



# 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 10

OCTOBER 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 avail-  
able. Contact Toni T. at the Inter-  
group office, phone number is 344-  
0290, for more information.

## Area Events

### Area Assemblies

#### October 3-5

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

*Events (Continued on page 2)*

## Ten Simple Things

At a meeting one night, a man with twenty plus years of sobriety stated that when he came into the program, an old timer gave him this advice. "I have never seen anyone drink that day, after they had done ten simple things." For the next couple of weeks, I pondered, what those ten simple things might be. Finally, I had the opportunity to pick a topic at a meeting, and I asked the members of that meeting, what in their opinion were the ten simple things. Here are the results, not necessarily in any order.

1. Ask your higher power for the strength and guidance to make it through this day without picking up the first drink.
2. Be as honest as you can to yourself and others.
3. Read The Big Book.
4. Read The 12 By 12.
5. Read The Promises.
6. Go to a meeting, and listen.
7. Talk to your sponsor about your "issues".
8. Talk to another Alcoholic about his "issues".
9. Work the steps as best you can.
10. Thank your Higher Power for another day of sobriety at the end of the day.

I hope you can use this for a guide or put together your own ten simple things to stay sober.

~Written by Dave K. (High Noon Group)

#### 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)*

**October 19, 2008**

**District 28 Workshop**

**AA is Anonymous  
NOT Invisible**

Guest speakers—Our 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 “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 ~~~~~*  
**Our 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 on display and share the history of the “Gratitude Dinner”*

**Tickets on sale for \$9.**

(Contact Mel, Gail N, Gail M, Beverly H, Martha G, Sue Ann A, Toni T, or Rick T for tickets)  
Dinner to be catered by Enrico’s.  
Dessert 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

**THE FIRST WORD PRAYER**

**GOD  
GRANT  
ME  
THE  
SERENITY  
TO  
ACCEPT  
THE  
THINGS  
I  
CANNOT  
CHANGE  
COURAGE  
TO  
CHANGE  
THE  
THINGS  
I  
CAN  
AND  
WISDOM  
TO  
KNOW  
THE  
DIFFERENCE**

will take care of our needs every day,  
us our wishes if we will but pray.  
and you, with our heads held up high,  
clouds of despair, we’ll blow from the sky.  
now is the answer, you’ll see,  
all alcoholics, to you and to me.  
all things, as a gift from above,  
life that we have, is indeed, filled with love.  
are never, all smooth, as a road,  
if I can, will help with your load.  
look back to the life that we led,  
it we will, if it takes ‘til we’re dead.  
dear friend, with you I now plead,  
God, you can turn, if there is a need.  
if you must, but change for the better,  
hope that you need, may come in a letter.  
will always get better, with time,  
know of a place, if you’ll open your mind.  
all of your cares, and throw them away,  
call up a friend, who belongs to A.A.  
is good, if we use it just right.  
abuse it, unwise, even just for a night.  
ye, the secret of life, is in prayer.  
knowledge, that He is the One who will care.  
in how we live, day by day.  
A.A. is the answer, A.A. is the way

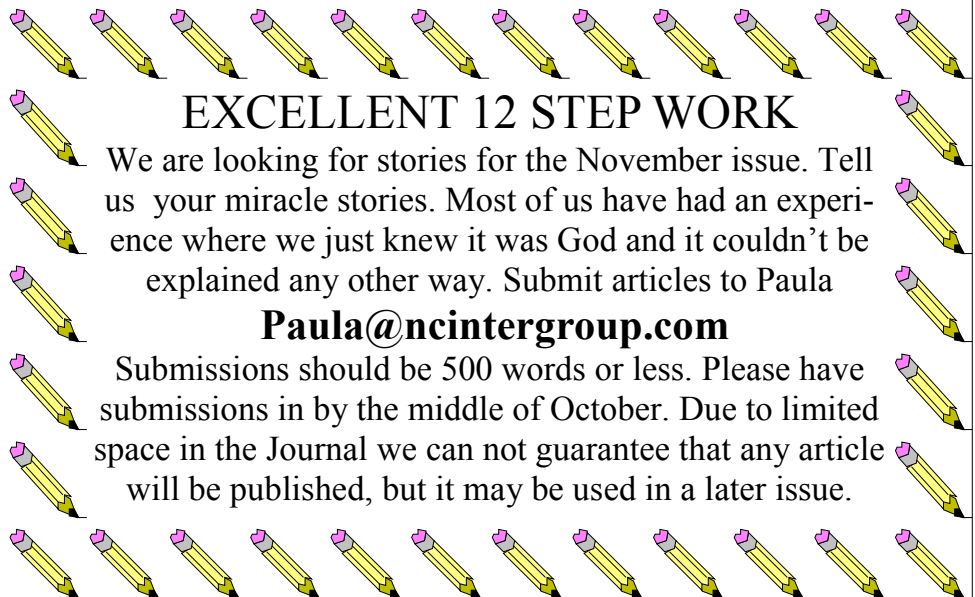
Author unknown. Submitted by Eleanor W. ~ given to her in her earlier days of sobriety

**EXCELLENT 12 STEP WORK**

We are looking for stories for the November issue. Tell us your miracle stories. Most of us have had an experience where we just knew it was God and it couldn’t be explained any other way. Submit articles to Paula

**Paula@ncintergroup.com**

Submissions should be 500 words or less. Please have submissions in by the middle of October. Due to limited space in the Journal we can not guarantee that any article will be published, but it may be used in a later issue.



