

Nature Coast Journal

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

VOLUME 10, ISSUE 4

APRIL 2008

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

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

DISTRICT 28
MONTHLY MEETING
FOLLOWS AT 6:00PM

Area Events

Area Assemblies

2008:
April 4-6
July 11-13

Events (Continued on page 2)



Rainbow of Serenity

Written and submitted by Marilyn J. B., Crystal River

I have found my rainbow of serenity
Along life's pathway that defines my identity.
Plagued by my past, caused low self-esteem.
I always seemed to focus on where I had been.
My mind would react to life's situations,
With the feeling that I faced many intimidations.
When problems surrounded me, I didn't want to think;
I wanted to feel happy, so would often turn to drink.
"Drowning your sorrows," isn't that how the song goes?
Drink a few beers, and you'll forget all your woes.
Inspired, uninhibited, happy and carefree...
Now everyone could see the best in me!
My daily routine was met with courage and pride,
As long as my can of beer was by my side.
As time went on, my drinking increased;
I never realized that I was fighting an ugly beast.
I was facing the demon of alcoholism,
Not realizing that it was like a life in prison.
My addiction was strong, and I had a great fear...
If I thought that I could never have, just one more beer.
I never wanted to go anywhere that took too long...
This was my first realization that something was wrong.
Without my beer I would start to shake.
It was taking over my life, like a sneaky snake!
My behavior needed some self analyzation,
Before I could see the true realization
That my drinking was doing more harm than good.
There were many things that I finally understood.
The spiraling withdrawals of addiction were making me sick...
I needed another beer, and I needed it quick!
It was then that I could finally see,
That I couldn't control the alcohol...it controlled me!

(Rainbow of Serenity Continued on page 3)

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)

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

April 25-27, 2008

13th Country Round-up

AG Center

1424 Jackson Ave (Hwy 90)
Chipley, FL

Info:(334) 372-7979

(850) 594-7324

(850) 892-4006

(850) 326-1465

email: countryroundup

May 1-4 , 2008

18th Spring Conference

The Woodstock of AA

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 16 - 18, 2008

Come join us for a weekend

Big Book --12 Steps

Journey into The Next Frontier!

Fort Lauderdale Estates Clubhouse
2850 SW 54th Street -

Fort Lauderdale, Florida 33312

Friday registration 6: - 7:pm

Workshop 7pm to 10pm

Saturday registration 9-10am --

Workshop 10:am to 5:pm

Sunday Workshop 10:am -1:pm

Registration: \$35

For further details, please contact:

Vince M 954-646-6854

Laura M. 954-494-4281

**DISTRICT 28
WORKSHOP
The 4th Step
"By the Book"**

Where: Our Lady of Fatima Church
Hall

550 Us Highway 41 S, Inverness

When: Saturday - May 31, 2008

Time: 10:00 A.M.

Bring your Big Book & 12 & 12

Doors Open at 9:15

Coffee & Donuts

Lunch will be served



Anniversaries

April 2008

To post your group's anniversaries ask your Group Secretary to contact Paula D at 201-0353 or send email to news@ncintergroup.com prior to the first of each month.

	<u>Years</u>
Attitude Adjustment Group	
Billy B	4
Dave G	2
Bob Mc	1
Phil G,	1
High Noon Group	
Martha C	5
Dave K	22
Wayne B	1
Rick C	9
Dan Y	4
Ken	19
Mike M	24
Cris G	4
Marcus	1
Nancy G	1
Luther C	1
Joanie Z	4
Holder Way of Life Group	
Lori C	4
Last Chance Group	
June H	36
Kevin H	24
Kathy F	11
Share at Noon Group	
Rene (March celebrant)	1
Women's Friendship Group	
Liz R	17
Pat O'B	26
Lu-Anne D	31
Gloria D	34

AA HUMOR

An alcoholic was stranded on a deserted island after falling off a cruise ship. After being without a drink for several days, an empty bottle washed up on the shore. Desperately he rubbed the bottle hoping for a Genie to come out. Well, to his amazement one did. The Genie told him that he had only 2 wished that he could give the man.

The man thought for a moment and asked for a bottle of Vodka that would never go empty. The Genie quickly produced a bottle of vodka. Unscrewing the cap, and taking a huge hit off the bottle, the alcoholic quickly looked and to his amazement the bottle was still full. He tried once more gulping more than the first time. Again the bottle was still full.

The Genie then asked what his second wish would be. The alcoholic replied, "I would like another bottle just like this one."

