



# 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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DECEMBER 2010

## COULD THEY ALL BE WRONG?

There is so many books on the market today dealing with the way in which I think. Some books were published 75 years ago, 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 successful, happy life? 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 loose by practicing it, lets say for a year, and see what happens.

After lot's of reading I did take the suggestions and looked at my daily life in a different light.

1. Bad things became learning experiences.
2. Financial setbacks became a chance to grow.

3. Depression became a chance to come closer to God.

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

Thanks to an open mind, the influence of friends and a God that wants me to be "happy, joyous and free", I have reached that goal 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 your 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—Dunnellen Group*

**My thinking  
does  
control my  
life's  
outcome**

## MY ATTITUDE:

I don't usually disagree completely when I hear something at a meeting, but the other day I did. A person outside said to another, "If you have a bad attitude you might just as well go out and get drunk." That set off a bell in my head. Speaking about myself of course, if I went out again I would still have the bad attitude. If I keep coming back to the meetings I might, just might, change my attitude. It took many drinks and lots of pain to develop a bad attitude so a good one won't happen overnight.

What do I have to loose by keeping my bad attitude? I said that without thinking, but I could loose my life. If someone has a bad attitude, meetings may be the place to change it. I'll just bet that anyone who

comes to a meeting has attitude whether good or bad. Which one they may have is none of my business. I'll bet that any member, with a few 24 hours under their belt, would be glad to listen and tell you how he or she got better. I'll also bet that I could find all the answers I need in a meeting that would change my life around and change my bad attitude into a good one. This is the deal that AA has to offer on changing my life. It doesn't cost me anything for the visit. No charge for the advice or the mental medication.

I can't do better than that so I'm going to give myself a good Christmas present this year by keep coming back and stay sober until my last 24 hours are up.

*Thanks for listening.*

*My name is Ernie and I am an alcoholic.*

*Attitude Adjustment Group.*

## "You Have to Feel to Heal."

Before recovery, I would use just about anything not to feel. Drugs, alcohol, relationships, food, TV -- the list was endless. Without tools to deal with my feelings, I was uncomfortable and afraid of them, and they often became overwhelming.

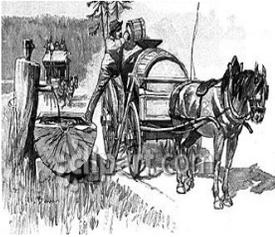
In early recovery my sponsor always used to tell me that feelings were not facts. They were just feelings. It took me a long time to understand that, but now I know that as bad as some of my feelings are, they won't kill me. Recovery has taught me that I can now sit with my feelings and learn what they are trying to teach me.

Today I have come to welcome my feelings rather than run from them. Today my feelings are like little guides that lead me to the depths of who I am, and I am no longer afraid to go there. Today I know that to feel is to heal in a sacred and profound way. Today I am grateful for my feelings.

Michael Z

## "On The Wagon"

The origins of this phrase lie in the 1800s, with the temperance movement. During this era, many people felt that alcohol was an extremely harmful substance, and they abstained from alcohol while encouraging others to do the same. The term references the water wagons which were once drawn by horses to water down dirt roads so that they did not become dusty. Members of the temperance movement said that they would sooner drink from a water wagon than touch a drop of alcohol, so when someone failed to keep a temperance pledge, people would say that he or she had fallen from the wagon.



## INVERNESS EARLYBIRD AA MEETING -- FIRST MEETING:

On a mild morning in Inverness a bunch of AA's met for the first early bird meeting on this side of the county.

Paul, the opening chairman for the meeting, greeted us outside and chatted everyone up. Upstairs, Paul opened the meeting with ten AA's in attendance, and chose the topic of "One day at a time"- This is central to our sobriety, and helps us 'Keep it in the now'. All shared and spoke a great appreciation for this first of hopefully many more meetings at *The Masonic Building*, and is just a steps down the hall from the Intergroup Store on the third floor.

