



# 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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## But for the GRACE of GOD

It is not easy for anyone to say, "I'm an alcoholic," and being afflicted with a disease that still is cunning and baffling for me at times to even understand and I can't even define. But "My name is -----, and I'm an alcoholic" is my first sentence each time I speak during a meeting of Alcoholics Anonymous.

I had tried to get sober so many times using my willpower. Guess what? My willpower didn't work! It wasn't until I completely surrendered by asking God, which I knew existed, but I had turned my back to Him years ago, and asked for help to stay sober. The obsession left me, and I discovered freedom.

So many wonderful things have happened to me since, far too many to be written off as coincidental. God will help me if I allow him to guide me. I need only to keep my eyes open and be aware of his gifts to me. He has never let me down, He gives me what I need not what I want and it works for me.

I was in a meeting and the chairperson said that if we did not have a topic that he did and we may not like it, I had thought " yes! he is going to bring

up God, and the Spiritual Malady", and that is exactly what he did. With his opening statement I knew that he felt as I did and that some of the other members may not had felt the same.

In the Twelve Steps of our Recovery Program, the words Power, God and pronoun Him is used nine times, and in the Twelve Traditions, it calls attention to the Deity in phrases such as "A loving God," "Spiritual entity," "Spiritual Significance," "Spirit of service," "He Who presides over us all", "Primary Spiritual Aim" and it goes on, but in spite of the emphasis placed on this, many AA members, including many chairpersons, completely ignore the Spiritual aspect of the program, why is that?

In the only "Red Book" that I recognize, Conference Approved, "Came to Believe" I still like page 97; It reads as follows :

"I believe we are all sober and alive for only one reason: God has a job for us to do. I have also come to believe that I must please God first, myself second, and everybody else third. When I can live and feel that way--and it isn't all day and every day--things seem to work out. When I try to run the

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show, everything goes to hell."

Dr. Samuel Shoemaker said these words of wisdom, which is something to think about:

"There is a great hue and cry today on the part of some people about those who seek benefits from God. I would like to know where in Heaven's name a bewildered and defeated person is going to go for the help he desperately needs if he doesn't go to God for it. Of course he is concerned about himself. He can't help it. He ought to be. He must be, if he is ever going to be made useful to other people. But later on he must also grow up and stop just using God and begin to ask God to use him. Stop asking God to do what he wants, and begin doing what God wants.

But for the GRACE of GOD,

*My name is Sue Ann, I am an alcoholic*

### 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"**

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

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### Sponsorship

A man in a hot air balloon realized he was lost. So he descended a bit and shouted to a man on the ground "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The man on the ground replied, "You're in a hot air balloon hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude."

"You must be a sponsor," said the balloonist.

"I am, replied the man, how did you know?"

"Well," answered the balloonist, "everything you told me is, I believe, technically correct, but I've no idea what to make of your information and fact is I'm still lost. Frankly, you've not been much help at all. If anything, you've probably delayed my trip."

The man below responded, "You must be a sponsee."

"I am," replied the balloonist, "but how did you know?"

"Well, said the man, you don't know where you are or where you're going. You have risen to where you are due to a large quantity of hot air. You made a promise, which you've no idea how to keep, and you expect other people to solve your problems. The fact is you are in exactly the same position you were before we met, but now, somehow, it's my fault."

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### Keeping in the Now

Attitude of gratitude, keeping in the now.

Finding peace in all that be, This I've found is how.

If we can just be grateful, with each breath that He gives.

Then things will just get better, each day He lets us live.

If we complain and we forget that God is in control,

Darkness starts to fill us, deep within our soul.

Projection into future things, that are not yet to be,

Only causes turmoil, of things that we cannot see.

So let us just be grateful in this present, that's a gift.

Our soul will be delighted, our spirits He will lift.

Then others all about us, will see the joy we feel,

and know our Higher Power, is someone very real.

Written by Rebecca A.

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Practice makes you perfect so be careful what  
you practice!

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## Area Events

*Details on our web site*

### District 28

### Workshop

**August 8**

**See front page**

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### Area Assemblies 2009

**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**

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**September 4-7**

**23rd Annual Tampa**

**Bay Fall Roundup**

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**Sept 18-20, 2009**

**10th Annual Serenity**

**Weekend Women's Fall**

**Conference 2009**

Coca Beach, FL

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**November 8, 2008**

**GRATITUDE DINNER**

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

**Baked Chicken with Side Dishes**

*More to come in upcoming issues.*

The price of tickets will be announced later. Ticket sales will begin when we know the cost

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### Great Idea:

A request was made at the Intergroup Meeting this past Sunday that groups are asked to write each group's history and submit it to the Journal for publication. There must be someone in your group who likes to write and knows something about the group. I think it will be fun reading about the different groups in the area. Submit to:

*NEWS@NCIntergroup.com*

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To get something you never had, you have to do something you never did. When God takes something from your grasp, He's not punishing you, but merely opening your hands to receive something better. Concentrate on this sentence.... "The will of God will never take you where the Grace of God will not protect you."

### Search Deep Within

That feeling of loneliness, the ache to be loved drives me to places I never dreamed of. The only true power to deal with this pain, I find on my knees once again.

There are things God has given me, that I do instead of running to sex, food, drugs or self pity ... I walk on the beach, write, clean up my house. Do something for someone who truly needs help. I tell myself daily, "there is a way out". I don't have to give in, give up or pout.

