

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 5

MAY 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:

July 11-13
October 3-5

Paramount Resort and
Conference Center
Gainesville, FL

Events (Continued on page 2)

STEP FIVE OF THE TWELVE STEPS

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

Working the twelve steps of A.A. is an eternal and vacillating process. For example: You could be working on step four, and by the will of your Higher Power, find yourself in the middle of step twelve work. The steps are like a fluid notion, and you can easily flow around in them in no specific order, once you have learned them. The real success comes when you start living the steps, rather than just learning them. I believe that the most difficult step for all alcoholics is step five: "*Admitted to God, to ourselves, and to another human being the exact nature of our wrongs*". Even though it is the most ego deflating and frightening step, it is the most important step!

We must free ourselves of egoism and fear to be successful with the twelve-step program. It is also important because it is an avenue for us alcoholics to finally sustain our sanity, serenity, sobriety and peace of mind. This step also helps us to not only know ourselves, but is the beginning of our journey towards loving ourselves...our sober self!

Everyone has their own private hell that they live in, either consciously or subconsciously, and we need absolution from this. We alcoholics know full well what an egotistical bunch we are, but to gain love of ourselves with humility, rather than prideful boasting, is important in maintaining our sobriety! We will never attain perfection, but we must keep striving towards it. "Put your pride in your pocket", as the Big Book says. In chapter five, *How It Works* it says, "*What an order! I cannot go through with it! Do not be discouraged...We are not saints.*" Aren't we willing to do anything to stay sober? Do we ever want to live in that ever cycling pit of sickness called alcoholism again? It is a cycle of dependency that is filled with trepidation that destroys our sanity, and eventually our lives.

We mentally and physically have an intolerance for alcohol, and under its influence we are adrift with invidious and maudlin behavior...and don't even realize it! The Promises say, "*We will know a new freedom and happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace.*" No one likes to admit their faults and the fact that they have defects of character, but to purge the demons of your soul will give you a whole new outlook on life, a new feeling about yourself, and you will find a peace that will be infectious to all those around you...so don't be afraid of step five. Consider this step the surgery of your soul that you need to be well again, and nurture your sobriety...

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)

Hotel: (352) 377-4000

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

Info: (877)992-9229

June 6-8**Founders Day Florida Style****Residence Inn Marriott**

600 W. Gaines Street
Tallahassee, FL 32309

Group Rate of \$99 / night guaranteed through 5/23.

Call and mention

Founders' Day Florida Style
(850) 329-9080

Or enter "FDFFDFA" under "Group Code" when making your reservation

Online: www.marriott.com

July 3-6 , 2008**50th ICYPAA**

Cox Convention Center

Oklahoma City, OK

Hotel Reservations:

Renaissance Marriott

10 N. Broadway Downtown OKC

1-405.228.8000 or 1.800.HOTELS-1
Mention "ICYPAA"

www.marriott.com/okcbr

The Group Code for the rate is: ICYICYA

Website: <http://www.50thicypaa.org/>

August 13-17, 2008**52nd Florida State****Convention 2008**

Harbor Beach Marriott Resort & Spa

Fort Lauderdale, FL

www.52flstateconvention.com

"We are sure God wants us to be happy, joyous and free."

~ Alcoholics Anonymous, page 133.

Harbor Beach Marriott Resort and Spa

AAA rated 4 Diamond Resort
3030 Holiday Drive;

Fort Lauderdale, Florida

954-525-4000 800-222-6543

Anniversaries**May 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 first of each month.

