



## The Comfort Zone

Sounds a little like Science Fiction doesn't it? It is how I feel, act and think. I know today that it is real because that is where I spend most of my time. Have you ever felt that you don't know which end is up? When I first came into AA all I heard was, "get a sponsor, work the steps and join a home group". That is what I did right away as suggested and I have been ok with that since.

As time went on I found myself out of that Comfort Zone. My sponsor was a good man but he didn't have what I needed so I found someone else who was more aware of what was going on inside me at that time. That worked for a while and I found myself on the outside of that Comfort Zone again. This time I thought that changing home groups would be the answer but didn't want to hurt anyone's feelings. After talking it over with my sponsor I realized it wasn't the sponsor or the group, it was about my attitude all along. Doctor Paul says it in the Acceptance passage, "When there is something wrong in my life there is something wrong with me".

I know today that with Alcohol my life can be unmanageable but sometimes even without the booze the road can become very rough. The AA program, meetings, sponsor, home group and friends help to smooth out the bumps and help me to stay within my Comfort Zone.

Ernie P, Attitude Adjustment Group

*Ernie recently had major surgery and is recovering at home. I talked with him last week and he is planning on returning to meetings as soon as his strength returns which should be in another week. Your prayers are asked for a speedy recovery for our friend.*

## Someone Here Cares

Broken and beaten | finally arrived  
You told me you cared  
And I thought you lied

Little by little | gained more trust  
"Take these steps, is all we suggest".  
"Dig down deep, find out what's there,  
We will guide you remember we care,"

Sharing brings hope, caring means love,  
Spiritual wisdom comes from above.  
"Take off those masks" is what you said,  
Nothing to fear, nothing to dread,

I tugged and I pulled, and lo and behold  
The child within began to unfold.  
With utmost care, I began to love,  
And embrace this child, with hand in glove,

One day at a time, the wounds will heal  
Dispose of the masks as I begin to peel,  
No more am I broken, beaten with strife  
You taught me to love, and  
I love my new life!

Barbara Fagan

A New Year: 12 months, 52 weeks, 365 days, 8,760 hours, 525,600 minutes -- a time to consider directions, goals, and actions. I must make some plans to live a normal life, but also I must live emotionally within a twenty-four-hour frame, for if I do, I don't have to make New Year's resolutions! I can make every day a New Year's day! I can decide, "Today I will do this ... Today I will do that." Each day I can measure my life by trying to do a little better, by deciding to follow God's will and by making an effort to put the principles of our A.A. program into action.

## Attitudes and Limitations

"My greatest limitations," a member said, "are in my mind. Until I came to this group, I wasn't even aware that many of the negative circumstances in my life were the direct result of my distorted attitudes.

"I brought myself a lot of unnecessary misery by thinking it was my responsibility to manage and direct other people's lives. I believed it was solely up to me to make everyone else happy and secure. So I continually placed everyone else's needs first until I didn't know who I was or what I needed for my own happiness and comfort. It's exhausting and insane to try to second-guess everyone. Not only that, it doesn't give me or anyone else credit for being able to think, feel, or act for himself."

Today I will not manage or direct other people's lives, nor will I expect any other human being to fill my inner emptiness. I have the dignity, resources, and responsibility to fulfill my own life just as others have theirs. I will find my own sources of comfort, joy, and peace no matter what others do with their lives and free choices.

By Liane Cordes (reprinted with permission)

## Right-sized Living

Today, I have balance in my life and, if I stay out of my own way, I try to live right-sized. I know the difference between my wants and my needs. I try not to make selfish demands on others. I don't take more space than I need. I don't clutter my life with unnecessary "things." I'm learning to be socially responsible . . . I try to live life on life's terms. And if it works, I don't fix it.

- The AA Grapevine, February 2011, p. 19

"Every thing happens for a reason. Just be patient and in time, those reasons will be answered for you. Sometimes, the big question is (Why, is this happening to me)? The answer to that question is, every day that we wake up, we are gaining incredible knowledge, experience and wisdom. Cherish these moments, hold them close to your heart, for these are the Lessons of Life."

