

# Nature Coast Journal

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

Volume 6, Issue 11

Carrying the message

November 2004

## NATURE COAST INTERGROUP AND DISTRICT 28

meetings are held at the  
Community Center in Holder

**Sunday, November 21st**

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

**DISTRICT... 6 PM**

**INTERGROUP IS PART OF  
AA — YOUR SUPPORT IS  
NEEDED AND APPRECIATED.**

***Come get involved!***

### 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: Sherrie L

Treasurer: Beverly H— 344-5939

[behunter34453@earthlink.net](mailto:behunter34453@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 Eleven Step Eleven

Sought through prayer and meditation  
to improve our conscious contact  
with God, *as we understood Him*,  
praying only for knowledge of His  
will for us and the power to carry  
that out.

*I ask a Higher Power for help to live the right way.*

*- from The Twelve Steps Illustrated*

**Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.**

1. Do I sometimes promote AA so fanatically that I make it seem unattractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around — even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough a sick drunk would want such a quality for himself?

From the *Traditions Checklist*, AA Grapevine

## Nature Coast Intergroup Gratitude Dinner

**Saturday, November 13, 2004**

**6 p.m. — Buffet ♦ 7:30 p.m. — Speaker**

**1st Presbyterian Church**

**Washington & Hwy 44, Inverness, FL**

**Cost: \$5.00 per person**



♦ **If you need tickets, please call**

**Marilyn, ph# 212-6128. If you have bought tickets and  
can't use them, please call 212-6128. ♦**

**TICKETS WILL NOT BE SOLD AT THE DINNER.**

### 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		Oct. 2004
Beginning Balance		\$2571.75
		October YTD (2004)
<b>Income</b>		
Support - Individuals	11.50	143.89
Support - Groups	215.00	2513.60
Book Sales	185.38	3504.73
Medallion Sales	55.88	417.89
Other Sales	34.00	414.87
Sales Tax Collected	16.52	260.40
Events	875.00	1608.30
Misc. Income	42.40	42.40
<b>Total Income</b>	<b>\$1435.68</b>	<b>\$8906.08</b>
<b>Expenses</b>		
Rent	63.60	63.60
Sprint	39.16	391.93
Alltel	96.00	619.30
Books & Medallions	56.27	4066.30
Recovery Items	19.50	178.35
Sales Tax Paid	84.49	319.52
Journal	47.70	519.40
Website	40.00	40.00
Secretary Expenses	37.00	112.87
Bank Fees	0.00	36.50
Events	139.00	333.34
Misc. Expenses	48.00	983.53
<b>Total Expenses</b>	<b>\$670.72</b>	<b>\$7664.64</b>
Ending Checking Bal.	3336.71	<b>Don't drink Don't think Go to meetings!</b>
Reserved for Events	-967.66	
Available Funds	2369.05	
Inventory Value	1049.38	
Accounts Receivable	12.08	
Office Reserve Acct	3289.04	
<b>Total Assets</b>	<b>\$7688.02</b>	

**A** **Alkathons** will be held at the Holder Community Center—Saturday, Dec. 24th and Saturday, Dec. 31st from 6 p.m. until 2 a.m. If you would like to volunteer, please contact Ken at 344-5010. Chairpersons needed. Please bring a covered dish or snack to share.

Group Support 2004	October	YTD (2004)
Attitude Adjustment Group	0.00	20.00
CATS Group	0.00	160.00
Crystal River Group	0.00	300.00
Crystal River Big Book Group	0.00	100.00
High Noon Group	0.00	344.60
Holder Way of Life Group	0.00	175.00
Inverness Friday Night Group	120.00	240.00
Inverness Monday Night Group	0.00	300.00
Inverness Wed at Noon Meeting	75.00	75.00
It's in the Book Group	20.00	40.00
Last Chance Group	0.00	164.00
New Horizon Group	0.00	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	0.00	120.00
<b>Total</b>	<b>\$215.00</b>	<b>\$2513.60</b>

## HALT: Hungry, Angry, Lonely, Tired

### Nature Coast Intergroup Meeting Highlights — Sunday, October 31, 2004

**Intergroup needs support from the groups' representatives. If your group does not have a representative, please elect one so that your group has a voice at the Intergroup Meetings.**

- ❖ **HOTLINE REPORT (Bill):** Bill reported 88 calls mostly for meeting info. There was one caller that was placed in detox through the hotline effort. Bill reported that Bev has done a great job getting 12<sup>th</sup> step volunteers. Bill asked he be allowed to have the Hotline Volunteer sheet available and displayed prominently at the Gratitude Dinner as there will be 200 people present. All agreed.
- ❖ **INVENTORY AND SALES:** Beverly reported on inventory; and sales were slow; medallions were sold but very few books.
- ❖ **GRATITUDE DINNER:** Gail reported that all is going smoothly. Suppliers are still being price compared. Marilyn will have an insert in the Journal to announce the sale of tickets that were sold and will not be used. Marilyn's cell phone #212 6128. Ron has confirmed our Speaker for the function. If a ticket was not purchased by an individual; he/she may attend the speaker portion of the event.
- ❖ **OLD BUSINESS:** Production of Business Cards had been shelved. Ron did however, explore the best costs for such an effort. \$95.00 per thousand and Ron is looking to even better negotiate the price. Motion and second was made with full approval for Business Cards. Ron will order them.
- ❖ **NEW BUSINESS:** Alkathons were mentioned. Ron asked for a volunteer be accepted to open the Holder meeting room on the Holidays. Ken P., offered to and was accepted. Need chairman for Christmas and New Year Alkathons. The Serenity House will be open for morning meetings. Sherrie L. (795-4482) has been voted in by the group to replace Rosario as alt-Secretary. NCI & District meetings will be changed from November 28<sup>th</sup> to November 21<sup>st</sup>, and December 26<sup>th</sup> to December 19<sup>th</sup>, 2004 to accommodate the holidays.
- ❖ Visit [www.ncintergroup.com](http://www.ncintergroup.com) for complete minutes

