

Nature Coast Journal

111 W. Main St., Room 308 ☆ Inverness, FL 34450 ☆ Office & Literature: (352) 344-0290 ☆ Hot Line: (352) 621-0599

VOLUME 9, ISSUE 12

DECEMBER, 2007

NATURE COAST INTERGROUP

OFFICE/BOOKSTORE
111 W. MAIN ST.
RM 308

INVERNESS, FL 34450
(352)344-0290
OPEN: MON, WED, FRI
10AM-4PM

SAT 10AM-1PM

**OFFICE CLOSED ON
SATURDAY, DEC. 8**

**BUSINESS MEETING
LAST SUNDAY OF EACH
MONTH 4:30PM AT THE
COMMUNITY CENTER
IN HOLDER.**

**DISTRICT 28
MONTHLY MEETING
FOLLOWS AT 6:00PM**

**HOLIDAY SCHEDULE:
INTERGROUP AND
DISTRICT MEETINGS
WILL BE HELD ON
DECEMBER 16**

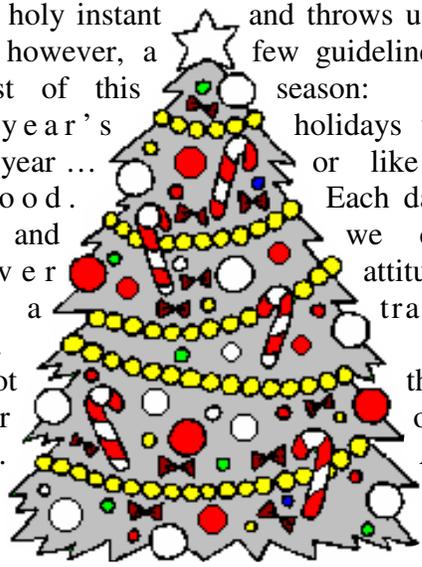
Events (Continued on page 2)



The Holidays Are Here!

Getting through the holidays is always a hot topic at meetings this time of year and it's true, Hanukah, Kwanzaa, and Christmas are emotionally loaded events. They are loaded because of our memories and our expectations. It's as if everything conspires to keep us away from the present moment, the holy instant and throws us into our pasts and hopes. There are, however, a few guidelines that can help us all make the most of this season:

- This year's holidays won't be like they were last year ... or like those from our childhood. Each day is different, new and fresh and we can bring to it whatever attitude we choose, even if it's a traditional family gathering.
- We are not the same as we were last year or when we were 5 years old. And, truth be told, our family isn't the same either.
- We can't buy love, nor can we measure it by the gifts we receive, or don't receive. It's so tempting to over-spend this time of year, but if we avoid it, we will save ourselves real agony in the new year.
- We don't have to do it "their" way, or the way it's always done. One of the joys of recovery is we have been returned to choice and we can make choices that serve us best.
- We can, if we choose, enjoy the holidays, however or with whomever we celebrate. It truly is up to us to decide what to do, how to give and how to receive.



Love and blessings and abundance and happy holidays.
Serenity News — Lake Sumter Intergroup, Leesburg



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)

Local Events

Dec 24 and Dec 31

Nature Coast Intergroup Alkathons

6 PM - 1 AM

Holder Community Center
CR 491/SR 41N

Snacks appreciated

Info: Dec 24:

Martha G. 489-8752

Pat H. 746-5194

Info: Dec 31:

Joe L. 302-1542

Greg H. 568-2281

Dec 24 and Dec 31

Serenity Club Alkathons

6 PM - 1 AM

Serenity Club

St. Benedict's,

Crystal River

Area Events

Area Assemblies

2008:

January 11-13

April 4-6

July 11-13

October 3-5

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 3)

Spirituality Where Is It?

While moving books in my room, I came across books on religion and spirituality – so many. Wow! I found this in one of the books:

One dictionary defines spirituality as “sensitivity or attachment to religious values” and “the quality or state of being spiritual.” Such terms as “religious,” “spiritual,” or “devout” are viewed as synonymous. To clarify the term further, think of this comparison: An individual who is successful in commercial affairs is said to be business-minded; someone who values spiritual or religious interests is called spiritually-minded. How then, is true spirituality achieved? Almost every religion claims to know the path to spirituality. Protestants claim salvation through faith. Catholics draw near to God through communion. Jews seek out God through compliance to the law. Buddhists search for enlightenment through meditation. Hindus strive for release from worldly bonds through rebirth. Are all of these on the path to true spirituality? Perhaps this is so, depending on personal upbringing, outlook, and belief. Some of us feel that spirituality refers not to religious experience, but to inner peace and personal fulfillment. Spirituality need not be based in religion at all, but acknowledgment and acceptance of innermost feelings. Maybe it is listening to that “little voice inside.” There are perhaps as many ideas about spirituality as there are people on this planet, for each of us seeks our own truth. Thousands of books claim to show the way, but they often leave us unfulfilled or confused. As for me, I believe spiritually-mindedness leads to life and peace, and to be otherwise leads to destruction and death. May you find spirituality now as I have in the Big Book and within the rooms and fellowship of A.A.

