



What the Traditions Mean in My Life

I believe the Traditions not only keep together the different groups within the AA community but also are essential for me to apply to my own life. For example, the First Tradition refers to the common good and the concept of unity, and its message is that if I apply harmony, serenity, and unity in my workplace and within my family, life will have similar characteristics.

Keeping in mind that a Higher Power is above everything else (Second Tradition), if I act according to divine and natural law, nothing evil can destroy me.

Helping others in whatever way I can without prejudice or discrimination (Third Tradition) forces me to set fear aside and to give the best of myself to my fellow humans. Within my commitment to my job, my studies, or my group, I sustain my individuality but don't allow it to harm those around me (Fourth Tradition).

When I set a goal, I work toward it with perseverance, not letting outside influences steer me away from my primary purpose (Fifth Tradition).

I'm aware that when property, money, and prestige enter into my personal situation, I must walk a straight path, because I am susceptible to those temptations (Sixth Tradition). I try to be financially

self-sustaining, not borrowing from others, practicing moderation in my expenses, and balancing my budget (Seventh Tradition), always working toward keeping a prudent reserve in savings.

I don't know everything, so I seek the advice of others who know more than I do and that of professionals and specialists (Eighth Tradition). I can't do it all alone, and help from those wiser than I am can help me reach my objectives.

Delegating and sharing were habits I didn't have before I began to accept people, places, and things (Ninth Tradition). "Live and Let Live"--this axiom distances me from controversy and teaches me that it is best to keep quiet at opportune times than to win an unproductive battle (Tenth Tradition). When I have a good idea, I try to share it with those

who might be interested in that concept, but I don't try to promote my ideas the way I did in bars and taverns (Eleventh Tradition).

Whether a task is big or small, the important thing is to keep it to myself, maintaining my anonymity even though it is hard to do so. After all, this is all about working toward perfection, and I am (Twelfth Tradition).

Daniel Z. Miami, Florida

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Keeping in
mind that a
Higher Power
is above
everything

Sponsored by Nature Coast Intergroup

2009 Gratitude Dinner
Chicken, with Covered Dishes & Desserts
November 8, 2009



Donation: \$3.00

NO Tickets sold
at the door

Our Lady of Fatima Church Hall
550 US Highway 41 S Inverness.

Speaker: Dale S. from Stuart, FL

Doors Open: 4pm, Dinner: 5pm, Speaker to follow

**THE HIGH NOON GROUPS—SEMI-ANNUAL
SOFTBALL GAME & BBQ**

WHERE: BICENTENNIAL PARK FIELD 5
(BEHIND THE AIRPORT AND DAIRY QUEEN)

8145 W. Bicentennial Park Drive

Crystal River, FL 34429

SATURDAY, OCT 24, AT 1:30 PM

Hamburgers and Hotdogs will be served

Feel free to bring a side dish

Come join in the game or just stop by for a bite to eat

FREE

RULE 62—"Don't take yourself too serious"

Recovered verses Cured

I was at a meeting the other night, and the question came up, "what is the real difference between Recovered and Cured." When I first thought about it I didn't have an answer. At least one that made sense. I said a simple little prayer, "God what is that answer?" and about 30 seconds later the answer came as a thought and it wasn't anything that came from me.

"Recovered means removal of the symptoms"

"Cured means removal of the cause"

I know that the cause is alcoholism and it is never removed but the symptoms such as, greed, lust, self-centeredness, envy, fear and others can be removed or at least put in there proper place.

This is only the opinion of one alcoholic.

John L, Editor

The Sober Sand Gnats

September 15, 2009

This is how our group came to be:

We are a fairly new group, hitting our third anniversary. The meeting is an open and our numbers are growing.

The Sober Sand Gnats meets Tuesdays 8 PM at the community center in Inglis just behind the fire station on rte 40 in Inglis (Elvis Presley Blvd).

Carol K who had recently moved here from Baltimore approached us. She had been attending the Crystal River Group and was concerned that no meetings were located in her area. She discovered that John S lived in Inglis. Carol approached him about forming a meeting in Inglis/Yankeetown. Although he was going to Louisiana for the summer he agreed to consider it on his return. Happy hope for Carol K!!!

