



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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Must Want Help—*Benny W.*

Clearwater, Florida—AA Grapevine August 1946

It is my contention that in order for a man to act normally it is necessary for him to live normally, that is, to adjust his life so that each phase of it will balance with the other. The occupational part must be on the same level as the emotional part and the spiritual part and so on.

Fundamentally we are virtually the same. Conditions, environment, age and health, however, are factors that often overwhelm our judgment to the point that we begin to believe we are different from other persons. Usually when we begin to believe we are different we assume a sense of inferiority. Sometimes we try to sugar-coat it with an air of superiority. But you may wash it and scrub it as much as you will, it is still an inferiority complex, and you encounter many heartaches and much sorrow when you travel the road in such a frame of mind.

Our impaired judgment is a result of indiscreet use of alcohol. There is no doubt but that we could overcome the obstacles that made us think along these lines that are wrong had we not voluntarily befogged that part of our anatomy that controls our thinking. We have gotten out of the realm of happiness, peace, security and contentment and we do not know how to get back. We have forgotten how to live normally.

We need help and advice but are reluctant to accept it when it is offered. There are a thousand excuses and a thousand reasons we give. We use them to gratify our ego or satisfy some ever patient listener. Actually they don't make sense. They are something like what could be said of iced tea. First you put it on the stove to make it hot, then put ice in it to make it cold, sugar in it to make it sweet and lemon

to make it sour. It is not quite understandable. Our well being has been jeopardized in its entirety and we are no longer capable of managing that intangible part of us that may be good and holds a spark of hope for the future. We are not pleased with the scheme of things, neither are we pleased with the outlook. We definitely belong to a group that doesn't fit in any line of endeavor or in any plan whether it be large or small.

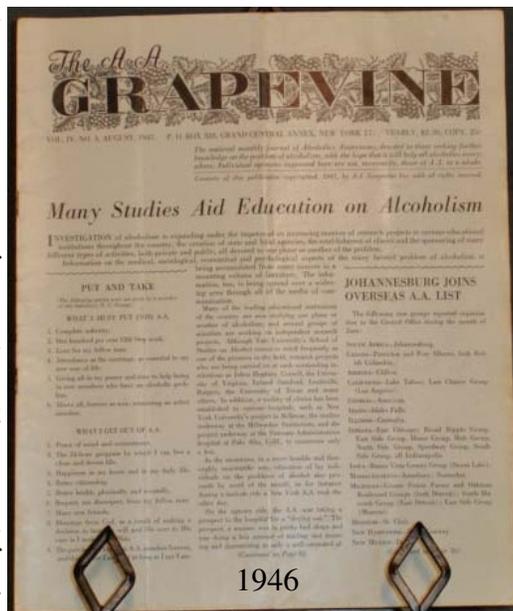
Before we can honestly accept the help that we need we have got to want it. We have got to admit to ourselves that this problem is bigger than we are, that we want to overcome it entirely and be sincere enough to admit we want to do so, not for John, Joe or Jim but for our own selfish selves. Our way of

living has been cockeyed. It was the wrong way in that we were inconsiderate, selfish, and disorganized and our personalities became so complicated that people did not understand us nor would we let them.

Some of us found A.A. through desperation, some through curiosity and others because we wished to please a member of the family or to satisfy the request of a friend. There is no doubt that we were all in a sense skeptical. Instead of a "catch" and a lot of "Thou shalt not's" we found a design for liv-

ing clearly defined and simple to put into execution. More than likely some of this plan had been in our minds during sober intervals but we lacked the necessary push to put it over in that we could not do it alone. In A.A. we found a group of men and women who had suffered the same trials --some perhaps who had hit the bumps even a little harder.

These people have gained new perspective. They have been able to work out many of their problems by just overcoming the basic and all-important one through group therapy and by earnestly following the simple but effective program offered in A.A.



