



# Nature Coast Journal



## LETTER OF GRATITUDE

*October 11, 2010*

My wife and I were both active alcoholics, raising children, managing our small business, and devoting a lot of energy to hiding our drinking. We both started drinking very young, which helped us deal with the “pain” of life. The thing we used to help us deal with the pain ironically became very painful itself. Our last drunk went too far and our marriage was heading for destruction. We tried everything to stop drinking, over and over again and then it happened... my wife called the AA Hotline and went directly to a meeting. Three days later I attended my first AA meeting.

I could not understand what I was hearing, as I was desperate and without hope. I was angry with myself, my wife, and did not like the message I heard in the meeting. I knew I needed help and help was exactly what I received. The roller coast-

er ride began but it was much better than the merry-go-round I had been on for the last 32 years.

Thanks to the Grace of God, the fellowship of Alcoholics Anonymous, and the 12 Steps of Recovery, I have learned no matter what happens to me in life... I DON'T HAVE TO DRINK. Today Alcoholics Anonymous has given both my wife and I freedom and hope. It has restored our marriage and our sanity. More importantly it has taught us how to have an invaluable relationship with our Higher Power. We once walked together in the darkness of this cunning disease, but now we walk together in the light of recovery.

My last drunk was my very best; it was the one that got me through the doors of Alcoholics Anonymous. I am forever grateful to God for leading me to AA and for the program of AA leading me back to God.

*Sincerely,  
Steve C - High Noon Group*



## Am I Grateful?

Do I thank the coffee maker for showing up early, setting up the hall, putting out snacks and cleaning up after the meeting or do I just expect because I'm a AA member that it will be automatically done for me?

Do I give thanks to my Intergroup and District Representative for giving of their time to attend the monthly meetings, representing my group and bringing back the latest announcements or information?

How about the Intergroup and District Officers? Oh, and the Hotline as well. And then what about the committees like the Gratitude Dinner, Corrections, Public Information, Alkathon's, Thanksgiving Dinners, Cookouts and many others? These are members who are giving of themselves to carry our message.

Then there are those behind the web site and the newsletter. Have I ever shown my appreciation those hard working members?

I need to remember that all of these positions are held by AA members who believe that giving back to our program is the way to insure that it will continue. Without these dedicated members AA in Citrus County would probably not be what it is today or may not be at all. There isn't always someone willing to do the work. I personally have seen a hundred meetings close because members would not take the positions necessary to keep it going and I have been guilty of that as well.

I took a moment the other night to thank the coffee maker. He was surprised and pleased that I took the time to thank him. He said that was the first time anyone had show their appreciation of his service.

During this Gratitude Month and coming months, I will take the time to show my appreciation to those who serve.

*Anonymous*

## THE WOMEN'S STORIES

I love jail--the kind where I bring an AA meeting and then get to leave afterward. Last night I went to the small county jail where a few of us bring a meeting. I was the only one able to attend from the outside. The officer said I could expect at least one woman. Well, five showed up and that, my friend, was a record. The women ranged in age from 18 to 49, some with no children, some with as many as seven children, and expressed various degrees of willingness. Listening to their stories, I was reminded of where I had been and where I will go if I drink again.

Recently, my sponsor was reminding me that my job as a sponsor (and I can generalize this to Twelfth Step work) is to share my experience, period. The end

result is that I stay sober, no matter what happens to the other person. I do hope all five women stay sober but the one thing I knew for sure, leaving that jail last night, was that I had some more insurance against a drink.

I know jail work may not be for everyone, but it is definitely my passion in AA. It seems impossible to adequately convey how I felt on the drive home, but I know a large part of it was closeness to my Higher power. Sometimes the path is unclear, but when I am carrying the message (and not expecting anything in return) that is when I feel closest to God--full of joy, peace, gratitude and a whole lot of willingness to go to any lengths to stay sober.

Ariana P.  
Lawrence, Kan.  
*The Grapevine, June 2010*

## Once the game is over, the king and the pawn go back into the same box.

--Italian proverb

Much of our time has been spent saying, "I'm not good enough for that job," "She's too good for me," or "I don't deserve that compliment." Sometimes we have been very status conscious because underneath we felt unworthy. Many of us have taken either superior or inferior roles with everyone we've dealt with. We ended up with no one who could be our peer or our friend.

