



Nature Coast Journal



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

VOLUME 8, ISSUE 5

MAY, 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.

Local Event

June 10, 9:30am

**Founders' Day
Traditions
Workshop**

**Cosponsored by
District 28 and
Nature Coast
Intergroup**

**First Lutheran Church
Presenter: Chet P.
From Orlando**

Followed by fried chicken
and beverages
Bring covered dish
to share

Is A.A. For You?

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Only you can decide whether you want to give A.A. a try — whether you think it can help you. We who are in A.A. came because we finally gave up trying to control our drinking. We still hated to admit that we could never drink safely. Then we heard from other A.A. members that we were sick. (We thought so for years!) We found out that many people suffered from the same feelings of guilt and loneliness and hopelessness that we did. We found out that we had these feelings because we had the disease of alcoholism.

We decided to try to face up to what alcohol had done to us. Here are some of the questions we tried to answer honestly. If we answered YES to four or more questions, we were in deep trouble with our drinking. See how you do. Remember, there is no disgrace in facing up to the fact that you have a problem.

Answer YES or NO to the following questions.

1 - Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?

Most of us in A.A. made all kinds of promises to ourselves and to our families. We could not keep them. Then we came to A.A. A.A. said: "Just try not to drink today." (If you do not drink today, you cannot get drunk today.)

Yes No

2 - Do you wish people would mind their own business about your drinking-- stop telling you what to do?

In A.A. we do not tell anyone to do anything. We just talk about our own drinking, the trouble we got into, and how we stopped. We will be glad to help you, if you want us to.

Yes No

3 - Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?

We tried all kinds of ways. We made our drinks weak. Or just drank beer. Or we did not drink cocktails. Or only drank on weekends. You name it, we tried it. But if we drank anything with alcohol in it, we usually got drunk eventually.

Yes No

4 - Have you had to have an eye-opener upon awakening during the past year?

Do you need a drink to get started, or to stop shaking? This is a pretty sure sign that you are not drinking "socially."

Yes No

5 - Do you envy people who can drink without getting into trouble?

At one time or another, most of us have wondered why we were not like most people, who really can take it or leave it.

Yes No

6 - Have you had problems connected with drinking during the past year?

Be honest! Doctors say that if you have a problem with alcohol and keep on drink-

(Continued on page 2)

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.

Area Events

Future Area Assemblies:

July 14-16

Oct 13-15

Phone: (352) 377-4000.

There is a cut-off for registration at the hotel. Make reservations early.

June 9-11

2006 Founders Day

Florida-Style

The Day's Inn

3100 Apalachee Pkwy

Tallahassee, FL

Reservations:

(850) 877-6121

(800) 325-2525

Info—>email:

info@FoundersdayFL.org

August 2-6

50th Florida State Convention

Westin Innisbrook Resort

Palm Harbor, FL

Hotel Registration:

www.starwoodmeeting.com

[/StarGroupsWeb/booking](http://www.starwoodmeeting.com/StarGroupsWeb/booking)

[/reservation?id=](http://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=0507137110&key=1302)

[0507137110&key=1302](http://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=0507137110&key=1302)

Register online:

<http://www.50flstateconv>

[ention.com/index.asp](http://www.50flstateconv)

Sept 1-4

20th Annual Tampa Bay Fall Roundup

Doubletree Hotel - Tampa

Westshore Airport

4500 W Cypress St

Tampa, FL 33607

Reservations:

(813) 879-4800

(800) 222-8733

Info: (813) 205-7663

email: G.Luker@verizon.net

web: tampabayfallroundup.com

(Continued from page 1)

ing, it will get worse -- never better. Eventually, you will die, or end up in an institution for the rest of your life. The only hope is to stop drinking.

Yes No

7 - Has your drinking caused trouble at home?

Before we came into A.A., most of us said that it was the people or problems at home that made us drink. We could not see that our drinking just made everything worse. It never solved problems anywhere or anytime.

Yes No

8 - Do you ever try to get "extra" drinks at a party because you do not get enough? Most of us used to have a "few" before we started out if we thought it was going to be that kind of party. And if drinks were not served fast enough, we would go some place else to get more.

