



Nature Coast Journal



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SPIRITUAL SAILING

“We can’t control the direction of the wind, but we can adjust our sails.” This quote has been very helpful in changing my attitudes at difficult times during my life. “Keep your hand on the rudder, but allow God to guide the way”, is another one that helps me to understand my part in any situation.

As chaos begin to arise, influences start pulling my thoughts and emotions in uncontrollable directions. The extreme thinking causes frustration, fear, irritation and anger to build in my mind. While I allow my thoughts to be buffeted by each storm, I am reduced to needless suffering, as are those around me. By simply reducing the sailcloth (reducing the negative energy I allow to occupy my mind), adjusting the sail angle (changing my perspective), God may lead me toward a more controllable, forward moving, productive journey.

When I take my hand off the rudder, I drift



without purpose, in a useless direction (faith without works). This drifting leads me closer to depression, emptiness, darkness and hopelessness. When I grip the rudder to tightly, I cannot feel God’s presence and direction. I may oversteer to the right (reason driven) or to the left (emotion driven) and find life going in circles. Until I ease my grip, I’ll not be in harmony with Spirit, not knowing Peace, nor feeling the drifting currents beneath my feet.

So today I am learning to trim my sails toward Love, Faith and Forgiveness during each storm while holding firmly to the rudder until it passes. Once the storm passes I can open my sails again to be filled with the Spirit wind. I can loosen my grip, feel the love that Spirit offers, and let that power propel me through this beautiful journey called life. Each time I experience such an event, I can choose the outcome. It can be learning and changing or repeating the event over and over until I learn the lesson. The choice has always been mine...

Anonymous – Citrus County

Each day a new beginning...

Growth of understanding follows an ascending spiral rather than a straight line

We each are traveling our own, very special path in this life. At times our paths run parallel to each other. On occasion they may intersect. BUT we do all have a common destination: knowledge of life's meaning. And we'll arrive at knowledge when we've arrived at the mountain's summit, separately and yet together.

We do not go straight up the side of the mountain on this trip. We circle it, slowly, carefully, sometimes losing our footing, sometimes backtracking because we've reached an impasse. Many times we have stumbled, but as we grow in understanding, as we rely more and more on our inner strength, available for the taking, we become more sure-footed.

We have never needed to take any step alone on this trip. Our troubles in the past were complicated because we did not know this but now we do. Our lifeline is to our higher power. If we hang on to it, every step of the way will feel secure. The ground will be stable under us.

Joanna Field

My Favorite Subject - Attitude

The longer I live, the more I realize the impact that attitude has on my life.

Attitude, to me is more important than fact. It is more important than the past, than education, than money, than appearance, than circumstances, than successes, or even what other people think, say, or do about or to me. It will make or break a company, a church, a home or a person. The remarkable thing is that I have a choice what my attitude will be for that day.

I cannot change my past. I cannot change the fact that people will not act the way I want them to. The only thing I can do is play my song on the one string that I have, and that string is my attitude at this moment.

I am convinced that life is 10% what happens to me and 90% of how I react to it. And so it is with all of us. I am playing MY song, just for today?
John L - Editor

When a person drowns himself in negative thinking he is committing an unspeakable crime against himself.

-- Maxwell Maltz

Negative thoughts can rule our lives as compulsively as an addiction. The feelings of power we get from holding a dismal and gloomy outlook deprive us of the positive and pleasant parts of life. Some of us have said, "If I expect the worst, I won't be disappointed. If I think the worst about myself, no one else can cut me down." It is like taking a driving trip and looking only for trash and garbage in the ditches, ignoring the beauty beyond. Indeed, what we see may be real, but it is a very limited piece of the picture.

When we have relied on negative thinking, it feels risky to give it up. We cannot do it in one day. We can begin by imagining ourselves with a more open attitude toward ourselves and the world. Then we can try it out as an experiment in little ways, with no commitment. Finally we reach the point where we can take a risk and entrust our Higher Power with the outcome.

Today, I will experiment with hopeful and positive thoughts about what happens.

Gratitude Dinner will be here soon....

Your Nature Coast Intergroup will be hosting the Gratitude Dinner again this year at the Our Lady of Fatima Church on November 7th.

We are presently looking for volunteers for the various committees.

If you're interested in helping, contact John L at 727-560-3247 or email NEWS@NCINTERGROUP.COM

Most positions will only require a few hours of your time. Last year the committee members had a great time and our efforts were appreciated by one and all who attended.

