



Nature Coast Journal



111 W. Main St., Room 305 ☆ Inverness, FL 34450 ☆ Office & Literature: (352) 344-0290 ☆ Hot Line: (352) 621-0599

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NOVEMBER 2009

Holidays

Grapevine December 1973
Vol. 30 No. 7

There is always someone new who wonders what to do about them

LET'S START with a hot, humid August day when a shaky, sweaty, miserable guy found his bewildered self at my desk in the intergroup office of AA in New York City.

He was embarrassed and ashamed and inarticulate. Bit by bit, inch by inch, words came out. Yes, he had an alcoholic problem. He was hopeless, lost, and afraid. Bit by bit, inch by inch, I told him I had been the same. I shared with him the miracle of AA: that it worked for me and would for him. The transformation came gradually--but hope was being born. His eyes looked into mine and wonder of wonders, he smiled! A deep sigh shook him from stem to stern. He breathed deep and said, "Could It really happen to me?" Then, suddenly, gloom settled. He moaned from his soul, "But what do I do when the holidays come around?"

Projecting months ahead for a battle that might never need to be fought! How often I had done the same. How grateful I am that I learned to live a day at a time.

I think of holidays and what they celebrate and how we as active alcoholics abuse them. When we understand the meaning of each holiday, I think it will help us honor them all and stop abusing them.

Let's start with **Christmas**. It celebrates the birth of Jesus, embodiment of God on earth--the birth of love, of goodness, of giving to others. Of all days in the year, that's the one to keep from blemishes, the day of days to give joy, not grief.

Then comes **New Year's**. The eve started it all, and the day was one of pain and misery. Boy, what a universal hangover it used to be! But New Year's

really means the opposite: a fresh start, a new leaf, a clean plate! To us, of all people, it's not a day to be soiled and spoiled by drunken behavior. It's the day of days to start being a little bit better than yesterday.

Then comes **Lincoln's Birthday**; it celebrates the end of slavery. What a day for us! We can celebrate the abolition of our slavery to our old slave driver, alcohol.

Then **Valentine's Day**: a showing of love, one to another. A fine travesty of love is a drunk in the house!

Then **Washington's Birthday**, to celebrate freedom from limitations of speech, of worship, and above all, of choice! The first drink would eliminate our gift of choice pronto!

Then **St. Patrick's Day**. He rid Ireland of snakes. That's surely not the day to encumber ourselves with our own brand again. A thousand times, no!

Then **April Fool's Day**. Now, that was a day for us! Only it wasn't confined to the month of April.

Then **Easter**--a rising from the dead, a rebirth. No group of people in God's world has experienced that miracle as we have. Certainly, it's a day to observe with sobriety and gratitude.

Then **Memorial Day**. It honors the heroes of many wars. We almost lost our battle, so it's not the day to start our own personal war again--which could bring us only ultimate defeat.

Then comes the **Fourth of July** *Continue on page 3*

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from his soul,
"But what do I
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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

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

Do You Just Belong ?

Are you an active member, the kind that would be missed?
 Or are you just contented that your name is on the list?
 So, do you attend meetings and mingle with the flock?
 Or do you meet in private, criticize and knock?
 Do you take an active part to help the work along?
 Or are you satisfied to be the kind that just belongs?
 Do you work on committees, to this there is no trick;
 or leave the work to just a few, and talk about the clique?
 Pleases come to meetings often, and help with hand and heart.
 Don't be just a member, but take an active part.
 Think this over members, you know what's right from wrong.
 Are you an active member, or do you just belong?

LAST CHANCEErnie P, The Attitude Adjustment Group

I cannot begin to imagine how much pain I have caused my Higher Power, whom I prefer to call God, in my lifetime. Yet all I have to do is ask Him to forgive me and He does. That brings to mind the God-given program of A.A. I come up to the door at a meeting and they say, "welcome, tell us your pain, lay troubles on the table. Sit down and have a cup of coffee. Let us hurt when you hurt. Let us help you forget your past and help you live a new life one day at a time". The hand is extended, the arms are open wide and ears are listening to what I have to say. It is all there for you too. It's not easy, but it's there if you want it. You don't have to be alone anymore.

Look around and find someone you feel comfortable with. Begin to share your troubles with that person. We call them sponsors and they should be someone of the same sex. This is a new life but you must keep coming back. It has its ups and downs but believe me it's better than what you had. This is where you find love, compassion, friendships and understanding. Welcoming arms and extended hands all free for the asking.

I accept the things I cannot change; you give me courage to change the things I can, and your wisdom helps me to know the difference.

One more thing. This is an insurance policy with no strings attached and 100% payoff. All you have to do is don't drink the first drink and keep coming to meetings.

Thank you for letting me share.

