



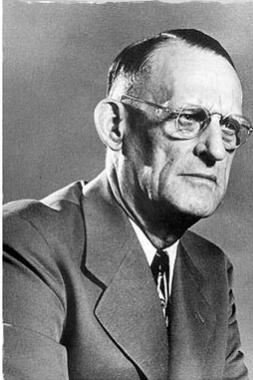
Nature Coast Journal



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

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On Cultivating Tolerance

During nine years in A.A. I have observed that those who follow the Alcoholics Anonymous program with the greatest earnestness and zeal, not only maintain sobriety, but often acquire finer characteristics and attitudes as well. One of these is tolerance. Tolerance expresses itself in a variety of ways: in

kindness and consideration toward the man or woman who is just beginning the march along the spiritual path; in the understanding of those who perhaps have been less fortunate in educational advantages, and in sympathy toward those whose religious ideas may seem to be at great variance with our own. I am reminded in this connection of the picture of a hub with its radiating spokes. We all start at the outer circumference and approach our destination by one of many routes.

To say that one spoke is much better than all the other spokes is true only in the sense of its being best suited to you as an individual. Human nature is such that without some degree of tolerance, each one of us

might be inclined to believe that we have found the best or perhaps the shortest spoke. Without some tolerance we might tend to become a bit smug or superior--which of course is not helpful to the person we are trying to help, and may be quite painful or obnoxious to others. No one of us wishes to do anything which might act as a deterrent to the advancement of another--and a patronizing attitude can readily slow up this process.

Tolerance furnishes, as a by-product, a greater freedom from the tendency to cling to preconceived ideas and stubbornly adhered-to opinions. In other words it often promotes an open-mindedness which is vastly important--in fact a prerequisite to the successful termination of any line of search, whether it be scientific or spiritual.

These, then, are a few of the reasons why an attempt to acquire tolerance should be made by each one of us.

Dr. Bob of Akron



Reprinted with permission AA Grapevine July 1944

LAST CHANCE

Ernie P, Attitude Adjustment Group.

I cannot begin to imagine how much pain I have caused my Higher Power, whom I prefer to call God. Yet all I have to do is ask Him to forgive me and He forgives me fully. It brings to mind the God-given program of Alcoholics Anonymous.

I came to the door of my first a meeting and I was told, "WELCOME, tell us your pain, lay troubles on the table, sit down, have a cup of coffee, you are home." They said, "let us hurt when you hurt, let us help you forget your past and let us help you live a new life one day at a time." The hands were extended, the arms were open wide and ears were listening to what ever I had to say. It's 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 are comfortable with and begin to share your troubles with that person. We call them a sponsor (someone preferably of the same sex). Keep coming back to meetings and share. This will be a new way of life. It will have it's ups and downs but believe me it's better than what you or I had. This is where you will find love, compassion, friendships and understanding. Welcoming arms and extended hands all free for the asking.

I will accept the things I cannot change; you give me courage to change the things I can, and your help and wisdom to know the difference. One more thing: this is an insurance policy with no strings attached and with 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.

A New Notion

"The idea that religion and spirituality were not one and the same was a new notion. My sponsor asked that I merely remain open-minded to the possibility that there was a Power greater than myself, one of my own understanding. He assured me that no person was going to impose a belief system on me, that it was a personal matter. Reluctantly, I opened my mind to the fact that maybe, just maybe, there was something to this spiritual lifestyle. Slowly, but surely, I realized there was indeed a Power greater than myself, and I soon found myself with a full-time God in my life and following a spiritual path that didn't conflict with my personal religious convictions."
c. 2001AAWS, Alcoholics Anonymous, p. 287

Subject: Commitment & Discipline

One may be quite far along on the path, but if one meets a beginner who sincerely seeks guidance, then one should help without reservation. If such a beginner were to come to you, what would you say? This is what I said to someone today:

"The time of beginning is one of the most precious times of all. It can be very exciting and full of wonderful growth. The first thing to do is to make up your mind that you are going to go the distance.

