



Nature Coast Journal



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

VOLUME 10, ISSUE 9

SEPTEMBER 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

UPCOMING ELECTIONS

NCI Elections will be held at the **October 26th** Business Meeting. Service Resumes forms are available. Contact Toni T. at the Intergroup office, phone number is 344-0290, for more information.

September 28th is the next District Business Meeting. District Elections will be held as per our District S&G for District officers.

Resumes are posted on the website in the District Minutes.

Area Events

Area Assemblies

October 3-5

Paramount Resort and
Conference Center
Gainesville, FL

Events (Continued on page 2)

The Best Is Yet To Come

Written by Beverly H.

I started drinking when I was 30 years old. In case you're wondering, that was a long time ago. I was a single parent of two, and was introduced to Anisette which relaxed me after a rough day. It didn't take long before I was drinking to cope and eventually for oblivion. Every night I prayed to die because I hated what I had become and did not know how to stop. I saw an article in the newspaper about a treatment center that said "an alcoholic needs a personality change before they stay sober". I surely needed a new personality!

I arrived at the Lakeland General Hospital's 7 West Program on October 10, 1976, looking for that new personality. I found that they were AA orientated. They even had recovering alcoholic counselors, and said that the 12 Steps would give me that personality change I was seeking. The promises were read at my first meeting and I thought "Wouldn't it be nice if life was like that for me?" Yes, it is like that today and better than I could have ever imagined.

I have found a personal Higher

Power and my trust in Him has grown tremendously since the early days when He sat on my shoulder and I could talk to Him. He has been there for me through the passing of my mother, 2 husbands, 3 sponsors and many an AA friend. He has also allowed me to love everyone and experience the joy of watching others recover and go out and carry the message.

Service work has been a big part of my sobriety. From washing dirty ashtrays in 1976 to becoming involved in District 28 and Intergroup. I have held just about every local service position there is. I have a home group, a sponsor, several sponsors, and try to practice the principles in all my

affairs.

I am grateful for all the friends I have and all the hugs I get. I need 8 hugs a day for good mental health.

Why am I still going to meetings almost every day? Because that is where I get to hug you and where I can share my experience, strength and hope with you. I still don't want to drink and I believe the best is yet to come.

*I have found
a personal
Higher
Power and
my trust in
Him has
grown tre-
mendously*

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)

Hotel: (352) 377-4000.
There is a 30 day cut-off for registration at the hotel. Make reservations early.
Info: (877)992-9229

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**

6pm at 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.

October 19, 2008**District 28 Workshop****AA is Anonymous NOT Invisible**

Guest speakers—Lady of Fatima Church—
Starting at 12 Noon—Doors open at 11:30
Contact JIM K. 749-3115

LUNCH WILL BE SERVED

Flyer on Website

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 and Nature Coast Intergroup's 10 year anniversaries.

Doors open at 2:30p. Eat at 4p, followed by Speaker Brenda J from Tampa
Our Area Archivist Cecelia R. will have the "Road Show" of Area Archives

Tickets to go on sale in October for \$9.
Dinner to be catered by Enrico's.
Desert furnished by District 28.

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

Under The Hood

Importance Of Looking Deeper It's easy to get caught up in examining our actions instead of really deeply examining ourselves. This can be deceiving because our actions may be very spiritual—we meditate, are nice to people, take care of ourselves and others—and yet, we may not be penetrating to the issues below the surface. It's as if we've washed and shined the surface of our car without taking the time to check under the hood. We may appear to be in great shape, but if we aren't engaging in the deep, inner work of self-examination, the chances are good that we are not deeply aware of the real substance of our lives.

We live in a very appearance-oriented, externally focused world, so it makes sense that we place a lot of value on how our lives look, sometimes to the detriment of noticing how our lives really feel. When we get too caught up in what we are doing and lose track of our core, we sometimes begin to feel dissociated, as if we are not fully awake, alive, and grounded. This is a sure sign that it's time to engage in the hard work of going deep within to rediscover the foundation of our lives. Without the substance that comes from looking at ourselves deeply, and working through the difficult things we find, our spiritual lives can start to feel hollow or shallow, as if there's nothing at the center holding it all together.

