

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 9

SEPTEMBER, 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

Our Lady of Fatima Church

Inverness

Tickets: \$5.00

Speaker: To Be Announced

Events (Continued on page 2)

Old-Timers Prayer

God, keep me from thinking I must share in every meeting, no matter the topic. Keep my mind free from the recital of endless details and give me wings to get to the point. Remind me to guard confidences and to keep still when I feel it is necessary to speak up for someone's own good.

Release me from the need to straighten out everybody else's thinking and program. God, I ask for the grace to listen to newcomers. Please help me to remember the patience with which others listened to me when I was new.

Please seal my lips to giving advice, and help me to remember to share only my experience, strength, and hope.

Remind me that my purpose is to fit myself to be of maximum service to You and to the people around me. Help me to remain teachable. Teach me (again) the lesson that, occasionally, it is possible that I may be wrong; and remind me, please, of the freedom that I gain when I am able to promptly admit I am wrong and make amends when necessary.

Help me to remember the difference between making amends and just saying, I am sorry. Help me to be a worker among workers, a friend among friends. Please keep me from being a bleeding deacon, and help me to walk the path towards being an elder statesman/stateswoman. Keep me ever mindful that I cannot manage my own life through my own unaided will. I know that I am not a saint; please show me the way to seek You so that I may continue to grow along spiritual lines.

Remind me, please, of Rule 62 to not take myself so damn seriously (It is so easy to take myself way too seriously). Keep me free of gossip, character assassination, and judgment. Remind me that I am not perfect (even though I have humbly asked that my character defects be removed) and shortcomings still arise unexpectedly, to cause damage to others and to myself.

Help me to walk with faith and acceptance, to see good things in unexpected places and talents in unexpected people, and give me the grace to tell them so.

Help me to see that You love each of Your children, and that You do not need my opinion of them or suggestions on what they might deserve.

Thank You very much. Amen.

District Needs Your Help

District 28 is in the process of gathering and archiving past minutes of meetings. Missing are more than half of the minutes between 1998 and 2003 and all minutes from 1997 back to the founding of District 28 in July, 1988, except 1994. At the August District meeting the GSR's were requested to ask their groups to search through their records for any missing minutes. If you should happen to have or know of someone who might have any of these historical documents please contact Ed P 422-0144.

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)

This event is self-supporting
Volunteers are needed To
help please call
Melissa M. 634-1676
Dave A. 613-3852

Area Events**October 12–14, 2007****January 11–13, 2008****April 4–6, 2008****July 11–13, 2008****October 3–5, 2008****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

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 accommoda-
tions provided by the
Benedictine Monks at St.
Leo Abbey Retreat Center,
St. Leo, Florida

\$112 per person and in-
cludes semi-private room
2 nights, 6 meals, snacks
and beverages

Retreat includes medita-
tion instruction and three
meditations

For information: call Cliff
(727)546-2239

Events (Continued on page 3)

Middle of the Road

“In some sections of A.A., anonymity is carried to the point of real absurdity. Members are on such a poor basis of communication that they don't even know each other's last names or where each lives. It's like the cell of an underground. "In other sections, we see exactly the reverse. It is difficult to restrain A.A.'s from shouting too much before the whole public, by going on spectacular 'lecture tours' to play the big shot. "However, I know that from these extremes we slowly pull ourselves onto a middle ground. Most lecture-giving members do not last too long, and the super anonymous people are apt to come out of hiding respecting their A.A. friends, business associates, and the like. I think the long-time trend is toward the middle of the road - which is probably where we should be.”

As Bill Sees It LETTER, 1959

Words of Wisdom

Listening is hard work. At least half of praying is listening. We need to turn down the “noise” of daily life that interferes with our hearing the Spirit of God. Pay more attention! We have a responsibility to take care of our “response ability”. If we are not listening, we may miss GOD'S direction!!!!

Take some time to be silent and repeat the sound of God as an inner mantra. Meditation allows you to make conscious contact with your Source and achieve success in every area.

Be on the lookout to see the God-force every where, in every living thing. Be cognizant of how this force has delivered many blessings to you through out your life and continues to do so.

You need to keep reminding yourself that you are a Divine piece of God. Feeling as if you're unworthy of God's abundance is the same as denying your spiritual essence.

Self-worth cannot be verified by others. You're worthy because you say it is so. If you depend on others for your value, it is “other-worth.”

No one can depress you.
No one can make you anxious.
No one can hurt your feelings.
No one can make you anything other than what you allow inside.

Everyday Wisdom for Success, Wayne W. Dyer

Great Sponsors

Always lead by example.
Build bridges not walls.
Challenge you to soar.
Do it one day at a time.
Encourage change.
Foster willingness.
Get you involved.
Help you do for yourself.
Invite questions.
Journey with you.
Keep an open mind.
Live in the now.
Make a difference.
Never give up on you.
Open hearts and minds.
Provide roots and wings.
Quest to have fun.
Remember when.
Suit up and show up.
Treat you with respect.
Uncover talents and abilities.
Value love and service.
Work the Steps.
Xplain how it works.
Yearn to keep it simple.
Zest to keep you coming back.

District Elects New Treasurer

Beverly H. was elected District Treasurer at the August District meeting replacing Tish O. who had announced her resignation in July due to moving from Citrus County. Good luck and many thanks to Tish for having served District 28 this year.

Anniversaries September 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.

