

# Nature Coast Journal

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

VOLUME 8, ISSUE 12

DECEMBER, 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.

#### Reminders:

Intergroup Meeting  
December 17th at 4:30pm;  
No District Meeting  
for December

### Local Events

**December 24 and 31**

#### Alkathons:

**Holder Community Center**

(followed by 7:30pm meeting) 8:30pm—1:00am

**Chairman for Christmas**

**Eve is Charlie T. (476-8071) who is accepting volunteers to help.**

*Chairperson is needed to organize New Years Eve Alkathon at Holder Community Center.*

*Events (Continued on page 2)*



## Dealing With the Holidays When New to Recovery

**H**oliday Season Can Be Dangerous in Early Sobriety  
The following article about dealing with the holidays was written by Gregg C., a counselor with the Crossroads Centre in Antigua, West Indies.

### Dangerous Times for the Newly Sober

The holidays (Thanksgiving, Christmas, and New Year's) can be a time of great joy and celebration, or a time of great pain, sorrow and depression. These can be particularly dangerous times for people who are in recovery, especially those in early recovery. Drinking and using substances were ways that we celebrated the joy, or medicated the pain. What the holidays mean to us and how we participate in them might help us to remain clean and sober.

### An Essential Part of Recovery

Thanksgiving has its roots in the end of the growing season, where people would gather what they grew and take stock of their harvest. In the United States, we think about the Indians and early settlers, sharing their food with each other.

Thanksgiving is usually a time when we get together with family and friends, to share our food and company with each other. This is not any different than what we learn in recovery. We take stock of what we have and are grateful for it. Remember, "A grateful heart will never drink." We then share what we have with others. This is an essential part of recovery.

### Celebrate Life!

Christmas seems to be the combination of a number of beliefs and rituals adopted from many people. However, most people, at least of Christian beliefs, celebrate the birth of Jesus Christ. He was someone who wrestled with his spirituality and humanity. Sound familiar?

When we were drinking or drugging, we were moving quickly towards death and were engaged in destruction. Christmas can be a celebration of life and creation instead. We celebrate life, a birth, on Christmas. We can learn the rewards of embracing our spirituality and humanity.

### Letting Go of the Past

New Year's is a letting go of the past year and embracing the new one. It is depicted, sometimes in a comical way, as Father Time handing the baton of

*(Continued on page 4)*

### Intergroup

#### New Officers and Trustees

Effective January, 2007

Chairperson	Toni T.
Vice-Chairperson	Martha
Secretary	Mary R.
Alt Secretary	Open
Treasurer	Susan
Trustee (1 year)	Rock
Trustee (2 years)	Neal
Trustee (2 years)	Rick T.

### District 28

#### New Officers

Effective January, 2007

DCM	Jim K.
Alt DCM	Don G.
Secretary	Tami E.
Treasurer	Tish

#### 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)*

8:30pm to 1:00am. Please contact Beverly H. at 344-5939.

**December 24 and 31**

**Alkathons:  
Serenity Club  
(followed by 8:00pm meeting) 9:00pm until ?**

Area Events

**January 12-14, 2007**

**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.

**Feb 8-11, 2007**

**2007 Spacecoast Roundup**

Holiday Inn Oceanfront  
1300 N. Atlantic Ave (A1A)  
Cocoa Beach, FL  
Hotel Registration:  
(800) 206-2747  
(321) 783-2271  
use code (SCRU)

Information:

[www.aaspacecoast.org](http://www.aaspacecoast.org)  
[intergroup@aaspacecoast.org](mailto:intergroup@aaspacecoast.org)  
(321) 724-2247 or  
(321) 633-0052

**Aug 8-12 , 2007**

**51st Florida State Convention**

Caribe Royale  
8101 World Center Dr  
Orlando, FL 32821  
Hotel Reservations:  
(800) 823-8300

*Events (Continued on page 3)*

**Dear Alcohol:**

First & foremost, let me tell you that I'm a huge fan of yours. My friend, you always seem to be there when needed. The perfect post-work cocktail, a beer at the game, and you're even around in the holiday's hidden inside chocolates as you warm us when we're stuck in the midst of endless family gatherings. However, lately I've been wondering about your intentions. While I want to believe that you have my best interests at heart, I feel that your influence has led to some unwise consequences, and I'd like to discuss the following:

1. Phone calls: While I agree with you that communication is important, I question the suggestion that any conversation of substance or necessity takes place after 2 a.m.

Why would you make me call those ex-boyfriends/girlfriends when I know for a fact they do not want to hear from me during the day, let alone all hours of the night?

