



# Nature Coast Journal



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MARCH 2009

Twenty three years after my first meeting, I still have most of the character defects the Big Book talks about. My character defects are to this day only a heartbeat away.

Years ago I begged God to remove these defects, but the next morning when I awoke, they were still there. I asked Him the next day and again they were still there. God helped me to become aware of the defects and allowed me to practice the opposite. I know today that my character will not allow empty spaces within it. For example, I just can't ask God to remove my *self-centeredness* and expect that it will be gone tomorrow. It must be replaced with *helping others* and it will not happen over night. After several years of helping others, I realized that my self-centeredness was nothing like it used to be. This is what we mean when we say, "do the next right thing". Eventually the right thing will come first and all of those defects will

be over shadowed by the character that God wants me to be.

Some of those defects have never gone away completely. Old thinking can come back if I stop working the program of recovery.

My world happens inside of me and I have the power, with God's help, to overcome any adversity. Bad things may happen, that's just life, but I can handle them now with this new way of thinking. I must now stay in the solution instead of the problem and continue to ask God to help me keeping those defects on the back burner as they really never go away.

## Character Defects

Changing the way you think is not easy but unless you start today, tomorrow will be the same as yesterday. We only have today to work on ourselves. God will do His part if asked, and I have to do the legwork.

"Easy Does It", but DO IT.

*Anonymous, Citrus County, FL*

**Q. Who wrote AA's Preamble? And when was the word "honest" dropped from it (i.e. "honest desire to stop drinking"), and why?**

**A.** The Preamble first appeared in the Grapevine in June 1947, and was written by Tom Y., the Grapevine Editor serving at that time. Its intent was to inform the public as to what A.A. is and what it is not. Shortly thereafter, the Preamble began appearing in each monthly issue of the Grapevine, and later on in much of our A.A. Conference-approved literature. In 1992 the Grapevine published a short history of the Preamble. In the 1947 version of the Preamble,

it contained the wording, "... an honest desire to stop drinking..." as printed in the foreword to the first edition of the Big Book. However, since the adoption of the short form of the Traditions in 1950, the Third Tradition has always read, "*The only requirement for A.A. membership is a desire to stop drinking*" and this form was used by Bill in writing the book, *Twelve Steps and Twelve Traditions*.

In 1958 the expression "honest desire" was discussed at great length at the General Service Conference. It was felt that it was impossible to determine what constitutes an "honest" desire to stop

drinking, thus the word was dropped. The "new" version of the Preamble, without the word "honest," first appeared in the September 1958 issue of the Grapevine.

There have been other versions of the Preamble, written by AA members for their local groups' use, which were then circulated around AA; for example: the "Texas Preamble," the "Wilmington Preamble," etc. Many AA members find these interesting, but they have never been adopted by the Fellowship as a whole.

*Printed from the AA World Service web site.*

## Letters to the Editor:

*Opinions are that of the writer and not of Alcoholics Anonymous, the Editor, Nature Coast Journal or NC Intergroup.*

Dear Editor,

This newsletter is printed by members of A.A. for members of Alcoholics Anonymous, and as such, should keep us informed of events, new meetings and interesting articles about our experiences out there in the trenches as we carry the, or rather, THE message of A.A. For some reason we feel there isn't enough of our literature to print and we start hunting for "newsworthy" stuff outside of A.A. It's not hopefully, a lack of gratitude, but rather, how we were raised around here. (My sponsor did tell me once that all I could handle for the first year was the Big Book) What people read on their own is none of my business, what we publish for members and newcomers, especially, is my business and is spelled out in meetings every day "to carry the message" it says, or better yet in the traditions, day after day. I am so grateful that people raised me with THE message and ingrained in me the importance of it all. The rest of it is out there, so have at it, but to raise our newcomers right, give them the straight scoop, they may save your rear someday.

Ellen B.

## Humility

They told me, "You've got to get out and work a little; you've got to give."

They told me that giving was living, and that living was loving, and loving was God. And you don't have to worry about God, because He's sitting right in front of your eyes.

You get just a little sobriety, and you get just a little humility.

Not much, just a little. Not the humility of sackcloth and ashes, but the humility of a man who's glad he's alive and can serve.

You get just a little tolerance, not too much, but just enough to sit and listen to the other guy.

