



Nature Coast Journal



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Tradition 3—As Bill See's It

"Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

This is a sweeping statement indeed; it takes in a lot of territory. Some people might think it too idealistic to be practical. It tells every alcoholic in the world that he may become, and remain, a member of Alcoholics Anonymous so long as he says so. In short, Alcoholics Anonymous has no membership rule.

Why is this so? Our answer is simple and practical. Even in self protection, we do not wish to erect the slightest barrier between ourselves and the brother alcoholic who still suffers. We know that society has been demanding that he conform to its laws and conventions. But the essence of his alcoholic malady is the fact that he has been unable or unwilling to conform either to the laws of man or God. If he is anything, the sick alcoholic is a rebellious nonconformist. How well we understand that; every member of Alcoholics Anonymous was once a rebel himself. Hence we cannot offer to meet him at any half-way mark. We must enter the dark cave where he is and show him that we understand. We realize that he is altogether too weak and confused to jump hurdles. If we raise obstacles, he might stay away and perish. He might be denied his priceless opportunity.

So when he asks, "Are there any conditions?" we joyfully reply, "No, not a one." When skeptically he comes back saying, "But certainly there must be things that I have to do and believe," we quickly answer, "In Alcoholics Anonymous there are no musts." Cynically, perhaps, he then inquires, "What is this all going to cost me?" We are able to laugh

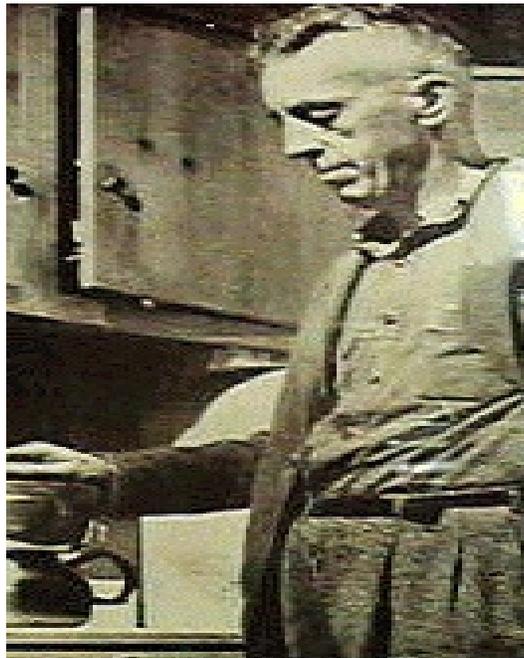
and say, "Nothing at all, there are no fees and dues." Thus, in a brief hour, is our friend disarmed of his suspicion and rebellion. His eyes begin to open on a new world of friendship and understanding. Bankrupt idealist that he has been, his ideal is no longer a dream. After years of lonely search it now stands revealed. The reality of Alcoholics Anonymous bursts upon him. For Alcoholics Anonymous is saying, "We have something priceless to give, if only you will receive." That is all. But to our new friend, it is everything. Without more ado, he becomes one of us.

Our membership tradition does contain, however, one vitally important qualification. That qualification relates to the use of our name, Alcoholics Anonymous. We believe that any two or three alcoholics gathered together for sobriety may call themselves an A.A. group provided that, as a group, they have no other affiliation. Here our purpose is clear and unequivocal. For obvious reasons we wish the name Alcoholics Anonymous to be used only in connection with straight A.A. activities. One can think of no A.A. member who would like, for example, to see the formation of "dry" A.A. groups, "wet" A.A. groups, Republican A.A. groups, Communist A.A. groups. Few, if any, would wish our groups to be designated by religious denominations. We cannot lend the A.A. name, even indirectly to other activities, however worthy. If we do so we shall become hopelessly compromised and divided. We think that A.A. should offer its experience to the whole world for whatever use can be made of it. But not its name. Nothing could be more certain.

Let us of A.A. therefore resolve that we shall always be inclusive, and never exclusive, offering all we have to all men save our title. May all barriers be thus leveled, may our unity thus be preserved. And may God grant us a long life --and a useful one!

Bill W.

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"My name is Bill K., and I'm an alcoholic"

I started every day with that fact in thought back in my professional days. I have to call them professional, cuz I'd made drinking my profession. I actually thought the same thing on most days. Back then, it didn't matter. I had a great, free life, good business, lots of money, lots of friends (I thought), a great wife, probably the most tolerant person in the world. It turned out all she was the best at 'detaching', but I still digress. I did at that time believed in God. Today, I actually have a relationship with my God, and it's an active relationship with real participation on my part.

When I came into the program after realizing that the booze wasn't working for me, and having come out of a five-week treatment program, I knew that everything in my life would have to change, starting with putting down the drink, and progressing to changing my attitude and my old habits on a day-at-a-time basis. I blamed no one but myself. That was the key. I had no enemies except myself, and I saw that through the program of Alcoholics Anonymous many others like myself had begun the transition from alcoholic to sober citizen.