Yes No

9 - Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?

Many of us kidded ourselves into thinking that we drank because we wanted to. After we came into A.A., we found out that once we started to drink, we couldn't stop.

Yes No

10 - Have you missed days of work or school because of drinking?

Many of us admit now that we "called in sick" lots of times when the truth was that we were hung-over or on a drunk.

Yes No

11 - Do you have "blackouts"?

A "blackout" is when we have been drinking hours or days which we cannot remember. When we came to A.A., we found out that this is a pretty sure sign of alcoholic drinking.

Yes No

12 - Have you ever felt that your life would be better if you did not drink?

Many of us started to drink because drinking made life seem better, at least for a while. By the time we got into A.A., we felt trapped. We were drinking to live and living to drink. We were sick and tired of being sick and tired.

Yes No

Did you answer YES four or more times? If so, you are probably in trouble with alcohol. Why do we say this? Because thousands of people in A.A. have said so for many years. They found out the truth about themselves — the hard way.

But again, only you can decide whether you think A.A. is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking ourselves. Just call. A.A. does not promise to solve your life's problems. But we can show you how we are learning to live without drinking "one day at a time." We stay away from that "first drink." If there is no first one, there cannot be a tenth one. And when we got rid of alcohol, we found that life became much more manageable.

May '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.

Years

Crystal River Group	
Ted S.	12
Bill B.	4
David S.	2
Brian O.	1
Floral City Group	
Van A.	24
Gene L.	11
Holder Way of Life Group	
Eddie H.	35
Paul T.	28
Susan N.	18
Ken P.	6
Martha G.	4
Janifer C.	4
Heather S.	3
Inverness Monday Night Group	
Jay B.	12
Inverness Friday Night Group	
Jack M.	34
Robie M.	33
Keep In Step Group	
Jo H.	32
Monday Night Men's Group	
Tom N. (belated - April)	1
Steve M.	31
Rich C.	22
Frank H.	19
Wednesday Inverness Step Group	
Mary D.	16
Women's Friendship Group	
Laura	27
Marilyn N.	25
Frani B.	24
Lorraine T.	23
Sue E.	22
Shirley W.	19
Women's New Beginnings Group	
Doc B.	16
YANA Group	
David	3

Still In Touch

I still have my Third Edition of the Big Book, from when I got sober in 1987. Events of the past year keep reminding me that I have only a daily reprieve. I've run the range of emotional responses, so it was no surprise that recently my committee held an "all-nighter." I could not stop the chatter. My bedroom clock is digital, and finally, I decided to see if morning would ever arrive. I hit the button to see the big numbers: 4:49. The committee became quiet and I went to sleep.

In the morning, I read page 449 in my Third Edition Big Book to the end of the story. Then, I read "Freedom from Bondage," where it suggests praying for others. When I related the incident to my sponsor, she laughed and said, "Isn't it nice to know your Higher Power is still in touch?"

Lee D. (Grapevine, May 2005)

And acceptance is the answer to *all* my problems today. When I am disturbed, it is because I find some person, place, thing, or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing, or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God's world by mistake. Until I could accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Alcoholics Anonymous (Third Edition), p. 449

If you have a resentment you want to be free of, if you will pray for the person or the thing you resent, you will be free. If you will ask in prayer for everything you want for yourself to be given to them, you will be free. Ask for their health, their prosperity, their happiness, and you will be free. Even when you don't really want it for them, and your prayers are only words and you don't mean it, go ahead and do it anyway. Do it everyday for two weeks and you will find you have come to mean it and to want it for them, and you will realize that where you used to feel bitterness and resentment and hatred, you now feel compassionate understanding and love.

