



Nature Coast Journal



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VOLUME 11, ISSUE 9

SEPTEMBER 2009

On Cultivating Tolerance

During nine years in A.A. I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes.

To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one

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of us might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior--which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another--and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important--in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

Dr. Bob of Akron

Grapevine July 1944 with permission

Silent Reflection

For just a while, calm your thoughts. In this moment, simply be. There is much in your life, and there is much more to come. Yet you have always been, and you always are, more than enough. For

a moment, let go of the way you appear and the things you've done. Feel the truth and power of who you are.

In silence, there is much you can know. Beyond thought, there is much you can understand.

Touch the person who always lives inside the person you are. Be immersed in the beauty and wonder of being. Feel the strength that is always there. And know that whatever may come, all is well.

Ralph Marston

Sponsored by Nature Coast Intergroup

2009 Gratitude Dinner
Chicken, with Covered Dishes & Desserts

November 8, 2009

Donation: \$3.00

NO Tickets sold
at the door



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

Speaker: Dale S. from Stuart, FL

Doors Open: 4pm, Dinner: 5pm, Speaker to follow



2nd Annual

CHILI COOK OFF
Sept 20, 2009 at 6pm

Fort Island Beach Crystal River

*Sponsored by The Resentment and
Attitude Adjustment 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 2009 Chili and more.

To participate, contact Willie 601-5362
or Dee 201-6386 before August 31st

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

One evening while attending the wake of an elderly AA friend, I entered the wrong room by mistake. There were two fellows standing at the head of a casket so I moved closer to see if it was my friend. Instead it was a young man of about 25. I mentioned to one of the gentle-

men standing, "He was so young. What did he die from?" "He drank too much vodka one evening and it stopped his heart.", was the reply. I said, "It is too bad that he didn't hear about AA". The one gentleman said, "Oh no, he wasn't that bad!"

If you only quit one day at a time, every day that you don't drink will be an accomplishment. If you quit forever, you won't have accomplished anything until you're dead.

Every alcoholic eventually takes their last drink. Some of us get our sobriety date on our cake, some on a tombstone. But we ALL get a sobriety date.

The Paradoxes

From: "The Professor and the Paradox"

1. We SURRENDER TO WIN. On the face of it, surrendering certainly does not seem like winning. But it is in A.A.. Only after we have come to the end of our rope, hit a stone wall in some aspect of our lives beyond which we can go no further; only when we hit "bottom" in despair and surrender, can we accomplish sobriety which we could never accomplish before. We must, and we do, surrender in order to win.

2. We GIVE AWAY TO KEEP. That seems absurd and untrue. How can you keep anything if you give it away? But in order to keep whatever it is we get in A.A., we must go about giving it away to others, for no fees or rewards of any kind. When we cannot afford to give away what we have received so freely in A.A., we had better get ready for our next "drunk." It will happen every time. We've got to continue to give it away in order to keep it.

3. We SUFFER TO GET WELL. There is no way to escape the terrible suffering of remorse and regret and shame and embarrassment which starts us on the road to getting well from our affliction. There is no new way to shake out a hangover. It's painful. And for us, necessarily so. I told this to a friend of mine as he sat weaving to and fro on the side of the bed, in terrible shape, about to die for some paraldehyde. I said, "Lost John" - that's his nickname - "Lost John, you know you're going to have to do a certain amount of shaking sooner or later." "Well," he said, "for God's sake let's make it later!" We suffer to get well.

4. We DIE TO LIVE. That is a beautiful paradox straight out of the Biblical idea of being "born again" or "losing one's life to find it". When we work at our Twelve Steps, the old life of guzzling and fuzzy thinking, and all that goes with it, gradually dies, and we acquire a different and a better way of life. As our shortcomings are removed, one life of us dies, and another life of us lives. We in A.A. die to live.

2003, AAWS, Inc., *Experience, Strength & Hope*, pages 155-156

Area Events

Details on our web site

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**

September 4-7

23rd Annual Tampa Bay Fall Roundup

Sept 18-20, 2009

**10th Annual Serenity
Weekend Women's Fall
Conference 2009**
Coca Beach, FL

September 20th

Chili Cook-off

See ad on page 1

Gratitude Dinner November 8th

See ad on page 1

Gratitude Cookout November 15th

Following the 11AM
Hernando Beach meeting
Hwy 41 & CR 486 in the
park on the lake.

*FREE, sponsored by
The Resentment, Attitude
Adjustment and
Hernando Beach meetings.*

22nd AA Men's Retreat Dec 4,5,6, 2009

See web site for details

75 Years of Alcoholics

Anonymous

San Antonio TX

July 1-4, 2010

See web site for details

HOLDER WAY OF LIFE GROUP

Founded 1984

The Holder Way of Life Group has been meeting at the same location for the past 25 years. Back in 1984, there were very few AA Groups in Citrus County. In the beginning there were 2 separate groups meeting at the Holder Community Center. One met on Tuesdays and the other on Saturday night. Eventually the two groups combined to form the present Holder Way of Life Group. Two of the founding members were Eleanor W. (now a member of the Women's Friendship Group) and Carlton K. (deceased).