~ Anonymous

**The monkey may be off my back,
but the circus hasn't left town.**

Monthly Special

**When you Visit
the Book Store**

"The Beginners Package"

One each:
Big Book (Hard Bound)
12 & 12 (HB)
Living Sober
Came to Believe
Daily Reflections
12 & 12 Dictionary
Big Book Dictionary
Fourth Step Guide
\$38.

**THE ANSWER IS ALWAYS FOUND IN LOVE**

Written and submitted by Marilyn J. B., Crystal River

*(Rainbow of Serenity Continued from page 1)***“Made a fearless moral inventory of ourselves...”**

Step 4 is a discovery of ourselves...our sober self. Do we fully recognize this person? It may take awhile, but step 4 is an important stepping stone towards accomplishing steps 5, 6, 7 and 10. In step 4 we are standing at the threshold of a new beginning. We are scrutinizing all of the things that we habitually do, and gaining new insight and skill at recognizing our habits or faults that we need to change. Change is not easy! In chapter 5, “How it Works” in the big A.A. book, it states: “We thought we could find an easier, softer way. But we could not.” When taking a moral inventory of ourselves, we must face reality head on! What do we know to be true about ourselves? How do we interact or conduct ourselves in relation to the world around us? Our morality has everything to do with our conduct. What lessons have we learned in steps 1, 2, and 3; and our fellowship with our A.A. groups? Have we listened as well as contributed to group discussion, and gained some new insights? Old habits are not easy to break, but try thinking about replacing them with newer and improved practices; as you would replace an old worn out piece of apparel or pair of shoes.

Alcoholics usually have the same symptoms of emotional insecurity: worry, anger, self-pity and depression. In “The Promises” it says: The feeling of uselessness and self-pity WILL disappear. We will lose interest in selfish things, and gain interest in our fellows. Self-seeking will slip away. Our whole attitude upon life will change.”

Start by analyzing four things: honesty, purity, unselfishness and love. Ask yourself, “In what ways have I been dishonest, impure, selfish and unloving towards others? A whole new dimension of self introspect will blossom, and you will eventually make peace with yourself. You will develop a new sense of spirituality and feel God within you. This event will nurture you with strength, power and joy. You now have the confidence to conquer the demons that threaten your sobriety; but you are not done yet... You must keep your journal up to date, and do a daily self-inventory. This will keep you on the right track towards striving for a perfection that you will never attain, but LOOK AT YOU! You are letting go of your old habits; and replacing them with newer, better ones. As your self confidence grows, you will not only be an attribute to all those around you, but most importantly...YOU HAVE LEARNED TO LOVE YOURSELF...

The harmony of humanity is to live with love.

Tradition 4

(Long Form)

With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.

Concept IV

At all responsible levels, we ought to maintain a traditional “Right of Participation,” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

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A syllogism ran through my mind like a song.
I was trying to prove to myself that I was wrong.

It said: “Drinking my beer is really not bad;

It makes me happy, and never sad.”

This was my denial mode that gave birth to my fear.
I knew that I was destroying myself by drinking so much beer!

The admission of being an alcoholic was faced with tears of uneasiness.

Drinking wasn't happy anymore,

it shattered my nerves, and was creating unhappiness!

I knew I needed help, and couldn't do it on my own;
So I put down my can of beer, and picked up the telephone.

These calls for help led me to the best support that one could ever have.

A group of caring friends,

and a smile from my God,

washed over me like a soothing salve.

They were there all along, hearing my cry for help;
could understand and see;

And I realized why it took so long;

it was because they were waiting for me.

I am new to this life of sobriety...

Today it is my priority.

My new pattern of life is beginning to blossom

Into a life with more meaning, that's steadfast and wholesome.

What an aura and wonder of possibilities...

That I never knew were there for me!

I have found my rainbow of serenity,

that is taking the path towards my true identity.

4th Step Prayer**WHEN I AM DISTURBED BY THE CONDUCT (SYMPTOMS) OF OTHERS**

"This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." God help me to show this person the same tolerance, pity and patience that I would cheerfully grant a sick friend. This is a sick person, how can I be helpful to him? God save me from being angry. Thy will be done.

WHEN I AM AFRAID

"We ask Him to remove our fear and direct our attention to what He would have us be." God, relieve me of this fear and direct my attention to what you would have me be. AMEN

WHEN I AM AWARE OF MY OWN DEFECTS AND SEEKING GOD'S HELP TO CHANGE

"We asked God to mold our ideals and help us to live up to them. . . we ask God what we should do about each specific matter." God mold my ideals in this particular area of my life and help me to live up to them. What should I do in each specific matter? Guide me God and give me strength to do right. AMEN

(Alcoholics Anonymous p. 67-69. Reprinted with permission, Alcoholics Anonymous World Services, Inc.)