Main Course Committee-Other Food items-Hall Setup-Hall Cleanup-Door Prizes Committee-Greeters-Finding a Speaker Committee

We will be meeting the 2nd week of October.

Tickets go on sale the 1st of October and will be available from your Intergroup Representative

Area Events

Details on our web site

Area Assemblies 2010 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**

September 3-6, 2010

*24th Tampa Bay
Fall Roundup*

November 7, 2010

NCI Gratitude Dinner

November 26-28

*20th Gratitude Round-Up
Diamondhead, MS*

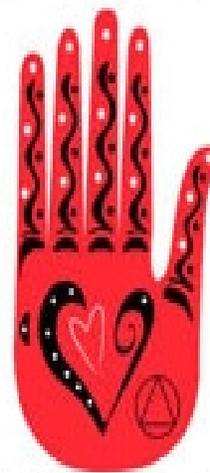
December 3-5, 2010

*23rd Men's Retreat
See Web Site*

Feb 10-13, 2011

*47th International
Women's Conference*

47th I.W.C



Anchorage, Alaska

Sponsored by Nature Coast Intergroup

2010 Gratitude Dinner

Chicken, with Pot Luck Side Dishes, Deserts

Date: November 7

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

Donation: \$3.00

Speaker: TBA

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

Letters to the Editor:

Opinions are that of the writer and not of Alcoholics Anonymous, the Editor, Nature Coast Journal or NC Intergroup.

Dear Journal Editor,

I don't expect you to put this email in the Journal but if you do please delete my name. I just need to vent my frustrations in the way some old timers speak at anniversary or speaker meetings. Not all but many go on and on about the disease. It is suggested that we share in a GENERAL way what it was like. I have been sober over 10 years and still remember what it was like to be a drunk and do not really need to hear 30 to 40 minutes of drink by drink, year by year sickness. Then they finish with 5 minutes about their 25 or 30 years in the program.

*I for one what to hear about **how you stayed sober** when the wife left, you lost your job, had the bank take your home, was diagnosed with a serious illness or buried a close friend and you didn't drink. Teach me how to stay sober. I already know what it was like to be a drunk. Sometimes the old timers forget that the rest of us know that already. You don't have to prove anything to me.*

Sorry to bend your ear on this but I really wish that our old timers would spend more time teaching and less time telling just how sick they really were.

I am just another Citrus County alcoholic who wants to remain anonymous because I don't want to be singled out as the bad guy. I also know that many others share my feelings on this but are afraid to speak out.

Enough with the drunk stuff and more recovery please...

The Paradoxes

1. We SURRENDER TO WIN. On the face of it, surrendering certainly does not seem like winning. But it is in A.A.. Only after we have come to the end of our rope, hit a stone wall in some aspect of our lives beyond which we can go no further; only when we hit "bottom" in despair and surrender, can we accomplish sobriety which we could never accomplish before. We must, and we do, surrender in order to win.

2. We GIVE AWAY TO KEEP. That seems absurd and untrue. How can you keep anything if you give it away? But in order to keep whatever it is we get in A.A., we must go about giving it away to others, for no fees or rewards of any kind. When we cannot afford to give away what we have received so freely in A.A., we had better get ready for our next "drunk." It will happen every time. We've got to continue to give it away in order to keep it.

3. We SUFFER TO GET WELL. There is no way to escape the terrible suffering of remorse and regret and shame and embarrassment which starts us on the road to getting well from our affliction. There is no new way to shake out a hangover. It's painful. And for us, necessarily so. I told this to a friend of mine as he sat weaving to and fro on the side of the bed, in terrible shape, about to die for some paraldehyde. I said, "Lost John" - that's his nickname - "Lost John, you know you're going to have to do a certain amount of shaking sooner or later." "Well," he said, "for God's sake let's make it later!" We suffer to get well.

4. We DIE TO LIVE. That is a beautiful paradox straight out of the Biblical idea of being "born again" or "losing one's life to find it". When we work at our Twelve Steps, the old life of guzzling and fuzzy thinking, and all that goes with it, gradually dies, and we acquire a different and a better way of life. As our shortcomings are removed, one life of us dies, and another life of us lives. We in A.A. die to live.

2003, AAWS, Inc., Experience, Strength & Hope, pages 155-156

Middle of the Road

"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. It's like the cell of an underground. "In other sections, we see exactly the reverse. It is difficult to restrain A.A.'s from shouting too much before the whole public, by going on spectacular 'lecture tours' to play the big shot.

