

# Nature Coast Journal

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

Volume 6, Issue 9

Carrying the message

September 2004

## NATURE COAST INTERGROUP AND DISTRICT 28

meetings are held at the  
Community Center in Holder  
**Sunday, September 26th**

**INTERGROUP... 4:30 PM**

**DISTRICT... 6 PM**

*Come get involved!*

*This is YOUR Intergroup!*

### INTERGROUP OFFICERS

#### Chairperson:

Ron B. — 489-7216  
[rbee44@hotmail.com](mailto:rbee44@hotmail.com)

#### Vice-Chairperson:

John T. — 726-3942

Secretary: Kevin B. — 628-7944

[Kbacon1@tampabay.rr.com](mailto:Kbacon1@tampabay.rr.com)

Alt. Secretary: Rosario R. —

[Rosario@digitalUSA.net](mailto:Rosario@digitalUSA.net)

#### Treasurer:

Beverly H. — 344-5939

[bhunter34453@earthlink.net](mailto:bhunter34453@earthlink.net)

### INTERGROUP TRUSTEES

Frank S.      Janet B.  
Jim K.         Pete M.

Nature Coast Journal Editor:

Mary R. — 352-465-4381

### 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 Nine  
Step Nine

Made direct amends to such people  
wherever possible, except when to  
do so would injure them or others.

*"I try to fix things if I can."*

*- from The Twelve Steps Illustrated*

**Tradition Nine: AA, as such, ought never be organized; but  
we may create service boards or committees directly  
responsible to those they serve.**

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program—even if no one makes me do so—with a sense of personal responsibility?
4. Do I exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully—and profit thereby—when the time comes?
8. What has rotation to do with anonymity? With humility?

*- From the Traditions Checklist, AA Grapevine*

## District 28 Workshop

*Dan E. Workshop:*  
**"How to Chair a  
Meeting"**

**Saturday, Sept. 25, 2004**

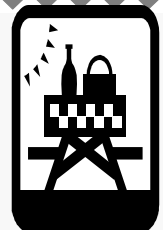
1st Lutheran Church  
1900 Hwy 44 West  
Inverness, FL  
9:00 AM - 1:00 PM

*Area 14 Delegate: Corliss G.*

*Please bring a covered dish to share.*

Food - Beverages - Good Fellowship

Labor Day  
Picnic



**Monday, Sept.  
6th, 2004**

**1-4 p.m. — at Whispering  
Pines Park, Inverness —**

**Covered dish —**

**\$2 advance tickets.**

**Flyers with more information  
have been distributed to the  
groups.**

### 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		August 2004
Beginning Balance		\$2302.80
		<b>August YTD (2004)</b>
<b>Income</b>		
Support - Individuals	11.00	110.52
Support - Groups	430.00	2106.60
Book Sales	761.05	3112.62
Medallion Sales	38.65	343.63
Other Sales	78.85	361.75
Sales Tax Collected	52.74	229.21
Events	0.00	667.30
Misc. Income	0.00	0.00
<b>Total Income</b>	<b>\$1372.29</b>	<b>\$6931.63</b>
<b>Expenses</b>		
Rent	0.00	0.00
Sprint	41.71	271.90
Alltel	56.46	413.24
Books & Medallions	367.07	2772.65
Recovery Items	30.75	93.70
Sales Tax Paid	0.00	235.03
Journal	53.00	371.00
Website	0.00	0.00
Secretary Expenses	0.00	75.87
Bank Fees	0.00	14.55
Events	0.00	168.34
Misc. Expenses	0.00	935.53
<b>Total Expenses</b>	<b>\$548.99</b>	<b>\$5900.80</b>
Ending Checking Bal.	3076.10	
Reserved for Events	-927.66	
Available Funds	2148.44	
Inventory Value	1162.79	
Accounts Receivable	156.66	
Office Reserve Acct	3289.04	
<b>Total Assets</b>	<b>\$7684.59</b>	

Group Support 2004	August	YTD (2004)
Attitude Adjustment Group	20.00	20.00
CATS Group	30.00	100.00
Crystal River Group	0.00	300.00
Crystal River Big Book Group	0.00	100.00
High Noon Group	0.00	276.60
Holder Way of Life Group	50.00	175.00
It's in the Book Group	0.00	20.00
Inverness Friday Night Group	120.00	120.00
Inverness Monday Night Group	125.00	300.00
Last Chance Group	0.00	100.00
New Horizon Group	25.00	100.00
Red Eye Group	0.00	200.00
Share at Noon Group	0.00	50.00
Wahoo Group	0.00	100.00
Wednesday Inverness Step Group	0.00	25.00
Women's Friendship Group	60.00	120.00
<b>Total</b>	<b>\$430.00</b>	<b>\$2106.60</b>

**Nature Coast Intergroup Meeting Highlights —  
Sunday, August 29, 2004**

Inte  
you  
that

**MINUTES OF THE MEETING WERE NOT  
AVAILABLE AT PRESS TIME.**

❖

❖ Visit [www.ncintergroup.com](http://www.ncintergroup.com) for complete minutes

**Hotline (352) 621-0599**

email:  
ncinterg@ncintergroup.com  
news@ncintergroup.com

I am responsible.  
When anyone, anywhere,  
reaches out for help, I want  
the hand of AA always to  
be there.  
And for that:  
I am responsible.

