



# Nature Coast Journal



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## BELIEF & FAITH

Believing is the beginning of anything we accomplish in our life. If we don't believe something is possible, we usually won't even bother to try it. If you want to change, you have to first believe that you can change. That's what Step Two is all about. In Step One we admit that we have to make a change...in Step Two we believe that such a change is possible. If you don't believe you can change, you won't.

Many people confuse belief and faith. But faith and belief are very different. Belief comes before an action or decision...faith only comes afterward, as the result of an action or decision. There is a huge difference between just believing in something and knowing it, having genuine faith in it.

I heard a great illustration of this difference in a Big Book study. Suppose you've just moved to a new town where you do not know anyone. Your car needs repairs and you don't know where to take it to get fixed. You introduce yourself to your neighbors and ask them if they know of a good mechanic in town. They recommend a fellow named Frank. "Frank does good honest work and we've been taking our cars there for years." So you decide to take your car to Frank.

Now you've never met Frank, and you've only known the neighbors who recommended him for a few minutes. But you decide to take your car to Frank because you believe that your neighbor is telling the truth. You don't have faith in Frank yet, only belief. But that belief is enough for you to make a decision and take action.

So Frank works on your car, fixes it correctly and promptly, and charges a fair price. You are pleased with the work done, so when you have another problem with your car a year or so later, you take it back to him for repair. This time, though, you're going back to Frank on faith, not just on belief. You have faith he can fix your car well, based on your actual experience.

In Step Two, we come to believe in the possibility of change and in the possibility of a Power that can make that change happen. In Step Three, we make a decision based on that belief. Today I have faith in that Power because I was willing to believe and made a decision to take action. That faith is not based on any hope or wish, but on my own actual experience. But I couldn't get to that faith, without choosing to believe first.

"Belief is the cause of our actions...faith is their result."  
*Anonymous Internet*

## "Wisdom is knowledge you learn after you know it all."

You couldn't tell me anything before I entered recovery because I knew it all. I had all the answers for my life, and I had all the answers for yours, too, and I was quick to tell you about it. In fact, my favorite saying back then was, "Those who think they know it all are really annoying to those of us who do!"

When I came into the program, I brought all my opinions into the rooms with me. At first I tried to do things my way and thought I had better answers than you. I mean, "Turn it over"? "Let go and let God"? That may work for you, but I was sure I knew better. 90 days later, though, I was drunk!

When I finally admitted that I didn't know how to stay sober, I became willing to admit that perhaps I didn't know everything after all. That was the moment I became teachable, and it was the moment I began to recover. The longer I'm in the program, the more I realize that many times what I think I know, just ain't so.

Today I'm quick to admit that I don't have the answers, and when I do I become open to the wisdom that lies beyond.  
*Michael Z*

**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

RECIPE FOR MAKING A MOUNTAIN out of a molehill:

1. Start with a generous portion of negative thinking.
2. Add a small problem and self-centered fear.
3. Stir in a few worst-case scenarios.
4. Beat continuously so there's no time to think anything through.
5. Stew for hours.

*Jim O. New York*

## The Lois Wilson Story, When Love is Not Enough

"Thank God for Lois Wilson who kept Bill alive to start AA for us."  
Please mark your calendar and invite everyone one you know to see this wonderful tribute to Lois on Sunday, April 25th at 9pm on TV.

### Healing the Past

My past only becomes real when I remember something that happened a long time ago and bring that memory into the present moment. Nothing happens outside of the present moment. Life happens in the here and now. Past events are only thoughts. They are not reality. Remembering that the past cannot hurt me anymore, I can

*Nothing happens outside of the present moment*

change. When I change what I am thinking the past goes back where it belongs. The more I practice this the quicker it retreats and the more I stay in the reality of the present moment. Prayer helps me to change the way I am thinking. Thank you God for these little gifts, which help me to stay sane for one more day.

*John L-Editor*

*The more I learn of others' problems, the more my own problems automatically dissolve. --Tarthang Tulku Rinpoche*

### Newcomer

The second part of Step Eight says, "became willing to make amends to them all." I have to admit that this is a lot harder for me than simply recognizing that I've caused harm. I don't know if I'm ready to talk to certain people.