## Step 10

**“Continued to take personal inventory and when we were wrong promptly admitted it.”**

## Tradition 10

(Long form)

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues-particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

## Promise TEN

Fear of people & economic insecurity will leave us.

## Concept X

(Short form)

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined

## 10th STEP

### Prayer

*"God, remove the Selfishness, Dishonesty, Resentment, and Fears that have cropped up in my life Right Now. Help me to discuss this with someone Immediately and make amends quickly if I have harmed anyone. Help me to cease fighting anything and anyone. Show me where I may be helpful to someone else. Help me to react sanely -- not cocky or afraid. How can I best serve You? Your will, not mine be done! Amen."*

*Alcoholics Anonymous p. 84-85. Reprinted with permission.*

## The Fourth Step

By Hippie Rick

Now you have some time in recovery.  
But you have all this pain and misery.  
Walking around ready to cry,  
having those feelings of just wanting to die!  
Take A look at yourself! you won't be the same.  
Get rid of the torture the guilt and the shame.  
The nightmares could be over with a stroke of a pen.  
So, instead of wishing that it would all end.  
Go on and do it, be happy again.

Take a look at yourself!  
your really someone to love.  
Remember You were put here by the one above.  
Do it and be done, for without it there's no change.  
Why put it off, and drive yourself insane.

Take a look at yourself!  
You'll feel better by far.  
Why live with those feelings and deep rooted scars.  
Go ahead, and really begin this new life.  
Get rid of all that past guilt, and strife.  
Start now, and begin life anew.  
Enjoy it with your friends, which are far from few!

By Hippie Rick

*Printed with permission, Rick R, Lake Mills, WI*

## “What You See Here What You Do Here What You Hear Here When You Leave Here Let It Stay Here”

**Source:** In 1942, the world was at war. Tennessee was gearing up, as was the rest of the nation, to do its part in the war effort. No one knew then that a small valley in East Tennessee would play such a big role in ending World War II. This 60,000-acre tract of land was chosen as one of the sites for the now historic Manhattan Project which was top secret at the time. This saying was on the wall as workers clocked in and out.

### Grapevine.....

Guess whose story has been published in the October 2008 issue of the Grapevine ??  
More info to be revealed !!!!!

## Anniversaries October 2008

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>
<b>Floral City Group</b>	
Beverly H	32
Rich U	15
<b>Holder Way of Life Group</b>	
Sam K	12
Brian W	15
Billy C	22
Cathy K - September Celebrant	5
Mickey B - September Celebran	14
<b>Rainbow Group</b>	
Tim K - September Celebrant	12
Robert R	8
Helen S	18
Gail K	22
Bob F	28
<b>Share at Noon Group</b>	
Dee S	2
<b>Women's Friendship Group</b>	
Paula D	3
Gail M - September Celebrar	5
<b>Women's New Beginnings Group</b>	
Maria B	11

2008-NCI	September	YTD
<b>Beg Checking Balance</b>	1989.98	
<b>Income</b>		
Support - Groups	199.00	3455.30
Book Sales	455.65	6104.14
Other Sales	240.05	2311.23
Sales Tax Collected	42.14	465.47
Events	100.00	145.00
Misc Income		1080.90
<b>Total Income</b>	<b>1036.84</b>	<b>13562.04</b>
<b>Expenses</b>		
Rent (Holder CC)		0.00
Office Exp	325.95	3705.34
Alltel	56.09	507.19
Books	256.16	4775.95
Recovery Items	19.50	936.94
Sales Tax Paid		320.54
Journal	60.00	523.14
Website		0.00
Events		0.00
Misc Expenses	81.75	187.62
<b>Total Expenses</b>	<b>799.45</b>	<b>10956.72</b>
<b>End Checking Balance</b>	<b>2227.37</b>	
<b>Money Market Account</b>	<b>3534.05</b>	
<b>Office Change Fund</b>	<b>40.00</b>	
<b>Balance Cash Accounts</b>	<b>5801.42</b>	
<b>Amounts as noted:</b>		
Inventory Value	2739.19	
Accounts Receivable	0.00	
Office Sales Profit	133.76	
<b>Group Support 2008</b>	<b>YTD</b>	<b>September</b>
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	200.00	100.00
Inverness Friday Night Group	240.00	
Inverness Monday Night Group	125.00	
Inverness Wednesday Night Step	180.00	40.00
It's in the Book Group	50.00	
Keep in Step Group	80.00	40.00
Last Chance Group	135.00	
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	
Women's New Beginnings Group	200.00	
WonRebos Group	63.50	
YANA Group	0.00	
<b>Total</b>	<b>3268.50</b>	<b>180.00</b>

## Bookstore

- **Audio** Big Book, 12 & 12, Living Sober, AA Comes of Age
- Literature Racks
- Pamphlets
- Meeting Signs
- 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**

## ELECTION RESULTS FOR DISTRICT 28 PANEL 59 (2009-2010)

DCM—Sue Ann A.

Alt. DCM—Mel

Treasurer—Paula D

Secretary—OPEN

We have an opening for our District secretary. If you are interested in serving for the District Panel and would like an extremely rewarding way to serve, submit a service resume or contact Jim K, our current DCM, for more information.

## For Your Information

**Intergroup Hotline Chair, Rick T.'s** September Hotline Report: Total Calls Incoming were 99: 2 for Alanon, 6 NA, 12 for other 12 step programs and 79 for AA.

**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, in person or my email.

**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

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