



Nature Coast Journal



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

VOLUME 8, ISSUE 9

SEPTEMBER, 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.

Area Events

September 15-17 **Serenity Weekend**

**Women's Fall
Conference 2006
Cocoa Beach
Oceanfront Resort**

1300 N. Atlantic Ave.
Cocoa Beach, FL
(321)783-2271
or (800)206-2747

Reserve Room By August 15
\$82 per Night (1-4 persons)
\$30 Registration
\$35 after August 16
(407)876-4430

September 22-24
**Big Book Workshop
Weekend**
**Fort Myers
Clarion Hotel**

Events (Continued on page 2)

In the Face of Fear

FOR FIVE YEARS, fear kept me from working the Ninth Step. I couldn't or wouldn't walk my own talk: "Eighty percent of my fears never materialized."

I had only a few qualms about examining my past (Fourth Step) and fewer still about sharing it with a fellow AA (Fifth Step), but the Ninth Step was the first that asked me to go outside AA and *do* something about that past. Fear stopped me cold.

Seventeen years ago, I abandoned a wife and five children (I needed the freedom to drink in the manner to which I had become accustomed). In view of that, how could I make amends? My ex-wife wanted me in jail for nonsupport. My children must hate me for what I had done, I thought. Fear, fear, fear.

Then, I attended Step study meetings (thirty-six of them--three times around the Twelve Steps) and listened to how others worked the Steps. Those meetings and those winners made it possible for me to proceed in the face of fear.

I started off slowly ("Easy Does It") by writing to each of my children with no return address on my letters. I simply shared with them how it once was, what happened, and what it was like now. I did that for a year, remembering each of their birthdays (for the first time in years).

Just recently, I launched stage two of my Ninth Step plan. I sent my children an address they could respond to. A week later, I received my first letter from a son. He was five years old when I deserted him. He's now twenty-two. I'd like to share a few parts of that letter:

"Dear Dad: I'm glad that I'm finally getting to write you a letter. First thing I would like to say is that I have no hard feelings about the past.

"I know that you're my father, but I have to picture you as a very good friend. That's all right, because I always need a friend more than a father.

"I will always *love* you for bringing me into this world. I'm really glad that you're back around, and maybe sometime we can go out to dinner. You're welcome in my home anytime, any day.

"I wanted to say that I'm really glad you quit drinking, because that makes you a better man than ever. I'm proud to be your son. I'm going to close this letter, but believe me, there will be more."

T. L.

Torrance, California

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Events (Continued from page 1)

12635 South Cleveland Ave.
Fort Myers, FL 33907
(239)936-4300
Reserve Room By August 22
Ask for BBW Conference
Rate: \$84.00
\$25 Registration
\$30 at the Door
Info: (877)902-5975
Email: leestapes
@via family.com

**Sept 29 thru Oct 1
7th West Coast
Sponsorship
Weekend**

Hyatt Hotel
1000 Blvd of the Arts
Sarasota, FL
Register Early; Space Limited
Information:
Call Dick L. (941)922-5226
email: scmsrl@comcast.net
Or write to
Sponsorship Weekend
PO Box 17712
Sarasota, FL 34276

**October 13-15
Area Assembly**

Phone: (352) 377-4000.
Paramount Resort and
Conference Center
Gainesville, FL
(877)992-9229

There is a 30 day cut-off for registration at the hotel. Make reservations early.

November 18

**Hernando County
24th Annual Gratitude
Dinner**

Jerome Brown
Community Center
301 Darby Lane,
Brooksville

**Feb 8-11, 2007
2007 Spacecoast
Roundup**

Holiday Inn Oceanfront
1300 N. Atlantic Ave (A1A)
Cocoa Beach, FL
Hotel Registration:
(800) 206-2747

Events (Continued on page 3)

Quiet Despiration

She walks through the store, a picture of middle-age, middle-class, middle-management. Her shoes are well-polished; her blue wool skirt comes just to her knees; a well-fitting jacket drops below her hips to disguise a figure that's becoming a bit too matronly. Her makeup is slightly faded, her white silk blouse a little wilted. Our lady has had a hard day.

With basket in arm she chooses a head of lettuce, a bunch of grapes. A few aisles later she adds a loaf of bread. Absently she drops in the evening news. Suddenly her gait changes from lady-strolling-in-the-park to woman-late-for-a-meeting. She halts in the liquor section. Now a thin film of perspiration is apparent on her upper lip. She glances up and down the aisle. Is anyone she knows there?