	<u>Years</u>
Attitude Adjustment Group	
Rose C.	3
Floral City Group	
Mike M.	1
Holder Way of Life Group	
Billy C.	22
Mickey B.	12
Cathy K.	4
Agnes T. (August - belated)	14
Don G. (August - belated)	4
Walter R. (August - belated)	2
Last Chance Group	
Tom S.	22
No Name Group	
Dick Y. (August - belated)	36
Nancy C. (August - belated)	21
Red Eye Group	
Dot D.	17
Share at Noon Group	
Harold	17
Stan (August - belated)	17
Marilyn B.	9
Gail M.	4
Women's Friendship Group	
Susan J.	16
Madge	8
Shirley C.	6
Mary Jayne A.	4
Barbara H.	2
Women's New Beginnings Group	
Connie P.	30
Sandy H.	12
Arlene	1
Tami	1

Intergroup to Nominate and Elect New Secretary, Alternate Secretary and Trustee in September

Nominations and elections for Intergroup Secretary, Alternate Secretary and Trustee will take place due to recent vacancies at the September 30 Intergroup meeting in Holder. All interested contenders should present their resumes. Two years of continuous sobriety are requisite. The terms of Secretary and Alternate Secretary are due to expire in January 2009 and Trustee position in January 2008.

Forgiveness

Neither our literature nor the most enlightened of old-timers can fully explain or define the meaning of "forgiveness," the powerful concept at the heart of the Eighth Step. Like everything else in our program of Alcoholics Anonymous, forgiveness has entered my life through my heart and not my mind. To this day, I find Eighth Step meetings particularly poignant . . .

There's no room for posturing as we speak up about our recklessness, self-centeredness, dishonesty, lost or soured marriages and families, and violence of various kinds . . .

As a group we are at our most human in those Eighth Step evenings. And we seem to be held most closely by the Higher Power.

c. 1998, The AA Grapevine, Inc., *The Best of the Grapevine* [Vol. 3], pp. 208-209

Notice

Please contact the Webmaster to announce any upcoming group events on the Nature Coast Intergroup Website. Call Ron B. at 489-7216 or email web@ncintergroup.com.

Events (Continued from page 2)

Or send email to quest_retreat@verizon.net

November 2-4 37th 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

January 31-February 3, 2008 2008 Spacecoast Round Up

Holiday Inn Cocoa Beach Oceanfront Resort
1300 N. Atlantic Ave (A1A)
Cocoa Beach, FL 32931

Hotel Reservations:
(800) 206-2747
(321) 783-2271
Group Code "SPU"
Information:
email: aaspacecoast.org
(321) 724-2247
or 633-0052

January 18-20, 2008 Big Book Weekend

Holiday Inn Cocoa Beach Oceanfront Resort
1300 N. Atlantic Ave (A1A)
Cocoa Beach, FL 32931

Hotel Reservations:
(800) 206-2747
(321) 783-2271
Group Code "BBK"
Information:
Lee (877) 902-5975

Treasurer's Report	August	2007
Beginning Balance	965.50	YTD
Income		
Support - Individuals	16.00	151.15
Support - Groups	375.00	2,420.00
Book Sales	102.95	2,800.78
Medallion Sales	63.34	397.32
Other Sales	111.30	455.24
Sales Tax Collected	16.66	218.41
Events	27.00	281.94
Misc Income	2,694.09	2,751.60
Total Income	3,406.34	9,476.44
Expenses		
Rent (Holder CC)	63.60	63.60
Office Exp (111 W Main St)	616.11	4,020.07
Alltel	59.42	501.44
Books		2,928.90
Medallions	75.00	330.40
Recovery Items		290.69
Sales Tax Paid		263.89
Journal	117.10	569.43
Website (pd for yr in Oct)		0.00
Treasurer Expenses		0.00
Bank Fees		0.00
Events		934.37
Misc Expenses	48.00	327.32
Total Expenses	979.23	10,230.11
Ending Checking Balance	3,392.61	
Reserved for Office (MM)	4,524.57	
Office Change Fund	40.00	
Balance Cash Accounts	7,957.18	
Inventory Value	1,795.62	
Accounts Receivable	15.16	
Total Assets	9,767.96	
Prudent Reserve	3,000.00	
Group Support 2007	YTD	August
ABC Group	60.00	
Attitude Adjustment Group	125.00	
Bright Spot	-	
Citrus Springs Group	-	
Crystal River Big Book Group	70.00	
Crystal River Group	400.00	
Floral City Group	25.00	
Floral City Men's Group	-	
Hernando Men's Group	150.00	
High Noon Group	100.00	
Holder Way of Life Group	325.00	150.00
Inverness Friday Night Group	160.00	
Inverness Monday Night Group	200.00	200.00
Inverness Wednesday Night Step	-	
It Works For Me Meeting	-	
It's in the Book Group	25.00	
Keep in Step Group	20.00	
Last Chance Group	275.00	
Lecanto Group	-	
Monday Night Men's Group	60.00	
Never Too Early Group	-	
New Beginnings	-	
No Name Group	25.00	25.00
Quail Run Group	-	
Red Eye Group	-	
Resentment Group	100.00	
Share at Noon Group	100.00	
Wahoo Group	-	
What's the Book Say Group	45.00	
Women to Women Group	-	
Women's Friendship Group	140.00	
Women's New Beginnings Group	15.00	
YANA Group	-	
Total	2,420.00	375.00

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. 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 August Hotline Report: Total Calls Incoming were 113: 108 for AA information/meetings, 2 NA, 2 Alanon, 2 Alateen, 2 wet drunk, 1 detox center.

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

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382-7578

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MARTHA G.
489-8752

SECRETARY

(VACANT)

ALT. SECRETARY

(VACANT)

TREASURER

SUE C.
344-5153

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(VACANT)

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