Search deep within for your God-given gifts. Use them to be your best self. This loneliness is just a symptom of needing peace. That only comes, from a power greater than yourself.

Raven 1/14/03

ravenstrongheart@yahoo.com

## ***Eight Gifts***

Below are eight gifts that don't cost a cent to give.

### *1) THE GIFT OF LISTENING...*

But you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listening.

### *2) THE GIFT OF AFFECTION...*

Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

### *3) THE GIFT OF LAUGHTER...*

Funny pictures. Share articles, funny stories and funny greetings. Your gift will say, "I love to laugh with you."

### *4) THE GIFT OF A WRITTEN NOTE...*

It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime, and may even change a life.

### *5) THE GIFT OF A COMPLIMENT...*

A simple and sincere, "You look great in red," "You did a super job" or "That was a wonderful meal" can make someone's day.

### *6) THE GIFT OF A FAVOR...*

Every day, go out of your way to do something kind. Helping elderly cross the road can be nice.

### *7) THE GIFT OF SOLITUDE...*

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

### *8) THE GIFT OF A CHEERFUL DISPOSITION...*

The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, Hello or Thank You.

**September 4-7, 2009**

#### **23rd Annual Tampa Bay Fall Roundup**

Embassy Suites Hotel  
3705 Spectrum Blvd  
Tampa, FL 33612

Hotel: 813-877-7066 or  
800-Embassy  
Menton Tampa Bay Fall  
Roundup

**September 11-13  
2009**

10th Annual Serenity  
Weekend Women's Fall  
Conference 2009

Cocoa Beach Oceanfront  
Resort  
1300 N. Atlantic Ave  
Cocoa Beach, FL 32931

Hotel: 1-800-HOLIDAY

**August 13-16, 2009**

**65th Southern  
Conference & Area 1  
54th Convention**

Riverview Plaza Hotel  
64 South Water Street  
Mobile, Alabama 36602  
Phone: 1-251-438-4000

Toll-free: 1-800-922-

**ANNIVERSARIES:**

Deadline for submissions is the Thursday following Intergroup meeting

**Floral City Group**  
 Debbie D..... 6  
 Dave B..... 4

**Holder Way of Life**  
 Robin J..... 24  
 Agnes T..... 16  
 Don G..... 6  
 Walter R..... 4

**Last Chance Group**  
 John L..... 23  
 Scotty E..... 17  
 Jackie D..... 8

**Rainbow Group**  
 John L..... 3  
 Dennis K (July)..... 10  
 Gene M (July)..... 17  
 Debbie N (July)..... 10  
 Lloyd F (July)..... 4  
 Steve N (July)..... 1

**Thursday Share At Noon Group**  
 Deb D..... 6  
 Char..... 5

**Women's Friendship Group**  
 Janet L..... 22  
 Loretta L..... 15  
 Gail M..... 6  
 Char S..... 5

**Women to Women Group**  
 Sue C..... 26  
 Nanci R..... 12  
 Debbie D..... 6  
 Peggy..... 3

**Group Contributions**

Group Name	YTD	July
ABC Group	\$60.00	
Bright Spot	\$5.00	
Big Book 164	\$95.00	\$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	
It's In The Book	\$25.00	
Keep In Step	\$80.00	
Last Chance Gp	\$19.25	\$19.25
Monday Night Men's	\$200.00	\$100.00
Never To Early Group	\$40.00	
New Beginnings-Dunnellon	\$100.00	
Night Cap	\$5.00	
Rainbow Group	\$340.00	
Share At Noon	\$100.00	\$50.00
Won Rebos	\$46.00	
Women's Friendship Gp	\$150.00	\$150.00
Women to Women	\$40.00	
Women's New Beginnings	\$79.00	
<b>Monthly Totals</b>	<b>\$2,666.25</b>	<b>\$344.25</b>

**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 July: 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

Intergroup Hotline Report

Kurt's June Hotline Report:

Total Calls ..... 47  
 AA Book Store..... 12  
 AA Within District..... 29  
 Alanon ..... 3  
 Alateen ..... 1  
 NA ..... 2

**Original Peace**

It is not necessary to search for peace. It is within. Your original state is one of peace. External situations will pull you away from your peace. If, that is, you let them. Internal feelings can also pull you away. Tiredness, for example, leads to irritability. Learn to be in charge of yourself and maintain your peace; center your awareness on your spiritual form - a tiny star-like point of light, seated in the middle of your forehead. Really experience the difference between you the sparkling star, and your body, the physical vehicle. Learn to detach yourself from the vehicle. Even a few moments of this practice, if done regularly, will return you to your natural state of peace. Tiredness will vanish, Irritability, too. And your actions will be filled with love - for the self and others.

**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](http://www.ncintergroup.com)

**JOURNAL**

EDITOR—JOHN L

727-560-3247

[news@ncintergroup.com](mailto:news@ncintergroup.com)

ASSIST—BEVERLY H

344-5939

**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**

**OR**

**EAST COUNTY**

FRIDAY BEGINNER'S

MEETING 6:30 PM

**WEST COUNTY**

SERENITY CLUB

JOURNAL IS ALSO

POSTED ON WEBSITE

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

**DISCLAIMER:** The Nature Coast Journal is a monthly publication of the Nature Coast Intergroup. It is about, by and for members of AA. Opinions expressed herein are not to be attributed to Alcoholics Anonymous. Publication of an article does not imply endorsement by either AA or Nature Coast Journal, except where indicated.