2. Eating: Now, you know I love a good meal, but why do you suggest that I eat a taco with chili sauce, along with a big Italian meatball and some stale chips washed down with WINE & topped off with a Kit Kat after a few cheese curls & chili cheese fries)? I'm an eclectic eater, but I think you went too far this time.

3. Clumsiness: Unless you're subtly trying to tell me that I need to do more yoga to improve my balance, I see NO need to hammer the issue home by causing me to fall down. It's completely unnecessary, and the black and blue marks that appear on my body mysteriously the next day are beyond me. Similarly, it should never take me more than 45 seconds to get the front door key into the lock.

4. Sleeping: Although the tile feels cool under my face when I come to on the bathroom floor, I think that others may consider it slightly undignified. Especially when it was my boss's bathroom after that party he gave celebrating my promotion. I'm wondering also why his wife gave me that look as he escorted me to the front door. And I'm wondering why I have a bump on my forehead and the back of my head at the same time.

5. Additionally: The hangovers have GOT to stop. This is getting ridiculous. I know a little penance for our previous evening's debauchery may be in order, but the 3p.m. hangover immobility is completely unacceptable! My entire day is shot. I ask that, if the proper precautions are taken (water, vitamin B, bread products, aspirin) prior to going to sleep/passing out face down on the kitchen floor with a bag of popcorn, the hangover should be minimal and in no way interfere with my daily activities.

Alcohol, I have enjoyed our friendship for some years now & would like to ensure that we remain on good terms. You've been the invoker of great stories, the provocation for much laughter, and the needed companion when I just don't know what to do with the extra money in my pockets. In order to continue this friendship, I ask that you carefully review my grievances above and address them immediately. I will look for an answer no later than Thursday 3pm (pre-happy hour) on your possible solutions and hopefully we can continue this fruitful partnership.

Anniversaries

December 2006

To post your group's anniversaries ask your Group Secretary to contact Ed P. at 422-0144 or send email to [news@ncintergroup.com](mailto:news@ncintergroup.com) prior to the first of each month.

	<u>Years</u>
<b>Floral City Group</b>	
Shirley J.	22
Cliff C.	14
Ken	14
Ted C.	2
<b>Last Chance Group</b>	
Al M.	19
Jill P.	15
Larry L.	6
<b>No Name Group</b>	
Gary O.	23
George W.	17
<b>Women's Friendship Group</b>	
March M.	20

# BE THANKFUL

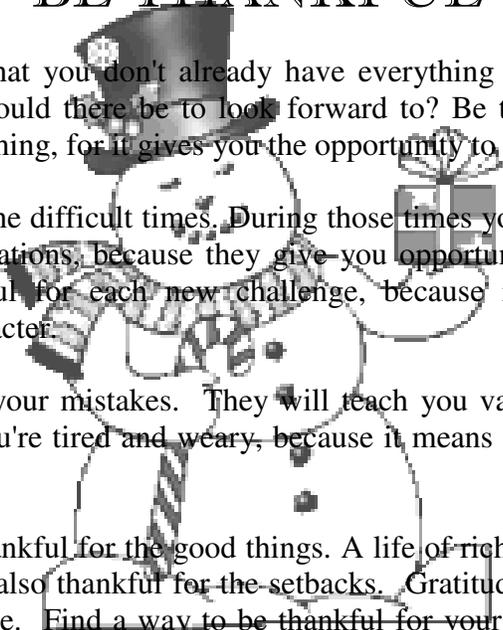
**B**e thankful that you don't already have everything you desire. If you did, what would there be to look forward to? Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow. Be thankful for your limitations, because they give you opportunities for improvement. Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons. Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks. Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

*Author Unknown*



## Spirituality

**I**t's patience in the face of stupidity. It's feeling that you want to knock somebody's head off -- and walking away instead. It's when you're down past your last dime, and you know you still have something that money can't buy. It's wearing dungarees that feel like a tuxedo. . . It's a rocket ride that goes far beyond the world your eye can see. . . It's a young child. . . It's knowing that even the bad times are good. Don't look back -- you haven't seen anything yet. When people look at you and wonder what's with you, the look in your eyes will answer them: "Because I can cut it!"

c. 1973 AAWS, *Came To Believe . . .*, p. 6 With permission, Alcoholics Anonymous World Services, Inc.

