
Office Exp	323.67	3052.98
Alltel	56.09	393.35
Books	683.86	4775.95
Recovery Items	134.35	936.94
Sales Tax Paid	142.19	462.73
Journal	60.00	403.14
Website		0.00
Events	50.00	50.00
Misc Expenses		187.62
<b>Total Expenses</b>	<b>1450.16</b>	<b>10262.71</b>
<b>End Checking Balance</b>	<b>2028.18</b>	
<b>Money Market Account</b>	<b>3533.20</b>	
<b>Office Change Fund</b>	<b>40.00</b>	
<b>Balance Cash Accounts</b>	<b>5601.38</b>	
<b>Amounts as noted:</b>		
Inventory Value	2986.14	
Accounts Receivable	425.37	
Office Sales Profit	120.83	
Average Profit	141.11	

Group Support 2008	YTD	July
ABC Group	60.00	
Attitude Adjustment Group	225.00	
Bright Spot	0.00	
Citrus Springs Group	190.00	
Crystal River Big Book Group	75.00	
Crystal River Group	0.00	
Floral City Group	0.00	
Floral City Men's Group	0.00	
Hernando Men's Group	40.00	
High Noon Group	100.00	
Holder Way of Life Group	100.00	
Inverness Friday Night Group	240.00	
Inverness Monday Night Group	125.00	
Inverness Wednesday Night Step	140.00	40.00
It's in the Book Group	50.00	
Keep in Step Group	40.00	
Last Chance Group	105.00	
Lecanto Group	0.00	
Monday Night Men's Group	320.00	200.00
Never Too Early Group	0.00	
New Beginnings-Dunnellon	0.00	
Night Cap	0.00	
No Name Group	30.00	
Quail Run Group	0.00	
Rainbow Group	175.00	
Recovery by the Fire	75.00	
Red Eye Group	0.00	
Resentment Group	240.00	
Share at Noon Group	150.00	50.00
Sober Sand Gnats	0.00	
Wahoo Group	0.00	
What's the Book Say Group	45.00	
Women to Women Group	0.00	
Women's Friendship Group	120.00	
Women's New Beginnings Group	200.00	100.00
WonRebos Group	45.50	
YANA Group	0.00	
<b>Total</b>	<b>2890.50</b>	<b>390.00</b>

## Bookstore at the Office

And the winner of our Gift Certificate Drawing is .... Greg  
H. of the Wednesday Night Step Study  
Congratulations Greg !!!!!

- Audio Big Book, 12 & 12, Living Sober, AA Comes of Age
- Literature Racks
- Pamphlets for your meeting racks
- Meeting Signs
- Big Book Dictionary
- 12 & 12 Dictionary
- Speaker Certificates
- Birthday Cards
- Serenity Prayer Cards
- Key Rings
- Circle Stickers
- Mini Saying Stickers
- Bookmarks
- Verse Cards
- Bronze Medallions
- Monthly Coins
- Leather Book Covers
- Chrome Travel Mugs
- Tri-plate Lapel Pins
- Tri-plate Medallions
- License plate covers
- Gift Certificates

### WE DELIVER

When you place an order, on or before the Wednesday prior to our Intergroup and District meetings, your items will be available for pickup at the Intergroup Meeting. For more information, contact Paula D. @ 201-0353.

**Thank you to our Volunteers that help out at the bookstore!!!!**  
**Your service work keeps our doors open!**

### NOTICE

Recently Intergroup discovered the Articles of Inc differed from the By-Laws. At the July meeting this was discussed and a vote was taken to amend the Articles to agree with the By-Laws..

### August Special

"A New Pair of Glasses" & "Stools and Bottles" \$22

## For Your Information

**Intergroup Telephone Hotline Chair, Rick T.'s May Hotline Report:** Total Calls Incoming were 64: 57 for AA information/meetings, 3 for Alanon, 4 NA.

**NCI meeting minutes are available to view on our website. [www.ncintergroup.com](http://www.ncintergroup.com)**

Please forward any announcements to the editor for submission to the Journal by the 24th of each month.

THE NATURE COAST JOURNAL IS AVAILABLE FOR PICKUP AND DISTRIBUTION FOR ALL GROUPS EARLY EACH MONTH AT:

GROUPS EARLY EACH MONTH AT:

#### EAST COUNTY

1ST LUTHERAN CHURCH,  
INVERNESS (FRIDAY BEGINNER'S  
MEETING 6:30 PM)

#### WEST COUNTY

SERENITY CLUB, ST. BENEDICT'S,  
CRYSTAL RIVER

### NATURE COAST INTERGROUP OFFICE

& IT IS POSTED ON OUR WEBSITE

## INTERGROUP OFFICERS

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### SECRETARY

JIM Z.

### ALT. SECRETARY

(VACANT)

### TREASURER

SUE C.  
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### INTERGROUP TRUSTEES

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### INTERGROUP

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