*Reprinted from Alcoholics Anonymous [Second Edition], p. 507*

## RESENTMENT

The moment you begin resenting a person, you become his/her slave. He controls your dreams, absorbs your digestion, robs you of your peace of mind and good will, and takes away the pleasure of your work. He will ruin your religion, and nullifies your prayers. You cannot take a vacation without his going along. He destroys your freedom of mind and hounds you wherever you go. There is no way to escape the person you resent. He is with you when you are awake; he invades your privacy when you sleep. He is close beside you when you eat, when you drive your car; and when you are on the job. You can never have efficiency nor happiness. He influences even the tone of your voice. He requires you to take medicine for indigestion, headaches, and loss of energy. He even steals your last moment of consciousness before you go to sleep. So, if you want to be a slave, Harbor your resentments!!!

Anonymous  
Citrus County

## SOBERSTOCK 2009

5th Annual Event

March 13-15

Soberstock is a 3 day weekend. AA event featuring speakers, meetings, bands, food & fellowship. This festival is open to all members of AA and their families. Proceeds of this function will purchase Big Books and other AA literature for District 2 Jails & Institutions.

1 Day Pass—\$25

Weekend—\$35

*See complete flyer on web site*

## Area Events

### Area Assemblies 2009

**April 3-5**

**July 17-19**

**October 8-10**

Paramount Resort and  
Conference Center  
Gainesville, FL  
Hotel: **352-377-4000**  
30 day cut-off at the hotel. Make  
reservations early.  
Info: **877-992-9229**

The 21st

**AA Men's Retreat**

May 15—17 of 2009

*See complete flyer on web site*

### Founders' Day Florida Style

[www.foundersdayflorida.org](http://www.foundersdayflorida.org)

**June 5th—7th**

Tallahassee, FL

[www.foundersdayflorida.org](http://www.foundersdayflorida.org)

*Details on our web site*

## 10th Annual

Spring Into Sobriety

**Women's Conference**

April 17, 18, & 19, 2009

Venice, Florida

NCI meeting minutes are  
available on our website  
**Please forward any an-  
nouncements**

[NEWS@NCIntergroup.com](mailto:NEWS@NCIntergroup.com)

**Mar 28, 2009**

### Back to Basics Weekend

Leesburg Community  
Center  
Leesburg, FL

Workshop  
7:30 AM - 5:00 PM  
Dinner and Speaker  
Bob W  
Daytona Beach

*Complete flyer on web site*

ANNIVERSARIES:

<b>Floral City Group</b>	
Butch P. ....	8
<b>Floral City Men's Group</b>	
Bob H. ....	2
Reece.....	8
<b>Monday Nite Men's</b>	
Jeff K.....	2
Don B.....	8
Mike O.....	19
Bob L.....	28
Rick T.....	28
<b>High Noon Group</b>	
Mel.....	32
<b>Holder Way of Life Group</b>	
Rob D.....	1
Timothy H.....	2
George N.....	21
Larry M.....	32
<b>Last Chance Group</b>	
Al M.....	29
Bob B.....	1
<b>Rainbow Group</b>	
Gene H (Feb) .....	2
Michelle R .....	2
Terri-Ann L .....	1
Steve B .....	24
<b>Wahoo Group</b>	
Rene .....	2
<b>Women's Friendship Group</b>	
Ursula S.....	4
Anita F.....	20
Evonne H.....	26
Maureen O.....	25

## THANK YOU!

The Resentment Group has done it again! The Valentines Dinner and Movie was a complete success and a wonderful way to carry our fellowship message. Many thanks to those who organized, cooked the pull pork, the great side dishes and a great meeting that followed. I am sure everyone of the 75+ who attended will agree with me and thank the Resentment group for a job well done.

*John L-Editor*

Write your story or  
article related to  
Alcoholism

## Conference Approved, Fact or Fiction, You be the Judge

In 1978 the AA General Service Office described what "Conference Approved" means in their Box 4-5-9 newsletter (Volume 23, No 4). Here the General Service Office said:

*It (Conference Approved) does not mean the Conference disapproves of any other publications. Many local A.A. central offices publish their own meeting lists. A.A. as a whole does not oppose these, any more than A.A. disapproves of the Bible or any other publications from any source that A.A.'s find useful. What any A.A. member reads is no business of G.S.O., or of the Conference, naturally.*

The General Service Conference has also dealt with the meaning of the term "Conference Approved" in a "Conference Approved" pamphlet (SM F-29) called: Conference-Approved Literature. Here it is explained this way:

**"Conference-approved" — What It Means to You**

*The term has no relation to material not published by G.S.O. It does not imply Conference disapproval of other material about A.A. A great deal of literature helpful to alcoholics is published by others, and A.A. does not try to tell any individual member what he or she may or may not read.*

Books like the *Original Manuscript* and the *First Edition of the Big Book* are not Conference Approved Literature since there was no conference at the time they were published.