1946

THE 12 PROMISES OF DRINKING

1. If we are casual with this phase of our development, we will be drunk before we are half way through.
2. We are going to know a new imprisonment and a new misery.
3. We will relive the past and won't be able to shut the door on it.
4. We will comprehend the word CONFLICT and we will know PAIN.
5. No matter how far down the scale we have gone, we'll sink even lower.
6. That feeling of uselessness and self-pity will deepen.
7. We will gain interest in selfish things and lose interest in our fellows.
8. Self esteem will slip away.
9. Our whole attitude and outlook upon life will SUCK.
10. Fear of people and of economic insecurity will multiply.
11. We will intuitively know how to run from situations which never used to bother us.
12. We will suddenly realize that God would never have done to us what we are doing to ourselves.

Are these extravagant promises? We think not! They are being fulfilled among those of us who are still drinking; sometimes quickly, sometimes slowly.....

Great Expectations: A New Year's Greeting

A new chapter begins. Maybe we shall borrow its title from Dickens. Why not call 1948 "the year of great expectations"?

We may rightly expect that thousands of our kind will be released of their soul sickness; at the year's end most of us will acclaim 1948 the happiest yet. Should misadventure befall any of us we shall remember that joy is to be found in the midst of any difficulty, if we can abandon ourselves to God's will.

What great gifts these! Who indeed could expect more?

So, at the beginning of this fresh chapter--the good year of 1948--may we all look thankfully at each other exclaiming, Great Expectations and Happy New Year!

Dr. Bob and Bill W.—AA Grapevine—January 1948

The 60th General Service Conference asked that the Trustees' Literature Committee seek stories from AA members for two pieces. Many of your Areas will not host an Assembly prior to the deadline for these projects. If possible, dissemination to your GSR or DCM is encouraged so that our members have an opportunity to respond.

First, the committee is developing a piece which focuses on spirituality that includes stories from atheists and agnostics who are successfully sober in AA. The trustees are looking for stories that reflect a wide range of spiritual experiences of AA members and how members with any belief or non-belief have found a solution to the concept of spirituality and sobriety in AA for the literature under development.

Also, the pamphlet "AA and the Armed Services" is being updated to include recent experiences from members in active duty and a section which focuses on veterans of armed services.

The manuscripts for each should be 500-800 words, double spaced. On a separate sheet of paper, please include your name, address, telephone number, and email address, as well as the project to which you are submitting. Anonymity of all authors is observed. The deadline for the sharing's is February 15, 2011. Please send your sharing to: Literature Coordinator, General Service Office, Box 459, Grand Central Station, New York, NY 10163 or email literature@aa.org.

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

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)

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



From Our Membership:

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

Singleness of Purpose

I notice that people show up under anniversaries several times because they belong to several home groups. While it's nice to have more than one home, this practice causes confusion. When voting on district and area motions, each member gets only one vote, not one in each group. Also, the census counts the member each time he joins a group, even if he left a group and didn't tell them to delete his name.

Workshops are put on to educate the AA community on various topics. Please try to attend them. The thing I REALLY need to talk about is Singleness of

Purpose. There's a severe complacency in protecting the traditions. People talk about everything from needles, pills, and sexual abuse, to sucking down cigarettes first thing in the morning, or how long they have quit for. When I go to an Alcoholics Anonymous meeting, I want to hear how you stopped drinking. If you can't do that, please stick to the open meetings and keep quiet and just listen. Don't water down the program for your convenience. I've brought up the topic of keeping to the traditions and the feedback was that it's not that important. Very sad. I don't have kids, but I do have enough gratitude for AA that I need to stick up for it, as I wish the old timers and chairpersons would.

ANONYMOUS

“Beyond My Wildest Dreams”

Sometimes I hear people tell how life is beyond their wildest dreams; that they'd have shortchanged themselves if they got what they asked for. I can't imagine how wanting close friends, fun, and laughter in my life could be considered shortchanging me. So while others may be enjoying these things and life may not be beyond even my basic dreams, I must ponder what is different and better than 9 years ago. I'm grateful that I don't have to stay stuck on a negative thought. I have the tools to move from "victim" to controlling my thoughts, emotions, and responses. I don't have to be in relations with unhealthy people anymore. I enjoy teaching people what I've learned so far. I've learned about my fears and shortcomings so I can recognize them in myself and in others, which leads to tolerance and understanding. I have a choice whether to drink or not. And most importantly, I have an awareness I didn't have before. I've learned that fully-conscious thought is the single most important thing to try to attain. I have a faith, a trust, a knowing, a safety in God, in the truth, and in the process. I can't say that this is all beyond my wildest dreams, but it's different and it's better than the way I used to live. Guess I'll keep coming back.