2008-NCI Summary	March	YTD
Beg Checking Balance	2236.15	
Income		
Support - Individuals	20.49	45.15
Support - Groups	415.00	1165.00
Book Sales	719.72	2948.11
Medallion Sales		119.50
Other Sales	439.77	704.54
Sales Tax Collected	69.59	189.56
Events		45.00
Misc Income	25.00	1025.00
Total Income	1689.57	6241.86
Expenses		
Rent (Holder CC)		0.00
Office Exp	524.69	1593.12
Alltel	57.36	169.08
Books	772.22	2821.70
Medallions	95.00	181.85
Recovery Items	77.31	382.21
Sales Tax Paid		133.03
Journal	49.82	117.72
Website		0.00
Treasurer Expenses		0.00
Bank Fees		0.00
Events		0.00
Misc Expenses	8.47	69.72
Total Expenses	1584.87	5468.43
End of Month Balances		
End Checking Balance	2340.85	
Money Market Account	3531.48	
Office Change Fund	40.00	
Balance Cash Accounts	5912.33	
Inventory Value	3159.69	
Accounts Receivable	42.28	
Group Support 2008		
ABC Group		0.00
Attitude Adjustment Group	50.00	100.00
Bright Spot		0.00
Citrus Springs Group		0.00
Crystal River Big Book Group		0.00
Crystal River Group		0.00
Floral City Group		0.00
Floral City Men's Group		0.00
Hernando Men's Group	40.00	40.00
High Noon Group		100.00
Holder Way of Life Group		0.00
Inverness Friday Night Group		80.00
Inverness Monday Night Group		0.00
Inverness Wednesday Night Step		0.00
It's in the Book Group	25.00	25.00
Keep in Step Group		0.00
Last Chance Group		75.00
Lecanto Group		0.00
Monday Night Men's Group		120.00
Never Too Early Group		0.00
New Beginnings-Dunnellon		0.00
Night Cap		0.00
No Name Group		30.00
Quail Run Group		0.00
Rainbow Group		175.00
Recovery by Fire		0.00
Red Eye Group		0.00
Resentment Group	200.00	200.00
Share at Noon Group		0.00
Sober Sand Gnats		0.00
Wahoo Group		0.00
What's the Book Say Group		0.00
Women to Women Group		0.00
Women's Friendship Group		120.00
Women's New Beginnings Group	100.00	100.00
YANA Group		0.00
Total	415.00	1165.00

Bookstore at the Office

- Audio Big Book, 12 & 12, Living Sober, AA Comes of Age
- Braille Big Book
- Literature Racks
- Pamphlets for your meeting racks
- Meeting Signs
- Big Book Dictionary
- 12 & 12 Dictionary
- Speaker Certificates
- Birthday Cards
- Serenity Prayer Cards
- Key Rings
- Circle Stickers
- Mini Saying Stickers
- Bookmarks
- Verse Cards
- Bronze Medallions
- Monthly Coins
- Leather Book Covers
- Chrome Travel Mugs
- Gift bags and wrapping paper with circle and triangle motif
- Tri-plate Lapel Pins
- Tri-plate Specialty Medallions
- License plate covers

Look for our Monthly Specials on Package Purchases. Our April feature is the "Beginner's Package"

See Page 2 for details !

WE DELIVER

When you place an order, on or before the Wednesday prior to our Intergroup and District meetings, your items will be available for pickup at the Intergroup Meeting. For more information, contact Paula D. @ 201-0353.

For Your Information

Intergroup Telephone Hotline Chair, Rick T.'s March Hotline Report: Total Calls Incoming were 139: 97 for AA information/meetings, 24 NA, 14 Alanon, 3 wet drunk.

Volunteers are appreciated to carry the Hotline phone. Call the Hotline at 621-0599 for more information on carrying the hotline.

Editor's Note

In the February issue of the Nature Coast Journal there was an article about the Little Red Book, which made a reference "Use of The Little Red Book was approved by the New York AA office at a very early date, and it is perfectly acceptable for reading in AA meetings. " The reference made, deals with the times that the book was originally published and no way implies that the book is Conference Approved. Yours in Service ~ Paula D.

THE NATURE COAST JOURNAL IS AVAILABLE FOR PICKUP AND DISTRIBUTION FOR ALL GROUPS EARLY EACH MONTH AT:

EAST COUNTY

1ST LUTHERAN CHURCH, INVERNESS (FRIDAY BEGINNER'S MEETING 6:30 PM)

WEST COUNTY

SERENITY CLUB, ST. BENEDICT'S, CRYSTAL RIVER

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& IT IS POSTED ON OUR WEBSITE www.ncintergroup.com

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