Years**Attitude Adjustment Group**

Ellen	35
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Floral City Men's Group

Rick C	20
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Tommy B,	29
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Jim G	31
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Bruce B (April celebrant)	10
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Wednesday Night Step Study

Mary B	18
--------	----

High Noon Group

Russell C.	19
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Rod H.	1
--------	---

Jim Z.	3
--------	---

Melissa J	2
-----------	---

Robert M	1
----------	---

Holder Way of Life Group

Eddie H	37
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Paul T.	30
---------	----

Susan N.	20
----------	----

Ken P.	8
--------	---

Martha G.	6
-----------	---

Janifer C.	6
------------	---

Jim Z.	3
--------	---

Joe R.	2
--------	---

Share at Noon Group

Nancy B	18
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Marion S	35
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Jack M	35
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Women's Friendship Group

Franni B	26
----------	----

Laura	29
-------	----

Sue E.	24
--------	----

Shirley W.	21
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Robie M.	35
----------	----

Women's New Beginnings**Group**

Judy M.	1
---------	---

Joann F.	6
----------	---

Cheryl M.	18
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Fran B.	26
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~~~ JUNE 1st ~~~

The NCI office will be moving to its new office.

Same building, Room #

305. We look forward to seeing you there!!!!

TWENTY-FOUR HOURS

Written and submitted by Marilyn J. B , Crystal River

There are twenty-four hours in a day...

This thought helps me find my way.

Yesterday is forever gone,

and there may never be a tomorrow;

So do your best to live this day

without fear,

and without sorrow.

Look for simple pleasures to brighten up your day...

Try to practice the principles that you have learned through the program of A.A.

Feel the universe within you,

and develop your spirituality.

Nurture unselfishness, purity and love...

and most importantly; honesty.

Meditate a plan for your day,

and when the day is over...

If your plans have failed, you still did well;

if all that you did was stay sober.

Look for the beauty of character around you every day, and strive for simplicity.

You are going through a personality change... keep your spirit in harmony.

Never look at your cup half empty, always see that it's always half full.

If you fill your day with worthy things, then your world becomes beautiful!

Trials are our bestowal from God...

these tests build our character.

Look for the good in every day...

let go of hate and fear!

Fear is a curse of the soul, so fight it...

before it destroys your hope.

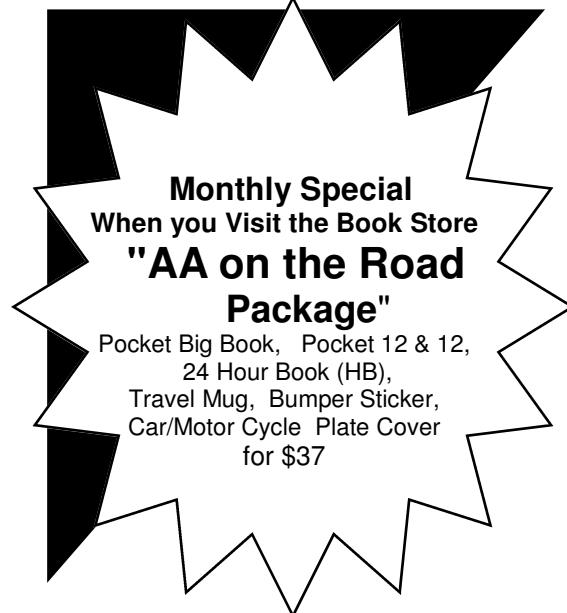
There is no room for fear when you let God in your heart... then you learn to cope.

One thing at a time...

One day at a time...

You're finding your way home.

To a worthy life of sobriety, and a serenity like you've never known!



Step 5

"Admitted to God, to ourselves and to another human being the exact nature of our wrongs."

Tradition 5 (Long Form)

Each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose—that of carrying its message to the alcoholic who still suffers.

Concept V

Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Promise FIVE

No matter how far down the scale we've gone, we'll see how our experiences can benefit others.

5th Step Prayer

Higher Power, my inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this, and I will do it.

The 12 Step Prayer Book Second Edition p.67 Reprinted with permission by Hazelden.

God I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last. AMEN

(Alcoholics Anonymous p. 75 Reprinted with permission, Alcoholics Anonymous World Services, Inc.)

DANCING WITH GOD

Submitted by Pamela

When I meditated on the word *Guidance*, I kept seeing "dance" at the end of the word. I remember reading that doing God's will is a lot like dancing.

When two people try to lead, nothing feels right. The movement doesn't flow with the music, and everything is quite uncomfortable and jerky.