A shaky hand grasps the bottle, deposits it in the basket, casually covers it with the newspaper. She strides to the checkout counter. The cashier is young, too young by state law to ring up alcohol. Our lady is enraged. When the manager comes, our lady snaps that if the store paid a living wage they could hire some competent help--help that could ring up a simple bottle of rum.

In the parking lot she slams into her car, screeches into reverse. Steady now, she thinks. You can't afford an accident. Carefully she maneuvers her car through the lot and along the few short blocks to her home.

At home, her shaking hands unlock the door, close it behind her, lock it. She takes down a glass, spills some rum into it. She gulps down the liquid fire. Her body shudders at each swallow. She hates the taste, but needs the drink. When the glass is empty, she sets it down for a moment and feels the warm glow flow through her, seeping down to her toes.

Now, with steadier hands she refills the glass with rum and orange juice, half-and-half, and swallows it down. Rum tastes better this way, she thinks. Why do I drink it straight? Absently she builds a third drink, adds an ice cube. It's time to feed the cat. . . Time was when she fed the cat first. Now the cat must wait.

She goes to the living room carrying her drink. Feet up, she opens the paper and begins to read the news. She's distracted by the blue veins flowing so close to the surface of her wrists. It would be so easy, she muses. Just a few cuts with a razor blade. But she knows she's a coward--there would be too much pain, too much blood.

A thought occurs to her. In the bathroom she finds the sleeping pills prescribed by a sympathetic doctor. She hadn't really lied to him; she hasn't been able to sleep--not without five or six drinks. She carries the pill bottle back to her chair, finishes her drink, builds another.

She uncaps the vial and pours the pills into her hand. She counts them, one at a time. Twenty-nine pieces of eternity she holds in her hand. She returns them to their bottle.

(Continued on page 3)

**Anniversaries
September 2006**

To post your group's anniversaries ask your Group Secretary to contact Ed P. at 422-0144 or email to news@ncintergroup.com prior to the 1st of each month.

	<u>Years</u>
Attitude Adjustment Group	
Rose C.	2
High Noon Group	
Dennis L.	24
Sandy H.	11
Mary J.	3
Berny	2
No Name Group	
Nancy C. (August--belated)	20
Red Eye Group	
Dot D.	16
Women's Friendship Group	
Judy B.	34
Susan J.	25
Madge	7
Shirley C.	5
Mary Jayne	3
Barbara H.	1
Women's New Beginning's Group	
Connie P.	29

(Continued from page 2)

Two lines in the evening paper catch her eye. "Do you have the desire to stop drinking?" it asks. "Call Alcoholics Anonymous 24-hour hotline." A local number follows. The pill bottle sits next to the telephone. Which to choose? Her hand grasps the telephone, dials the number. Listening to it ring she takes another swallow of her drink. "I need help," she mumbles into the receiver. "I'm an alcoholic," she confesses. She drains the rest of her glass.

If AA doesn't work, she thinks, the pills will still be waiting. She puts the bottle behind her empty glass and waits for the answer.

Margie-Kay S. Illinois

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Intergroup Telephone Hotline chair Gail N.'s August Hotline Report: 68 calls total: 1 wet drunk, 1 for detox, 3 NA, 8 Alanon, 2 for rides, 42 Citrus County meeting information, and 11 miscellaneous inquiries.

Blame

All blame is a waste of time. No matter how much fault you find with another, and regardless of how much you blame him, it will not change you. The only thing blame does is to keep the focus off you when you are looking for external reasons to explain your unhappiness or frustration. You may succeed in making another feel guilty about something by blaming him, but you won't succeed in changing whatever it is about you that is making you unhappy.

Wayne Dyer

Humility

You don't have to worry about God, because He's sitting right in front of your eyes. You get just a little sobriety, and you get just a little humility. Not the humility of sackcloth and ashes, but the humility of a man who's glad he's alive and can serve. You get just a little tolerance, not too much, but just enough to sit and listen to the other guy. . . . And you realize that if you put all this together, you get a little humility, a little tolerance, a little honesty, and little sincerity, a little prayer -- and a lot of AA.

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Honesty is the soul of courage. Courage is the soul of humility. Humility is the soul of happiness.

Gerald S., Texas

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Seduction

It can still occur to me what a good drink tastes like and what it can do for me, from my stand-at-attention alcoholic taste buds right down to my stretched out tingling toes. . . . That special relationship with alcohol will always be there, waiting to seduce me again. I can stay protected by continuing to be an active member of AA.