Of course, the peace that comes with meditation and spiritual practice is an essential part of the whole picture of our development, but it serves us best in conjunction with the less settling, more chaotic work of digging around below the surface to see what needs to be healed, owned, or released. Then our actions are more than just an attempt to keep everything in control, looking pretty and nice. Fueled by the energy of a life in transformation, they become powerful expressions of courage and faith, further inspiring our own inner work and that of those around us. July 11, 2008

Reprinted with permission from DailyOM. Inspirational thoughts for a happy, healthy and fulfilling

**Just another day sober,
I think not!**

Here it is, August and time to be grateful for another year sober. Of course I am grateful all the time but this is a special month.

It seems like only yesterday that I walked into my first meeting three sheets to the wind. Didn't have the courage without some help. I must have heard something because after the meeting, I went home and got down on my knees, looking at my p-stained mattress and said, "Please God, help me. I can't stop drinking". That was the first step and I didn't know that I was doing it. From that moment to this day I have never looked back wondered, "maybe someday I can drink like the others". I knew then what I know today and that is, if I ever drink, the old me will come back and finish the job it was trying to do back then. I know in my heart that it will be miserable, not only for me but for all those I love and those who love me.

So what has changed from those first meetings? Today I accept any challenge that life may present, meet it with a positive attitude and a willingness to learn the lessons. For it is not my problems that will get me drunk, it is the way I handle them that is so important. That is why a sponsor,

even after all these years, is so important. I cannot rely on my thinking when things get crazy. The old me sleep's lightly, so the saying goes. I certainly don't want to wake him after sleeping for 22 years. I imagine he will be pretty miserable and willing to change any bad day I am having into one that I will never forget.

Another saying that I really like is, "when things get tough, the tough get going". That is when I need to talk with people who know me and formulate a plan of action. It always starts with a little chat with God. I explain my dilemma, and usually how I would like to see Him resolve the issue. Then I get serious and ask Him, right from the bottom of my heart, for help and try to LET IT GO. Don't always work the first time but I keep going back to the basics and practice, practice, and more practice.

Today my life is just the way it should have been all along. I have a wonderful relationship with my 3 children, 11 wonderful grandchildren who have never seen Papa John drink and am even on speaking terms with my ex-wife. I now can say I do service work, sponsor men, work a complete program and I love who I have become. For this I am given the gift of another day sober. Thank you God.

Anonymous — Citrus County

Step 9

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

Tradition 9

(Long form)

Each A.A. group needs the least possible organization. Rotating leadership is the best. The small group may elect its Secretary, the large group its Rotating Committee, and the groups of a large Metropolitan area their Central or Intergroup Committee, which often employs a full-time Secretary. The trustees of the General Service Board are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office at New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principle newspaper, "The A.A. Grapevine." All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness.

Promise NINE

Our whole attitude & outlook on life will change.

Concept IX

Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

9th STEP Prayer

God give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me to consult with others before I take any actions that would cause me to be sorry. Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life. AMEN

Alcoholics Anonymous p. 78-80. Reprinted with permission.

Today - all day long - you will remember that you are surrounded by God's love and peace. It is a protective covering that will be with you as long as you remember it is there. The only time it will appear to be removed is when you start listening to your ego, for your ego wants you to think that it knows what is going on in your life. Your ego wants to be the interpreter and decider of all things that occur to you on your journey through this day that is before you. But, your ego is so small that it only sees part of the picture - it may see only a boulder and lie to you about how difficult things are going to be; it may have other evidence to support it's beliefs, it may scream at you to beware of the boulder - to throw you into a fearful panic so that you will continue to trust only him. But your ego does not see the big picture, he does not see that the boulder is only the toe of a baby elephant that is also sitting in the palm of God's hand!
 ~ by Shelley H.

~BB 164 ~

Big Book Study of the 1st 164 Pages.

Starting *Thursday*,
 September 11, 2008 at *6pm*
 Closed meeting for all members
 1st Presbyterian Church Rte 44 E, Inverness

