



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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SERVICE IS THE SECRET

I came to AA just to stop drinking, that's it. When I followed directions, I found myself being usefully whole. I loved feeling like I had value. I loved seeing others benefit from my efforts. I loved that a message was being carried to those who needed it. It made me want to do a little more. I experienced the heartache when some did not make it I found that the reason was their unwillingness to apply themselves and take action. They refused to think of others and reach out to new people. I have seen alcoholics come and go in AA. The ones that stay seem to be chin deep in SERVICE to AA and to others.

They do things like:

Open up the meetings, get there early, stay late, go out for fellowship after meetings and/or hang out for quite a long time in the parking lots talking to the newly sober. They are at council meetings, General Service meetings, assembly meetings, conferences, and workshops. They show up for

committee meetings, parties, anniversaries, and work-days at the Central Office. They take time out of their personal schedules to bring their experience, strength and hope to the correctional institutions, detoxification centers and treatment facilities.

They give and give some more.

These individuals who "make it" in AA have service commitments. They say what they mean and mean what they say. You can count on them to do what they say they will do.

I love it when we can trust each other!

It is refreshing not to have the worry that AA will look bad. I love to represent AA and not bring shame to my sponsor, to my Home Group, to my home town or to AA as a whole.

Responsibility is Freedom!

When anyone, anywhere reaches out for help, I want the hand of AA always to be there.

And for that, I am responsible!



By Anonymous

Akron Intergroup News, July 2010 with permission

Rotation... Sue Ann A. DCM Dist. 28, Panel 59

As we enter the year of Rotation, I am reminded by Bill W. that we are an Upside-Down Organization. He wrote in Concept 1: "The A.A. groups today hold the ultimate responsibility and final authority for our World Services." "The A.A. groups are the actual voice and effective conscience for our whole Society."

The ongoing growth of our fellowship brings new service opportunities in District 28. This growth requires service work. Service work at and above the group level is paramount for the continual success of A.A.. Group representation assures that your voice is a strong one at the District and Area levels.

Why is service important at the group level? It en-

dures and enhances the group's unity. Each group representative helps the District and Area develop a better means of carrying the message.

I am appealing to the groups in District 28 to come forth and join us in service. During October Area 14 will be electing new members to its service structure. In September or October each Home Group will elect new GSRs. At the District level we also will have our elections in September.

Service work does not require experience, just the willingness to learn and serve. Are you willing?

District 28 is sponsoring an information Workshop in the service structure of groups and district.

We hope to see you there, Sue Ann

Service and Rotation In the Home Group and District

August 21, 2010
10:00 - 2:00

Good Shepherd Lutheran Church
439 E. Norvell Bryant Hwy.
Hernando, FL
(Across from Citrus Hills)

"Getting Rid of Anger"

As long as anger dominates any of us, it is difficult to progress. Some of the masks that anger hides behind are gossip, slander, backstabbing, profanity, fault finding, resentment, quarrelsomeness, impatience, mockery and irritability. We are all guilty of these things, probably a little every day.

Anger is an old pattern that we need to break to make any progress.



It has probably caused more grief than any of our other character defects. This program will yield little results when we are dominated by any form of anger. We shed anger by inventing it, praying to be rid of it and practicing not to get angry. Have I removed all my masks of anger?

God help me today to practice the virtues of patience and love, for if I am loving I cannot be angry.

from Day by Day, July 2008 reprinted with permission

CAN OF WORMS

My AA journey started in 1997. There was a period of abstinence from 1980 until 1988 when I was shot. During that time I resented the term "dry drunk", but that was exactly what I was. Powerless over alcohol? Not me. I didn't need alcohol, AA or God during that period.

Stubbornness and willpower worked for a while and then it stopped working. I was not "sober" during that time just abstinence of alcohol.

There are several definitions of the word "sober":

- A. *Abstinence from alcohol, (a good idea for alcoholics)*
- B. *Moderation in the use of alcohol, (impossible for alcoholics)*
- C. *Clear and level headed thinking"*

I have not had a drink of alcohol since 1997, but I can't claim that I have had "clear and level headed thinking" for more than 3 days in a row since.

When I resumed drinking in 1988 to ease the pain of my gun shot injury, I soon reentered the captivity of active alcoholism. After some years, I moved away from my wife and kids to be able to drink without their complaints and harassment. This lasted a year or so until I reached my own "gift of desperation".

A paramedic partner who had 12 years in AA, my father with 28 years in the program, and a much younger brother with about 8 years sober 12 stepped me into giving AA another chance, and I have not drank since. That was 1997.