When one person realizes that, and lets the other lead, both bodies begin to flow with the music.

One gives gentle cues, perhaps with a nudge to the back or by pressing lightly in one direction or another.

It's as if two become one body, moving beautifully. The dance takes surrender, willingness, and attentiveness from one person and gentle guidance and skill from the other.

My eyes drew back to the word *Guidance*. When I saw "G" I thought of God, followed by "u" and "i". "God," "u" and "i" dance." God, you and I dance.

As I lowered my head, I became willing to trust that I would get guidance about my life. Once again, I became willing to let God lead.

My prayer for you today is that God's blessings and mercies be upon you on this day and everyday.

May you abide in God as God abides in you.

Dance together with God, trusting God to lead and to guide you through each season of your life.

The Twelve Steps in Plain English

Submitted by Patty

Step 1. Alcohol will kill me.

Step 2. There's a power that wants me to live.

Step 3. Do I want to live or die? (if you want to die, stop here)

Step 4. Write about how I got to where I am.

Step 5. Tell another person all about me (Let God listen in.).

Step 6. Want to change.

Step 7. Ask a Power greater than me to help me change.

Step 8. Write down who I've hurt.

Step 9. Fix what I can without hurting anyone else.

Step 10 Accept that I'm human and will screw up. Fix it immediately.

Step 11. Ask a power greater than me to show me how to live.

Step 12. Keep doing 1 through 11 and pass it on.

Failure is Impossible

--Susan B. Anthony

Failure is an attitude. Having an attitude of failure can't help us. It can only hurt us. If we're not careful, it can grow into a way of life. So, when we feel like failures, we'd better look at our attitudes.

An attitude of failure often comes from making mistakes. But we can learn to see our mistakes as lessons. This turns mistakes into gains, not failures. Sometimes, we try to do things that just can't be done. When we act like we can control others, we're going to fail. When we act like we know everything, we're going to fail. If we try to act like God, we're going to fail.

We can't control others. We can't know everything. We're not God. We're human. If we act human, we've already won.

Prayer for the Day

Higher Power, help me to learn from my attitudes. Whatever the outcome, help me learn.

Action for the Day

Facing our past "failures" is the first step to learning from them. I'll talk to my sponsor about a past failure and the good that came from it.

Keep It Simple by Anonymous Keep It Simple. Copyright 1989 by Hazelden Foundation. Used with permission.

2008-NCI	Apr	YTD
Beg Checking Balance	2340.85	
Income		
Support - Groups	679.80	1889.95
Book Sales	287.20	3235.31
Other Sales	284.73	1108.77
Sales Tax Collected	35.76	225.32
Events		45.00
Misc Income	20.00	1045.00
Total Income	1307.49	7549.35
Expenses		
Rent (Holder CC)		0.00
Office Exp	634.68	2227.80
Alltel	56.02	225.10
Books	327.50	2821.70
Recovery Items	45.13	564.06
Sales Tax Paid	187.51	133.03
Journal	55.02	117.72
Website		0.00
Events		0.00
Misc Expenses	96.90	69.72
Total Expenses	1402.76	6159.13
End Checking Balance	2245.58	
Money Market Account	3531.92	
Office Change Fund	40.00	
Balance Cash Accounts	5817.50	
Amounts as noted:		
Inventory Value	2800.58	
Accounts Receivable	353.41	
Office Sales Profit/Loss	53.44	
Group Support 2008	YTD	April
ABC Group		0.00
Attitude Adjustment Group	175.00	75.00
Bright Spot		0.00
Citrus Springs Group	190.00	190.00
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	
High Noon Group	100.00	
Holder Way of Life Group		0.00
Inverness Friday Night Group	160.00	80.00
Inverness Monday Night Group	125.00	125.00
Inverness Wednesday Night Step		0.00
It's in the Book Group	25.00	
Keep in Step Group	40.00	40.00
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	
Share at Noon Group	100.00	100.00
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	
WonRebos Group	45.50	45.50
YANA Group		0.00
Total	1820.50	655.50

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 MAY feature is the
"AA on The Road" 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.