For it is not my problems that will get me drunk, it is the way I handle them.

~~~~~

The depth of our anxiety measures the distance we are from God

| <u>Anniversaries</u>                                                                                                                                                 |              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| <u>September 2008</u>                                                                                                                                                |              |
| 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> |
| Attitude Adjustment Group                                                                                                                                            |              |
| Rose C                                                                                                                                                               | 4            |
| Rainbow Group                                                                                                                                                        |              |
| Tim K                                                                                                                                                                | 8            |
| Willie T                                                                                                                                                             | 10           |
| Pete P                                                                                                                                                               | 31           |
| Michael F                                                                                                                                                            | 6            |
| Cary L                                                                                                                                                               | 2            |
| Keith I                                                                                                                                                              | 5            |
| Share at Noon Group                                                                                                                                                  |              |
| Stan                                                                                                                                                                 | 18           |
| Harold                                                                                                                                                               | 23           |
| Marilyn B                                                                                                                                                            | 10           |
| Women's Friendship Group                                                                                                                                             |              |
| Louise B                                                                                                                                                             | 1            |
| Mary Jayne                                                                                                                                                           | 5            |
| Shirley C                                                                                                                                                            | 7            |
| Madge                                                                                                                                                                | 9            |
| Lisa                                                                                                                                                                 | 14           |
| Susan J                                                                                                                                                              | 27           |
| Pauline H                                                                                                                                                            | 37           |

| 2008-NCI                     | August         | YTD             |
|------------------------------|----------------|-----------------|
| Beg Checking Balance         | 2028.18        |                 |
| <b>Income</b>                |                |                 |
| Support - Groups             | 225.35         | 3256.30         |
| Book Sales                   | 427.19         | 5648.49         |
| Other Sales                  | 290.15         | 2071.18         |
| Sales Tax Collected          | 40.77          | 423.33          |
| Events                       |                | 45.00           |
| Misc Income                  |                | 1080.90         |
| <b>Total Income</b>          | <b>983.46</b>  | <b>12525.20</b> |
| <b>Expenses</b>              |                |                 |
| Rent (Holder CC)             |                | 0.00            |
| Office Exp                   | 326.41         | 3379.39         |
| Alltel                       | 57.75          | 451.10          |
| Books                        | 284.00         | 5743.81         |
| Recovery Items               | 293.5          | 1364.79         |
| Sales Tax Paid               |                | 462.73          |
| Journal                      | 60.00          | 463.14          |
| Website                      |                | 0.00            |
| Events                       |                | 0.00            |
| Misc Expenses                |                | 187.62          |
| <b>Total Expenses</b>        | <b>1021.66</b> | <b>12052.58</b> |
| End Checking Balance         | 1989.98        |                 |
| Money Market Account         | 3533.64        |                 |
| Office Change Fund           | 40.00          |                 |
| <b>Balance Cash Accounts</b> | <b>5563.62</b> |                 |
| <b>Amounts as noted:</b>     |                |                 |
| Inventory Value              | 3025.47        |                 |
| Accounts Receivable          | 207.02         |                 |
| Office Sales Profit          | 179.17         |                 |

| Group Support 2008             | YTD            | August        |
|--------------------------------|----------------|---------------|
| 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         |               |
| It's in the Book Group         | 50.00          |               |
| Keep in Step Group             | 40.00          |               |
| Last Chance Group              | 135.00         | 30.00         |
| Lecanto Group                  | 0.00           |               |
| Monday Night Men's Group       | 320.00         |               |
| 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         |               |
| 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       | 270.00         | 150.00        |
| Women's New Beginnings Group   | 200.00         |               |
| WonRebos Group                 | 63.50          | 18.00         |
| YANA Group                     | 0.00           |               |
| <b>Total</b>                   | <b>3088.50</b> | <b>198.00</b> |

## Bookstore at the Office

- 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 at the bookstore!!!!**  
**Your service keeps our doors open!**

## For Your Information

**Intergroup Hotline Chair**, Rick T.'s August Hotline Report: Total Calls Incoming were 104: 91 for AA information/meetings, 8 for Alanon, 4 NA and 1 Alateen.

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

**District Corrections** has applications at the NCI Office that you can pick up and submit to your GSR or to the District Corrections Chair. Ask your sponsor about helping to carry the message behind the walls.

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:

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

## INTERGROUP OFFICERS

### CHAIRPERSON

TONI T.  
382-7578

### VICE-CHAIRPERSON

MARTHA G.  
(352) 489-8752

### SECRETARY

JIM Z.

### ALT. SECRETARY

(VACANT)

### TREASURER

SUE C.  
344-5153

### INTERGROUP TRUSTEES

JANET B.  
ALFRED L.  
NEAL S.  
RICK T.

### INTERGROUP

### HOTLINE

(352) 621-0599

### WEBSITE

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

### E MAIL ADDRESS

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

### JOURNAL EDITOR

PAULA D.  
201-0353

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

### ASSISTANT EDITOR

JOHN L

## DISTRICT 28 OFFICERS

### DCM

JIM K.  
746-3115

### ALT DCM

JOHN R.  
637-2814

### SECRETARY

TAMI E.  
563-2133

### TREASURER

BEVERLY H.  
344-5939