True humility occurs when we stop shaming or inflating ourselves and begin accepting ourselves as no worse and no better than anyone else. Then all people are our peers. At our meetings, our powerlessness puts us all in the same box. In the sight of God we are all equal - and status games, which have seemed so important are ultimately silly.

Today, I will remember we are all brothers and sisters in the sight of God.

*Touchstones—Anonymous*



*"Then in November, 1947—or, no, I guess it was December . . ."*

## Area Events

*Details on our web site*

### Area Assemblies 2011

**January 15—16**

April 9-10

July 9-10

October 15-16

Renaissance Resort at  
The World Golf Village

St. Augustine, FL

Hotel: **904-940-8000**

*November 5,6,7 2010*

*Ancient City*

*Gratitude Weekend*

*St. Augustine, FL*

*November 26-28*

*20th Gratitude Round-Up*

*Diamondhead, MS*

*Feb 10-13, 2011*

*47th International*

*Women's Conference*

*Anchorage, Alaska*

*Feb 18-20, 2011*

*2nd Annual Florida*

*Women's Weekend*

*Lake Placid, FL 33852*

*Ancient City Unity Roundup*

*May 27,28,29,30, 2010*

*St Augustine, FL*

*55th Florida State Convention*

*July 20-24, 2011*

*Orlando FL*

Each of our thoughts are like individual seeds. These thoughts will plant our life garden. Whatever our thoughts, they grow in our gardens. Each day we will process about 50,000 thoughts or thought seeds. Positive thoughts will produce positive results. Have you ever been aware of what you are thinking about during the day? Of the possible 50,000 thoughts in one day - if the positive thoughts were flowers and the negative thoughts were weeds - how would your garden look at the end of the day?

**DON'T READ THIS:** Where & When now available on our website in 8.5x11 format.

# The Knots Prayer

Dear God:

Please untie the knots that are in my mind, my heart and my life. Remove the have nots, the can not's and the do not's that I have in my mind.

Erase the will not's, may not's, might not's that may find a home in my heart.

Release me from the could not's, would not's and should not's that obstruct my life.

And most of all, Dear God, I ask that your remove from my mind, my heart and my life all of the 'am not's' that I have allowed to hold me back, especially the thought that I am not good enough.

## DISTRICT 28

### ELECTIONS:

DCM: Pat H. (Holder Way of Life)  
Alt DCM: Paula D (Women's Friendship)  
Secretary: Steven N. (Rainbow)  
Treasurer: Char S. (Women's Friendship)

## ALKATHON'S 2010

Christmas Eve Dec 24th  
New Years Eve Dec 31st  
6pm-1am  
Holder Community Center  
Meetings at 6-8-10-12  
Bring a covered dish, desert or just show up and eat

Don't forget to add the Intergroup Bookstore to you list of places to shop for Christmas. They have a very nice selection of gifts, books and can order special items. Stop in for a coffee and chat with the volunteers who are there Monday, Wednesday and Friday from 10am to 4pm.

## NOTICE:

Intergroup & District meetings will be on November 21st and December 19 due to the holidays.



**55th Florida State Convention**  
**July 20-24**  
The Doubletree Hotel  
**Orlando, FL**  
See web site for details

North Florida Area Conference (NFAC) Elections for Panel 61 are as follows:  
Delegate: Cecelia R  
Alt. Del. : Marilyn B  
Chair : Kelly J  
Alt. Chair : Ken S  
Treasurer : Bob C  
Registrar : Vivian F

## Blackened Crow Picnic



Hosted by  
The Resentment Group  
Hernando Beach Park

Saturday, Nov 13, 2010 - 4pm  
Resentment Group Meeting to follow at 6pm  
BBQ provided  
Bring a covered dish



is asking for you're support at the Monday night 8pm meeting in Dunnellen. If your in the area stop in.