Nancy Olivia Thomas

### Intro read at a meeting of Alcoholics Anonymous in Albuquerque, NM:

"Welcome to our meeting. This meeting is brought to you as a product of sobriety, which comes in various attractive packages such as serenity, faith, hope, and love. The product comes in only one size, twenty-four hour quantities and the supply is infinite.

Your local distributor is any meeting of Alcoholics Anonymous. If you don't seem to find this product easily, it is suggested that you keep coming back. If you really want it, you'll find your share. If you gain it, you'll be the biggest winner, and if you don't want it, you'll be the only loser."

### Area Events

Details on our web site

#### Area Assemblies 2011

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

**7AM EARLY  
INVERNESS MTG  
Has been  
CANCELLED  
due to lack of interest.**

### NEW MEETINGS:

Sober Sand Gnats Big Book  
Study, Thursday 7pm Communi-  
ty Building, Inglis

Saturday 10pm (no name as yet)  
New Beginnings Fellowship  
Church, Hernando FEB 19th



**2011 SUNSET FIEST**

**CHILI COOK OFF**

**May 8th at 4:30**

**Fort Island Beach**

**Crystal River**

Each group or individual can  
submit a pot of chili to be tasted  
& voted on.

Live music, piñatas with a trophy  
for the best 2011 Chili and more.

To participate, contact Willie  
601-5362 or Kathy 352-697-5836

Oh how serious everything was when I entered recovery. Overwhelmed what I had done, then you'd banish me from the rooms and I'd have no by the problems I'd created, a home life that was in shambles, unemployed where to go. Once again, I felt trapped. But the people in the rooms sure did. I often sat in amazement as one after another would share what seemed like horrible experiences of things they'd done or that had happened to them, while the room roared with laughter! What's wrong with these people, I'd think?

The way that people were able to laugh and make fun of the things they had done made me uncomfortable to say the least. Still filled with the secret shame of my own experiences and thoughts, that's been... I was much too self conscious to share, and was still sure that if you knew

**"If you can't  
learn to laugh  
at yourself, we'll  
do it for you..."**

As I worked my way through the steps and my life started to improve, I soon found myself identifying and laughing right along with everyone else. In fact, after a while I had enough distance and perspective on my life that I could even begin to see the humor in some of the situations my own warped way of thinking had gotten me into.

I found I had developed compassion and empathy for myself, and this allowed me to laugh again - and what a gift

*Michael Z—thewisdomoftherooms.com*

## THE RECIPE

Before I got into AA (and since my path toward recovery) I have cooked for myself. One recipe that has improved dramatically since I quit drinking is when I cook chicken. This is the recipe I used before I came into AA.



*and assuming I have not enjoyed too many pre-dinner cocktails. Put the new, clean chicken in a 375-degree oven. Now relax with some more cocktails until the chicken has cooked.*

*Sometime late at night, when the shrill sound of the smoke detectors has woken me up, turn the oven off, and open the windows to let the smoke out.*

### STEWED CHICKEN

*On the way out to work in the morning, take one whole chicken out to defrost. Upon returning home, preheat the oven and have a few cocktails to relax before preparing dinner. In the morning once I have awoken or come to, Turn the oven off and throw out the now spoiled chicken. Remove another chicken to defrost while at work. While the oven is preheating,*

*Before leaving for work the next day, turn the oven off, close the windows, throw the incinerated chicken out, and remove a new bird from the freezer for that night's dinner.*

It is best to buy the chickens when they are on sale because this is a very expensive recipe.

Anonymous – Citrus County

## 12-Step Meetings

Why do I need meetings  
To feel like God is near?  
Are the many greetings  
From those that I hold dear  
A "touchable" reminder  
That God is always near?

Why do I need a meeting  
To calm my troubled soul?  
To remind me life is fleeting  
And help me play my role.  
To show serenity to others,  
That God's will is my goal.

Why do we all need meetings  
When life's crazy paths we trod?  
Our world is teeming with beat-  
ings,  
Terrorism, vandalism but not  
God.