**Nature Coast Intergroup**  
P.O. Box 2015  
Crystal River, FL 34423

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

The above card (business card size) was proposed to be printed and distributed by the Nature Coast Intergroup (NCI). The NCI is seeking any comments or suggestions from the groups re: this proposal. Please let your Intergroup Representative know what you think.



**ATTENTION!!!!!!!** 2004 Gratitude Dinner Committee Meeting will be held Sunday, September 12th @ 3:15 pm at the Serenity Club, St. Benedict's Church. **All are welcomed!!!** Contact: Gayle W—860-0314 or Ken E— 628-6122 for more information or to volunteer. If you wish to help in any of the following areas, please contact the chairperson for that committee:

**Beverage:** John R.—637-2814; **Set-up:** Gwen—563-1868;

**Clean-up:** Dan/Jerome; **Tickets/Flyers:** Rosario R.— email:

[Rosario@digitalUSA.net](mailto:Rosario@digitalUSA.net); **Kitchen:** Marilyn/Mark-212-6128 (Marilyn's ph); **Hospitality:** Beverly H.-344-5939; **Dessert:** Peggy L.-794-2818.

### Things to Think About

1. How do you handle stressful situations/conditions today in recovery versus before recovery?
2. Do you feel you handle stress differently? If so, in what way(s)?
3. If not, what changes do you feel need to be made?
4. Do you find the build up of stress has you going to more meetings? If so, does it help going to more meetings? Do you feel your needs supported by those in recovery?
5. What changes have you gone through since first entering recovery? Do you feel you have much more changing to do? Are you satisfied with the changes you have already made?
6. What gift can and/or do you give to yourself?
7. How do others in your network feel about the "new" you? In other words, the person you are today versus the person you were before entering into recovery?

### September 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](mailto:news@ncintergroup.com)  
 by the 25th of each month.

#### As Bill See It

Sandy H. .... 9 yrs

#### Holder Way of Life

Tom S ..... 19 yrs  
 Bill A..... 18 yrs  
 Cheryl P ..... 13 yrs  
 Lou M..... 13 yrs  
 Dennis T..... 12 yrs  
 Cathy K ..... 1 yr

#### Last Chance Groups

Tom S. .... 17 yrs

#### Women's Friendship Group

Judy B ..... 22 yrs  
 Madge ..... 5 yrs  
 Mary Jayne A ..... 1 yr

#### 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**.



**Congratulations to all September celebrants!**



*You can't think your way into a new way of living...You have to live your way into a new way of thinking.*

### The Slogans

By Mary R.

Every time I see the slogans in an AA meeting room, I am reminded of how very important they were to me as a newcomer. I couldn't grasp anything else that was being said, but for some reason I wanted to understand what these slogans meant. Thank you to the groups that display the slogans at their meetings. They can be a *lifesaver*. They were and still are for me.



**☺ Don't give up before the miracle happens!! ☺**

## Regional Events

**24<sup>th</sup> FCYPAA  
Florida Conference  
Sept, 2004**

Jacksonville, FL

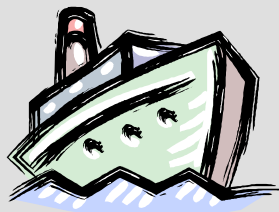
website: <http://www.fcypaa.org>

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## International Events

**2005 International Con-  
vention of Alcoholic's  
Anonymous  
June 30-July 3, 2005  
Toronto, Canada**

The International Convention will celebrate A.A.'s 70th Anniversary, June 30 - July 3, 2005, in Toronto, Canada. With a theme of "**I am Responsible,**" A.A.s from around the world will converge on Toronto to celebrate sobriety, and share experience, strength and hope in meetings, panels and workshops at the Metro Toronto Convention Center, the SkyDome stadium, and at other locations throughout this exciting city. Members of the Fellowship, as always, are now gearing up for this wonderful event and the General Service Office is beginning to receive inquiries. More info is available on the AA website or visit [www.ncintergroup.com](http://www.ncintergroup.com).



**Announcing: Exciting  
Recovery Cruises**

<http://www.meetingsenroute.com>

**Sober Celebrations  
with Snow and Carol**

<http://www.sobercelebrations.com>

## Books for Sale

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

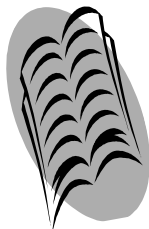
We also have **Grapevine Literature**.

**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**

## District 28 Archives



We need to preserve the history of our District 28 through Archives. We are building historic collections through collecting materials. Items like books or pamphlets about AA, old AA photographs, AA directories, AA meeting lists, etc. from the past would be very helpful in building the archives. Please contact: Cheryl P. - 634-2217 - [cherpier4@aol.com](mailto:cherpier4@aol.com) or Mary D. - 352-274-0914— [mdally2002@hotmail.com](mailto:mdally2002@hotmail.com)

The disease of alcoholism knows no boundaries. Neither age, intelligence, willpower, or self-control prevents it. We of Alcoholics Anonymous have discovered a way to live a life of sobriety, free from our drinking problem. Let us share this gift with you.

**Please call the Intergroup  
Hotline: (352) 621-0599 if  
you need help.**

**Don't drink  
Don't think  
Go to  
meetings!**

The *Nature Coast Journal* newsletter may be picked up for your groups at the Serenity Club at St. Benedict's, Crystal River or at the Beginner's Meeting, Lutheran Church, Inverness on Friday nights at 6:30 pm. If you have any questions, please call Mary R. @ 352-465-4381. Thanks for your help.