



# 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 6

JUNE 2008

## NATURE COAST INTERGROUP

OFFICE/BOOKSTORE

111 W. MAIN ST.

RM 305

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.

June's NCI  
meeting will be  
held at 4pm in-  
stead of 430pm.

## DISTRICT 28

MONTHLY MEETING TO  
FOLLOW AT 5:00PM FOR  
THE MONTH OF JUNE  
ONLY

*Events (Continued on page 2)*

## POSITIVE THINKING

*John L. Last Chance Group*

Positive thinking has not been one of my strong suites. I would like to share with you a concept I have learned over the past 22 years. If you have an open mind and a willingness to change your life for the better, I think this could work for you.

This concept is not new but was new to me: *Think positive all of the time*. Sound impossible? Well, if you think it is, then it is. Change the way you think about things, and the things you think about will change. Just believe, anything is possible in God's world. Believing that it can be done is the most important key to changing the way you think. The fact that it can be done with God's help erases all of those negative thoughts about anything being impossible.

Here is the way I look at how our universe works. It is a known fact that the world is made up of pure energy. Things are not as they seem on the surface. A rock is really a mass of moving electrons, and inside those electrons at the smallest level of physics exists pure energy. That energy can be positive or negative. A positive charge that is more positive than the charge next to it will attract that charge. And the same goes with a negative. How does this relate to my attitudes? As it turns out, I am made of the same energy as the rock. That means that I attract positive things when I am positive and negative thing when I am negative.

Outside of my little world there exist, I believe, a series of events just floating around in empty space. You might call them God's Will. It is God's will that I find every light green on my way to the grocery store and it is also His will that I find every light red. The event that comes to me is attracted by the way I am thinking. Remember, when I am charged positively, I attract the positive events. I know what I think about grows so I think positive most all the time and that grows. Have you ever obsessed on a negative event and things just got better? Hasn't happened for me.

Thinking positive all the time will change the circumstances that I find myself in. The choice is mine. How do I want to think?

Try for a month to think of everything as a positive experience. Even those negative events in your life right now can have a positive lesson in them. Look to the positive and see what happens. What do you have to loose? Think healthy, positive and see what happens.

### 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)*

**Area Events**

**Area Assemblies**

**2008:**

**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

**June 27-29, 2008**

**Back to Basics**

Presented by Wally P.

Daytona Beach

The Schnebly Rec Hall

1101 N. Atlantic Ave

386-671-1695 or 386-255-9911

**July 3-6, 2008**

**50th ICYPAA**

Cox Convention Center

Oklahoma City, OK

Renaissance Marriott

Downtown OKC

10 N. Broadway

1.405.228.8000 or 1.800.HOTELS-1

Mention "ICYPAA"

[www.marriott.com/okcbr](http://www.marriott.com/okcbr)

Select Date's

The Group Code for the

ICYPAA Rate IS: ICYICYA

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

**August 13-17, 2008**

**52nd Florida State Convention**

Harbor Beach Marriott,

Ft. Lauderdale Beach

Register at

[www.52FLStateConvention.com](http://www.52FLStateConvention.com)

**September 12-14, 2008**

**Serenity Weekend Women's**

**Fall Conference 2008**

Cocoa Beach Oceanfront Resort

1300 N. Atlantic Ave.

1-800-206-2747

**December 5,6, and 7, 2008**

**20th AA Central Florida**

**Men's Retreat** for \$140.

Deposit of \$70 due by 9/15/08.

Remaining balance by 11/15/08.

FMI contact Don G.

**Anniversaries**

**June 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](mailto:news@ncintergroup.com) prior to the first of each month.

	<u>Years</u>
<b>Last Chance Group</b>	
Annette C	10
<b>Rainbow Group</b>	
Mike G	2
Julie N	2
Donna C	1
Hahns N	20
<b>Share at Noon Group</b>	
Don P	18
Kathleen	23
Gail N	8
Jack M. (May celebrant)	36
<b>Women's Friendship Group</b>	
Eleanor W	40
<b>Women's New Beginnings Group</b>	
Roberta K	6

**LOVE AND TOLERANCE**

*Love and tolerance of others is our code.*

I have found that I have to forgive others in all situations to maintain any real spiritual progress. The vital importance of forgiving may not be obvious to me at first sight, but my studies tell me that every great spiritual teacher has insisted strongly upon it.

ALCOHOLICS ANONYMOUS. © p. 84 ALCOHOLICS ANONYMOUS WORLD SERVICES, INC. Reprinted with permission

I must forgive injuries, not just in words, or as a matter of form, but in my heart. I do this not for the other persons' sake, but for my own sake. Resentment, anger, or a desire to see someone punished, are things that rot my soul. Such things fasten my troubles to me with chains. They tie me to other problems that have nothing to do with my original problem.

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**Sponsorship**

A sponsor is simply a sober alcoholic who can help solve only one problem: how to stay sober. And the sponsor has only one tool to use -- personal experience, not scientific wisdom. Sponsors have *been* there, and they often have more concern, hope, compassion, and confidence for us than we have for ourselves. They certainly have had more experience. Remembering their own condition, they reach *out* to help, not down.

c. 1998 AAWS, *Living Sober*, p. 27 With permission, Alcoholics Anonymous World Services, Inc.

What seemed at first a flimsy reed, has proved to be the loving and powerful hand of God. A new life has been given or, if you prefer, a design for living that really works.

