



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 11

NOVEMBER 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
THERE WILL BE NO
DECEMBER MEETING
FOR NCI OR DISTRICT

Area Events

Area Assemblies 2009

**Jan. 9-11, Apr. 3-5
July 17-19, Oct 8-10**

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)

A Lost Son's BLESSING

The painful anniversary of a child's death offers an unexpected gift

During my drinking, I was married twice and had six children. My first husband was an alcoholic who abandoned me and our four young children. I subsequently married again and gave birth to two more sons, whom I abandoned in my drunkenness, leaving them to be raised by their abusive father. Although I did not become aware of certain facts until my own recovery began, I knew my first husband had found AA and my youngest daughter, Susan, had found Al-Anon. Susan had always loved and cared for her two younger half-brothers and actually raised Eric, the older of the two, through his teens.

In April of 1991, Eric came back to live with me, though just a few months later, he was killed in a car accident, while making a run to the "Beer Barn." Eric was only twenty-one years old at the time.

I was still drinking back then and, although I was certainly in a state of shock, I have vivid memories of that night. I remember following the ambulance to the hospital, viewing his body and signing the papers to donate his organs. I remember that I was very uncomfortable with the concept of religion or God, so when I had been asked at the hospital if I wanted a priest to say a few words for Eric, I adamantly rejected the idea. I remember saying I wanted nothing to do with anything religious.

Each year, as the anniversary of Eric's

death drew closer, I would experience tremendous fear and anxiety. My preferred method of handling that terrible fear of was to take the day off from work, get high, get drunk, and finish up with a new tattoo to memorialize the day. Basically, I would just stay drunk.

In August 1997, I came into AA and had just eighty-eight days of sobriety when the anniversary of Eric's death came around again. I started sharing at meetings about how frightening this date was for me and how I did not want to drink over it. Using the program and all its tools, I was able to push through the fear and, instead of drinking, I went out and got a special tattoo, something to commemorate my love for my son. I stayed close to the rooms, my sponsor and my AA friends and I did not pick up a drink.

The night of the anniversary, at 10:55, the exact time of Eric's death, I dropped to my knees a starting crying. It was then that I found myself praying to a God that I could now feel was there for me. I found a loving God that night and he has never left me since.

Two days later, I'd completed my first 90 days of sobriety. My youngest son, Rick, had just moved in temporarily with me. He promised no drinking or drugging in my house and was obeying this rule. On this particular morning, I woke up and was having my coffee when Rick came

Continue on Page 2

Instead of
drinking, I
went out and
got a special
tattoo

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)

November 9, 2008

GRATITUDE DINNER

Our Lady of Fatima Church Hall
550 US Highway 41 S, Inverness.
Celebration of District 28's 20 and Nature Coast Intergroup's 10 year anniversaries.

Doors open at 3pm, Eat at 4pm, followed by Speaker Brenda J. Area 14 Archivist Cecelia R. will have Area Archives and give a history of the Gratitude Dinner.

Tickets on sale for \$9.

Ticket Sales End Nov. 3rd because of the Caterer.

Get your tickets early.

No ticket sales at the door.

(Contact Mel L., 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. Desert furnished by District 28.

November 15, 2008

THE HIGH NOON GROUP'S FREE SEMI-ANNUAL Softball Game & BQ. EVERYONE IS INVITED TO JOIN IN THE GAME AND EAT!!!

WHEN: SATURDAY NOV. 15TH FOLLOWING 12P MEETING

WHERE: BICENTENNIAL PARK FIELD # 5 (BEHIND THE AIRPORT AND DAIRY QUEEN)

Thanksgiving Dinner

Please Join The High Noon Group for their Annual Thanksgiving Dinner
Where-----The Serenity club house (behind St Benny's)
When-----Thanksgiving Day
After the Noon Meeting
If you wish bring a dish
Everyone is Welcome & ITS FREE

December 5,6,7 2008

20th AA Central Florida

Men's Retreat for \$140

Remaining balance due by 11/15/08

FMI contact Don G. at (352) 489-8752

December 13, 2008

Christmas Gala 2008

Sponsored by Lake / Sumter Intergroup

5pm—11pm \$20 per ticket
Leesburg Community Center

FMI: Rhonda H. (352) 504-1953

December 24, 2008

NCI Christmas Alcahon

COMMUNITY CENTER
IN HOLDER.

downstairs, so I shared with him that I was sober ninety days that very day. He asked me to wait a minute, ran back upstairs, and came down again, saying he had something for me. He had a plastic zip-top bag with the words "Frankford/Torresdale Hospital" on it. That was the hospital where Eric died.

Rick unzipped the bag and took out Eric's wallet, necklace, hash pipe, roach clip and lighter. I was shocked, as I had not realized he had possession of Eric's final belongings. He said he had been carrying this bag with him for all the years since Eric died.

Then Rick told me there was one more thing, and he pulled out an AA coin, saying that the coin had meant a lot to Eric because he carried it every day and switched it from pocket to pocket. Eric had told Rick his sponsor had given

him the coin. I looked at the coin and it was the medallion for ninety days. Apparently Eric, had come into the program, but had not stayed. I never did learn how long Eric had remained sober.

I had not known about his attempt at recovery at the time and later learn that his sponsor had been none other than my first husband (now deceased), who had preceded me into recovery years ago. Eric had received the coin in 1985 and had carried it until his death in 1991. Now I carry the coin with love and gratitude, for all that it stood for in his life and now stands for in mine. I turn my will and my life over to the care of God every morning and thank him every night. And I have not had to pick up a drink one day at a time for ten years.

