
A Newsletter, for AA Members, Published by Nature Coast Intergroup: *Carrying the Message*



Nature Coast Journal



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JANUARY 2009

Happy New Year!

Happy New Year! That greeting will be said and heard for at least the first couple of weeks, as a new year gets under way. Isn't it incredible how often this greeting is exchanged? It is so commonplace, plain as vanilla ice cream. Do we just wish each other happiness, or is it an order or command to be happy?

Doesn't everyone want to be happy? And don't we all yearn, deep down, not only to be happy, but also to be happy all the time? And isn't the pursuit of happiness one of our God given rights?

Trying to be happy without drinking may be an entirely new concept for us. Wishing or hoping for happiness is one thing, trying to achieve it by taking action is another. What stands in the way of our happiness? Is it the nasty weather, the car that has to go to

the shop, our needy family? But if happiness really comes from inside us, these negative events should just be a ripple on the surface of our serenity. Life will always have problems. The drink alternative is not attractive anymore. Living with problems will just have to be part of our plan.

Turning our will over to a Higher Power is a joyous thing and can create happiness. It won't mean we will always get along with everyone, that we will always be healthy, or our job will always be there. But we can rise above these ever-present problems and choose to live in happiness. Happiness is relatively simple. It is a result of being at peace with ourselves.

So in the first days of this New Year I declare to you, "Don't have a happy new year!" But I do pro-

pose that you spend more quality time with your family; or work on your golf or tennis swing; or exercise your body and your mind; or work on your child's model train or dollhouse. Go to more meetings; get more active in AA; help other AA's or their families; socialize by calling or visiting other AA's or inviting them into your homes, or going out to dinner or bowling, golfing or fishing with your AA friends. If you're so inclined, put in some good hours at your favorite charity, temple or church. Work on your Fourth and Fifth Steps. With luck, you'll find happiness by the by. If not, your time won't be wasted. You may even bring a little joy to the world.

~~ Ed P.

Reprinted from the January 2006 issue

Help us make the Journal better than ever

The goal of the incoming editorial staff is to produce the best Intergroup newsletter in Florida. I would like to encourage everyone to sit down and write your story or article related to Alcoholism. Writings should be 500 words or less, in Microsoft

Word format and submitted before the 15th of the month. Articles not published in the current issue will be file for future consideration.

A theme each month will be selected by one of our members. Email us with your suggestions

and the newsletter committee will review and pick one. Also any other suggestion you may have. The theme for the upcoming month will be printed in the present month.

The Journal can only be as good as those willing to participate in service.

TOPIC FOR FEBRUARY: BELIEVE IN MIRACLES? TELL US ABOUT YOUR MIRACLE

*On behalf of the Nature Coast Intergroup Panel 57 officers and trustees, I would like to thank you for the opportunity to grow and serve in the AA program.
Yours in service, Tony Thane, NCI Chair*

Attitude

The longer I live, the more I realize the impact of my attitude on life.

Attitude, to me is more important than fact. It is more important than past, than education, than money, than circumstances, than successes, and what other people think, say, or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, and a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day.

We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude.

I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes, are you?

Author Unknown

Problems are Solutions in Training

Written by Michael Z

This was definitely not the way I used to look at problems before recovery. My problems used to overwhelm me; they had no solutions, and there was a long list of them. I would bounce from one to the other, and as I tried to solve them, I just seemed to create more and more.

When I entered the program, I surrendered both my problems and my solutions. My sponsor kept pounding into my head that my best thinking had gotten me here, and with his help I was able to turn my will and my life over to a power greater than myself. And that's when the real solution started to appear.

As I stayed sober and worked the steps, my problems began to solve themselves. As I became more experienced in turning them over, working the steps on them, and using more of the tools in my spiritual tool kit, I found that my problems were actually opportunities for me to grow and change. Today my problems have become my teachers, leading me to spiritual solutions when I become willing to look for them.

Today, my problems truly are solutions in training.

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Never Ending Bottle

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

Area Events

Area Assemblies

2009

January 9-11

April 3-5

July 17-19

October 8-10

Paramount Resort and
Conference Center

Gainesville, FL

Hotel: **352-377-4000**

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

Info: **877-992-9229**

July 29th - Aug 2nd, 2009

53rd Florida State Convention

Hyatt Regency Jacksonville

225 East Coastline Dr

Jacksonville, Florida 32202

Hernando Unity

Meeting

3rd Saturday

Each Month

7:30-9:30 PM

(doors open at 6:30)

sponsored by Hernando

County Intergroup

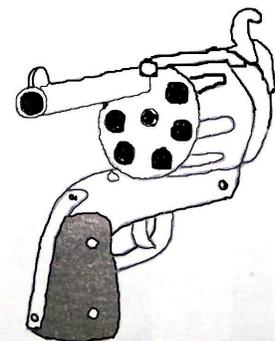
United Methodist Church

Fellowship Hall

7079 Mariner Blvd

Brooksville, FL

(corner Mariner/Cortez)