I must write and speak in such a way as to not confuse new members in AA. My practices and interpretations of our literature has had some changes over the years. Each idea that I question, I personally ask other members who I respect for their beliefs. I explain my rationale for the way I think and do not seek justification, just rationalization.

I chose not to celebrate anniversaries, but applaud those who do. My anniversary is every day, and we would be handing each other white chips at every meeting we attend (in the spirit of a 24 hour program). I remain grateful to God, the program (12 steps), and the fellowship of suffering and recovering alcoholics for my daily reprieve.

By Anonymous, Citrus

Area Events

Details on our web site

Area Assemblies 2010 October 22-24

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**

August 11-14, 2010
**54th AA Florida State
Convention**
Miami, FL

August 26-29, 2010
52nd ICYPAA
*International Convention of
Young People*
New York, NY

September 3-6, 2010
**24th Tampa Bay
Fall Roundup**

November 7, 2010
NCI Gratitude Dinner

December 3-5, 2010
23rd Men's Retreat
See Web Site

Feb 10-13, 2011
**47th International
Women's Conference**
Anchorage, Alaska

"The Seed of God":

"But my spiritual growth became stronger from the experiences of others. It was explained to me that I could freely choose a God of my understanding. At first, I thought I was committing a sin by trying to change God, but I soon realized that God was constant, and the only changes that had to be made were in my sick mind."

*1973 AAWS, Inc.; Came to Believe,
30th printing 2004, pgs. 59-60*

MEETING CHANGE NOTICE:

HERNANDO MEN'S meeting has been suspended indefinitely do church activities.

Both **Floral City** meetings have moved to a new location, almost across Orange Ave from the old location. Now at the Methodist Church on Marvin St. See web site for map.

I sent an email to the Editor of the Grapevine on the rumor that the Grapevine Magazine may be shutting down.

John,

Because of the seriousness of your letter, I am answering personally. I am currently serving as chair of Grapevine.

*As you suspect, there is **no plan to shut down the Grapevine**. Except for the suggestion to use less color, we are implementing your suggestions. As you probably know, it was just a year ago that we increased color to make the magazine more attractive to a younger audience. The current readership is getting old--"aging out" is the industry term.*

Since I did not hear the presentation you attended, I can't comment on that. At the April General Service Conference we did try to impress on delegates that our situation is real and serious. We also are very much aware of the Grapevine's ability to carry our message into prisons and other environments where alcoholics might be exposed to our solution.

Both staff and the Board are working to resolve issues. We all thank you for your support.

Ken Brueggemann
Chair, Grapevine, Inc.

WHAT SURRENDER MEANS TO ME...

It never crossed my mind to surrender as long as there remained a chance that I could still win the war, even though the chance was slim to none. In our 12 & 12 the first sentence says, "Who cares to admit complete defeat? Practically no one of course." I know that to be true today as I was one of the hopeless ones.

I surrendered only when all hope was gone. The reasons why I didn't surrender sooner was that sense of self-preservation, and I kept hoping that perhaps if I tried a little harder or a little longer I could still win or at least break even.

Have you ever come to the end of your rope, turned it over to God, and experienced the feeling of victory that comes by knowing in your heart that this is a gift? I have experienced that. On the other hand, have you ever been in a winning position for a period of time, only to have the Devil come and tempt you away to the dark side? The Devil may say, "Your doing great overcoming the drinking problem. Now that you've broken the habit and are in remission you can handle this yourself." I have been there as well and failed every time.

I fluctuated between surrendering to God's will and trying to manage things my own way. Even today I struggle with that but I come to my senses much quicker. There is really only one choice and that is the answer that God has been trying to bring to me all along. I must completely and forever give myself to Him and ask for His forgiveness and guidance.

When I finally realized the result of my drinking, I knew in my heart just how helpless it was to stop on my own. This is why, for me, AA is the only answer for my drinking problem. AA's doors are always open and their hands are always extended. If alcohol is a problem in your life, why not come in and share your burdens with us. It worked that way for me and I will keep coming back by the Grace of God. Hope to see you there.

My name is Ernie P and I am an alcoholic and a member of the Attitude Adjustment Group.



The slogan "Live and Let Live" can be extremely helpful when we are having trouble tolerating other people's behavior. We know for certain that nobody's behavior - no matter how offensive, distasteful or vicious - is worth the price of a relapse. Our own recovery is primary, and while we must be unafraid of walking away from people or situations that cause us discomfort, we must also make a special effort to try to understand other people - especially those who rub us the wrong way. Can I accept the fact, in my recovery, that it is more important to understand than to be understood?

By Anonymous

Obituaries

Ann A. from the Women's Friendship Group passed away on May 29, 2010. The precious lady in the wheel chair performed lots of service for her group during her 14 years of sobriety. She will be missed.

