



# 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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## GOD DID FOR ME WHAT I COULD NOT DO FOR MYSELF

Three years under my belt I thought it was time for me to be in a relationship since I had waited far more than the suggested one-year. I did not realize just how impulsive and needy I really was at that time. I looked around the rooms and found what I thought was the perfect girl for me. The attraction was magnetic. Within a month we were engaged and a month later married. It was a very rocky start as she was off her medication and my rescuing was in high gear. Fifty-two days into the marriage she was admitted to a psychiatric hospital and filing for divorce. It happened that she was in love with her therapist, which by the way was a woman. I was very angry and confused but the marriage had to end.

Desperate for the pain to stop I planned a suicide

by crashing my motorcycle into a bridge. In this way it would appear as an accident and the insurance would pay the double indemnity to my children. I

thought some how that would be the amends that I needed to make before dying.



One more AA meeting and it would be over. The meeting of course was at the physic hospital where my wife was a patient. I thought I might see her for the last time but that wasn't to be as she didn't attend the meeting that night.

I didn't hear any of the speakers message except for the last sentence of the last speaker which saved my life. He said, "what a shame it would be if you ended it tonight when tomorrow was the day when things started getting better".

I sat quietly after the meeting and thought how those words might be right. I knew

in my heart that I would somehow *Continue on Page 2*

## The Home Group

The home group is where recovery really begins; it is where AA members grow up in sobriety by the time-honored process of trial and error, to discover that they can be loved, "warts and all." . . . It is where they begin to adopt the guiding principles of AA as working entities in their own sober lives. - *The Home Group; Heartbeat of AA, Preface*



**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

District 13 and Hernando County Intergroup are sponsoring the 3<sup>rd</sup> annual



# Founder's Day Dinner

SATURDAY, JUNE 4, 2011  
FIRST UNITED METHODIST CHURCH  
109 SOUTH BROAD STREET  
BROOKSVILLE, FLORIDA

## SOBER POKER RUN

**BOTH CARS AND OR BIKES**

Sunday May 8th

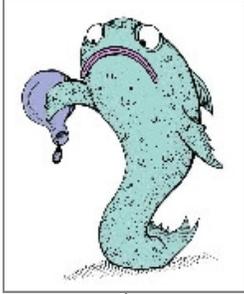
Starts at Hernando Beach 10:30 and arrives

Fort Island Beach in Crystal River around 4:00

CONTACT: Just Plain Rick 352-419-5130

riklib@tampabay.rr.com  
Benefits Sober Club

Before AA, I was like a fish out of water. “Flip – flop – gasp! Flip – flop – gasp!” That was me. I was all over the place gasping for air. Mercifully, a strong spiritual current came along and it swept me into AA. To say the least, it was pretty cool. I began to quit thrashing about and nearly dying. I started to calm down. I relaxed. I was back in the swim and I wasn’t alone! There were others – a



whole school of us –learning to enjoy the beautiful gift of sobriety. I love being here in AA – it is awesome to be growing. I already know that for an alcoholic away from the healing waters of AA, life really STINKS! So, for today, I’m here to go with the flow of our simple 12 Steps. God help me stay focused on recovery!

Lisa B—Won Rebos

From Page 1 get through this and those words gave me the courage to do it.

There was a fellow sitting next to me after the meeting. I told him what the speaker had said might have saved my life. His response was, “me too”. We talked more. It turned out he had a loaded pistol on his kitchen table and was going home to end his life as well. As we talked I learned that his wife of 3 years was in the same hospital and she too had filed for divorce. It appears that his wife was in love with another woman as well. We both were totally powerless over our situations, amazed how similar our stories were and that only God could have put us next to one another in that meeting.

After talking some more we hugged and parted ways. I don’t know about his final outcome but mine was to continue recovery and find a closeness to God I could never have imagined. There is no possible way that two people could have been sitting next to one another with exactly the same story without a Higher Power’s intervention.