Resentment
GUN

12 Steps I Took

I took one step, began to moan,
I can't do this on my own.
I took two steps, began to pray,
restore me God, today.
I took three steps, gave up my will,
maybe God loves me still
I took a fourth, I looked inside,
nothing more would I hide.
And on the fifth, I said aloud,
I've done some wrong,
and I'm not proud.
I took six steps, and got prepared,
to lose the defects, I was scared.
Now I'm at seven, take them away,
God for this I pray
And on eight, the list was long,
amends to make for all the wrong.
I took nine steps, put down my pride,
forgiveness asked, I will not hide.
Ten steps; I take each day I pray,
make amends along the way.
And on eleven I prayed to know,
each day His will,
which way to go.
I took twelve steps, I'm like a bird,
to others now, I spread the word...

Author Unknown

NEW YEARS DANCE REPORT:

From steps in the meeting rooms packed to the hilt, to steps on the dance floor as balloons fell from the sky, Big Book, blues, attendance was at it's finest. United we entered into a new year twelve months, fifty two weeks, three hundred and sixty five days, to make an effort to practice the principals of Alcoholics Anonymous together once again.

Thank you all,
Resentment and Attitude Adjustment

HEARTS OF HOPE
DANCE IN YOUR RECOVERY

FEBRUARY
Details Next Month



Live and let live is good advice.

The more comfortable we are with the knowledge that each of us has a unique journey to make, a specific purpose to fulfill, the easier it is to let other people live their own lives. When family members are in trouble with alcohol or other drugs, it's terribly difficult to let them have their own journey. Because we love them, we feel compelled to help them get clean and sober. In reality, all we can do is pray for their safety and well-being. Their recovery is up to them and their Higher Power.

For some of us it's a leap of faith to believe there really is a Divine plan of which we are all a part. And perhaps it's not even necessary to believe. But we'll find the hours of every day gentler if we accept that a Higher Power is watching over all of us.

Being able to let others live and learn their own lessons is one of our lessons. The more we master it, the more peaceful we'll be.

I have enough to do just living my life today. I can let others do what they must.

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Intergroup is in need of a Treasurer. In this position you would balance the checkbook, issue 5 to 8 checks a month, confirm the deposits from the store and present the report once a month at the Intergroup meeting. Quick Books software will be provided along with training. The Intergroup meeting usually lasts an hour. Time required is about 4 to 5 hours a month. Two years sober is required.

If your interested in the Treasurer's position, contact the Intergroup Chair Jim Z for more details. Here is a chance to give back some of what was freely given to you.

John L
Vice Chair

ANNIVERSARIES:

NOTE: Please contact your group secretary and have them send in the names and years of those celebrating that month. We are only hearing from 25% of the groups now.