The coffee was good, the sharing was from the heart, and the meeting closed with The Lord's Prayer. Another great start to another great day of sobriety, hoping, with the guidance of our Higher Power, for many more in the future.

Bill K.

## NOTICE:

Intergroup and District will be Dec 19th due to the holidays.

## 2011 INTERGROUP ELECTIONS

Officers:

Chair Al L, Vice Chair Beverly H  
Secretary Dennis S, Treasurer John L

Trustees:

Paul B 1 year, Martha G 2 years,  
Darral M 2 years.

## 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**

*Feb 10-13, 2011*

*47th International*

*Women's Conference*

*Anchorage, Alaska*

*2nd Annual Florida*

*Women's Weekend*

*Lake Placid, FL*

*Feb 18-20*

*Ancient City Unity Roundup*

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

*St Augustine, FL*

*55th Florida State*

*Convention*

*July 20-24*

Thanks to all who helped with a very successful Gratitude Dinner this year. We had 160 pass through the door. The food was very good, speaker excellent, door prizes were great and the volunteers all pitched in for cleanup. It could not have been a better day. We all showed our gratitude with the 50/50 which we sent a donation of \$114 to the New York office. Thank you all again for coming and a special thanks to all who helped to make it possible.

*John L Gratitude Dinner Chair*

We at Intergroup believe in communication and have come up with what I think is an excellent idea and will help keep us AA's in contact with the latest AA related news in Citrus County.

John L, our Treasurer and Editor of the Journal will be accumulating email addressed from members who would like to receive communications via email. If your not interested just do not reply. The list will be transmitted as BCC so your email address will be kept private and only on John's computer. You will not receive any emails that are not directly related to AA in Citrus County and I don't expect to be sending more than one or two a month.

Message emails may include:

- a. Cancelled meetings
- b. New meetings
- c. Members who have passed and memorial service information
- d. The Journal delivered as PDF to your desktop
- e. Announcements on activities like dinners, softball games, picnics etc.
- f. AA related activities like workshops etc.
- g. Meetings that may be failing and need our help

Send a brief message that you would like to be added to the "What's Happening" email list to:

NEWS@NCINTERGROUP.COM

# REFUGE

The holiday season can be difficult for many AAs, especially the newcomer. The pressure to drink may feel overwhelming when it seems all the world is hoisting glasses in one toast after another. At these times, the prospect of the usual round of holiday parties can be as inviting as a stroll in a minefield to the alcoholic struggling to stay away from the first drink.

The AA group, though, can be a refuge. Meeting marathons provide a safe place for recovering alcoholics who are



on their own, as well as those looking for a break from family festivities. Some groups schedule dances or potluck dinners, providing a place to congregate and celebrate in sober fellowship.

It's safe to say that AA group celebrations are held in most parts of the world, wherever seasonal festivities are celebrated. Large or small, in remote rural areas or big cities, the sharing and hospitality always center on a regular AA meeting. But the styles of group gatherings are as varied as the members and regional customs dictate.

2003, AAWS, Inc., Box 459, 49(6):2  
From for AAs, a Season of Gratitude"

PLEASE ANNOUNCE NEW MEETING

## Inverness Early Bird

7AM to 8AM  
Monday thru Friday  
Inverness Masonic Hall  
3rd Floor near Book Store  
(next door to Subway)  
Starts November 29th

*Open Discussion until members decide what they would like to do.  
(Please arrive on time, as landlord requires the door to be locked at all times)*

**Ellen B, 69,**  
passed  
November  
19, 2010, at  
her home.  
Ellen was  
passionate  
about and devoted her entire  
life to helping others in alco-  
holism recovery. She will be  
deeply missed by her many  
friends who trusted her in  
their time of need.



