



“It seems proved that AA can stand on its own feet anywhere and under any conditions.”

“So Long Bill”

Bill's old desk is clear today, but his voice is as lucid as ever, on tape, in books, in filing cabinets. He still has much to tell us.

Two of Bill's familiar concerns about AA's future bear repetition here. The first concerns the destiny of AA; the second concerns the memory of Bill himself in the unfolding of that destiny. Of our fellowship, he said, “Beyond a Higher Power as each of us may vision Him, AA must never, as a society, enter into the field of dogma or theology. We can never become a religion in the sense, lest we kill our usefulness by getting bogged down in theological contention.”

He made the caution still clearer. “As a society, we must never become so vain as to suppose that we have been the authors and inventors of a new religion. We will humbly reflect that each of AA's principles, every one of them, has been borrowed from ancient sources. We shall remember that we are laymen, holding ourselves in readiness to cooperate with all men of goodwill, whatever their creed or nationality.” “there are those who predict that AA may well become a new spearhead for a spiritual awakening throughout the world. When our friends say these things, they are both generous and sincere. But we of AA must reflect that such a tribute and such a prophecy could well

prove to be a heady drink for most of us, that is, if we really came to believe this to be the real purpose: the carrying of the message to the alcoholic who still suffers. Let us resist the proud assumption that since God has enabled us to do well in one area, we are destined to be a channel of saving grace for everybody.

In these paragraphs, Bill asks us simply to preserve our humility as a fellowship. Much the same humility was infused into Bill's confidence that AA would continue into the future—and continue in health—without him.

Once he wrote: “It seems proved that AA can stand on its own feet anywhere and under any conditions. It has outgrown any dependence it might once have had upon the personalities or efforts of the other members like me. New, able, and vigorous people keep coming to the surface, turning up where they are needed. Besides, AA has reached enough spiritual maturity to know that its final dependence is upon God. For those of us who might wish to see our Bill regarded by posterity as a saint in the pantheon of modern gods, now is the time to reflect carefully upon his humility and wisdom. For, in truth, Bill was not a saint. He would have recoiled, and did, at the suggestion. He was a plain man.

His words of warning apply as much to sweet memories of him as

they do to other beloved ghosts of our own pasts who settle in our recollections today: “Nothing can be more demoralizing than a clinging and abject dependence upon another human being. This often amounts to the demand for a degree of protection and love that no one could possibly satisfy. So our hoped for protectors finally flee. Once more we are left alone— either to grow or disintegrate.”

Grapevine, March 1971

The Fourth Step

Now you have some time in recovery.
But you have all this pain and misery.
Walking around ready to cry,
having those feelings of just wanting to die!

Take A look at yourself! you wont be the same.
Get rid of the torture the guilt and the shame.
The nightmares could be over with a stroke of a pen.
So, instead of wishing that it would all end.
Go on and do it, be happy again.

Take a look at yourself!
your really someone to love.
Remember You were put here by the one above.
Do it and be done, for without it there's no change.
Why put it off, and drive yourself insane.

Take a look at yourself!
You'll feel better by far.
Why live with those feelings and deep rooted scars.
Go ahead, and really begin this new life.
Get rid of all that past guilt, and strife.
Start now, and begin life anew.
Enjoy it with your friends, which are far from few!

Total Surrender

Let me tell you about what that happened to me in late December of 2010. I arrived at the hospital the day after Christmas for major surgery. All of my life I have been afraid of being put to sleep while being cut open. I had the fear of not waking up as well. It was not the same as dying which I did I also feared. Before the operation I prayed, just let me return to my AA meetings and the friends that I love. I also prayed that I could help just one more sufferer friend to find the inner peace that I have found through the God that has given me this AA program. The operation was postponed for a few days as there was also something going on with my heart so I had more time to think and pray. While praying I experienced a feeling of total surrender.

Then the day of the surgery came. My



fears were gone. I was put to sleep and while the surgery was taking place I had the most peaceful feeling I have ever had. It was totally an awesome. The operation was a success and I didn't experience any pain during recovery. I am grateful today for the experience.

During my stay in the hospital my nurse said that she had never seen one person have so many friends visit in such a short time. I have three families now. My immediate family, my church family for my deep spiritual needs and my AA friends who helped me through this experience and help ongoing with my daily living.

Just for today I plan to stay sober and help other alcoholic's in their quest to find the peace which I found in the hospital just after Christmas of last year.

