



Nature Coast Journal



Doctor Calls "Slip" More Normal Than Alcoholic—William D. Silkworth, M. D.

The mystery of slips is not so deep as may appear. While it does seem odd that an alcoholic who has restored himself to a dignified place among his fellow-men, and continued dry for years, should suddenly throw all his happiness overboard and find himself again in mortal peril of drowning in liquor--often the reason is very simple.

People are inclined to say: "There is something peculiar about alcoholics. They may seem to be well, yet at any moment they may turn back to their old ways. You can never be sure!"

The alcoholic is a sick person. Under the techniques of Alcoholics Anonymous he gets well; that is to say, his disease is arrested. There is nothing unpredictable about him any more than there is anything weird about a person who has arrested diabetes.

Let's get it clear, once and for all, that alcoholics are human beings just like other human beings--then we can safeguard ourselves intelligently against most of the slips.

Both in professional and lay circles, there is a tendency

to label everything that an alcoholic may do as "alcoholic behavior." The truth is, it is simply human nature!

It is very wrong to consider many of the personality traits observed in liquor addicts as peculiar to the alcoholic. Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them--yet those same quirks can be found among non-alcoholics, too. Actually they are symptoms of mankind!

Of course, the alcoholic himself tends to think of himself as different, someone special, with unique tendencies and reactions. Many psychiatrists, doctors and therapists carry the same idea to extremes in their analyses and treatment of alcoholics. Sometimes they make a complicated mystery of a condition which is found in all human beings, whether they drink whiskey or but-

termilk.

The alcoholic "slip," as it is known in Alcoholics Anonymous, furnishes a perfect example of how human nature can be mistaken for alcoholic behavior. *Continue Page 2*

Sobriety
Looses
It's
Priority

"When I say NO to you, I'm saying YES to me."

Before recovery, I wasn't very good at setting personal boundaries and when people asked me to do things, I almost always said yes - despite the emotional, physical or financial costs to me. For years I blamed and resented people for taking advantage of me, and it took me a long time in recovery to believe that saying no was not only my right, but my responsibility to myself as well.

It's still hard for me to say no to people, however. Even though I'm much better at it and do it much more frequently, I still feel like I'm letting someone down and often feel guilty for quite a while. When I heard today's quote, I finally understood why.

Saying no to you means that I'm saying yes to myself, and that concept is still foreign to me. Having been raised to disregard my needs and wants, the idea of honoring and respecting them is something that still takes contrary action for me to reinforce. The good news today is that the more I do it the better I feel, and I know that each time I do my self-esteem gets a little stronger.

Today it's a little easier to say no to you because it feels better when I say yes to myself.

Michael Z

A man is what he thinks about all day long”

—Ralph Waldo Emerson

This is true for women too. We sure learned that about our disease as well. It kept us thinking about alcohol or drugs all day every day until we could think of little else. Finally we became addicts, gobbled up by our all-consuming thoughts and cravings.

Now in recovery, we can be something else. We are becoming free of our addiction, and our minds can think about other things. What do we want to think about? What do we want to be?

It's easy to let the noise around us tell us what to think about. At the end of the day, we can end up feeling out of touch with who we are. We've been giving our minds to whatever is on the radio, television, or the gossip grapevine at work or school. That's why it's good to spend part of each day thinking about things we truly think are important and worthwhile.

from page 1 The "slip" is a relapse! It is a relapse that occurs after the alcoholic has stopped drinking and started on the AA program of recovery. "Slips" usually occur in the early stages of the alcoholic's AA indoctrination, before he has had time to learn enough of the AA technique and AA philosophy to give him solid footing. But "slips" may also occur after an alcoholic has been a member of AA for many months, or even several years, and it is in this kind, above all, that one finds a marked similarity between the alcoholic's behavior and "normal" victims of other diseases.

Now this is precisely what happens with the alcoholic—the arrested alcoholic, or the alcoholic in AA—who has a "slip." Obviously **he decides** again to take a drink sometime before he actually takes it. He starts thinking wrong before he actually embarks on the course that leads to a "slip."

There is no more reason to charge the "slip" to alcoholic behavior than a heart attack to cardiac behavior.

The alcoholic "slip" is not a symptom of a psychotic condition. There's nothing "screwy" about it at all. **The patient simply didn't follow directions.**

For the alcoholic, AA offers the direc-

tions. A vital factor, or ingredient, of the preventative, especially for the alcoholic, is sustained emotion. The alcoholic who learns some of the technique or the mechanics of AA but misses the philosophy or the spirit may get tired of following directions—not because he is alcoholic but because he is human. Rules and regulations irk almost anyone, because they are restraining, prohibitive, negative. The philosophy of AA, however, is positive and provides ample sustained emotion—a sustained desire to follow directions voluntarily.