"When I first began, I made a lifelong commitment. I determined that I would learn from my teacher for at least seven years. Now, it has been much longer than that, but the essential element is still the same: commitment.

"But commitment needs something else in order to be perpetuated. It needs discipline. This is the perseverance to keep on when things are tough. Adversity is life's way of testing and perfecting a person. Without that, we would never develop character.

"Rice suffers when it is milled. Jade must suffer when it is polished. But what emerges is something special. If you want to be special too, then you have to be able to stick to things even when they are difficult."

"Commitment and Discipline-- these are two of the most precious words for those who would seek [a spiritual path]."

Deng Ming-Dao, 365 Tao: Daily Meditations

Announcement - New Friday Big Book Meeting

Beginning, January 1, 2010, the Last Chance Group will have a Closed Big Book meeting, Friday nights from 7:30 to 8:30 P.M.

Location: Good Shepherd Lutheran Church
 439 E Norvell Bryant Hwy, Hernando, FL.

Approximately 10 pages of the Big Book will be covered at each meeting, followed by group discussion.

Nice way to start the New Year, and subsequent weekends.

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**

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

46th International Women's Conference

Feb 11-14, 2010

Orlando, Florida

See web site for details

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)

Welcome to the Last Chance Group

The Last Chance group currently resides at the Good Shepherd Lutheran Church, 439 E Norvell Bryant Hwy – Hernando, FL. (That's on route 486, directly across the street from the Ted Williams museum.) Beginning January 1, 2010 our meetings will be held on the following schedule:

OD - Sunday night, from 7:30 to 8:30 P.M.

CBB - each Friday night, from 7:30 to 8:30 P.M.

On the last Sunday of each month, we celebrate the respective anniversaries of our members, and they get to tell a little of their 'stories.'

Our current membership numbers 31. We are served by Al M. and Gordon B., our GSR and alternate, respectively. John L. is our Intergroup Service Rep. Paige B. is treasurer, Bob B. is secretary, and Jackie D. maintains literature.

The Last Chance Group began in 1996, and was 'set up' by General Services on 8-9-96. It had 12 members, and met on Sunday nights at 8:00 P.M. Dick S. was our first GSR, Sandy S., the alternate. At the time, the group met on Roosevelt Ave in Beverly Hills.

The membership hovered between 10 and 12 up until 2003. After that, it began to grow, and this year, the group moved again from Shepherd of the Hills Church to Good Shepherd Lutheran. Roomy and comfy facilities, good coffee, and cake for all on anniversary night.

And, an open invitation to all AAs to visit...

My secret to a happy, joyous and free life...

On page 53 in the Big Book it states "*God wants us to be happy, joyous and free*". It further states on the same page "*our misery is of our own making*". In the Buddhist teachings the primary purpose is to relieve suffering. Buddha teaches that all our misery and suffering can be traced to our inability to deal with reality. I create my on misery by thinking of some negative past event, and use that event to punish myself in the present moment. I can also project into the future in the same way, bringing misery into my present moment.

The secret of being happy, for me, is to stay in the present moment. When my thinking strays into the past, seeking out those negative events, I must stop, say a little prayer, doesn't matter what prayer, and be grateful for the here and now. The same goes for pro-

"God's message to me is 'stay out of the way, but be ready!'"

This quote made no sense to me for many years. I mean, in the beginning the whole concept of "turn it over" and "surrender" was as foreign to me as speaking another language. I fought every step of the way to control every aspect of my life and was sure I could do it, too. As I worked the steps, though, I was confronted with the unmanageability and wreckage of my life, and I finally admitted that perhaps I didn't have all the answers.

As I began to surrender to the program, I felt like I was getting a lot of mixed messages. On the one hand I was told to, "let go and let God," yet then I was told to "suit up and show up." Which is it? I wondered. When do I need to use my will versus when do I turn it all over? This was all very confusing to me for a long time.