Jackie D.

Anger

One of the things that I have to deal with in my sobriety is anger. I guess everyone sooner or later gets angry but it is what I do with it that counts. Here is how anger comes to me. I see anger as being very much like the weather. We may have a short rain burst that last 20 minutes then a long violent storm that gets worse as it grows.

Someone might say or do something that I don't agree with and within myself I may say, "that's a crock" or "bull sh..." and that's the end of it. Then there's the anger that really gets to me. It works like a boiling kettle ready to blow. With this kind of anger I have to go to another person in the program and lay it on the table. Usually we discuss it until I get the answer, then I turn the anger over to my Higher Power and let it go. When I wake the next morning it's gone. If I

don't get rid of the anger quickly it would turn into rage by tomorrow and I don't need that in my sober life today. I work hard on anger when it comes up because I like being in my comfort zone today. I don't worry about tomorrow; it's not here yet.

Thanks for listening have a good day and keep coming back. That is what keeps me sober.

My name is Ernie P
Attitude Adjustment Group

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group

Cindy P	25
Mariam S	22
Greg H	3
William L	3

Floral City Men's Group

Mike S	32
Ken P	28
Gregg H	4
James M	4

Holder Way Of Life Group

Dan M	27
Dave D	25
Vince M	12
Chester P	3

Last Chance Group

Ron B	35
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Rainbow Group

Sue R (Dec)	13
Dawn H (Dec)	5
Debbie M (Dec)	4
Deborah N	11
Mary R	2

Thursday Share at Noon

Gerhard	32
Gordie	2

Woman's Friendship Group

Gayle W	28
Arlene M	21
Joan C	20

Yana

Joe B	19
Bob G	12

Contributions

	YTD	Dec
ABC Group	\$30.00	
Attitude Adjustment Gp	\$50.00	
Bright Spot		
Big Book 164	\$219.65	
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	
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	
Resentment Group	\$20.00	\$20.00
Share At Noon	\$200.00	
Sober Sand Nats	\$326.37	
What The Book Says	\$45.00	
Won Rebos	\$249.75	
Women's Friendship Gp	\$200.00	
Women to Women	\$30.00	\$30.00
Women's N-Beginnings	\$50.00	
Yana	\$164.31	\$25.00
Anomymous	\$30.00	\$30.00
Monthly Totals	\$3,457.65	\$105.00

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, Janet B, Attitude Adjustment-Paul B, Attitude Adjustment-Marisol C

STORE IS IN NEED OF VOLUNTEERS

We only have 6 volunteers at the moment which is the minimum to keep the doors open. It requires only 3 hours and you can volunteer as little as once a month. Training is provided. This is a good way of giving back. Sponsors, maybe this could be a way of someone new to the program to start getting involved. Call John W 215-990-1170 for more information.

Intergroup Hotline Report

Hotline Report:

Total Calls	124
Meetings	78
Information	22
Alanon	3
NA	11
Outside the Area	10

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.

Attitude Adjustment, Big Book 164, Dunnellon Group, Dunnellon New Beginnings, Floral City Group, Floral City Men's, Inverness Friday Night Group, Women's Friendship Group, Crystal River Group, Rainbow Group, Yana Group, Resentment Group

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

There can be no happiness when one lives in fear. Whatever the future holds, fear will not improve tomorrow, and it will destroy your happiness today.

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—DENNIS S

TREAS—JOHN L

INTERGROUP TRUSTEES

DARRAL M—PAUL B
SANDY H—MARTHA G

HOTLINE

ROCK
621-0599

WEBSITE

www.ncintergroup.com

JOURNAL

EDITOR—JOHN L
news@ncintergroup.com
ASSIST—BEVERLY H
344-5939

DISTRICT 28

OFFICERS

DCM—PAT H
ALT DCM—PAULA D
SECT—STEVE N
TREAS—CHAR S

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

Today I will remember that my old thinking and behaviors are a part of my past and not part of my future.