

Nature Coast Journal

P.O. Box 2015 ☆ Crystal River, FL 34423-2015 ☆ Intergroup Hotline: (352) 621-0599

VOLUME 8, ISSUE 2

FEBRUARY, 2006

NATURE COAST INTERGROUP

MEETS ON LAST
SUNDAY OF EACH MONTH
4:30PM AT THE
COMMUNITY CENTER
IN HOLDER.

PLEASE GET INVOLVED!
WE NEED YOUR SUPPORT.

DISTRICT 28

MONTHLY MEETING
FOLLOWS AT 6:00 P.M.

SPECIAL ANNOUNCEMENT

COPIES OF THE *NATURE COAST
JOURNAL* ARE AVAILABLE FOR
PICKUP AND DISTRIBUTION FOR
ALL THE GROUPS EARLY EACH
MONTH FROM TWO LOCATIONS:

EAST COUNTY

1ST LUTHERAN CHURCH,
INVERNESS (FRIDAY BEGIN-
NERS' MEETING 6:30 PM)

WEST COUNTY

SERENITY CLUB,
ST. BENEDICT'S,
CRYSTAL RIVER

Local Event

Mar 25
Holder Way of Life
22nd Anniversary
Barbecue Picnic
Whispering Pines Park
11am—3pm

Love has many definitions, and, if we ask other people to define it, we will receive a great variety of answers. Perhaps this is because love is such an individualized emotion which can express itself in a variety of ways. Love is something we all seek in one form or another, and yet it seems to elude us constantly until we find love within ourselves.

Many of us make the mistake of wishing for love, while failing to give it away. Some of us are convinced that if we receive enough love, all our problems will be solved and we will be happy. What we are doing is shifting the responsibility for our happiness to others. We need others to love us because we cannot love ourselves. If we are not happy, we believe the cause is love withheld. We may even resent those we think are withholding their love.

In our frustration, we may attempt to manipulate people into loving us by trying to please them. We may try to make them dependent upon us. We are willing to do anything to make ourselves loved by others.

Love cannot be forced, bought, or manipulated. It must be *unconditional*. Sometimes our efforts to force love fail; sometimes they succeed. In either case, the result is the same – the happiness we expect to feel is not there.

A turning point in our lives may come with Alcoholics Anonymous. We are greeted by people who follow the principles and do not argue, do not criticize, and do not judge us. Many at these meetings may even show us love when we are unable to love ourselves. When we have felt unloved for many years, perhaps our whole life, receiving this unconditional love can seem very strange to us. At first we may be frightened by this love and afraid to accept it. As weeks pass we often feel the kinship, the friendship, and the fellowship of the group. We see that AA is a place which not only welcomes us, but also accepts and loves us. Our self-esteem begins to rise, and we become able to accept genuine love from others and to express this love to others.

As we begin to work the Twelve Steps, we better understand and accept ourselves. We realize it is all right to be powerless not only over alcohol, but also over our feelings of emptiness and loneliness. We look at ourselves honestly and begin making changes in our thinking and behaving. We discover a way to take care of our mistakes and to forgive ourselves and others for past transgressions. This process of working the steps helps us to begin to love ourselves. As we love ourselves, with all

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.

Area Events

Mar 24-26
2nd Annual Int'l Big Book Study Convention

Florida Atlantic University
 Glades Rd.
 Boca Raton, Fl
 Info: (561) 339-5320
 (781) 254-5140
 (781) 589-8318
 Website:
 bbssconvention.org

April 28-30
Serenity Weekend Women's Spring Conference 2006
"A Spiritual Journey"

Holiday Inn Town Center
 1950 Glades Road
 Boca Raton, FL 33431
 Call Ann P. for info
 (407) 876-4430

Mar 24-26
Soberstock

Scout World
 Camp Owen J Brorien
 16901 Boy Scout Rd
 Odessa, Fl
 Website:
 soberstock.com

August 2-6, 2006
50th Florida State Convention

Westin Innisbrook Resort
 Palm Harbor, Fl
 Hotel Registration:
<http://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=0507137110&key=1302>
 Register online:
<http://www.50flstateconvention.com/index.asp>

The Steps We Arrive With

1. We admitted we were powerless over nothing - that we could manage our lives perfectly and those of anyone who would allow us.
2. We came to believe that there was no power greater than ourselves and the rest of the world was insane.
3. We made a decision to have our loved ones turn their wills and their lives over to our care even though they couldn't understand us at all.
4. We made a searching and fearless moral inventory of everyone we knew.
5. We admitted to the whole world the exact nature of everyone else's wrongs.
6. We were entirely ready to make others give us the respect we deserved.
7. We demanded others do our will because we were always enlightened.
8. We made a list of all persons who had harmed us and became willing to go to any lengths to get even with them all.
9. We got direct revenge on such people wherever possible, except when to do so would cost us our lives or at the very least a jail sentence.
10. Continued to take inventory of others and when they were wrong promptly and repeatedly told them about it.
11. Sought through complaining and medication to improve our relations with others, as we would not understand them at all, asking only that they do things our way.
12. Having had a complete physical, emotional and spiritual breakdown as a result of these steps, we tried to blame others and to get sympathy and pity in all our affairs.

submitted by Ron B.