Over the years I've finally learned the difference. Today I know that it's my job to prepare to take the next indicated action to the best of my ability and to remain willing. The results, the actions and reactions of others, and many other things, however, are all in God's hands. Today I understand God's message to me is 'stay out of the way, but be ready.'

And by continuing to work the program one day at a time, I am.

Michael Z, printed with permission

jecting into the future.

Everything is a thought. Nothing happens unless it is preceded by a thought. Without thought, life would be completely blank. There would be no sun, no sky, no day or no night. Everything takes place within my little world, inside my mind. It is how I perceive the event that makes it joyous or miserable. I am responsible for my own happiness and my happiness centers in my mind and only in the *present moment*. Shakespeare says, "*There is nothing either good or bad but thinking makes it so.*"

Starting today practice being in the moment. Over time you will find that your outlook on life will change, the suffering will cease. The promise from the Big Book that God wants us to be happy, joyous and free will come true in your life as it has in mine.

John L.
Editor

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group	
Miriam S	12
Greg H	3
Last Chance Group	
Ron B	34
Frank F	24
Loraine F	24
Mary R	21
Joan C	19
Rainbow Group	
Steve T (Dec)	1
Price O	51
Kay K	16
Cheryl B	5
Richard M	4
Brad J	3
Thursday Share At Noon Group	
Gerhard	31
John T	26
John W	13
Women's Friendship Group	
Toni M	30
Gayle W	27
Arlene M	20

Group Contributions

	YTD	Dec
ABC Group	\$60.00	
Bright Spot	\$10.00	
Big Book 164	\$175.00	
Crystal River Big Book	\$200.00	
Crystal River Group	\$1,200.00	
Dunnellen Group	\$40.00	\$40.00
Floral City Men's Group	\$40.00	
Hernando's Mens	\$25.00	\$25.00
High Noon Group	\$100.00	
Holder Way of Life Gp	\$300.00	
Inverness Monday Night	\$186.00	\$36.00
Inverness Friday Night	\$240.00	\$80.00
Inverness Wed Night	\$87.00	\$25.00
It's In The Book	\$25.00	
Keep In Step	\$160.00	\$40.00
Last Chance Gp	\$19.25	
Monday Night Men's	\$200.00	
Never To Early Group	\$40.00	
New Beginnings-Dunn	\$100.00	
Night Cap	\$5.00	
No Name Group	\$310.00	
Rainbow Group	\$643.00	\$168.00
Share At Noon	\$150.00	
Sober Sand Nats	\$100.00	
What The Book Says	\$53.25	
Won Rebos	\$67.00	
Women's Friendship Gp	\$150.00	
Women to Women	\$60.00	
Women's N-Beginnings	\$129.00	
Women's House Power	\$10.00	
Yana	\$200.00	\$200.00
Monthly Totals	\$5,084.50	\$614.00

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

Store Closed through January 1st

Intergroup Hotline Report

Kurt's Hotline Report:

Total Calls.....	53
AA.....	34
AA At the Office	8
AA for Other Areas	4
Alanon.....	3
Detox.....	1
Wet.....	3

INTERGROUP SERVICES

What are the services that Nature Coast Intergroup provides to the AA community?

1. NEWSLETTER: Monthly newsletter with articles on recovery, group announcements and area activities.
2. HOTLINE: Intergroup volunteers are available to answer questions and provide assistance to anyone in need.
3. STORE: Provide ordering and inventory of AA material, gifts and popular material for sale.
4. GRATITUDE DINNER: Sponsor the dinner in November.
5. ALCATHON: Organize the Christmas and New Years Alcahthon.
6. COMMUNICATIONS: Provide once a month meeting where representatives from groups may communicate with one another.
7. WHERE n WHENS: With District.
8. BUSINESS CARD: With District
9. PAMPHLET: *What is Intergroup.*

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

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

INTERGROUP ELECTIONS JANUARY 2010

2—Trustee Positions

Open

Nominees are John W & Mel L

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.