I remember hearing in the intake interview of the treatment center: They said, "Everything you've done in your life got you here. Now you'll have to start listening to those who know better than you." and so I have.

Today, sometimes on a minute-to-minute basis, and more often than not on hourly basis, I can turn my will over to the care of my Higher Power and in return receive help and direction; This was the thing that I'd never did or cared to do before. My new relationship with my Higher Power, whom I choose, like so many others to call God, has been the best thing to happen to me in my life and I appreciate it deeply. If there's a better way of life than this, I can't wait to live it-- But in the meantime, thanks to the AA program and my new, 'God-consciousness' THIS one ain't too bad.

Bill K—Hernando Men's Group

2 women ...one recently widowed

Judy..."Yes, he was a good man except when he drank. Then he wouldn't work hit the kids and me and carried on with loose women. Then the drink killed him"

June..."Tsk! Tsk! Sooo, he didn't like AA?"

Judy..."Oh My No! He never went.. he wasn't that bad."

Area Events

Details on our web site

Area Assemblies 2010

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**

Founders Day

Florida Style

Jun 4-6, 2010

Tallahassee, FL

75 Years of

Alcoholics Anonymous

San Antonio TX

July 1-4, 2010

August 11-14, 2010

54th AA Florida State

Convention

Miami, FL

August 26-29, 2010

52nd ICYPAA

International Convention of

Young People

New York, NY

After long and solemn deliberation Pat and Mike had decided to swear off and were on the way to the priest's to take the pledge. En route they came to a saloon.

Said Mike to Pat: "Let's stop in for our last drink together."

Said Pat to Mike: "No, indeed.

The Father might smell it on our breaths. Better wait till we come back."

**THE HIGH NOON GROUP
INVITES EVERYONE TO
JOIN US FOR OUR ANNUAL
EASTER SUNDAY
DINNER**

Where: St. Benedict's Church

Time: 3pm-5pm

Menu: Turkey and Ham

(YOU ARE WELCOME TO BRING A
SIDE DISH IF YOU CHOOSE)

FREE FREE FREE FREE

4th Step Workshop

Apr 17, 2010 @ 10 AM

Our Lady of Fatima Catholic Church
Inverness, FL

Doors open 9:30 AM for coffee/donuts

Bring Big Book, 12&12, pen/note book.

Work sheets provided.

Call Willye: 601-5362 Ellen 726-2074 or Jay
212-0234

Sponsored by Resentment Group and Attitude
Adjustment Group

March 19 - 21st, 2010

Soberstock 2010

Tampa Bay, Florida



[Click to visit website for info](#)

AA provided for me a means by which I could overcome the compulsion to drink, and, more important, a means by which I could achieve a personality change, or spiritual awakening -- a surrender to life.

Though I have had problems and deep troubles since that summer many years ago, my faith has not been shaken. I cannot say that I have found God, as I understand Him, but rather that I have faith in Something which remains a mystery to me and which I continue to seek.

© 1973 AAWS, *Came To Believe . . .*, p.59

COULD THEY ALL BE WRONG?

There are so many books on the market today dealing with the way in which we think. Some books were published 75 years ago, while others 4,000 years ago, and they all say the same thing. What I think about is the way my life will unfold. Could they all be wrong? Is it possible that I already have the ultimate tool for a success? The evidence is overwhelming in favor of YES. My thinking does control my life's outcome.

Several years ago after pondering this idea, I came to the conclusion, that they're just maybe something to this new way of thinking. What did I have to lose by practicing it; let's say for a year, and see what happens.

After thinking about this for some time, I did take the suggestions and looked at my daily life in a different way.

1. Bad things became learning experiences.
2. Financial setbacks became a chance to grow.
3. Depression became a chance to move closer to God.

This new way of thinking was very difficult in the beginning. The more I practiced the better I became. Now, after doing this for many years, it has become second nature. I now look at the world through a "new pair of glasses" as Chuck C puts it.

Thanks to an open mind, the influence of friends and a God who wants me to be "happy, joyous and free", I have reached that state of mind today. The process was slow but I kept putting one positive thought in front of another and before long it happened. I was a free man.

Being a believer myself today, I beg of you to look at the way your life is going and see if it is in line with the way you think. If you're not happy with the results you have now, give this method a chance and watch as the sunlight of the spirit begins to shine.

*John L
Editor*

I received the following letter and contribution at the Intergroup meeting Sunday:

46th International Women's Conference Orlando, Florida 2010

February 28, 2010

Dear Nature Coast Intergroup,

Please find enclosed a check for \$2500. The check is a contribution from the 46th Women's International Convention which was held in Orlando Florida February 11th-14th of this year.