God Bless my friends. I am Ernie P, an alcoholic and a proud member of the Attitude Adjustment Group.

LETTING GO—A Sufi teaching story tells of the man who visited a great mystic to find out how to let go of his chains of attachment and his prejudices.

Instead of answering him directly, the mystic jumped to his feet and bolted to a nearby pillar, flung his arms around it, grasping the marble surface as he screamed, "Save me from this pillar! Save me from this pillar!"

The man who had asked the question could not believe what he saw. He thought the mystic was mad. The shouting soon brought a crowd of people.

"Why are you doing that?" the man asked.

"I came to you to ask a spiritual question because I thought you were wise, but obviously you are crazy.

You are holding the pillar, the pillar is not holding you. You can simply let go."

The mystic let go of the pillar and said to the man, "If you can understand that, you have your answers. Your chains of attachment are not holding you, you are holding them. You can simply let go."

Author Unknown

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**

DETAILS ON WEBSITE

Coco Beach

21st Spring Conference

May 5-May 8, 2011

The Woodstock of AA

6th Annual International
Seniors In Sobriety Conference

May 12-15, 2011

Long Island, New York

Ancient City Unity Roundup

May 27,28,29,30, 2010

St Augustine, FL

55th Florida State

Convention

July 20-24

August 26-28, 2011

16th Annual Southeastern
Woman to Woman Seminar
Naples, FL

MEETING

DISCONTINUED:

The Friday 9 PM beginners meeting at the Lutheran Church on 486 has been discontinued due to lack of support.

NEW MEETING:

Saturday Night Owls
10pm Saturday Evening
New Beginnings
Fellowship Church
Hernando, On 41 just north
of the light on the right
next to Ace Hardware.

**Donation Addresses:
Nature Coast Inter-
group:**

111 W. Main St
Room 305
Inverness, FL 34450

NFAC
PO Box 567
Melbourne Fl 32902

General Service Board
Po Box 459

Grand Central Station,
NY 10164-0371

District 28

713 Laurel Ave
Inverness, FL 34452

**Night Cap Group
at Yana discontinued
Friday and Saturday
10PM—No Support**

RULE 62—"Don't take yourself too serious"

A man and his wife were awakened at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push. "Not a chance," says the husband, "it is 3:00 in the morning!" He slams the door and returns to bed.

"Who was that?" asked his wife. "Just some drunk guy asking for a push," he answers. "Did you help him?" she asks. "No, I did not, it is 3:00 in the morning and it is pouring rain out there!" "Well, you have a short memory," says his wife. "Can't you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself! God loves drunk people too.

The man does as he is told, gets dressed, and goes out into the pounding rain. He calls out into the dark, "Hello, are you still there?" "Yes," comes back the answer. "Do you still need a push?" calls out the husband. "Yes, please!" comes the reply from the dark. "Where are you?" asks the husband. "Over here on the swing set," replied the drunk.

What's Happening Email List We are still compiling the list of emails from members who would like to stay in contact with what is going on in AA for Citrus County. You will only receive a email when someone may pass and details about the funeral, events of interest for AA members, meeting changes or any news that has an impact on sobriety that you should be aware of. Send an email to NEWS@NCINTERGROUP.COM and you will be added to the list.

How important is it?

The young man in the meeting was very angry and upset. His lawnmower had broken down. He was having a cookout in his back yard that evening, the yard "looked terrible," and he'd paid a lot of money for that mower! After he went on for some time, an older woman gently interrupted him and asked, "Was anyone hurt? Was there danger? Would your guests walk out?" And finally, "Did you lose your sobriety over it?" The young man smiled, as he answered "no" to all the questions. "No, it was not that important after all."

We all overreact sometimes to situations, people, and events that, later, we see were really not important. The next time we are bothered by someone or something that threatens to ruin our day, we will try to remember to ask ourselves. "How important is it?" If it's not important, we'll spend our time and energy on what is important. There is a world of difference.

MADE A DECISION

At first we "made a decision to turn our will and our lives over to the care of God as we understood Him." But as we progress in the God-oriented life, we come to know that "decision" has special meaning. What we really gain is the knowledge -- not the hope or the conclusion or the wish but the actual, intimate knowledge -- that we already are in the care of God whether we have made a decision or not and whether we understand Him or not. - *The Best of the Grapevine* [Vol. 2], p. 81

Mastering Our Anger

We need to master our own anger before we can help others do the same. When the flames of anger flare up, we tend to lash out at those who have watered our seeds of an-

ger. It is like finding our house on fire, and instead of putting out the flames, chasing those we think started it. Arguing with others only waters the seeds of anger in us. When anger rises, return to yourself and use the energy of mindfulness to embrace, soothe, and illuminate it. Do not think you will feel better if you can make the other person suffer, too.