An odd side effect of a group that limits itself to conference approved literature would be that if the rule were rigorously followed, the group would not allow someone to read from Dr. Bob's personal copy of the Big Book because, as a First Edition, it would lack conference approval.

Regional newsletters and literature also lack conference approval but are widely used in meetings. Since 1954 the Hazelden published "Twenty Four Hours a Day" has been very widely used in AA meetings, sold over 10 million copies and has never been considered for conference approval.

The first AA group in Akron, Ohio (still going today) continues to display the Bible that AA's founders read from in the earliest meetings. What would have been fine literature for AA founder's to read in a meeting would spark outrage in some groups today.

**It all depends on the individual group's conscience to decide what is appropriate.**



*"No more for me, thanks, I have to drive to three more parties."*

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<b>January &amp; February</b>	
<b>Income</b>	
Contributions Income	574.00
Retail Sales Income	1,625.98
Meeting Basket Income	20.00
<b>Total Income</b>	<b>2,219.98</b>
<b>Cost of Goods Sold</b>	
Cost of Retail Sales	
Cash Short	-0.27
Cost Sales - Other	1,304.10
<b>Total Cost of Retail Sales</b>	<b>1,303.83</b>
<b>Total COGS</b>	<b>1,303.83</b>
<b>Gross Profit</b>	<b>916.15</b>
<b>Expense</b>	
Printing	180.00
Telephone - Office	55.76
Telephone - Cell	101.50
Postage/Freight	37.23
Rent - Office	545.68
Corporate Annual Report	61.25
Late Fee	8.00
Coffee	60.00
<b>Total Expense</b>	<b>1,049.42</b>
<b>Net Income</b>	<b>-133.27</b>
	<b>YTD</b>
Bright Spots	5.00
Holder Way of Life	100.00
Inverness Friday Night	80.00
Keep In Step Group	40.00
Never Too Early	40.00
New Beginnings - Dun	100.00
Nite Cap Group	5.00
Rainbow Group	100.00
Share at Noon Group	50.00
WonRebos Group	54.00
<b>TOTAL</b>	<b>574.00</b>

**COCOA BEACH**  
**19th SPRING**  
**CONVENTION**  
*April 30<sup>th</sup> to May 3<sup>rd</sup>*  
 Holiday Inn Ocean Front  
*Reserve by March 31<sup>st</sup>*  
 Cocoa Beach, FL  
 The Woodstock of AA  
*See complete flyer on web site*

**INTERGROUP OFFICE/BOOKSTORE**  
 111 W. MAIN ST.  
 RM 305  
 INVERNESS, FL 34450  
**352-344-0290**  
 OPEN: MON, WED, FRI 10AM-4PM SAT CLOSED

Intergroup Hotline Report  
 Kurt's February Hotline Report:

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Wet Drunk.....	1
Wanting to Advertise.....	1

The new Intergroup Events Coordinator Sandy H will be looking for committee members for upcoming events. If your interested in helping make Citrus County AA the best around, give Sandy a call at

352-623-3981 OR  
**HELANDY123@YAHOO.COM**

**Correction for February**  
 By-Laws State:  
 Each group shall notify Intergroup in writing or vocally as to who the NCI representative & alternates are.

Coincidence is God's way of remaining anonymous.  
*Albert Einstein*

You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.  
*James Allen*

**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.  
**352-613-0366**  
 VICE CHAIR—JOHN L.  
 (727) 560-3247  
 SECT—JULIE P  
 TREAS—OPEN  
 NEIL S FILLING IN

**INTERGROUP TRUSTEES**  
 AL L-ROCK P  
 RICK T-SANDY H  
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 KURT  
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 601-5362

**DISTRICT 28 OFFICERS**  
 DCM—SUE ANN A  
 ALT DCM—HANS N  
 SECT—PAT H  
 TREAS—PAULA D

**JOURNALS FOR GROUPS**  
 CAN BE PICKED UP AT:  
**BOOKSTORE**  
**EAST COUNTY**  
 FRIDAY BEGINNER'S MEETING 6:30 PM  
**WEST COUNTY**  
 SERENITY CLUB  
 JOURNAL IS ALSO POSTED ON WEBSITE

DISCLAIMER: The Nature Coast Journal is a monthly publication of the Nature Coast Intergroup. It is about, by and for members of AA. Opinions expressed herein are not to be attributed to Alcoholics Anonymous. Publication of an article does not imply endorsement by either AA or Nature Coast Journal, except where indicated.