### Letter to the Editor

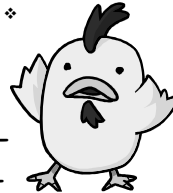


Dear Mary R.,

Hi, my name is John and I'm an alcoholic. This true story (recipe) of mine was printed in the Hernando County (AA) *Communique* in June 2002. It's my story, there's no copyright; and, if you think any reader of the *Nature Coast Journal* would relate to it, then I submit it for your review.

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### Stewed Chicken



Before leaving for work in the morning, take one chicken out of the freezer to defrost. Arriving home at night, pre-heat oven to 350 degrees and relax with some cocktails. Next morning, upon awakening, turn oven off and discard the now-spoiled chicken which never made it into the oven. Before leaving for work again, remove another chicken from the freezer to defrost. Upon arriving home, put the chicken in the oven and set temperature for 375 degrees. Do not bother to pre-heat oven. Relax with some cocktails. When smoke alarm comes on, awaken, turn oven off, open windows. Before leaving for work again, throw out incinerated chicken. I forget the other ingredients to the recipe; but, it helps to buy the chickens when they are on sale.

Submitted by John W.

### 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**. Please contact Mary at: [news@ncintergroup.com](mailto:news@ncintergroup.com) or ph: 352-465-4381.

"Spiritual consciousness does not make your problems go away; it does, however, help you view them from a different vantage point."

Iyanla Vanzant, spiritual adviser/author

### November 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 Sees It

Michael L. ....2 yrs

#### Crystal River Group

Jim C..... 1 yr  
Michael L .....2 yrs  
Rick D ..... 18 yrs  
Skip S .....2 yrs  
Winston C .....5 yrs

#### Holder Way of Life

Joan B.....21 yrs  
Kevin M.....22 yrs

#### Last Chance Group

Chick D ..... 8 yrs  
Connie D.....21 yrs

#### Women's Friendship Group

Colleen B ..... 5 yrs  
Joanne N .....23 yrs  
Sharon B..... 7 yrs

**Congratulations to all November celebrants!**



**AS BILL SEES IT:** "Self-pity is one of the most unhappy and consuming defects that we know. It is a bar to all spiritual progress and can cut off all effective communication with our fellows because of its inordinate demands for attention and sympathy. It is a maudlin form of martyrdom, which we can ill afford.

"The remedy? Well, let's have a hard look at ourselves, and a still harder one at A.A.'s Twelve Steps to recovery. When we see how many of our fellow A.A.'s have used the Steps to transcend great pain and adversity, we shall be inspired to try these life-giving principles for ourselves."

c. 1967, *As Bill Sees It*, page 238



**GOD — Good Orderly Direction**





## International Events

### 2005 International Convention 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).

## 7<sup>th</sup> Annual Retreat

**November 5-7, 2004**  
**Methodist Camp**  
Fort Myers, FL  
Info: [chuckf@naples.net](mailto:chuckf@naples.net)  
Phone: (239) 248-8744



**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 and other items.**

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**

### MEETING CHANGE:

Citrus Springs Wednesday night Step Study is now a Closed Meeting.



### Group Representatives:

Please call the INTERGROUP HOTLINE: (352) 621-0599 any time and every time your group has a change in the meeting time or place. Incorrect information was recently given out during the storms because the volunteer giving out the schedule information did not have updated information about the meetings. Thank you for your help.

*Embrace the journey!*

## 15<sup>th</sup> Gratitude Roundup

**Nov. 26-28, 2004**

Ramada Inn  
I-10 (Exit 16)  
Diamond Head, MS  
Reservations:  
(228) 896-8314  
Info: (228) 896-8314  
(877) 896-8116 toll free



## 41<sup>st</sup> IAABC

**Feb. 10-13, 2005**

Riviera Hotel & Casino  
2901 S. Las Vegas Blvd  
Las Vegas, NV 89109  
Reservations:  
(702) 794-9412  
(800) 634-6753

Info: <http://www.iaawc.org>

email:

[iaawc2005@yahoo.com](mailto:iaawc2005@yahoo.com)



## 49<sup>th</sup> Florida State Convention

**August 3-7, 2005**  
Wyndham Palace Resort  
& Spa  
Walt Disney World  
Resort  
Orlando, FL

**Reservations:**  
(800) WYNDHAM

**Information:**  
(when available)

**Register online:**  
[Florida State Convention](#)