John S approached the town council and requested permission to begin a group and a place to hold a weekly meeting. He was given the green light and the town agreed to let us hold the meetings in the community center.

The meeting needed a name and since the area is loaded with pesky sand gnats it was an obvious conclusion. Thus came The Sober Sand Gnats.

Thanks to Carol K and John S the Inglis/Yankeetown now has a much needed and grateful AA meeting. We extend a heartfelt thanks to other groups in the area that extend support in getting the group off the ground.

We at the Sober Sand Gnats Group hope to see you on Tuesdays at 8:00 PM. Judy always brings Oreo cookies, and it is not a surprise to see home baked goodies sitting beside the coffee.

Sheila L S.

GRATITUDE DINNER DOOR PRIZES—We have asked each group representative to ask their group to make a small donation (not more than \$25) in the form of a gift basket, gift certificate etc. By collecting door prizes this way we will have some very nice prizes and the overall expense for the dinner will be kept at a minimum.

Area Events

Details on our web site

Area Assemblies 2009

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**

Gratitude Dinner November 8th

See ad on page 1

Gratitude Cookout November 15th

Following the 11AM
Hernando Beach meeting
Hwy 41 & CR 486 in the
park on the lake.

*FREE, sponsored by
The Resentment, Attitude
Adjustment and
Hernando Beach meetings.*

22nd AA Men's Retreat Dec 4,5,6, 2009

See web site for details

75 Years of Alcoholics Anonymous

San Antonio TX

July 1-4, 2010

See web site for details

February 11-14, 2010
ORLANDO, FLORIDA
"The Sunshine State"



The Language of the Heart Will Be Spoken Here
46th International Women's Conference

Grace

A newcomer ambled into the rooms,
Not uncertain and afraid,
But drunk and loud and talkative;
In spite of the glares, he stayed.

The AAs met the following night,
And aired their grievances loudly;
"That loser disturbed our serenity!" they cried,
"He should've been trounced soundly"

They spent an hour, the twelve of them
Voicing opinions between them;
The newcomer had asked for money, for chips-
He had shown no desire to fit in.

A few declared loudly he'd be unwelcome next time,
Next time they'd tell him to go,
But a quieter voice spoke up by and by,
Sharing thoughts he, himself, could know.

"My friends, I was that newcomer once,
I drank after every meeting;
I'm sure I smelled like a derelict,
Yet I always received a warm greeting".

He went on to say that his desire had been
Not to stop, but to drink "correctly",
And he continued this way for six years or more
Before Grace touched him unexpectedly.

"And now", he said, with a gentle smile,
"I've been sober for twenty one years,
By the Grace of God and a fellowship
That refused to give in to their fears."

"You loved me when there was nothing to love,
When my very days were numbered,
When your outstretched hand was met with a shrug,
And my conscience was unencumbered".

But he went on to say that he continued to go
To the meetings because he was welcomed,
And at last one dark day, when he saw himself clear,
He saw how his soul had been numbed.

So, be kind to the orphans of this large world
Who look to you for salvation,
And carry the message, as our 12th step says,
To the willing and unwilling of God's nation.

You can never know when the seeds you plant
Will come to happy fruition
Because God's plan is not ours to see and debate.
Nor his creatures made to our conditions.

Gabrielle P.
Haines City FL

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,

I am getting a little tired of hearing those old timers, who are supposedly in the know of our traditions, spouting off about some of our members who choose to use there last name at meetings. Both of our cofounders agree that using ones last name within AA is perfectly ok and actually suggested.

...(Bill Wilson) "In some sections of A.A., anonymity is carried to the point of real absurdity. Members are on such a poor basis of communication that they don't even know each other's last names or where each lives."

- As Bill Sees it, page 241

...[Dr. Bob] said there were two ways to break the Anonymity Tradition: (1) by giving your name at the public level of press or radio; (2) by being so anonymous that you can't be reached by other drunks. - **Dr. Bob and the Good Old Timers, page 264**

The traditions say press, radio and film. We could add TV and internet as well. At our meetings this does not apply. We are a family and what family member doesn't know the last name of everyone in the family.