Alcoholics Anonymous (Third Edition), p. 552

NEW MEETING: BRIGHT SPOT

Friday at 7PM
At the YANA Club, 147 NW 7th Street
Off US 19, one block north of Citrus Ave.
Behind CR Police Station
Call Rocky for details:
(352) 257-2302

OPEN HOUSE HERNANDO COUNTY CENTRAL OFFICE & RECOVERY BOOKSTORE

May 13, 9:00am — 5:00pm
4169 Lamson Ave, Suite 107
Spring Hill
Call (352) 683-4597 for information

BED OF ROSES

Grapevine, May 2005



National Events

May 18-21 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 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.leestapesandcgs.com

Jun 9-11 71st Anniversary of AA

University of Akron
Akron, OH 44325
Info: Founder's Day
Committee
PO Box 12
Akron, OH 44309-0012
website: AkronAA.org

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

TREASURER'S REPORT

30-Apr-06

Beginning Balance	4,224.43	
	<u>April</u>	<u>YTD</u>
Income		
Support - Individuals	20.37	68.97
Support - Groups	379.00	1,682.00
Book Sales	760.94	2,485.25
Medallion Sales	55.19	183.07
Other Sales	49.73	223.08
Sales Tax Collected	51.99	173.55
Events	-	59.10
Miscellaneous	-	3.00
Total Income	1,317.22	4,878.02
Expenses		
Rent (pd for yr in Oct.)	-	-
Alltel	57.21	231.76
Books	25.30	2,231.41
Medallions	33.95	117.80
Recovery Items	63.84	72.84
Sales Tax Paid	118.52	205.88
Journal	56.05	223.77
Website (pd for yr in Oct)	-	-
Treasurer Expenses	-	39.00
Bank Fees	-	-
Events	-	75.00
Misc. Expenses	-	61.25
Total Expenses	354.57	3,258.41
Ending Checking Balance	5,186.78	
Reserved for Events	-751.02	
Available Funds	4,435.76	
Inventory Value	1,734.10	
Accounts Receivable	28.99	
Office Reserve Account(CD)	2,500.00	
Office Reserve Account(MM)	4,509.39	
Total Assets	13,959.56	
GROUP SUPPORT 2006		
	<u>YTD</u>	<u>April</u>
ABC Group	25.00	25.00
Attitude Adjustment Group	200.00	-
CATS Group	-	-
Citrus Springs Closed Step Gr	-	-
Crystal River Big Book Grp	100.00	100.00
Crystal River Group	500.00	-
Dunnellon Group	-	-
Early Birds Group	-	-
Floral City Group	10.00	-
Floral City Men's Group	-	-
Hernando Men's Group	-	-
High Noon Group	187.00	54.00
Holder Way of Life Group	50.00	-
Inverness Fri Night Group	100.00	-
Inverness Mon Night Group	-	-
Inverness Wed. at Noon Group	-	-
It's in the Book Group	40.00	20.00
Keep in Step Group	20.00	20.00
Last Chance Group	30.00	30.00
Lecanto Group	-	-
Mon. Night Men's Step Group	60.00	-
Never Too Early Group	-	-
New Beginnings Group	-	-
No Name Group	-	-
Quail Run Closed Step Group	-	-
Red Eye Group	-	-
Resentment Group	40.00	-
Share at Noon Group	200.00	100.00
Wahoo Group	50.00	50.00
Wed Inverness Step Group	-	-
What's the Book Say Group	-	-
Women's Friendship Group	70.00	-
Works For Me Group	-	-
YANA Group	-	-
Total	1,682.00	379.00

For Your Information

The Intergroup Telephone Hotline Report: 91 calls in April, 1 for detox, 2 rehab, 10 NA & Alanon, 1 wet drunk, 5 for rides, 55 Citrus County, and 10 other counties meeting information. Gail N. is the 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.

Intergroup Office/Store Update

At our April meeting the Intergroup Office Ad Hoc Committee provided the officers and trustees copies of a commercial lease agreement from First Baptist Church of Crystal River and presented estimates of start up costs and monthly operating expenses for the NCI office/store to be located at the YANA Club, Crystal River. The trustees were directed to review the agreement and to report back to NCI at the May meeting; also a member offered to have his retained attorney to review the legal document.

Book Sales

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

SPECIAL**ANNOUNCEMENT**

COPIES OF *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 BEGINNERS'
MEETING 6:30 PM)

WEST COUNTY

SERENITY CLUB, ST. BENEDICT'S,
CRYSTAL RIVER

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344-5939

behunter34453@earthlink.net

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527-3014

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