Thich Nhat Hanh



**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

THE HIGH NOON GROUPS
Annual Easter Dinner & Easter Egg Hunt

When - Sunday April 24th
Time- After 2pm Meeting
Where- St Benedicts



EVERYONE WELCOME

Turkey and Ham will be served

Feel free to bring a side dish

THE HIGH NOON GROUPS
Semi-Annual Softball Game / BBQ

When - Saturday April 16th
Time- 1pm

Where- Bicentennial Park Field #5

Join in the game or just have a bit to eat

Hamburgers, Hotdogs, Corn on the cob, and Soft drinks will be provided

Feel free to bring a side dish

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group
Bruce B 13

Holder Way Of Life Group
Kathy R 14

Last Chance Group
Marlene H 30

Rainbow Group
Sue Ann 21
Ted L 6
Mike S 5
Brian P 4
Kate J 3
Mystie G 1

Resentment Group
George (Popeye) 24
Keith H (Oscar) 20
Butch 13
John C 2
Terry D 1

Sober Sand Gnats
Brian O 4

Woman's Friendship Group
Gloria D 37
Lu-Ann D 34
Pat O'B 29
Candice A 28
Liz R 20
Frederica L 3
Marty D 1

Yana
Paul S 10
Denis S 7
Charmain 6

Contributions

| | YTD | Mar | Feb | Jan |
|-------------------------|-------------------|-----------------|-----------------|-----------------|
| ABC Group | | | | |
| Attitude Adjustment Gp | \$60.00 | | \$50.00 | \$10.00 |
| Bright Spot | \$0.00 | | | |
| Big Book 164 | \$0.00 | | | |
| Crystal River Group | \$352.06 | | \$352.06 | |
| Crystal River BB | \$100.00 | \$100.00 | | |
| Dunnellen Group | \$56.52 | \$26.52 | | \$30.00 |
| Floral City Group | \$0.00 | | | |
| Floral City Men's Group | \$0.00 | | | |
| High Noon Group | \$203.10 | \$103.10 | | \$100.00 |
| Holder Way of Life Gp | \$75.00 | \$75.00 | | |
| Inverness Monday Night | \$0.00 | | | |
| Inverness Friday Night | \$80.00 | | \$80.00 | |
| Inverness Wed Night | \$24.00 | | | \$24.00 |
| It's In The Book | \$20.00 | \$20.00 | | |
| 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 | \$90.42 | | \$90.42 | |
| Resentment Group | \$30.00 | \$20.00 | | \$10.00 |
| Share At Noon | \$50.00 | | \$50.00 | |
| Sober Sand Nats | \$75.00 | | \$75.00 | |
| What The Book Says | \$0.00 | | | |
| Won Rebos | \$55.50 | | | \$55.50 |
| Women's Friendship Gp | \$60.00 | \$60.00 | | |
| Women to Women | \$0.00 | | | |
| Women's N-Beginnings | \$75.00 | | \$75.00 | |
| Yana | \$25.00 | \$25.00 | | |
| Monthly Totals | \$1,506.60 | \$429.62 | \$847.48 | \$229.50 |

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: Paul B (Attitude Adjustment), Rich G (Keep in Step), John W (Big Book 164), Darral M (Floral City Men's), Denis S (Crystal River), Janet B (Attitude Adjustment), Jim L (Floral City Men's), Butch L (Its In The Book), Matt B (Resentment Group), Anonymous

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. Call John W 215-990-1170 for more information.

Intergroup Hotline Report

Hotline Report:

AA Calls 83
Alanon 3

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 Group, Big Book 164, Brightspot Group, Crystal River Group, Dunnellon Group, Floral City Group, Floral City Mens, High Noon Group, Holder Way Of Life, Inverness Friday Night, Women's Friendship Group, Women's New Beginnings.

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.

Intergroup is in need of a Web Master as Ron would like to step down—Contact Al L if interested at 586-0800.

NOTICE:

Next Intergroup and District meetings will be April 17th

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—DENIS S

TREAS—JOHN L

INTERGROUP TRUSTEES

DARRAL M—PAUL B

JOHN W—MARTHA G

HOTLINE

KURT W

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



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