*Thanks for listening,
Anonymous, Citrus County AA Member*

HOTLINE SIGNUP

The Hotline is asking those who enjoy one or more years of continues sobriety to give some of your time to help others. Who among us does not need or want a chance to grow and become a better member in the fellowship? Those who have previously volunteered will testify just how good they feel when they have reached out and helped another suffering alcoholic get sober.

Do you realize how many dedicated volunteers are working behind the scenes in order for the hand of AA to take the hand of those reaching out and show them a better way of life? You are now being given great chance to grow and enrich your life by volunteering to help with the Hotline.

A signup sheet will be circulated at meetings. Sign-up to help with rides to meetings or detox, talking on the phone or going on 12 step calls. Remember that "our primary purpose is to stay sober and help other alcoholics achieve sobriety".

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group
 Rich U..... 10

Holder Way of Life
 Brian W..... 16
 Carolyn N..... 16
 Sam K..... 13

Last Chance Group
 Beverly H..... 33
 Paige B..... 22

Rainbow Group
 Bob F..... 29
 Gail K..... 23
 Helen S..... 20
 Robert R..... 19
 Dave B..... 1
 Billy D..... 1

Thursday Share At Noon Group
 Beverly H..... 33
 Paula D..... 4

Women's Friendship Group
 Rose Ann N..... 32
 Carol S..... 6
 Paula D..... 4
 Mary B..... 4
 Beverly S..... 1

Group Contributions

Group Name	YTD	Sept
ABC Group	\$60.00	
Bright Spot	\$5.00	
Big Book 164	\$95.00	
Crystal River Big Book	\$200.00	
Crystal River Group	\$800.00	
Floral City Men's Group	\$40.00	
Holder Way of Life Group	\$300.00	
Inverness Monday Night	\$150.00	\$150.00
Inverness Friday Night	\$160.00	
Inverness Wednesday Nigl	\$62.00	
It's In The Book	\$25.00	
Keep In Step	\$120.00	
Last Chance Gp	\$19.25	
Monday Night Men's	\$200.00	
Never To Early Group	\$40.00	
New Beginnings-Dunnello	\$100.00	
Night Cap	\$5.00	
Rainbow Group	\$475.00	
Share At Noon	\$100.00	
Won Rebos	\$67.00	\$21.00
Women's Friendship Gp	\$150.00	
Women to Women	\$60.00	\$20.00
Women's New Beginnings	\$129.00	\$50.00
Monthly Totals	\$3,362.25	\$241.00

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 September:
 Nanci R. Big Book 164—John W. Big Book 164—Rich G. Keep in Step—Don P. Share at Noon—Mel L. Crystal River Group

Intergroup Hotline Report

Kurt's Hotline Report:

Total Calls	87
AA At the Office	4
AA Hotline	72
AA 12 Step	4
Alanon	2
NA	5

NOTICE from

Resentment Group

The Saturday October 3rd and 10th meetings will be moved to Hernando Lake at 6pm as the church is having weddings those nights. Bring a chair and your own coffee.

Wet Drunk Workshop

Where: Holder Comm. Building
 St. Rd. 41 & 491- Holder

When: Sat. Oct. 24, 2009

Time: 3:30 p.m. - 6:30 p.m.

Presented by District 28
 and Hotline Staff

Bring your Big Book!

Win a prize by finishing the crossword puzzle first

Refreshments and coffee

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
 352-586-0800

VICE CHAIR—BEVERLY H..
 352-344-5939

SECT—JULIE P

TREAS—JOHN L

INTERGROUP TRUSTEES

ROCK P—RICK T

SANDY H—MEL L

HOTLINE

KURT

(352) 621-0599

EVENTS COORDINATOR

OPEN

POSITION

WEBSITE

www.ncintergroup.com

JOURNAL

EDITOR—JOHN L

727-560-3247

news@ncintergroup.com

ASSIST—BEVERLY H

344-5939

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

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