The next week I went back to the meeting looking for that fellow to thank him for his help. He wasn’t there. I asked a friend if he had seen the fellow who was sitting with me after the meeting. He said, “When I left the meeting you were sitting by yourself.” The experience was real but I am not sure about the friend that saved my life. Was he an angel sent to ‘do for me what I could not do for myself’? I know that my belief’s today are much different than what they were before this happened.

Thank you God for never giving up on me...John L, Editor

## NON AA NEWS: Club House Update

Many have been asking “what’s going on with the club house?” A small part of the community is still working behind the scenes trying to make it happen.

We are working on the 501c, non-profit status. Looking for a suitable and “affordable” place for meetings. As you know it can’t become a reality without support and financing, still working on both.

In an effort to make this happen you may see fund raisers or request for donations in the future. If you have any questions contact, Just Plain Rick 352-419-5130 or riklib@tampabay.rr.com

**My serenity is directly proportional  
to my level of acceptance**

## Area Events

Details on our web site

### Area Assemblies 2011

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

55<sup>th</sup> Florida State

Convention

July 20-24

August 26-28, 2011

16th Annual Southeastern  
Woman to Woman Seminar  
Naples, FL

	YTD	Apr	Mar
ABC Group	\$0.00		
Attitude Adjustment Gp	\$60.00		
Big Book 164	\$100.00		\$100.00
Bright Spot	\$0.00		
Crystal River BB	\$100.00		\$100.00
Crystal River Group	\$352.06		
Dunnellen Group	\$56.52		\$26.52
New Beginnings-Dunn	\$0.00		
Floral City Group	\$0.00		
Floral City Men's Group	\$0.00		
High Noon Group	\$203.10		\$103.10
Holder Way of Life Gp	\$75.00		\$75.00
Inverness Friday Night	\$80.00		
Inverness Monday Night	\$0.00		
Inverness Wed Night	\$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		
Quail Run Closed Step	\$0.00		
No Name Group	\$75.00		
Rainbow Group	\$173.05	\$82.63	
Resentment Group	\$30.00		\$20.00
Share At Noon	\$50.00		
Sober Sand Nats	\$75.00		
Wahoo Group	\$0.00		
What The Book Says	\$0.00		
Women's Friendship Gp	\$60.00		\$60.00
Women to Women	\$0.00		
Women's N-Beginnings	\$75.00		
Won Rebos	\$154.50	\$99.00	
Yana	\$50.00	\$25.00	\$25.00
Monthly Totals	\$1,813.23	\$206.63	\$529.62

Dear Friends,

I'm writing this note to say a big "Thank You" to all the groups who have shown sincere support toward your Intergroup Bookstore! Your contributions, through your treasurers, have proven extremely important in keeping this service available to anyone looking for recovery items. Having quick access to A.A. reading material, including various Big Books, 12 & 12's, pamphlets, service manuals and other selections, is a blessing in many different forms.

Anyone having experience in retail bookstores know that such a business could never exist in our small community without direct support. We have very little foot traffic, a very specific inventory of recovery items and economic challenges with many members. With our monthly low rent, an all-volunteer staff, phone service and other expenses limited, we are doing our best to keep costs as low as possible. Facts are, we sell all World Service (A.A. publishers) materials at cost, not even adding shipping costs in most cases. All other items are heavily discounted,



covering shipping, but very little mark-up (maybe 20-30%). This is our goal to keep costs affordable as a means of supporting the sick and suffering with such specialized items. Even if we marked up non-conference items to full retail cost (bronze medallions @ \$1.50, tri-plate @ \$15.00 each, etc.) we still would never cover overhead in total.

With this information in mind, you may see clearly how grateful we are for group donations and your support. Your donations support many in recovery who would not otherwise have such material available.

The Intergroup Bookstore is not self-supporting but is the direct result of your support. Congratulations friend's, you are helping to carry the A.A. message.

If you've visited the store in the past, you know the unique experience, if not, come give it a try, have a mini-meeting with one of our volunteers and buy a Big Book for someone. This is your store.