### Sponsor

The willingness to make amends to everyone we've harmed, even those who may have harmed us, is something that we don't have to force or strive for. We become willing as part of yet another gradual process in recovery. We have begun to recognize that everything is interrelated, that whatever we've done to others, we've also done in some measure to ourselves. This is true not only of any harm that we've done, but also of the compassion that we've begun to feel. As we come to understand the impact of addiction on our lives, as we release our secrets and are met with gentleness and understanding, as we participate in the healing laughter at meetings, we replace old feelings of shame with compassion. Our new capacity to feel compassion for ourselves restores and revitalizes our understanding and care for others.

We become willing to make amends when we realize that in doing so, we are healing ourselves.

The **Floral City Men's Group**, (Floral City, FL.) had it's first meeting in late 1993. Founding members were Big Mike, Mike S., Ed A., Ken P., and a few others that I can't remember at the moment. In it's beginning years the group organized several Alcathon's, a dance, a couple of breakfasts, and several Group Family nights. Some of the members organized trips to speak at various group meetings, and hosted groups that would come in and speak here. The group split into north and south County back in '04, and the majority went with the new meeting, the **Hernando Men's Group**, which is located in The New Beginnings Fellowship in Hernando, at 7:30PM. It is on Hwy.41 next to ACE Hardware. The original group in Floral city has remained, and has grown. Of the original group members, only a few remain, but the group goes on, the A.A. way. - by Bill K, Hernando Men's Group

### 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*

*Feb 10-13, 2011  
47th International  
Women's Conference  
Anchorage, Alaska*

### Obituaries

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

**Price O.** with 51 years of sobriety passed away on March 25, 2010. He was an original member of the Attitude Adjustment Group.

**Roy W.** of the ABC Group passed away last month with 22 years of sobriety.

**Joe L.** passed away March 10, 2010 with 3 years of sobriety. He was a member of the Floral City Group. His struggles with cancer were an inspiration to all.

## From One to Another— Ernie P

“Hi... How are you today?” I think that quotation gets used 20 times a day in the meetings that I go to. I always answer “just fine”. Am I really fine or just going through the motions. We all wear a mask for different reasons. If a person puts out his hand do I shake it because I want to or just to please them? If they give me a hug do I hug him back or am I just going through the motions. I would like to believe that when I hug someone it is because I'm there for them and not trying to get something for myself. They are there for me if I need them as well. It's a two-way street. The same goes for hand shaking. I believe I shouldn't push too hard on anyone because I have no idea how they are feeling at this moment. We all feel different about hand shaking and hug-



ging. I tend to walk softly until I know how the other person is going to react. We are all different with mixed emotions. The one thing we all have in common is the desire not to drink anymore. This is why we are here. It all comes down to respect. Respect everyone in the rooms for what they are and try to understand where they are coming from. To put it bluntly I need every person in the rooms in order to stay sober. And that's it in a nutshell.

One thing I have come to realize is that when I hug and shake hands in this program I create a bond like no other in this world. I believe it is a gift from my Higher Power which I prefer to call God.

So have a good 24 hours.

*My name is Ernie P and I am an alcoholic from The Attitude Adjustment Group.*

## An Easier & Softer Way..for the Newcomer

**Step 1:** I had an "Old Clunker" parked in the driveway. I had just about given up on it, but decided to make a whole hearted attempt to restore it.

**Step 2:** I couldn't fix it, but I came to believe someone could.

**Step 3:** I turned the car over to a mechanic.

**Step 4:** I took an inventory of all that was wrong with the "Old Clunker."

**Step 5:** I shared the inventory with the mechanic.

**Step 6:** I helped take off the old parts.

**Step 7:** I let the mechanic handle the rest.

**Step 8:** We made a list of all the parts that were needed, and got together and went over them.

**Step 9:** I admitted I hadn't checked the oil and fluids properly, or fixed the other things that were going wrong. It was my responsibility to take care of the car, and I had not. I wanted to help, but being unfamiliar with the process, I allowed the mechanic to fix things. The car turned out beautifully!