Submitted by Willie M.
(edited by Ed P.)

Anniversaries December 2007

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

	Years
Floral City Group	
Shirley J.	23
Ken	15
Share at Noon Group	
Women's Friendship Group	
Tommie B.	21
March M.	20

Groups Urged to Participate in Hot Line Service Work

At the last several Intergroup business meetings the Group Reps were encouraged to ask their groups to volunteer to take the Hot Line Phone for a period of a month. Volunteers from within a group could take turns carrying the Phone. If all 33 groups were to participate in this plan, no group would need to carry the phone more frequently than one month in 2 ½ years. Two or three smaller groups could band together to split up responsibilities. This is a tremendous opportunity for all of us served by Nature Coast Intergroup and District 28 to participate in a vital and worthwhile service and to give back some of what we all have so freely and joyfully received from the fellowship.

Rick T., Hot Line Chairperson

Yulee Absolute Group Meets in Homosassa

The Yulee Absolute Group meets on Thursdays at 8:00pm at United Methodist Church, 8831 W. Bradshaw St., Homosassa on the Yulee Dr. side of the church. Meetings are closed.

New Beginnings Recovery by the Fire

The New Beginnings Group has just changed its name to New Beginnings Recovery by the Fire Group. This is an outdoor meeting and smoking is allowed. Located at 1515 White Lake Drive, Inverness the group meets Tuesdays and Thursdays at 7:00pm and Fridays at 10:00pm.

Night Cap Group Meets at Yana Club

A new meeting has formed at the Yana Club. The Night Cap Group meets on Fridays at 10:00pm. For information call Rock 257-2302.

A LOT OF REASONS I DON'T DRINK TODAY

“How come you don't drink anymore?” a renewed acquaintance from long ago asked the other day.

"Any more than who?"

"I mean any longer. How come you don't drink these days?"

"Drink? I drink---coffee, tea, milk, soda pop, water, fruit juice."

" I mean drink, you know, booze."

"Oh, booze. No, I don't drink booze anymore, it turned on me. Once my friend, it became my enemy."

"Maybe you got a bad batch."

"No, the sauce is the same. I changed. I have the illness of alcoholism and my tolerance is weakened. Alcoholism doesn't come in bottles, it comes in people."

"Sounds pretty confusing"

"You think you're confused, you should have seen me! I drank for joy and became miserable;

I drank for happiness and became unhappy;

I drank to be outgoing and became self-centered;

I drank for sociability and became argumentative and lonely;

I drank for sophistication and became obnoxious;

I drank for friendship and made enemies;

I drank to soften sorrow and wallowed in self-pity;

I drank for sleep and awakened without rest."

I drank for strength and felt weak;

I drank to prove my masculinity and it

sapped my potency;
I drank medicinally and got sick;
I drank because I thought my job called for it and lost my job.

I drank to stimulate thought and blacked out;

I drank to make conversation and tied my tongue;

I drank for warmth and lost my cool;
I drank for coolness and lost my warmth;

I drank for relaxation and got the shakes;

I drank for confidence and became uncertain;

I drank for courage and became afraid;
I drank for assurance and became doubtful;

I drank to feel heavenly and felt like hell;

I drank to forget and became haunted;
I drank for freedom and became a slave;

I drank for power and became powerless;

I drank to erase problems and saw them multiply;

I drank to cope with life and invited death---or worse.

I drank because I had the RIGHT and everything turned out wrong."

"Gosh", my friend exclaimed, "it must have taken a whole lot of booze to get you in that shape."

"Just one drink" I told him. "IT'S THE FIRST ONE. For me one is too many, and a thousand is not enough."

"Ummmm. So that's why you don't drink anymore."

"Yep, I made it a rule. I DON'T DRINK WHEN I'M SOBER."

Notice

Please contact the Webmaster to announce any upcoming group events on the Nature Coast Intergroup Website.

Call Ron B. at 489-7216 or email web@ncintergroup.com.