## Obituary for Oct

**In Loving Memory**  
Martha C.

Passed October 16, 2010 with 7 years of Sobriety.  
*She was a member of the High Noon Group and a regular at the Inverness Friday Beginners and Resentment Meetings.*  
*"We will miss you Martha."*



## THE HIGH NOON GROUPS

SEMI-ANNUAL SOFTBALL GAME & BBQ

WHERE: BICENTENNIAL PARK FIELD #5  
(BEHIND THE AIRPORT AND DAIRY QUEEN)  
8145 W. Bicentennial Park Drive  
Crystal River, Fl. 34429

**SATURDAY, NOV 13th, AT 1:30 PM**  
*Hamburgers-Hotdogs-Corn on the cob will be served*  
*Feel free to bring a side dish*  
*Come join in the game or just stop by for a bite to eat*  
**FREE**

## THANKSGIVING DINNER

Please Join the High Noon Group  
At the Serenity Club  
(behind St Benedicts)



Thanksgiving Day  
Time:2pm  
Please bring a side dish if you wish

## Notice:

Donated foods for the Gratitude Dinner should be in disposable containers or you must pick up your container. All extra food will be disposed of at the end of the dinner.

**ANNIVERSARIES:**

*Deadline for submissions is the Thursday following Intergroup meeting*

**Dunnellen Group**  
 Charlie ..... 28

**Floral City Group**  
 Darral M..... 6

**Last Chance Group**  
 Connie K..... 27

**Rainbow Group**  
 Chuck ..... 27  
 Troll ..... 25  
 George K ..... 13  
 Bob S ..... 7  
 Ray S ..... 4  
 John A ..... 2

**Thursday Share at Noon**  
 Jack B..... 19  
 Mike ..... 1

**Woman's Friendship Group**  
 Sharon B..... 13

**Contributions**

	YTD	Oct
ABC Group	\$30.00	
Attitude Adjustment Gp	\$50.00	
Bright Spot		
Big Book 164	\$134.00	
Crystal River Group	\$190.00	
Crystal River BB	\$100.00	
Dunnellen Group	\$25.00	
Floral City Men's Group	\$50.00	
Hernando's Mens	\$50.00	
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	\$52.00	\$32.00
It's In The Book	\$25.00	
Keep In Step	\$40.00	
Last Chance Gp	\$77.95	
Monday Night Men's	\$50.00	
Never To Early Group	\$50.00	
New Beginnings-Dunn	\$25.00	
No Name Group		
Rainbow Group	\$266.97	
Share At Noon	\$150.00	
Sober Sand Nats	\$326.37	\$92.50
What The Book Says	\$45.00	
Won Rebos	\$249.75	\$62.25
Women's Friendship Gp	\$200.00	
Women to Women		
Women's N-Beginnings	\$50.00	
Women's House Power		
Yana	\$114.31	
<b>Monthly Totals</b>	<b>\$2,961.35</b>	<b>\$186.75</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: Denis-High Noon Group, John W-Big Book 164, Darral M-Floral City Men's, Rich G-Keep in Step, Doc T, Floral City Tuesday-Janet B, Attitude Adjustment-Debbie T, Floral City Tuesday-Paul B, Attitude Adjustment-Julie S, Floral City Tuesday-Jim L, Inverness Monday Night -Marisol C



with a vendor who can supply us with very nice book covers. The store presently has a supply in stock now. One of these covers would make a very nice Christmas gift for a sponsor or friend.

**NEW INVENTORY**

The store is in contact

**Intergroup Hotline Report**

**Hotline Report:**

Total Calls ..... 109  
 AA ..... 79  
 General Inquiries ..... 15  
 Alanon ..... 6  
 Detox ..... 3  
 Rides ..... 6

*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 signup sheet from the web site and pass it around at meetings.*

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

Monday Night Men's Step, Rainbow Group, Attitude Adjustment, Dunnellon Group, Floral City Group, Floral City Men's, Inverness Friday Night Group, Women's Friendship Group, Holder Way of Life, Crystal River Group, Resentment Group, Brightspot Group, Nightcap Gp

**ELECTIONS FOR INTERGROUP:**

Election of officers will be held at the November Intergroup meeting. Open positions are as follows: Chair, Vice-Chair, Secretary, Treasurer and 3 Trustees. Must have at least 2 years sobriety. If your interest come and enter your name in nomination at the November meeting. Nominations are Chair-Al, Vice Chair-Beverly, Secretary-Paige B, Treasurer-John L, Trustee-Gayle, Dennis, Darral M, Martha G.

**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

**WEBSITE**

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

**JOURNAL**

EDITOR—JOHN L

727-560-3247

[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)

This is the last week for Gratitude Dinner tickets. If you don't get a ticket before deadline call John L and he will set you up to pick up at the door.

**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.