*Thank you for your support!  
Darral M, Store Manager*

## Letter to the Editor:

How often I seem to forget what it was like going to my first meeting. How lonely and scared I was when I walked through the doors only to be greeted by an open hand, a hot cup of coffee and a warm welcome. If a newcomer entered the room, back in AA's beginning, Bill W would have been right there at their side to encourage and tell them what AA had done for him.

I have noticed, at some of the meetings that I attend, when a newcomer enters the room they look around and sit at the middle table quite often unnoticed by myself and others in the room. They are only recognized after asked "are there any newcomers".

When the ladies come in they all go to one table until there are no more chairs. The men go to the back and fill those tables. It's like a barnyard with the hens to the left and the roosters to the back and the newcomer alone in the middle. Someone eventually hands them a Twelve Step book and a Big Book with a list of phone numbers then walk's away.

What happened to mingling with the newcomer and visitors? Have I/we forgotten how it felt when we attended our first meeting? I myself have done some self searching on this and feel that I've neglected the newcomer for which I am sorry. I intend to make more of an effort to help the new or visiting person feel at home. I hope that other members will search their hearts as well and do the same after all "isn't the newcomer the most important person in the room?" Let's try our best to make them feel at home instead of just worrying what is in this for ME.

I am mostly pointing the finger at myself because I do forget from time to time. Hope everyone else will do the same.

*Thanks for letting me vent, Ernie P of the Attitude Adjustment Group*

Things turn out best for those that make the best of the way things turn out.

**ANNIVERSARIES:**

Deadline for submissions is the Thursday following Intergroup meeting

<b>Floral City Group</b>	
Rick C.....	23
Mary.....	21
Ken S.....	2
<b>Floral City Men's Group</b>	
Tommy B.....	32
<b>High Noon Group</b>	
Russell C.....	22
Butch J.....	3
Keith H.....	1
<b>Holder Way Of Life Group</b>	
Eddie H.....	40
Paul T.....	33
Susan N.....	23
Martha G.....	9
Joe R.....	5
<b>Last Chance Group</b>	
Ed H.....	40
Denise C.....	15
<b>Rainbow Group</b>	
Lynn G.....	28
Misti.....	2
Den D.....	1
Beth D.....	1
Lowell J.....	1
<b>Resentment Group</b>	
Al B (Big Al).....	23
Mary.....	21
Jay B.....	17
Karen C.....	7
John C.....	2
Jennifer F.....	1
Anita T.....	1
<b>Share At Noon</b>	
Jack M.....	39
Marion S.....	38
Nancy B.....	21
Jay.....	17
<b>Sober Sand Gnats</b>	
Judy O.....	4
Sue M.....	3
EM.....	2
<b>Woman's Friendship Group</b>	
Robie M.....	38
Laura (Lulu).....	32
Frani B.....	29
Sue E.....	27
Shirley W.....	24
Nancy C.....	14
<b>Yana</b>	
Cheryl M.....	21
David A.....	7
Michele S.....	3
Rod H.....	4

**Positive Affirmation**

Today, I will take the time to dream. As I believe, so I am. I will keep my thoughts positive.

I chose to move forward in the light. I expect the best to come to me. I am keeping my attitude open to all possibilities, I expect good. I am faith filled and free of fear and ready to heal.

**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: 52

AA.....	35
Alanon.....	3
NA.....	4
Ride.....	8
Detox.....	2

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, Crystal River Group, Dunnellon Group, Dunnellon New Beginnings, High Noon Group, Holder Way Of Life, Inverness Friday Night, Rainbow Group, Women's Friendship Group, Yana Group.

My thanks to all of the volunteers who have been gracious and generous with their time and involvement in the running of the bookstore. It couldn't be done without the collective efforts of everyone and my sincere appreciation along with, I'm sure, the appreciation of the entire AA community, goes out to all of you.

*John W, Volunteer Coordinator*

**NOTICE:** Next Intergroup and District meeting will be May 22<sup>nd</sup> Due to Memorial Day

**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](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)

**Charlie of "Joe & Charlie" passed away in April. They are well known for their Big Book Studies**