### Attention Groups!

Those groups who are not meeting during the holidays should notify the Hotline (621-0599) and the Webmaster at [webmaster@ncintergroup.com](mailto:webmaster@ncintergroup.com). *It would be terrible to send an out-of-town visitor or a shaky alcoholic to an empty room.*

\*\*\*\*\*  
\* **Pizza and Speaker Meeting** \*  
\* **1st Thursday each month** \*  
\* **Never Too Early Group, 8pm** \*  
\* **Yana Club** \*  
\*\*\*\*\*

### NEW MEETING :

**New Women's Meeting — Thursday at 6:00pm**  
**At the YANA Club, 147 NW 7<sup>th</sup> Street Off US 19,**  
**one block north of Citrus Ave.**  
**Behind CR Police Station**

### Events (Continued from page 2)

web: [www.CaribeRoyale.com](http://www.CaribeRoyale.com)  
Information:  
[www.flstateconvention.com](http://www.flstateconvention.com)

## National Events

### **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](http://www.marriott.com)

### **Mar 30 - Apr 01,** **2007**

### **IAAMC07** **20th International AA** **Men's Conference**

Riveria Hotel & Casino  
2901 Las Vegas Blvd  
S. Las Vegas, NV 89109  
Reservations:  
(800) 634-3420

web: Riveria Hotel  
Information:  
web:  
[www.iaamcvegas.org](http://www.iaamcvegas.org)

## F.E.A.R

= *Frustration, Ego, Anxiety and Resentment.*

We don't want to return to the life we led before recovery, but fear should never be the reason why we don't. Fear keeps us from being open to the Program. If we're only in the Program because we're afraid of the old way of life, we'll never pay attention and open our souls to learn about the new way. We'll be too busy looking back over our shoulders to make sure the old life isn't creeping up on us.

We have to want the Program out of a desire for a new life, not out of a fear of the old. Positive thinking and behavior will be in charge if we are to make any character growth. Every fear encourages negative thinking that can destroy us. Guilt and shame come from the past, just like fear. If those feelings are what drive us, we will never grow.

*I will make it a practice to take note of my fears. I will take an inventory of each fear until I understand what caused it. Then I will be able to find a way to work through them.*

*Excerpt from "Easy Does It" by Anonymous (Hazelden Foundation)*

## 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](mailto:webmaster@ncintergroup.com) or contact Beverly H. (Intergroup Chair) at 344-5939.

This is a wonderful way to be of service.

*(Continued from page 1)*

a new year to a young baby. In a way, isn't this what recovery is? Our old addicted life handing the reigns over to our new recovering self? A common practice around this time is New Year's resolutions.

Of course, most of these are broken in a short period of time. However, for alcoholics and addicts, to break our resolution to remain clean and sober is to die. And that is the good news. We usually live a life of destruction until that happens. Let's make that resolution to remain clean and sober, and to do what is necessary to achieve that.

### Ask For Help

There are many specific strategies or "tools" to increase our ability to remain sober and clean through the holidays. Ask your sponsor or others in recovery how they do it. Get support from your family and friends. Tell them that recovery is important and you need their help. There are a number of books or articles that contain helpful hints.

The Internet is a great resource for finding suggestions or people that can support you during the holidays. Try helping someone else in need. As they say in the 12-step programs, "Don't drink or drug, go to meetings, ask for help." KISS (Keep It Simply Spiritual).

## INTERGROUP

### OFFICERS

#### CHAIRPERSON

BEVERLY H.

344-5939

[behunter34453@earthlink.net](mailto:behunter34453@earthlink.net)

#### VICE-CHAIRPERSON

NEIL S.

527-3014

#### SECRETARY

KEVIN B.

628-7944

[kevinbacon6451@yahoo.com](mailto:kevinbacon6451@yahoo.com)

#### ALT. SECRETARY

SHERRIE L.

#### TREASURER

KATHY F.

## INTERGROUP

### TRUSTEES

ALFRED L.

GAYLE W.

PETE M.

RON B.

## MAILING ADDRESS

NATURE COAST

INTERGROUP

P.O. Box 2015

CRYSTAL RIVER

FL 34423-2015

### INTERGROUP

#### HOTLINE

621-0599

#### WEBSITE

[www.ncintergroup.com](http://www.ncintergroup.com)

## JOURNAL EDITOR

ED P.

422-0144

[news@ncintergroup.com](mailto:news@ncintergroup.com)

## DISTRICT 28

### OFFICERS

#### DCM

MARILYN B.

637-9643

#### ALT DCM

JIM K.

746-3115

#### SECRETARY

DON G.

489-8752

#### TREASURER

JOHN R.

637-2814

## For Your Information

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

**Intergroup Telephone Hotline** chair Frank S. November Hotline Report: 24 calls just for meetings, 2 NA and 1 Alanon.

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