Many hard working women, in your area, served and participated in the Conference, helping to make it a great success. It is our privilege to make this contribution to help you carry the message to the still suffering alcoholic

In love & Service,

Marilyn E Balliet—Treasurer

A B C's of Recovery

A is for attitude
A positive is good
B is for behavior
Change it we should
C is for changes
In our lives we will make
D is for Determination
We know it will take
E is for effort
Recovery will need
F is for faith
Growing stronger indeed
G is for God
Strength from above
H is for hope
A feeling to love
I is for involved
In groups that care
In knowing they're there
J is for joy
K is for killing
"this disease wants us dead"
L is for life
We're living instead
M is for meditation
Done every day
N is for "newcomer"
Let's show him the way
O is for opportunities
In recovery they're great
P is for patience
Learning to wait
Q is for quest
For serenity we'll find
R is for recovery
First in our mind
S is for simple
Keep it we must
T is for training
From people we trust
U is for up
The direction to go
V is for victory
We'll gain as we grow
W is for willingness
To make our wrongs right
X is for expectations
Our goals are in sight
Y is for yearning
For peace and harmony
Z is for zenith
Height attained through recovery

Now we've seen recovery from
A to Z
Life does get better
Work hard and we'll see

Jim R. 2/26/99

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group
 Butch P 8
 Joe F 8
 Wayne L 8
 Lucy J 1

Floral City Men's Group
 Jim M 10
 Reese 9
 Tom M 1

High Noon Group
 Shirley M 28
 Dale Mc 27
 Jack H 26
 Ned C 23
 Andrea H 9
 Barry W 4
 Cherie K 2
 Tina B 2

Holder Way of Life
 Larry M 33
 Blu A 27
 George N 22
 John R 1

Last Chance Group
 Al M 30
 Katie M 3

Rainbow Group
 Brandt S 25
 Barbara E 2

Thursday Share At Noon Group
 Lisa L 4
 Linda D 3
 Rane 3

Wednesday Inverness Step
 Mel L 33

Woman's Friendship Group
 Evonne H 27
 Verna C 12
 Ursula S 5

	YTD	Feb
ABC Group	\$0.00	
Bright Spot	\$0.00	
Big Book 164	\$84.00	\$84.00
Crystal River Big Book	\$0.00	
Crystal River Group	\$0.00	
Dunnellen Group	\$0.00	
Floral City Men's Group	\$0.00	
Hernando's Mens	\$0.00	
High Noon Group	\$0.00	
Holder Way of Life Gp	\$100.00	
Inverness Monday Night	\$0.00	
Inverness Friday Night	\$0.00	
Inverness Wed Night	\$0.00	
It's In The Book	\$0.00	
Keep In Step	\$40.00	\$40.00
Last Chance Gp	\$9.96	
Monday Night Men's	\$0.00	
Never To Early Group	\$0.00	
New Beginnings-Dunn	\$0.00	
Night Cap	\$0.00	
No Name Group	\$0.00	
Rainbow Group	\$0.00	
Share At Noon	\$50.00	
Sober Sand Nats	\$25.00	
What The Book Says	\$0.00	
Won Rebos	\$37.50	
Women's Friendship Gp	\$100.00	
Women to Women	\$0.00	
Women's N-Beginnings	\$0.00	
Women's House Power	\$0.00	
Yana	\$0.00	
Monthly Totals	\$446.46	\$124.00

Visit WWW.NCINTERGROUP.COM for more

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. Wednesday Inverness Step Group, Chara Woman's Friendship Group

Intergroup Hotline Report

Hotline Report:

Total Calls	145
AA	114
AA at the Office	8
Out of town.....	15
Alanon	1
Detox	6
Anonymous.....	1

NOTICE: Intergroup meeting for May will be on the 23rd due to Memorial Day.

The following groups were represented at the Intergroup meeting for February

Big Book 164, Brightspot Group, Last Chance Group, Night Cap Group, Crystal River Group, Floral City Men's, Holder Way of Life, Rainbow Group.

If your representative is not listed then your group was not represented. Lets make an effort to have 100% participation.

When God gave out brains, I thought He said trains, and I missed mine;
 When He gave out looks, I thought He said books, and I didn't want any;
 When He gave out noses, I thought He said roses, and I ordered a big red one;
 When He gave out legs, I thought He said kegs, and I ordered two fat ones;
 When He gave out chins, I thought He said gins, and I ordered a double;
 When He gave out heads, I thought He said beds, and I took a nice soft one;
 Boy, am I a mess!

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—JOHN W

SANDY H—MEL L

HOTLINE

ROCK

(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

An alcoholic is one who drinks TWICE AS MUCH of what he shouldn't drink HALF AS MUCH of as the fellow who drinks NOTHING.

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.