Cheryl P. passed away suddenly on July 25, 2010. She is remembered for her cow slippers and winning smile. She had 18 years sobriety. Our prayers are with her mother Joan and all the family.

TWELVE STEPS AND TWELVE TRADITIONS p. 160

When I go shopping I look at the prices and if I need what I see, buy it and pay. Now that I am supposed to be in rehabilitation, I have to straighten out my life. When I go to a meeting, I take a coffee with sugar and milk, sometimes more than one. But at the collection time, I am either too busy to take money out of my purse, or I do not have enough, but I am there because I need this meeting. I heard someone suggest dropping the price of a beer into the basket, and I thought, that's too much! I almost never give one dollar. Like many others, I rely on the more generous members to finance the Fellowship. I forget that it takes money to rent the meeting room, buy my milk, sugar and cups. I will pay, without hesitation, ninety cents for a cup of coffee at a restaurant after the meeting; I always have money for that. So, how much is my sobriety and my inner peace worth?

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ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Dunellen Group	
John L.....	24
Floral City Group	
Bill	23
Shannon D.....	1
Holder Way of Life Group	
Robin J.....	25
Don G.....	7
Last Chance Group	
Jackie D.....	9
Walter R.....	5
Rainbow Group	
John L.....	4
Michelle O.....	1
Thursday Share At Noon Group	
Debbie D.....	7
Char	6
Woman's Friendship Group	
Janet L.....	23
Loretta L.....	16
Char S.....	6

Group Contributions

	YTD	July
ABC Group	\$30.00	
Bright Spot		
Big Book 164	\$84.00	\$50.00
Crystal River Group	\$140.00	
Dunnellen Group		
Floral City Men's Group	\$50.00	\$50.00
Hernando's Mens		
High Noon Group	\$100.00	
Holder Way of Life Gp	\$200.00	
Inverness Monday Night	\$150.00	
Inverness Friday Night	\$160.00	
Inverness Wed Night	\$20.00	
It's In The Book	\$25.00	
Keep In Step	\$40.00	
Last Chance Gp	\$77.95	\$25.16
Monday Night Men's		
Never To Early Group	\$50.00	
New Beginnings-Dunn		
Night Cap		
No Name Group		
Rainbow Group	\$266.97	\$128.17
Share At Noon	\$100.00	
Sober Sand Nats	\$200.00	
What The Book Says	\$45.00	
Won Rebos	\$87.50	\$100.00
Women's Friendship Gp	\$100.00	
Women to Women		
Women's N-Beginnings	\$50.00	
Women's House Power		
Yana	\$100.00	
Monthly Totals	\$2,076.42	\$353.33

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: John W-Big Book 164, Darrel M-Floral City Men's, Rich G-Keep in Step, Elisa T-Crystal River Group, Jim L-Inverness Monday Night, Carol M-Attitude Adjustment, Stacy C, Resentment Group

Intergroup Hotline Report

Hotline Report:

Total Calls.....	82
Meetings.....	73
Rides	2
Alanon.....	2
Detox.....	2
Calls to the Store.....	3

The following groups were represented at the Intergroup meeting.

BB 164, Floral City Tuesday, Floral City Men's, Inverness Wed, Bright Spot, Rainbow Group, Hernando Men's, Attitude Adjustment, Night Cap

If your representative is not listed then your group was not represented. Lets make an effort to have 100% participation.

SERENITY - make a conscious choice to live a stress-free life. Stress is always waiting just outside your door like a vicious wild-dog, but a double-barreled defense can keep stress at bay.

The first weapon is choosing to see the lesson and the joy in each occurrence in your life.

The second is taking the time to find your moments of serenity and calm. Yes, that means making the choice of not doing something else, but do it anyway.

Choose serenity.

Very good advice for everyone, especially in 2009.

Part of having serenity in our lives is placing our lives in God's hands.

INTERGROUP has an open position for Trustee. Position requires 2 years of continued sobriety and a knowledge of NCI by-laws. It doesn't require a lot of time per month. See Al L. for details.

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—JOHN W

SANDY H—OPEN

HOTLINE

ROCK

(352) 621-0599

WEBSITE

www.ncintergroup.com

JOURNAL

EDITOR—JOHN L

727-560-3247

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

EAST COUNTY

FRIDAY BEGINNER'S

MEETING 6:30 PM

WEST COUNTY

SERENITY CLUB

JOURNAL IS ALSO

POSTED ON WEBSITE

www.ncintergroup.com

Next meeting about starting a club on this side of the county will be Saturday July 31st after the Resentment Meeting at 7:15.