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Office Search Continues

After much debate throughout the year, at the last Intergroup meeting a motion was made, seconded, and passed to rule out Yana House as a possible site for the Intergroup Office/Book Store. Many thanks to all those who participated in that endeavor. Intergroup intends to continue looking for a suitable rental space.

NEW MEETINGS :

New Women's Meeting — Thursday at 6:00pm
and

Bright Spot Meeting — Friday at 7:00pm

At the YANA Club, 147 NW 7th Street Off US 19, one block north of Citrus Ave.
Behind CR Police Station

Events (Continued from page 2)

(321) 783-2271
use code (SCRU)

Information:

www.aaspacecoast.org
intergroup@aaspacecoast.org

(321) 724-2247 or
(321) 633-0052

National Events

November 3-5 9th Gratitude Weekend

Holiday Inn Beach Resort
200 Beachview Dr
Jekyll Island, Ga

Holiday Inn Reservations:

(808) 753-5955
(912) 635-3311

Reserve by October 3

Registration \$30
\$35 at Door

Information:

(FUN)677-6037

email: fwb34@bellsouth.net

web: www.jekyllislandaa.com

December 1-3

2006 Southeast Regional Forum

With our U.S./Canada

General Service Board of
Alcoholics Anonymous

The Westin Atlanta North
7 Concourse Parkway
Atlanta, Georgia 30328

Rate: \$99 plus tax
(770)395-3900

Registration is Free!

Fill Out Form

Available from G.S.O.

(212)870-3400

Feb 15-18, 2007

43rd International Women's Conference

Detroit Marriott
Renaissance Center
Detroit, MI 48243

Reservations:

(800) 266-9432

online: www.marriott.com

Information:

web: www.iaawc.org

(note: website not updated
as of posting date)

TREASURER'S REPORT

27-Aug-06

Beginning Balance	5,172.02	
	<u>August</u>	<u>YTD</u>
Income		
Support - Individuals	14.52	124.49
Support - Groups	100.00	2,518.50
Book Sales	158.20	3,806.44
Medallion Sales	21.75	319.82
Other Sales	71.62	429.94
Sales Tax Collected	15.11	273.49
Events	-	465.10
Miscellaneous	-	3.00
Total Income	381.20	7,940.78
Expenses		
Rent	-	-
Alltel	55.75	457.99
Books	105.46	4,193.66
Medallions	54.25	291.55
Recovery Items	-	116.74
Sales Tax Paid	-	317.79
Journal	56.05	447.97
Website (pd for yr in Oct)	-	-
Treasurer Expenses	-	39.00
Bank Fees	-	-
Events	-	261.89
Miscellaneous	60.00	160.25
Total Expenses	331.51	6,286.84
Ending Checking Balance	5,221.71	
Reserved for Events	- 970.13	
Available Funds	4,251.58	
Inventory Value	1,599.42	
Accounts Receivable	120.32	
Reserved for Office (CD)	2,584.00	
Reserved for Office (MM)	4,513.05	
Total Assets	14,038.50	
GROUP SUPPORT 2006		
	<u>YTD</u>	<u>August</u>
ABC Group	25.00	-
Attitude Adjustment Group	200.00	-
CATS Group	-	-
Citrus Springs Closed Step Gr	-	-
Crystal River Big Book Grp	175.00	-
Crystal River Group	500.00	-
Dunnellon Group	-	-
Early Birds Group	-	-
Floral City Group	37.50	-
Floral City Men's Group	-	-
Hernando Men's Group	-	-
High Noon Group	281.00	-
Holder Way of Life Group	200.00	50.00
Inverness Fri Night Group	200.00	-
Inverness Mon Night Group	225.00	-
Inverness Wed Night Step Grp	50.00	50.00
It's in the Book Group	40.00	-
Keep in Step Group	20.00	-
Last Chance Group	25.00	-
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	250.00	-
Wahoo Group	50.00	-
What's the Book Say Group	-	-
Women's Friendship Group	140.00	-
Works For Me Group	-	-
YANA Group	-	-
Total	2,518.50	100.00

Webmaster Needed

To maintain Nature Coast Intergroup Website (<http://www.ncintergroup.com>)

Our current webmaster is resigning as of Jan 2007 and we need someone to take over maintaining and updating our website. This is a volunteer position. Knowledge of html is essential and a working understanding of CSS and ftp protocol is desired. (Some training will be provided). Dreamweaver or Front Page skills are helpful. If you feel you are qualified for this position please contact Ron B. at 489-7216 or email webmaster@ncintergroup.com or contact Beverly H. (Intergroup Chair) at 344-5939.

This is a wonderful way to be of service.

For Your Information

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.**

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

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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