Volunteers are welcome to join us for fun service at the bookstore, you help will be greatly appreciated.

For Your Information

Intergroup Telephone Hotline Chair, Rick T.'s April Hotline Report: Total Calls Incoming were 74: 70 for AA information/meetings, 2 NA, and 2 Alanon.

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

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

NATURE COAST INTERGROUP OFFICE

& IT IS POSTED ON OUR WEBSITE

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382-7578

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489-8752

SECRETARY

JIM Z.
(VACANT)

ALT. SECRETARY

SUE C.
344-5153

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JANET B.
ALFRED L.
NEAL S.
RICK T.

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(352) 621-0599

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

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563-2133

TREASURER

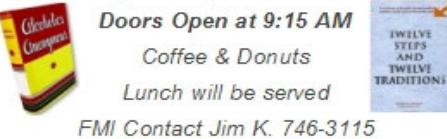
BEVERLY H.
344-5939

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



HEARTS
DANCE

OF
IN YOUR
HOPE
RECOVERY



MAY 24, 2008

6:30pm to 10:30pm
Our Lady of Fatima Church Hall
550 US Highway 41 S, Inverness

Sponsorship By:
ATTITUDE ADJUSTMENT RESENTMENT GROUP



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"

The High Noon Groups
Semi-Annual Softball Game & BBQ
RAIN OR SHINE
When: May 17th after the Noon meeting
Where: Bicentennial Park field 5
(behind the airport and dairy queen)

Everyone is welcome, join in the game or just have a bite to eat.
IT'S FREE!

May 18, 2008

11am - ???

Intergroup 17

Where: Boat Basin off Hwy 40

Menu: 1/2 Chicken, Vegetables and Ice Cream

Bring a dessert to share.

Price: \$5 or \$6 at gate

Children \$3 or \$4 at gate

For more information, contact Mark D at 352-804-9439
or Intergroup 17 office at 352-867-0660

May 16 - 18, 2008

Big Book --12 Steps

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 Dottie G. 954-554-3901

May 11th at 2 PM

Wahoo Group Fish Fry (speaker at 3 pm) Fish, French fries & hushpuppies provided. Side dish or desserts are welcomed.
Location: DeSoto historic site on Rte 48 between Floral City and Bushnell

May 17th, 2008

CARNIVAL & BBQ 4th ANNIVERSARY

Red Door Club 6202 Interbay Blvd Tampa, FL.
Noon Meeting followed by Food, Fellowship & Carnival
Dunking Booth--Please bring your Sponsor
Balloons Horseshoes and Anything else we can think of

The 19th AA Men's Retreat Schedule For ... May 16, 17, 18 of 2008



*It is time to register for your weekend of:
Fun' Fellowship' Spirituality' Recovery'
All for 140 Dollars*

- A Deposit of 70 Dollars is due on or before 2/20/08
- With a remaining balance of 70 Dollars, due on or before 4/20/08
- To register: Tear off the bottom portion of page - complete - and mail to:

Don Gamache
9339 N. Harris Way
Citrus Springs, FL 34434

Please make your checks payable to:
* Central Florida Men's Retreat *

We are looking forward to seeing you there! All Are Welcome!

Unity Meeting

MAY 3RD

7:30 P.M. TO 9:00 P.M.

(DOORS OPEN AT 6:30)

Hernando County Intergroup is proud to host the first of our monthly Unity Meetings. May will kick off the first of this double speaker event. Dessert will be served.

Beginning in June, be sure to save the second Saturday of each month for this special night.

If your group is interested in hosting a Unity Meeting, please have your Intergroup Representative attend the Intergroup meeting or contact the Intergroup Office at (352) 683-4597

*SPONSORED BY YOUR HERNANDO COUNTY INTERGROUP
BEING HELD AT:
UNITED METHODIST CHURCH
FELLOWSHIP HALL
7078 MARINER BLVD.
BROOKSVILLE, FLORIDA 34609 (CORNER OF MARINER AND CORTEZ)*



Nature Coast Journal

May 2008 (Eastern Time)