Events (Continued from page 2)

January 31- February 3, 2008

2008 Spacecoast Round Up

Holiday Inn Cocoa Beach
Oceanfront Resort
1300 N. Atlantic Ave (A1A)
Cocoa Beach, FL 32931
Hotel Reservations:
(800) 206-2747
(321) 783-2271
Group Code "SPU"
Information:
email: aaspacecoast.org
(321) 724-2247
or 633-0052

January 18-20, 2008

Big Book Weekend

Holiday Inn Cocoa Beach
Oceanfront Resort
1300 N. Atlantic Ave (A1A)
Cocoa Beach, FL 32931
Hotel Reservations:
(800) 206-2747
(321) 783-2271
Group Code "BBK"
Information:
Lee (877) 902-5975

April 1-5, 2008

18th Spring Conference

Holiday Inn Cocoa Beach
Oceanfront Resort
1300 N. Atlantic Ave (A1A)
Cocoa Beach, FL 32931
Hotel Reservations:
(800) 206-2747
(321) 783-2271
Group Code "SPU"

May 1-4, 2008

The Woodstock of AA

More info to come

Treasurer's Report	Nov	2007
Beg Checking Balance	2,129.47	YTD
Income		
Support - Individuals	20.00	214.65
Support - Groups	375.00	3,510.00
Book Sales	70.95	3,589.65
Medallion Sales	44.00	593.92
Other Sales	148.51	821.72
Sales Tax Collected	15.77	296.80
Events	974.00	1,520.94
Misc Income	-	2,755.20
Total Income	1,648.23	13,302.88
Expenses		
Rent (Holder CC)		63.60
Office Exp	50.48	5,172.30
Alltel		615.04
Books	310.95	4,479.76
Medallions		469.40
Recovery Items		513.72
Sales Tax Paid		332.24
Journal	58.55	745.08
Website	38.50	38.50
Treasurer Expenses		-
Bank Fees		-
Events	549.83	1,484.20
Misc Expenses		765.93
Total Expenses	1,008.31	14,679.77
End Checking Balance	2,769.39	
Office Reserve (MM)	4,528.86	
Office Reserve (CD)	-	
Office Change Fund	40.00	
Balance Cash Accounts	7,338.25	
Inventory Value	2,502.20	
Accounts Receivable	104.34	
Total Assets	9,944.79	
Prudent Reserve	3,000.00	
Group Support 2007	YTD	Nov
ABC Group	60.00	
Attitude Adjustment Group	225.00	
Bright Spot	10.00	
Citrus Springs Group	-	
Crystal River Big Book Group	70.00	
Crystal River Group	400.00	
Floral City Group	95.00	
Floral City Men's Group	40.00	
Hernando Men's Group	150.00	
High Noon Group	100.00	
Holder Way of Life Group	625.00	200.00
Inverness Friday Night Group	320.00	
Inverness Monday Night Group	200.00	
Inverness Wednesday Night Step	40.00	
It's in the Book Group	25.00	
Keep in Step Group	20.00	
Last Chance Group	350.00	75.00
Lecanto Group	-	
Monday Night Men's Group	60.00	
Never Too Early Group	-	
Night Cap	-	
No Name Group	25.00	
Quail Run Group	-	
Recovery by Fire	-	
Red Eye Group	-	
Resentment Group	200.00	100.00
Share at Noon Group	200.00	
Sober Sand Gnats	-	
Wahoo Group	-	
What's the Book Say Group	45.00	
Women to Women Group	-	
Women's Friendship Group	210.00	
Women's New Beginnings Group	40.00	
YANA Group	-	
Total	3,510.00	375.00

Bookstore at the Office

In addition to the A.A conference-approved literature, Nature Coast Intergroup Office/Bookstore carries Grapevine Literature, Medallions, Hazelden books, and a good selection of Recovery Items suitable for gifts. The following items are also available in our new Store:

- Audio Big Book
- Audio 12 & 12
- Audio Living Sober
- Audio AA Comes of Age
- Braille Big Book
- Literature Rack
- Meeting Sign
- Pocket Cards (steps, traditions, serenity prayer)
- Big Book Dictionary
- Speaker Certificates
- Birthday Cards
- Serenity Prayer Cards
- Medallion Boxes
- Key Rings
- Large Circle Stickers
- Small Circle Stickers
- Mini Saying Stickers
- Bookmarks
- Verse Cards
- Special Bronze Medallions
- Leather Book Covers
- Chrome Travel Mugs w/slogans
- Gift bags and wrapping paper with circle and triangle motif
- Tri-plate Lapel Pins
- Tri-plate Specialty Medallions

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.

Intergroup Telephone Hotline Chair Rick T.'s November Hotline Report: Total Calls Incoming were 75: 73 for AA information/meetings, 1 NA, and 1 Alanon.

Hotline Volunteers greatly needed to carry the phone. Call the Hotline at 621-0599.

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

INTERGROUP OFFICERS

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TONI T.
382-7578

VICE-CHAIRPERSON

MARTHA G.
489-8752

SECRETARY

JOAN B.
637-5696

ALT. SECRETARY

(VACANT)

TREASURER

SUE C.
344-5153

INTERGROUP TRUSTEES

ALFRED L.

NEAL S.

RICK T.

(VACANT)

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