



Nature Coast Journal



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HOW IT WAS, WAY BACK THEN

Here is the history of one little book, although not published by AA today, is widely used by many AA's in recovery. Eight million to be precise.

Note: The editor's purpose here is not to create controversy but maybe, bring a little truth to some of AA's history.

The second most popular A.A. author in total book sales, second only to Bill W. himself, was Richmond Walker. He was a man from the Boston area who managed to get sober in 1939 in the old Oxford Group. There was no AA group in Boston yet at that time. He stayed sober in the Oxford Group for two and a half years, before going back to drinking in 1941. After a year and a half of drinking, he joined the newly founded Boston AA group in May 1942, and finally found lasting sobriety there, never to drink again for the rest of his life. Rich died on

Mar. 25, 1965 (72 years old) with 22 years of sobriety in AA.

He originally wrote this material on small cards which he carried in his pocket, to aid him in his own sobriety. In 1948, he put it together in the little meditation book called "*Twenty-Four Hours a Day*," at the request of the AA group in Daytona Beach, Florida, which they printed on the printing press at the county courthouse and began distributing all over the country under the sponsorship of their A.A. group. For many years it was the basic meditation book for all A.A.'s.

The book sold over 80,000 copies during the first ten years

alone, which means that over 10,000 copies a year were eventually having to be packaged and shipped out year after year, just to keep up with the demand. It did not take long for Rich to become totally overwhelmed by the task. In 1953, he asked the New York A.A. office if they would take over this job, but his request was turned down.

In their defense, New York was desperately short on money, staff, and space; they also already had their hands full with the Twelve Steps and Twelve Traditions, which came out in April of that same year.

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Obsession: "The alcoholic has obsessions to an exaggerated degree. Over a period of time he has built up self-pity, resentments toward anyone or anything that interferes with his drinking. Dishonest thinking, prejudice, ego, antagonism toward anyone and everyone who dares to cross him, vanity and a critical attitude are character defects that gradually creep in and become a part of his life. Living with fear and tension inevitably results in wanting to ease that tension, which alcohol seems to do temporarily. It took me some time to realize that the Twelve Steps of AA were designed to help correct these defects of character and so help remove the obsession to drink."

Alcoholics Anonymous, pp. 380-1

SPONSORSHIP 101 WORKSHOP

May 16th

10:00 Workshop Begins (bring a pen)

Lunch will be provided, Pizza

The only cost is willingness

Pleasant Grove Church

581 South, Inverness

Sponsorship By: Attitude Adjustment Group and
Resentment Group

HIGH NOON GROUPS

SEMI-ANNUAL

SOFTBALL GAME & BBQ

When: May 30th at 1:30

Where: Bicentennial Park Drive,
Crystal River

See flyer on web site for more details

Meeting Changes

Last Chance Group now meets at
The Good Shepherd Church
439 E Norvell Bryant across from
Citrus Hills
The Keep In Step Group will be in
the same location the first Tuesday
in May
Resentment Group has moved
across the street to The Pleasant
Grove Church

*Today, I humbly ask
God for the wisdom to
accept what is and to
let go of what isn't.*

Thoughts have great power, they are like seeds you plant in your mind.

The more you hold onto a particular thought, the more power you invest in it. Positive thoughts give us energy and strength. Negative thoughts rob us of power and make us feel tired and strained.

We are by nature positive. Negativity is the result of faulty thinking. You can change if you want to. You can't control other people, situation or circumstances, but you can control what is going on inside you. It takes time to change and transform those old patterns of thinking.

Be patient with yourself. It starts with a thought..... Today!

Anonymous

New Intergroup Officers

Recently our chair and treasurer stepped down for personal reasons. At Sundays meeting the Vice Chair John L stepped down to stand for Treasurer. He ran unopposed and was elected. Al L stepped down as Trustee and was voted into the Chair's position. Beverly H was voted into the Vice Chair's position. Our Activities chair has medical problems and also stepped down.

This leaves the following openings:

- (2) Trustees
- (1) Activities Chair

If you are interested in either of these positions, please attend the May Intergroup meeting and stand for that position.

Three most dangerous words for an alcoholic: "I've been thinking."

It took me a long time to learn that my head isn't my friend. For years I heard it was best to run my thinking by others, but I secretly never believed it. My head would always convince me it had a better idea, and time and time again I followed its advice. It almost always turned out bad.

After many more bottoms, I finally became willing to check in more with others. It was hard at first because I was sure I wouldn't like what I heard, but once again contrary action saved the day. After listening to and following others suggestions, my life actually began to get better.

What's so interesting is that today, even with years of experience doing this, my head still tries to convince me to follow its advice. I know better than to listen to it (most of the time), and I will forever be grateful for my sober experience and the loving support of the fellowship.

Printed with permission Michael Z <http://www.theWisdomoftheRooms.com>

Area Events

Area Assemblies 2009

July 17-19

October 9-11

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**

May 13th

**5th Annual Miracles in
May Celebration**

**The wEiR cRaZy GrOup
Summerfield/Weirsdale, FL**

Details on our web site

May 16th

AA Jeopardy

Hosted by: District 17

Details on our web site

Founders' Day

Florida Style

www.foundersdayflorida.org

June 5th—7th

Tallahassee, FL

www.foundersdayflorida.org

Details on our web site

June 20, 2009

Singleness of Purpose

Workshop

Persented by District 7, Ta-
vares, FL

Details on our web site

July 29th—Aug 2nd

53rd Florida State

Convention

See web site for flyer

Sept 11-13, 2009

10th Annual Serenity

Weekend Women's Fall

Conference 2009

Coca Beach, FL

See web site for flyer

Continue from Page 1, "How It Was"

They only just barely managed to cobble together a financial deal to get that vital book published.