*Nanci R.
Floral City, Florida*

ELECTION RESULTS FOR NATURE COAST INTERGROUP (2009-2010)

Chairperson

Jim Z

Vice-Chairperson

John L

Secretary

Julie P

Treasurer

OPEN

Intergroup Trustees

Rock P

Sandy H

DISTRICT 28

SECRETARY

Pat H

AREA 14

PANEL 59

(2009-2010)

Delegate - Chet P

Alt. Delegate - Cecelia R

Chair - Glenn W

Alt. Chair-Marilyn B

Treasurer -Laura Mc

Registrar - Andy D

Secretary - Kelly J

Anniversaries

November 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>
Floral City Men's Group	
Mike S	16
Chuck M	17
Darral	4
Montana (October Celebrant)	13
Richard G	12
High Noon Group	
Gwen H	3
Ann C	22
Dick	9
Holder Way of Life Group	
Joan B	25
Tish O	26
Charlie W	24
Rainbow Group	
Chuck	25
Troll	23
Bob S	5
Tom M	4
Dick G	27
Share at Noon Group	
Jack B.	17
Women's Friendship Group	
Sharon B	11

We have an opening for our Intergroup Treasurer. If you are interested in serving and would like an extremely rewarding way to serve, submit a service resume or contact Toni T., our current NCI Chair for more information.

Step 11

"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."

Tradition 11

(Long form)

Our relations with the general public should be characterized by personal anonymity. We think A.A. ought to avoid sensational advertising. Our names and pictures as A.A. members ought not be broadcast, filmed, or publicly printed. Our public relations should be guided by the principle of attraction rather than promotion. There is never need to praise ourselves. We feel it better to let our friends recommend us.

Promise ELEVEN

We will intuitively know how to handle situations which used to baffle us.

Concept XI

(Short form)

The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

11th STEP Prayer

NIGHT After mediation on the day just completed, "We ask God's forgiveness and inquire what corrective measures should be taken".

MORNING Before we begin our day, "we ask god to direct our thinking, especially asking that it be divorced from self-pity,, dishonest or self-seeking motives".

MORNING In thinking about our day, "We ask God for inspiration, an intuitive thought or decision".

MORNING We usually conclude the period of mediation with a prayer that we be shown all through the day what our next step is to be, that we be given whatever we need to take care of such problems. We especially ask for freedom from self-will, and are careful to make no requests for ourselves only We may ask for ourselves, however, if others will be helped. We are careful never to pray for our own selfish ends.

ALL DAY As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action.

Alcoholics Anonymous p. 86-88. Reprinted with permission..

When A Newcomer Asks...

It's not just about a pamphlet in the rack, to me it's saying, "I'm scared, alone and confused", "I've never dealt with something like this before, and it seems so cunning, baffling and powerful".

So here are some tools that may help with that question for the newcomer.

Some groups have developed "A Beginner's Packet" / Envelope with some suggested pamphlets and slogans on the outside of the envelope:

- "WELCOME TO AA, A 12 Step program that works if you work it."
- "We suggest that you get to a meeting a day (whatever it takes)"
- "Get and use a sponsor"
- "Get and stay involved in your recovery (it's your life take control of it)"

Provide a place for member phone numbers and suggest that they use them.

Some suggested Pamphlets Include:

1. A Newcomer Asks
2. This is AA
3. 44 Questions
4. Questions and Answers on Sponsorship
5. Court Ordered to AA?
6. Young People and AA

There are many different pamphlets made available through AAWS that may apply to your individual group's demographic needs.

*Yours in Service,
Greg H.
District 28 Literature Chair*

2008-NCI Treasurer's Rpt	October	YTD
Beg Checking Balance	2227.37	
Income		
Support - Groups	449.05	3904.35
Book Sales	360.25	6464.39
Other Sales	266.75	2577.98
Sales Tax Collected	37.60	503.07
Events	13.00	158.00
Misc Income	3.25	1084.15
Total Income	1129.90	14691.94
Expenses		
Rent (Holder CC)		60.00
Office Exp	324.90	4030.24
Alltel	56.25	563.44
Books	273.80	6273.77
Recovery Items	516.99	1901.28
Sales Tax Paid	130.25	592.98
Journal	120.00	583.14
Website		0.00
Events	10.00	60.00
Misc Expenses		269.37
Total Expenses	1432.19	14334.22
End Checking Balance	1925.08	
Money Market Account	3534.50	
Office Change Fund	40.00	
Balance Cash Accounts	5499.58	
Amounts as noted:		
Inventory Value	3057.76	
Accounts Receivable	0.00	
Office Sales Profit	153.78	

Group Support 2008	YTD	October
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	350.00	350.00
Floral City Group	25.00	25.00
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	
Inverness Friday Night Group	240.00	
Inverness Monday Night Group	125.00	
Inverness Wednesday Night Step	180.00	
It's in the Book Group	50.00	
Keep in Step Group	80.00	
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	200.00	50.00
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	
Total	3693.50	425.00

"Last month's Treasurer's Summary report incorrectly reported \$60.00 as journal printing expense that should have been HCC rent expense for the year. The YTD amounts this month reflect the correction." Thanks, Sue

Bookstore at the Office

NCI Bookstore will have items available at the Gratitude Dinner. Jewelry, Books, Bookmarks, Medallions. If you have a request, please contact the Bookstore at (352)344-0290

February 11-14, 2010
ORLANDO, FLORIDA

"The Sunshine State"



The Language of the Heart Will Be Spoken Here

For Your Information

Intergroup Hotline Chair, Rick T.'s October 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

Please forward 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

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

E MAIL ADDRESS

ncinter@ncintergroup.com

JOURNAL EDITOR

PAULA D.
201-0353

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