Those we love have a sickness  
Their illness descends like a rod  
The Steps lead us to sanity  
The Sharing opens our heart

**AA is kinda like the lottery  
ya gotta be in it to win -  
And ya gotta keep buying  
them 12 step tickets--Bill K**

### "WE PAUSE ... AND ASK"

*As we go through the day we pause, when agitated or doubtful and ask for the right thought or action.*

ALCOHOLICS ANONYMOUS, p. 87

Today I humbly ask my Higher Power for the grace to find the space between my impulse and my action; to let flow a cooling breeze when I would respond with heat; to interrupt fierceness with gentle peace; to accept the moment which allows judgment to become discernment; to defer to silence when my tongue would rush to attack or defend.

I promise to watch for every opportunity to turn toward my Higher Power for guidance. I know where this power is: it resides within me, as clear as a mountain brook, hidden in the hills -- it is the unsuspected Inner Resource.

I thank my Higher Power for this world of light and truth I see when I allow it to direct my vision. I trust it today and hope it trusts me to make all effort to find the right thought or action today.

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**ANNIVERSARIES:**

*Deadline for submissions is the Thursday following Intergroup meeting*

<b>Floral City Group</b>	
Walt W .....	24
Robert B .....	3
Alex .....	1
<b>Holder Way Of Life Group</b>	
Bev C .....	29
<b>Last Chance Group</b>	
Neil S .....	39
Gordon B .....	3
<b>Rainbow Group</b>	
Gene H .....	4
Jerry S .....	2
Debra S .....	2
Donna R .....	1
<b>Resentment Group</b>	
Willye M .....	4
<b>Sober Sand Gnats</b>	
Leo D .....	24
<b>Share at Noon</b>	
Bob H .....	16
<b>Woman's Friendship Group</b>	
Verna C .....	13

**Contributions**

	YTD	€	Jan
ABC Group			
Attitude Adjustment Gp	\$10.00		\$10.00
Bright Spot	\$0.00		
Big Book 164	\$0.00		
Crystal River Group	\$0.00		
Crystal River BB	\$0.00		
Dunnellen Group	\$30.00		\$30.00
Floral City Group	\$0.00		
Floral City Men's Group	\$0.00		
Hernando's Mens	\$0.00		
High Noon Group	\$100.00		\$100.00
Holder Way of Life Gp	\$0.00		
Inverness Monday Night	\$0.00		
Inverness Friday Night	\$0.00		
Inverness Wed Night	\$24.00		\$24.00
It's In The Book	\$0.00		
Keep In Step	\$0.00		
Last Chance Gp	\$0.00		
Monday Night Men's	\$0.00		
Never To Early Group	\$0.00		
New Beginnings-Dunn	\$0.00		
No Name Group	\$75.00		\$75.00
Rainbow Group	\$0.00		
Resentment Group	\$10.00		\$10.00
Share At Noon	\$0.00		
Sober Sand Nats	\$0.00		
What The Book Says	\$0.00		
Won Rebos	\$55.50		\$55.50
Women's Friendship Gp	\$0.00		
Women to Women	\$0.00		
Women's N-Beginnings	\$0.00		
Yana	\$0.00		
<b>Monthly Totals</b>	<b>\$304.50</b>		<b>\$304.50</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, Janet B, Attitude Adjustment-Paul B, Attitude Adjustment-Marisol C-Butch L-Jim L, Floral City Men's

**STORE IS STILL LOOKING FOR VOLUNTEERS**

It requires only 3 hours a month, or more if you would like. Training is provided. This is an excellent way to giving back. Sponsors, maybe this could be a way for someone new to get involved. Call John W 215-990-1170 for more information.

**Intergroup Hotline Report**

**Hotline Report:**

Total Calls .....	163
Meetings .....	123
Alanon .....	6
NA .....	9
Outside the Area .....	17
Detox .....	4
Rides .....	4

*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.**

Big Book 164, Brightspot Gp, Crystal River Gp, Dunnellen Gp, Dunnellen New Beginnings, Floral City Gp, Floral City Men's Gp, Holder Way of Life, Inverness Friday Night, Rainbow Gp, Women's Friendship Gp, Resentment Gp, Sober Sandgnats, Woman's New Beginnings, Yana Gp

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

The Intergroup Store in Inverness is in need of more support. At present the volume of visitors could improve greatly for us to continue with this service in the coming years. Stop in and see what is available and chat with the volunteers.

**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

JOHN W—MARTHA G

**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—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](http://www.ncintergroup.com)