Hazelden offered to publish and distribute the book in 1954. It is still widely used by A.A. members and groups today, with over eight million copies sold.

The little book became the second most popular book in AA history (exceeded only by the Big Book). It explained how to carry out the eleventh step, how to practice the presence of God, and how to attain soul-balance and inner calm. It explained how to practice meditation by quieting the mind and entering the Divine Silence in order to enter the divine peace and calm and restore our souls.

At the top of each page Rich lays out basic meat-and-potatoes information about how we used to behave when we were drinking, how we need to change our lives, and what we need to do in order to keep the A.A. fellowship together.

Then at the bottom of each page he tells us how to pray and meditate. This part of the book forms one of the ten greatest practical works on learning to live the spiritual life that have ever been written, in any century, including both the western world and the world of Asian religions. The eleventh step says "Sought through prayer and meditation (a) to improve our conscious contact with God as we understood Him, praying only for (b) knowledge of His will for us and (c) the power to carry that out." Rich's little black book tells us how to actually do that.

His experience in the Oxford Group in 1939-1941 comes out strongly in "Twenty-Four Hours a Day," coming partly from Rich's own experience in the group, and coming partly from his use of an Oxford Group work on prayer and meditation, "God Calling," by Two Listeners. For those who would like to bring modern AA back closer to Oxford Group beliefs and practices, "Twenty-Four Hours a Day" is the most strongly Oxford-Group-oriented work written by an early AA author.

Just a Report:

I decided the other night to go to a meeting on the outskirts of the district. I had been at this meeting only once a year ago. I just wanted to let you all know that this group is doing it right in my humble opinion. Every person that didn't recognize me came up and introduced himself and said "welcome". After a few minutes I felt right at home. The discussions stayed within our

preamble. The group itself collects money and donated 40 books to the corrections committee. A report was given at the end of the meeting by both District and Intergroup representatives. The area DCM and Grapevine representative are also members here.

The group gets an A+ for service and I look forward to going back. A job well done in by the Rainbow Group of Dunellen.

The cause is hidden, but the result is known.

--Ovid

We know it's coming before we do it. Our boy[girl]friend dumps us and we devour the ice cream. We don't get the promotion so we head for the bar. We have a fight with our spouse and treat ourselves to a new leather jacket - at his or her expense. We decide that because we're feeling bad anyway, we might as well take full advantage of it. We figure the worse we feel, the more entitled we are to the indulgence.

This type of behavior starts a cycle. The worse we feel, the more we want to self-destruct. Let's face it - our actions are usually premeditated.

We think about the ice cream, the drink, or the leather jacket until we can get to it. During the planning stage, we can shift gears. We think it through. We know we have a choice. We decide to do something healthy instead of destructive.

Today I will make only healthy choices for myself.

By Karen Casonova with permission

When I was young, alcohol gave me the wings to fly, then it took away the sky.

Write your story or article related to Alcoholism and send it to:
news@ncintergroup.com

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group
 Gene L..... 14
 Mary D..... 19
 Rick 21

Hernando Men's Group
 Ken 9

Monday Nite Men's Group
 Steve M 34
 Chris W 4

Share At Noon
 Nancy B..... 19
 Robie 36
 Ellen 36
 Marion S..... 36
 Jack M..... 37

Women's Friendship Group
 Frani B..... 27
 Laura 30
 Sue E 25
 Shirley W 22
 Robie M 36

Women To Women
 Joann F..... 7

Obituaries for April 2009

The following members are now participating in the Big Meeting in the Sky:

- Mark C.—Attitude Adjustment Gp
- John R.—Yana Group
- Eddie R.—Resentment Group
- Jeff L.—Inverness Monday Night Gp

They will be missed. Our condolences to their families.

Intergroup Hotline Report

Kurt's April Hotline Report:

AA Outside District..... 9
 AA Within District35
 Alanon 7
 Detox Sponsors..... 3
 NA 4
 Wet Drunk 2
 Needing Rides 3

You can't change the past, but you can ruin the present by worrying over the future!
 You can't change the way you think about it. Everyone needs to be loved... especially when they do not deserve it. Patience is the ability to change it. If you can't change it, change the way you think about it. feel like stripping your gears. Happiness is enhanced by others but does not depend upon others.

INTERGROUP OFFICE/BOOKSTORE

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

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

Store volunteers for April: Nanci R.
 Women to Women—Rich G. Keep in Step—Mel L. High Noon

It was voted by the Intergroup representatives to lower the prices at the store on non-conference inventory. Things like medallions, jeweler, bumper stickers, gifts, books (Twenty Four Hour, Little Red Book etc) will be reduced by 25% to 40%.
Stop in and see what is available.

A suggestion was made during the Intergroup meeting that the Journal submit the following:

At your next group business meeting it is requested that your group review what you expect of Intergroup. What we are doing right and what we could do better. We the officers and trustees are looking for feedback as to how we can better serve our brothers and sisters in the area.

Please have your Intergroup Rep bring the information to the May Intergroup meeting or email to news@ncintergroup.com.

To all NCI Member Groups:

I apologize for not having an updated list of the groups donations for April. Not having a treasurer for the past month did not leave time for the list to be updated. We will list in the next Journal both April and May's donations.

Yours in service,
 John L, NCI Treasurer

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—AL L
352-613-0366

VICE CHAIR—BEVERLY H.
(727) 560-3247

SECT—JULIE P

TREAS—JOHN L

INTERGROUP TRUSTEES

ROCK P-RICK T
 TWO OPEN

HOTLINE

KURT
(352) 621-0599

EVENTS COORDINATOR

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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
www.ncintergroup.com

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.