### District 28 Officers

District has openings for chairs of the following:  
CPC/PI, Treatment, Grapevine  
If your interest in one of these positions come to the next District meeting December 19th at 6:00 at the Holder Community Center

**Seasons Greetings**



NATURE COAST INTERGROUP  
**CHRISTMAS EVE & NEW YEARS EVE**  
**ALCATHON**

Friday, December 24<sup>th</sup>  
Friday, December 31<sup>st</sup>  
5:30 PM to 1:00 AM



**MEETINGS AND FELLOWSHIP**  
Meeting at 6-8-10-Midnight

Finger foods or snacks would be appreciated

**Holder Community Building**  
CR 491 and Hwy 41 N

**ANNIVERSARIES:**

Deadline for submissions is the Thursday following Intergroup meeting

**Bright Spot Group**  
Rock P ..... 10

**Floral City Group**  
Shirley J ..... 26  
David ..... 21  
Ken ..... 18  
Paul B ..... 5  
Neil L ..... 2

**Floral City Men's Group**  
David N ..... 21  
Ken ..... 18

**It's In The Book Group**  
Bill K ..... 17

**Thursday Share at Noon**  
Shirley ..... 26

**Woman's Friendship Group**  
Mary P ..... 13

WE CAN'T PUBLISH ANNIVERSARIES UNLESS THE GROUP SECRETARY CONTACTS US WITH THEM. THIS IS THE SMALLEST LIST IN THE 2 YEARS THAT I HAVE BEEN EDITOR. I HAVE A FEELING THERE ARE A LOT MORE THAN THIS. CONTACT YOUR

**Contributions**

	YTD	Nov
ABC Group	\$30.00	
Attitude Adjustment Gp	\$50.00	
Bright Spot		
Big Book 164	\$219.65	\$85.65
Crystal River Group	\$190.00	
Crystal River BB	\$100.00	
Dunnellen Group	\$25.00	
Floral City Group		
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	\$300.00	\$150.00
Inverness Friday Night	\$160.00	
Inverness Wed Night	\$52.00	
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	\$347.62	\$80.65
Resentment Group		
Share At Noon	\$200.00	\$50.00
Sober Sand Nats	\$326.37	
What The Book Says	\$45.00	
Won Rebos	\$249.75	
Women's Friendship Gp	\$200.00	
Women to Women		
Women's N-Beginnings	\$50.00	
Yana	\$139.31	\$25.00
<b>Monthly Totals</b>	<b>\$3,352.65</b>	<b>\$391.30</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: Dennis S-Crystal River Group, John W-Big Book 164, Darral M-Floral City Men's, Rich G-Keep in Step, Doc + Deb T, Floral City Tuesday-Janet B, Attitude Adjustment-Paul B, Attitude Adjustment-Julie S, Floral City Tuesday-Jim L, Inverness Monday Night -Marisol C

**Intergroup Hotline Report**

**Hotline Report:**

Total Calls ..... 126  
Meetings ..... 102  
Information ..... 4  
Alanon ..... 6  
NA ..... 2  
Outside the Area ..... 12

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, Bright Spot Group, Dunnellon Group, Floral City Group, Floral City Men's, Inverness Friday Night Group, Sober Sand Gnats, Women's Friendship Group, Crystal River Group, Holder Way of Life, Night Cap, Resentment Group

If your representative is not listed then your group was not represented.



**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  
586-0800

VICE CHAIR—BEVERLY H..

344-5939

SECT—JULIE

TREAS—JOHN L

**INTERGROUP TRUSTEES**

ROCK P—JOHN W

SANDY H—OPEN

**HOTLINE**

ROCK

621-0599

**WEBSITE**

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

**JOURNAL**

EDITOR—JOHN L

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

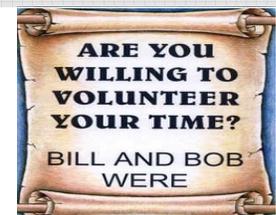
**WEST COUNTY**

SERENITY CLUB

JOURNAL IS ALSO

POSTED ON WEBSITE

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



**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.