February '06 Anniversaries

Group Secretaries, please call Ed P. at 422-0144 or email at news@ncintergroup.com before the 1st of each month with a list of month's anniversaries.

	<u>Years</u>
ABC Group	
Roy W.	28
Attitude Adjustment Group	
Joe K.	26
Jerry B.	17
CATS Group	
Kathy G.	15
Crystal River Group	
Sheila S.	15
Dan S.	2
Gwen L.	2
Floral City Group	
Rosita V.	7
John R.	3
Donna K.	2
High Noon Group	
Lamar C.	33
Sherrie L.	16
Jacqui H.	11
Dave B. (belated — January)	2
Holder Way of Life Group	
Beverly C.	24
Sam M.	1
Last Chance Group	
Neil S.	34
Monday Night Men's Step Group	
Mike R.	22
Dan F.	2
Mack M.	1
Wednesday Inverness Step Group	
John R.	3

IT ISN'T THEM

It isn't the size of the group that counts,
 Or the way it's run by a few,
 Or the way the members act sometimes,
 It isn't the group.....it's you.

It isn't the way they sponsor someone,
 Or the way they do what they do,
 Remember, their way got you dry,
 It isn't the group...it's you.

If you keep on griping and finding fault,
 And criticizing what they do,
 Watch out, you lug, you'll reach for that jug;
 No, not the group.....but you

~Anonymous
 Submitted by Bob R.

What is love?

What is love? Love is a complex emotional feeling. Love is also a hard word to define in short terms. Love is probably one of the most misused and misunderstood words. Webster's definition of love is "A deep and tender feeling of attraction for or attachment to a person, a feeling of brotherhood and good will toward others, sexual passion." Someone may love God and love the spray of the ocean. To me love is the feeling you get when you know that someone you feel you cannot live without will always be there for you unconditionally. Love is like making a cake; it won't work unless all of the ingredients are included and the directions followed. Ingredients for love include honesty, sincerity, patience, tolerance, happiness, consideration, and empathy. The directions are the rules of God, morality, and being true to your self. By Althea Perkins

God's Love For Us

We are all at different stages in our recovery from alcoholism. No matter if we have one day or twenty years in the program, whether we have relapsed or have stayed sober, wandered far or stayed close to our fellowship, God embraces us without limit, without reservation and without preference. May we share his generous love with all.

Agape

The great teachers, religions, and ideologies through history have taught the wisdom and necessity of *Agape* (ä-gä'p^ä, ä'gä-p^ä), the principle of love, commonly referred to as the "love ethic," or "universal love." Agape is not an emotional form of love we "fall into," but a generalized, unconditional love we practice toward everyone, a form which actually requires a commitment of will. It is arguably the most powerful social force available to humankind. This principle, and its integration into our personal lives and the life of our societies, is essential. All good springs from love, all bad from its opposites. Revered and desirable values and behaviors rooted in the love ethic are respect, empathy, patience, tolerance, understanding, courtesy, sensitivity, openness, cooperation, solicitude, and the impulse to help people, and alleviate suffering. The love ethic is the consideration of, and acting upon, the interests of other people, in more-or-less the same proportion as you consider (and usually act upon) your own interests.

***The C.A.T.S. Group
Thursday meeting will
be starting back up Feb.
2nd. 2006. Same place -
First Presbyterian Church,
Washington Ave, Inverness,
but the new time is 7 PM.***

Book Sale

In addition to the A.A conference-approved literature, Nature Coast Intergroup stocks a supply of some Hazelden books. We also have Grapevine Literature. Call Beverly H. to order:
Ph: 344-5939

National Events

Mar 3-5, 2006

19th Unity Weekend

Holiday Inn Beach Resort
200 Beachview Dr
Jekyll Island, Ga
Reservations:
(800) 753-5955
(912) 635-3311
Reserve by Oct 6th
Info: (386) 677-6037
www.jekyllislandaa.com