Floral City Group

Cindy P	23
Miriam S	20
Shannon	1

Floral City Men's Group

Mike S	30
Ken P	26
Greg H	2
James M	2

Holder Way of Life Group

Dan M.	25
Dave D.	23
Vince M.	10
Bobbi S.	2
Chester P.	1

Last Chance Group

Neil S	37
Ron B	33
Mary R.	20
Toni M.	29
Frank F.	23
Lorraine F.	23
Joan C.	18

Mon. Night Men's Step Group

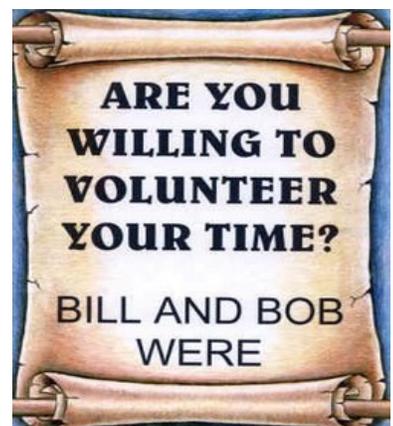
Neil S	31
Rob H	21
Tom K	5
Bill B	3

Rainbow Group

Price O	50
Kay K	15
Cheryl B	4
Richard M	3
Brad J	2
Ann D	1

Share at Noon Group

Gerhard T	30
John T.	25
John W	12



2008-Treasurer's Rpt	December	YTD
Beg Checking Balance	2557.98	
Income		
Support - Groups	419.00	4810.35
Book Sales	813.50	7627.69
Other Sales	225.05	3100.60
Sales Tax Collected	64.48	606.58
Events	45.00	2004.78
Misc Income	8.00	1123.15
Total Income	1575.03	19273.15
Expenses		
Rent (Holder CC)		60.00
Office Exp	323.56	4695.51
Alltel	56.25	677.28
Books	461.40	6735.17
Recovery Items	33.35	2055.33
Sales Tax Paid		592.98
Journal	60.00	703.14
Website		38.50
Events	20.00	1834.78
Misc Expenses		269.37
Total Expenses	954.56	17662.06
End Checking Balance	3178.45	
Money Market Account	3534.50	
Office Change Fund	40.00	
Balance Cash Accounts	6752.95	
Amounts as noted:		
Inventory Value	3166.38	
Accounts Receivable	0.00	
Office Sales Profit	193.57	

Group Support 2008	YTD	DEC
ABC Group	120.00	60.00
Attitude Adjustment Group	225.00	
Bright Spot	0.00	
Citrus Springs Group	190.00	
Crystal River Big Book Group	75.00	
Crystal River Group	350.00	
Floral City Group	95.00	
Floral City Men's Group	0.00	
Hernando Men's Group	40.00	
High Noon Group	100.00	
Holder Way of Life Group	300.00	
Inverness Friday Night Group	320.00	
Inverness Monday Night Group	275.00	
Inverness Wednesday Night Step	212.00	
It's in the Book Group	75.00	25.00
Keep in Step Group	80.00	
Last Chance Group	165.00	
Lecanto Group	0.00	
Monday Night Men's Group	320.00	
Never Too Early Group	0.00	
New Beginnings-Dunnellon	100.00	100.00
Night Cap	0.00	
No Name Group	30.00	
Quail Run Group	0.00	
Rainbow Group	175.00	
Recovery by the Fire	75.00	
Red Eye Group	0.00	
Resentment Group	240.00	
Share at Noon Group	200.00	
Sober Sand Gnats	0.00	
Wahoo Group	0.00	
What's the Book Say Group	85.00	40.00
Women to Women Group	0.00	
Women's Friendship Group	445.00	175.00
Women's New Beginnings Group	200.00	
WonRebos Group	63.50	
YANA Group	0.00	
Total	4555.50	400.00
Monthly average	379.63	

INTERGROUP OFFICE/BOOKSTORE

111 W. MAIN ST.
RM 305
INVERNESS, FL 34450
352-344-0290

OPEN: MON, WED, FRI 10AM-4PM SAT 10AM-1PM

- Audio Big Book, 12 & 12, Living Sober, AA Comes of Age
- 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
- Tri-plate Lapel Pins
- Tri-plate Medallions
- License plate covers
- Gift Certificates

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 Meeting.

For more information, contact Paula D. @ 201-0353.

Thank you to our Volunteers at the bookstore!!!!
Your service keeps our doors open!

For Your Information

Intergroup Hotline Chair, Chet's December Hotline Report: Total Calls Incoming were 67: 61 for AA, 2 for Alanon,, 4 NA.

NCI meeting minutes are available on our website. www.ncintergroup.com

District Corrections has applications at the NCI Office that you can pick up and submit to your GSR or to the District Corrections Chair. Ask your sponsor about helping to carry the message behind the walls.

Please forward any announcements to the editor for submission to the Journal by the 24th of each month.

Trusting Others - But does trust require that we be blind to other people's motives or, indeed, to our own? Not at all; this would be folly. Most certainly, we should assess the capacity for harm as well as the capability for good in every person that we would trust. Such a private inventory can reveal the degree of confidence we should extend in any given situation. AS BILL SEES IT, p. 144

BUSINESS MEETING

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

DISTRICT 28

MONTHLY MEETING TO FOLLOW INTERGROUP

INTERGROUP

OFFICERS

CHAIR—JIM Z.
VICE CHAIR—JOHN L.
(727) 560-3247
SECT—JULIE P
TREAS—OPEN.

INTERGROUP TRUSTEES

AL L—ROCK P
SANDY H

HOTLINE

CHET
(352) 621-0599

WEBSITE

www.ncintergroup.com

JOURNAL

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ASSIST—BEVERLY H
REPORTER—WILLIE
601-5362

DISTRICT 28

OFFICERS

DCM—SUE ANN A
ALT DCM—MEL L
SECT—PAT H
TREAS—PAULA D

JOURNALS FOR GROUPS

CAN BE PICKED UP EACH MONTH AT:

EAST COUNTY

1ST LUTHERAN CHURCH
FRIDAY BEGINNER'S
MEETING 6:30 PM

WEST COUNTY

SERENITY CLUB

JOURNAL IS ALSO POSTED ON WEBSITE