"However, I know that from these extremes we slowly pull ourselves onto a middle ground. Most lecture-giving members do not last too long, and the super anonymous people are apt to come out of hiding respecting their A.A. friends, business associates, and the like. I think the long-time trend is toward the middle of the road - which is probably where we should be."

LETTER, 1959 by Bill W.

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group	
Shannon.....	1
Floral City Men's Group	
Rubin	5
Mike	5
Holder Way of Life Group	
Mickey B	16
Kathy K	7
Inverness Monday Night Group	
Patti C	14
Rainbow Group	
Pete P	33
Tim K	14
Willie T	12
Michael F	8
David A	8
Keith I	7
Bobby E	7
Jack L	2
Richard M.....	1
Janet R.....	1
Sober Sand Gnats Group	
Bill F	23
Thursday Share At Noon Group	
Stan	20
Marilyn	12
Joan T	1
Woman's Friendship Group	
Susan J	29
Madge	11
Shirley C	9
Gail M	7
Cathy K	7

Group Secretaries: One of the duties of secretary is to track membership and send to the Journal the name and year of the persons anniversary so we can show that the program is working here in Citrus County. I feel that we have missed a lot this month.

Group Contributions

	YTD	August
ABC Group	\$30.00	
Attitude Adjustment		
Bright Spot		
Big Book 164	\$134.00	
Crystal River Group	\$190.00	\$50.00
Dunnellen Group	\$25.00	\$25.00
Floral City Men's Group	\$50.00	
Hernando's Mens		
High Noon Group	\$100.00	
Holder Way of Life Gp	\$200.00	
Inverness Monday Night	\$150.00	
Inverness Friday Night	\$160.00	
Inverness Wed Night	\$20.00	
It's In The Book	\$25.00	
Keep In Step	\$40.00	
Last Chance Gp	\$77.95	
Monday Night Men's		
Never To Early Group	\$50.00	
New Beginnings-Dunn	\$25.00	\$25.00
Night Cap		
No Name Group		
Rainbow Group	\$266.97	
Share At Noon	\$150.00	\$50.00
Sober Sand Nats	\$200.00	
What The Book Says	\$45.00	
Won Rebos	\$187.50	
Women's Friendship Gp	\$100.00	
Women to Women		
Women's N-Beginnings	\$50.00	
Women's House Power		
Yana	\$114.31	\$14.31
Monthly Totals	\$2,390.73	\$164.31

INTERGROUP OFFICE/BOOKSTORE

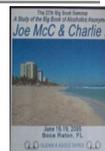
111 W. MAIN ST.
RM 305
INVERNESS, FL 34450
352-344-0290

OPEN: MON, WED, FRI 10AM-4PM SAT CLOSED

Store volunteers: John W-Big Book 164, Darrel M-Floral City Men's, Rich G-Keep in Step, Carol M-Attitude Adjustment, Stacy C, Resentment Group, Janet Bruno, Attitude Adjustment-Dennis S, High Noon Gp-Jim L, Inverness Monday Night



New to the Bookstore:
Audio Lending Library CD's
In addition to cassettes, we have many CD's to include:



Complete Set of Father Joseph Martin (Chalk Talk)
10-CD sets of Joe and Charlie-Big Book
Convention speakers including Florida

Stop in and browse through our selection.
AND THEY ARE FREE TO CHECK OUT

Intergroup Hotline Report

Hotline Report:

Total Calls	
AA	
Wet	
Alanon	
Detox	
Calls to the Store	

If you would like to be a volunteer for the 12 Step List just call the Hotline number and give them your information. Groups can download a sign up sheet from the web site and pass it around at meetings.

The following groups were represented at the Intergroup meeting.

Attitude Adjustment, BB164, Bright Spot Group, Dunnellon Group, Floral City Gp, Floral City Men's, Night Cap Group, Crystal River Group, Inverness Friday Night Group, Sober Sand Gnats, Women's Friendship Gp,
If your representative is not listed then your group was not represented. Lets make an effort toward 100%

Nature Coast Intergroup welcomes visitors to our business meetings. We will be electing new officers and Trustees later this year. Come see us in action and maybe you will join us in service to our fellow AA's.

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—OPEN

HOTLINE

ROCK

(352) 621-0599

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www.ncintergroup.com

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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

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.
- Winston Churchill