**Step 10:** I checked the oil, fluids, tires etc. more regularly, and when I didn't the engine didn't hummmmm.

**Step 11:** I called on the mechanic whenever there was trouble, asking him to fix the car.

**Step 12:** That mechanic and I had become such close friends... we decided to take a trip across the country, and stopped to help all that needed it along the way.



**ANNIVERSARIES:**

Deadline for submissions is the Thursday following Intergroup meeting

**Dunellen Group**  
Keith ..... 3

**Floral City Group**  
Butch P (Mar) ..... 8  
Joe F (Mar) ..... 8  
Wayne L (Mar) ..... 8  
Lucy J (Mar) ..... 1

**Floral City Men's Group**  
Jim M (Mar) ..... 10  
Reese (Mar) ..... 9  
Tom M (Mar) ..... 1

**High Noon Group**  
Mike M. .... 26  
Dave K. .... 24  
Ken ..... 21  
Rick C. .... 11  
Martha C. .... 7  
Jeanie Z. .... 6  
Dan Y. .... 6  
Cris G. .... 6  
Lori C. .... 6  
Terry S. .... 3  
Marcus L. .... 3  
Nancy G. .... 3  
Wayne B. .... 3  
Luther B. .... 3  
Joan H. .... 2  
Dave R. .... 1

**Last Chance Group**  
Jim H ..... 38  
Marlene H ..... 29  
Sue Ann A ..... 20  
Katie M ..... 19

**Rainbow Group**  
Donna L ..... 20  
Sue Ann ..... 20  
Ted L ..... 5  
Mike S ..... 4  
Brian P ..... 3  
Kate J ..... 2  
Tammi G ..... 1

**Thursday Share At Noon Group**  
Phil G ..... 3

**Woman's Friendship Group**  
Gloria D ..... 36  
Lu-Anne D ..... 33  
Pat O'B ..... 28  
Candice A ..... 27  
Liz R ..... 19  
Fredericka L ..... 2

	YTD	Mar
Big Book 164	\$84.00	
Crystal River Group	\$140.00	\$140.00
High Noon Group	\$100.00	\$100.00
Holder Way of Life Gp	\$100.00	
Inverness Monday Night	\$150.00	\$150.00
Keep In Step	\$40.00	
Last Chance Gp	\$9.96	
Share At Noon	\$50.00	
Sober Sand Nats	\$75.00	\$50.00
Won Rebos	\$37.50	
Women's Friendship Gp	\$100.00	
Women's N-Beginnings	\$50.00	\$50.00
Yana	\$100.00	
<b>Monthly Totals</b>	<b>\$1,036.46</b>	<b>\$490.00</b>

**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: John W. Big Book 164, Rich G. Keep in Step, Don P. Share at Noon, Mel L. Wednesday Inverness Step, Char S. Woman's Friendship Group, Pat H. Holder Way of Life

Intergroup Hotline Report

Hotline Report:

Total Calls.....	151
AA.....	138
Wet.....	1
Alanon.....	3
Detox.....	3
Rides.....	6

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

**The following groups were represented at the Intergroup meeting.**

Big Book 164, Bright Spot Group, Her-nando Men's, Night Cap Group, Crystal River Group, Inverness Friday Night, Monday Night Men's Step, Sober Sand Gnats.

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

**NOTICE:** The book store now has a lending library of audio tapes with AA speakers. There are over 100 ready to borrow and many more coming. Drop in and see Mel and sign out some real good speakers tapes.

Watch your 'Thoughts,' they become words.  
Watch your 'Words,' they become actions.  
Watch your 'Actions,' they become habits.  
Watch your 'Habits,' they become character.  
Watch your 'Character,' for it becomes your Destiny.

There are three enemies of personal peace:

1. Regret over yesterdays' mistakes.
2. Anxiety over tomorrows problems
3. Ingratitude for today's blessings

**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](http://www.ncintergroup.com)

**JOURNAL**

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[news@ncintergroup.com](mailto: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](http://www.ncintergroup.com)