May 18-21, 2006

International Sober-Over-Sixty Conference

Outrigger Keauhou Beach Resort
Kailua-Kona, Hi
Reservations:
(808) 322-3441
(800)688-7444
Info: (808) 329-0729
email: marionb@hawaii.rr.com

May 26-29, 2006

Daytona 16th Spring Conference

Plaza Ocean Club
604 N. Atlantic Ave
Daytona Beach, Fl
Reservations:
(800) 874-7420
(386) 239-9800
Info: (407) 677-5365
email: leestapes@viafamily.com
web: www.leestapesandcads.com

**Announcing
Some Exciting
Recovery Cruises**
<http://www.meetingsenroute.com>

**More Recover Cruises
Sober Celebrations
With Snow**
<http://www.sobercelebrations.com>

TREASURER'S REPORT

29-Jan-06

	<u>January</u>	<u>YTD</u>
Beginning Balance	3,567.47	
Income		
Support - Individuals	18.00	18.00
Support - Groups	220.00	220.00
Book Sales	811.61	811.61
Medallion Sales	23.08	23.08
Other Sales	94.31	94.31
Sales Tax Collected	55.75	55.75
Events	73.25	73.25
Misc. Income	-	-
Total Income	1,296.00	1,296.00
Expenses		
Rent	-	-
Alltel	57.20	57.20
Books & Medallions	923.60	923.60
Recovery Items	-	-
Sales Tax Paid	87.36	87.36
Journal	55.63	55.63
Website (pd for yr in Oct)	-	-
Treasurer Expenses	-	-
Bank Fees	-	-
Events	152.75	152.75
Misc Expenses	-	-
Transfer to Money Market	-	-
Total Expenses	1,276.54	1276.54
Ending Checking Balance	3,586.93	
Reserved for Events	-751.02	
Available Funds	2,835.91	
Inventory Value	1,437.89	
Accounts Receivable	172.45	
Office Reserve Account(CD)	2,500.00	
Office Reserve Account(MM)	4,507.63	
Total Assets	12,204.90	
GROUP SUPPORT 2006		
	YTD	January
ABC Group	-	-
Attitude Adjustment Group	-	-
CATS Group	-	-
Citrus Springs Closed Step Gr	-	-
Crystal River Big Book Grp	-	-
Crystal River Group	-	-
Dunnellon Group	-	-
Early Birds Group	-	-
Floral City Group	-	-
Floral City Men's Group	-	-
Hernando Men's Group	-	-
High Noon Group	30.00	30.00
Holder Way of Life Group	-	-
Inverness Fri Night Group	-	-
Inverness Mon Night Group	-	-
It's in the Book Group	20.00	20.00
Keep in Step Group	-	-
Last Chance Group	-	-
Lecanto Group	-	-
Mon. Night Men's Step Group	-	-
Never Too Early Group	-	-
New Beginnings Group	-	-
No Name Group	-	-
Quail Run Closed Step Group	-	-
Red Eye Group	-	-
Resentment Group	-	-
Share at Noon Group	100.00	100.00
Wahoo Group	-	-
Wed Inverness Step Group	-	-
What's the Book Say Group	-	-
Women's Friendship Group	70.00	70.00
Works For Me Group	-	-
YANA Group	-	-
Total	220.00	220.00

For Your Information

The Intergroup Telephone Hotline Report: 122 calls in the January, 3 for detox, 4 for rehab, 1 for NA, 3 wet calls, 5 for rides and 2 for Alanon, remainder for info or directions to a meeting. Gail N. is the new Hotline Chair.

The Nature Coast Intergroup Website is located at www.ncintergroup.com. **Please note: Website features printable AA meeting schedules and directions/maps, and Nature Coast Intergroup and District 28 Meeting Minutes.**

(Love ~ Continued from page 1)

our faults and imperfections, we can truly begin to love others.

Love appears to have a boomerang effect – the more we give it away, the more it comes back to us. We find if we show love to others, if we look for all that is kind, generous, and worthy of love – then that love will be returned to us. We realize we all need love to live a satisfying and happy life.

As we work those steps which help us develop our awareness of a Higher Power, we begin to see that spiritual love is always unconditional. It is not withdrawn on days when we are depressed or angry. It is not withdrawn because we fail at a task. We find our Higher Power accepts and loves us just as we are.

As our awareness of love grows, “our whole attitude and outlook upon life will change.” There is greater meaning in saying “One day at a time.” Happiness does not depend on what others do or say or what happens around us. Happiness is a result of being at peace with ourselves. We come to understand we alone are responsible for our happiness. As we learn to love ourselves and others, the genuine love we have been seeking will come naturally.

~Adapted from EA Pamphlet entitled *Love*.

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