In the beginning we were lucky if we had 7 people on Tues-

days, and 15 on Saturday. There was one table for attendees, and 1 small coffee pot. More than enough at that time. After the two groups became one the attendance picked up dramatically.

Later, a Friday night Candlelight meeting was added, thanks to Jack N. and Mike D. That meeting folded about 7 years ago. Sometime later the Sunday night meeting was added. We are fortunate to have 2 of the original members from "way back when". They are Joan B. who's been here 25+ years and Dave D., who's been here for 23years. Dave has held several positions over the years and is now our Treasurer.

The Holder Way of Life Group now meets three times a week. There is a 7:30 pm discussion meeting on Sunday, an 8:00 pm

Closed Step Meeting on Tuesday, and an 8:00pm Open Meeting on Saturdays. The 1st Saturday of the month is an Open Discussion meeting. The 2nd Saturday is a Speaker Meeting, the 3rd is Anniversary celebrations, and the 4th is a Grapevine Meeting. We may very well be the only group that has a Grapevine Meeting.

We are located at the corner of 491 and 41 in the Holder Community Center. In beautiful downtown Holder Fl. Come on down. We'd love to see you. Oh yeah, we now have plenty of coffee, lots of cookies, and you might even hit us on a night when one of our members brings some really good homemade baked goodies.

Pat H. GSR
Holder Way of Life Group

While practicing my alcoholism, the seeds that I planted were seeds of bad decision-making. I was real good at making bad decisions. Then it was time for me to be sober. The law also thought that might be a good idea. My attorney suggested that I start attending AA. At my first meeting I was told the third step was for ME. I was told to turn my will and life over to the care of God. At first glance that was impossible. God was a punishing God and I surely needed punishing. At that time I needed to be in control but I know today that control is only an illusion. Once I made the decision, out of desperation, to turn my life over to God, my decisions became more aligned with Gods will and good things started to happen.

This new concept of step 3 came from the peo-

ple in the meeting. God was speaking through them. When I listened and put what I learned into practice, things changed for the better.

A famous author from the 70's wrote that "there are areas in my life that I think are right but in reality are wrong." Once I knew what the right path was, it was up to me to step out, take a leap of faith and make the journey, even though it didn't feel right.

Practicing the right thing, over and over, and planting only good seeds, roses began to appear.

I now care for others, make better decisions, love myself more, and trust in God. I cannot see Him, but I know today, He loves me and wants me to be happy. Thank GOD for STEP 3 and the people who spoke the words that were God given.

John L, Editor

**There are
areas in my life
that I think are
right but in
reality are
wrong**

GRATITUDE DINNER DOOR PRIZES—A suggestion was made at the August Intergroup meeting that we follow the policy used by Pinellas County for door prizes.. We have asked each group representative to ask their group to make a small donation (not more than \$25) in the form of a gift basket, gift certificate etc. By collecting door prizes this way we will have some very nice prizes and the overall expense for the dinner will be kept at a minimum. In Pinellas County the groups passed a separate basket for the door prize to not interfere with their 7th Tradition. Please announce this at your next business meeting for a group conscious vote.

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group	
Bill (Aug)	22
Mike M	4
Floral City Men's Group	
Mike M	4
Holder Way of Life	
Cathy K	6
Mickey	15
Rainbow Group	
Pete P	32
Tim K	13
Michael F	7
Keith I	6
Bobby E	6
John A	1
Jack L	1
Cary L	3
Thursday Share At Noon Group	
Harold	23
Stan (Aug)	19
Marilyn B	11
Gail M	6
Wednesday Night Step Study	
Patti C	13
Women's Friendship Group	
Pauline H	38
Susan J	28
Madge	10
Shirley C	8

Group Contributions

Group Name	YTD	August
ABC Group	\$60.00	
Bright Spot	\$5.00	
Big Book 164	\$95.00	
Crystal River Big Book	\$200.00	100.00
Crystal River Group	\$800.00	
Floral City Men's Group	\$40.00	
Holder Way of Life Group	\$300.00	100.00
Inverness Friday Night	\$160.00	80.00
Inverness Wednesday Night	\$62.00	
It's In The Book	\$25.00	
Keep In Step	\$120.00	40.00
Last Chance Gp	\$19.25	
Monday Night Men's	\$200.00	
Never To Early Group	\$40.00	
New Beginnings-Dunnellon	\$100.00	
Night Cap	\$5.00	
Rainbow Group	\$475.00	135.00
Share At Noon	\$100.00	
Won Rebos	\$46.00	
Women's Friendship Gp	\$150.00	
Women to Women	\$40.00	
Women's New Beginnings	\$79.00	
Monthly Totals	\$3,121.25	455.00

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 August: Nanci R. Big Book 164—John W—Rich G. Keep in Step—Mel L. Crystal River Group—Don P. Share at Noon

Intergroup Hotline Report

Kurt's Hotline Report:

Total Calls.....	40
AA Outside District	2
AA Book Store	3
AA Within District	33
Alanon.....	1
NA.....	1

THE "WORTH" OF SOBRIETY

Every A.A. group ought to be fully self-supporting, declining outside contributions.

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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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

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ASSIST—BEVERLY H

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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

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