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*

Thanksgiving Dinner

Please Join The High Noon Group
for their Annual Thanksgiving Dinner

Where-----The Serenity club
house (behind St Benny's)

When-----Thanksgiving Day

After the Noon Meeting

If you wish bring a dish

Everyone is Welcome & ITS FREE

Area Events

Details on our web site

Area Assemblies 2010

January 15-17

April 9-11

July 23-25

October 22-24

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

See ad on page 2

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

See web site for details

Big Book Weekend Cocoa Beach

January 22-24

See web site for details

75 Years of Alcoholics

Anonymous

San Antonio TX

July 1-4, 2010

See web site for details

August 11-14, 2010

54th AA Florida

State Convention

Miami, FL

See web site for details

**Gratitude tickets are going fast, only a few left.
Beverly H still has a few.
None sold at the door.**

From page 1

July, Independence Day, saluting the birth of a new way of life, a government of our own choosing, a right to the pursuit of happiness. That surely is not the day to revert to the old regime: the horrendous hangover, the ghastly regrets, the ultimate paying of the piper. The first drink would jeopardize our own personal freedom.

Then **Labor Day**, the day of rest from the labor of our bodies, not the day to resume the travail of dry heaves, the frantic search for the bottle we knew we stashed away--but where?--the excruciating shakes that tore us apart until we could get that first gulp to stay down. Not this day! Let's use this one to rest our weary frames, release us from our labors.

Halloween. I want no renewed association with ghosts of my past, nor new ones that could come to haunt me! Let them R.I.P.

Then comes **Thanksgiving**. That is Our Day, really ours. No other group of people is so in unison with expressed gratitude. Every day we live is Thanksgiving Day to us, but in November we join the general chorus and cry out, "Thank You, God!"

I don't think we have need to fear holidays.
Do you?

J. C. W.

Greenwich, Connecticut

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



The Language of the Heart Will Be Spoken Here

46th International Women's Conference

A.A. History

There once was a man whose first name was Bill.
He drank all the time, he practiced self will.
Then, on to Towne's Hospital, no hope in sight,
He met a fine doctor named Silkworth that night.
Conferred with Bill's wife and said, "There's no cure.
If he can abstain, we'll try to endure."
A couple weeks later, in bed he did lie,
He saw a bright light from up in the sky!
A spiritual awakening, I must tell about it!
He called for the doctor, he wanted to shout it!
Silkie just listened and after he heard,
Confirmed that it happened and said, "Spread the word!"
No one could have know what had happened that day,
This spiritual awakening had started A.A.
The rest is all history and easy to see,
This wonderful program that saved you and me.

Sharlett Hunt

Alcoholism has been around for a long time.

Proverbs 23:29

29 Who has woe? Who has sorrow? Who has strife? Who has complaining? Who has wounds without cause? Who has redness of eyes?

30 Those who linger long over wine; those who try mixed wines.

31 Do not look at wine when it is red, when it sparkles in the cup and goes down smoothly.

32 In the end it bites like a serpent and stings like an snake.

33 Your eyes will see strange things, and your heart utter perverse things.

34 You will be like one who lies down in the midst of the sea, like one who lies on the top of a mast. [\[8\]](#)

35 "They struck me," you will say, [\[9\]](#) "but I was not hurt; they beat me, but I did not feel it. When shall I awake? I must have another drink."

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Bright Spot Group
Rock P 9

Floral City Group
Darral M 5

Holder Way of Life
Charlie W 25
Joan B 26

Last Chance Group
Connie K 26

Night Cap Group
Julie P 9

Rainbow Group
Chuck 26
Troll 24
George K 11
Bob S 6
Ray S 3
John A 1

Sober Sand Gnats
Bill T 22
Carol K 19

Thursday Share At Noon Group
Jack B 18

Women's Friendship Group
Sharon B 12
Marty D 1

Group Contributions

Group Name	YTD	Oct
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	
Inverness Friday Night	\$160.00	
Inverness Wednesday Night	\$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-Dunnellon	\$100.00	
Night Cap	\$5.00	
Rainbow Group	\$475.00	
Share At Noon	\$100.00	
Sober Sand Nats	\$100.00	\$100.00
Won Rebos	\$67.00	
Women's Friendship Gp	\$150.00	
Women to Women	\$60.00	
Women's New Beginnings	\$129.00	
Women's House of Power	\$10.00	\$10.00
Monthly Totals	\$3,462.25	\$110.00

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

We have openings for volunteers at the store. Call Mel for information.

Intergroup Hotline Report

Kurt's Hotline Report:

Total Calls.....	82
AA Hotline	77
Alanon.....	3
NA.....	2

INTERGROUP ELECTIONS

JANUARY 2010

2—Trustee Positions Open
Nominations will be accepted at the November meeting.

Donation Addresses:

Nature Coast Intergroup:

111 W. Main St
Room 305
Inverness, FL 34450

NFAC

PO Box 567
Melbourne Fl 32902

General Service Board

Po Box 459
Grand Central Station, NY 10164-0371

District 28

713 Laurel Ave
Inverness, FL 34452

Please copy and save as this will only be posted when requested due to space limitations. This information is also available on the web site.

ATTENTION GROUPS: Journals are not being picked up at Serenity Club as they are throwing away about 50 at the end of the month. If this continues we will just have to cut back on the amount printed

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

WEBSITE

www.ncintergroup.com

JOURNAL

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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

Service becomes a source of joy when it is not viewed as a duty.

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.