Alcoholics Anonymous With permission, Alcoholics Anonymous World Services, Inc. P. 27

**JUNE**  
**Monthly Special**

When you Visit  
the Book Store

**History Package**  
"AA Comes of Age"  
"Pass it On"  
"Dr. Bob and  
the Good Old-Timers"  
&  
"Little Red Book"  
**\$33**

## Step 6

"Were entirely ready to have God remove all these defects of character."

## Tradition 6

(Long form)

Problems of money, property, and authority may easily divert us from our primary spiritual aim. We think, therefore, that any considerable property of genuine use to A.A. should be separately incorporated and managed, thus dividing the material from the spiritual. An A.A. group, as such, should never go into business. Secondary aids to A.A., such as clubs or hospitals which require much property or administration, ought to be incorporated and so set apart that, if necessary, they can be freely discarded by the groups. Hence such facilities ought not to use the A.A. name. Their management should be the sole responsibility of those people who financially support them. For clubs, A.A. managers are usually preferred. But hospitals, as well as other places of recuperation, ought to be well outside A.A.-and medically supervised. While an A.A. group may cooperate with anyone, such cooperation ought never go so far as affiliation or endorsement, actual or implied. An A.A. group can bind itself to no one.

## Concept VI

The Conference recognizes that the chief initiative and active responsibility in most world service matters should be exercised by the trustee members of the Conference acting as the General Service Board.

## Promise SIX

That feeling of uselessness & self-pity will disappear.

## 6th Step Prayer

God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. AMEN

Alcoholics Anonymous p. 76. Reprinted with Permission

## Worry

**None of us has to understand God or worry about things beyond our control.**

We can indulge ourselves in the luxury of not-worrying. Any of us can handle just one day; all each of us has to try at is our own job, our own family life. We don't have to try fixing up the whole world or understanding what no theologian of any faith has ever understood. We simply stop messing in God's business. . . when we stop messing and stop worrying, we *have* turned our will and our lives over to God (or Good) as we understand (or don't understand) Him.

© 1973 AAWS, *Came To Believe*. . . , p. 116 With permission, Alcoholics Anonymous World Services, Inc.

**Tradition 6:** In this Tradition, I began to learn the importance of singleness of purpose, both in AA and in my private life. I came to understand the difference between that which helps and that which hinders. By keeping my AA program simple, I underscored my own way to "Live and Let Live." ~ DK, Oakland, CA

**Announcement:** The June Intergroup Meeting will be voting on a 10% increase on Conference literature.

**Note:** There is a time change for next month's Intergroup Meeting. We will be starting at 4pm instead of 430p.

## February 11-14, 2010

Mark your calendar for the  
**International Woman's Conference**  
 Doubletree Hotel  
 AT THE ENTRANCE TO UNIVERSAL ORLANDO  
 5780 Major Boulevard  
 Orlando, FL 32819



Group Support 2008	YTD	May
ABC Group	0.00	
Attitude Adjustment Group	175.00	
Bright Spot	0.00	
Citrus Springs Group	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	100.00	100.00
Inverness Friday Night Group	240.00	80.00
Inverness Monday Night Group	125.00	
Inverness Wednesday Night Step	100.00	100.00
It's in the Book Group	25.00	
Keep in Step Group	40.00	
Last Chance Group	105.00	30.00
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	
Sober Sand Gnats	0.00	
Wahoo Group	0.00	
What's the Book Say Group	45.00	45.00
Women to Women Group	0.00	
Women's Friendship Group	120.00	
Women's New Beginnings Group	100.00	
WonRebos Group	45.50	
YANA Group	0.00	
<b>Total</b>	<b>2175.50</b>	<b>355.00</b>
Monthly average	435.10	

2008-NCI	May	YTD
<b>Begin Checking Balance</b>	2245.58	
<b>Income</b>		
Support - Groups	375.00	2264.95
Book Sales	683.88	3919.17
Other Sales	235.75	1344.52
Sales Tax Collected	58.01	281.33
Events		45.00
Misc Income	29.40	1074.40
<b>Total Income</b>	<b>1380.02</b>	<b>8929.37</b>
<b>Expenses</b>		
Rent (Holder CC)		0.00
Office Exp	208.02	2435.82
Altel	56.08	281.18
Books	433.50	3582.70
Recovery Items	112.05	721.24
Sales Tax Paid		320.54
Journal	106.80	279.54
Website		0.00
Events		0.00
Misc Expenses	21.00	187.62
<b>Total Expenses</b>	<b>937.45</b>	<b>7808.64</b>
<b>End Checking Balance</b>	<b>2688.15</b>	
<b>Money Market Account</b>	<b>3532.34</b>	
<b>Office Change Fund</b>	<b>40.00</b>	
<b>Balance Cash Accounts</b>	<b>6260.49</b>	
<b>Amounts as noted:</b>		
Inventory Value	2983.15	
Accounts Receivable	0.00	
Office Sales Profit/Loss	149.63	

## 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

### 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.**

**Look for our Monthly Specials**  
Our June feature is **"The History Package"**

See Page 2 for details !

## For Your Information

**Intergroup Telephone Hotline Chair, Rick T.'s May Hotline Report:** Total Calls Incoming were 101: 96 for AA information/meetings, 2 NA, 2 wet drunks, 1 for a 12 step call and taken for treatment.

**NCI meeting minutes are available to view on our website. [www.ncintergroup.com](http://www.ncintergroup.com)**

Please forward any announcements to the editor for submission to the Journal by the 28th of each month.

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

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