In any event, the psychology of the alcoholic is not as different as some people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps, in that he has been put on the defensive and consequently has developed nervous frustrations. But, in many instances, there is no more reason to be talking about "the alcoholic mind" than there is to try to describe something called "the cardiac mind".

I think we'll help the alcoholic more if we can first recognize that he is primarily a human being—afflicted with human nature!

William D. Silkworth, M. D.

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

55th Florida State Convention

July 20-24

August 26-28, 2011

**16th Annual Southeastern
Woman to Woman Seminar
Naples, FL**

ANNOUNCEMENT:

WON REBOS

The Wed. & Saturday 12-Noon meetings are TEMPORARILY moving Back to the MAIN CHURCH BUILDING during May, June and probably July

MEETING CANCELLED

Last Chance Group Big Book meeting Friday night at 730^{pm} June 17, at The Good Shepherd Church cancelled.

The simple words "Thy Will Be Done" and the simple ideas of honesty and of helping others are taking on a new meaning for me. I should not be surprised to find myself coming to the astounding conclusion that God, whoever or whatever He may be, is eminently more capable of running this universe than I am. At last I believe I am on my way.

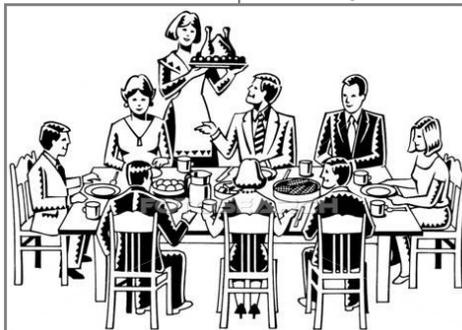
©1939 AAWS, *Alcoholics Anonymous*
[First Edition], p. 377

Drunkenness is temporary suicide: the happiness that it brings is merely negative, a momentary cessation of unhappiness. ~ *Bertrand Russell (1872-1970)*

GRATITUDE DINNER UPDATE:

The chair this year will be the same as last. John L will chair with most of last years volunteers helping make this another success. The date will be November 6th so mark that on your calendar. The place is the same, Fatima Catholic Church in Inverness where the Monday evening meeting is held. Tickets will go on sale in October and the seating is limited so no tickets will not be sold at the door. Sandy Beach of Tampa has agreed to speak and if you haven't heard Sandy you won't be disappointed, he is one of the best. Sandy is known all over the country and speaks regular on the circuit. You can listen to any number of his talks on the internet.

What we will serve for the main course has yet to be determined. One idea that has worked in the past and used at other dinners is the groups cooking the main courses. Each group could cook something different that would serve 10 to 15 depending on how many groups are interested. Some suggestions have been a 20lb turkey, meatloaf, meatballs, sliced or spiral ham, large pot roast, lasagna, and many others. The rest of the items, bread, salads, potatoes would be brought by the individual



ticket holder. This worked very well last year and there was plenty of food. Drinks will be provide by Intergroup. If this idea works the price of the tickets will be much less than last year.

At this time we are a work in progress and open to suggestions. Send your suggestions to news@ncintergroup.com. Also you are urged to bring this to your group for consideration. We will also be asking the groups to provide a door prize as well if possible, again like last year. I realize this

could be a financial strain on some of the smaller groups but if each group does what it can we will be over the moon. We have 37 groups who are members of Intergroup so if we as AA's are truly interested in service this is an excellent way to come to the front and walk our talk. I for one know that AA's can rise above

when presented with a challenge.

For those groups who do not have a representative you can still make the commitment by sending an email at the above address or calling John L at 727-560-3247.

With everyone's help this can be another great time and successful event. Remember, AA is only as good as we the members make it.

John L, Gratitude Dinner Chair

Make Coffee

At my sponsor's suggestion, I stood by the coffeepot and welcomed everyone who came by. I must have experienced a million smiles in a very short time. And when I pushed the broom all I concentrated on was the dust rising from it as I moved across the floor. My troubles were gone for the time that I was doing these things. And so it can be for you. If you can't live and you can't die, make coffee.

The Home Group: Heartbeat Of AA, p. 43

CHARACTER BUILDING—When I uncovered my need for approval in the fourth step, I didn't think it should rank as a character defect. I wanted to think of it more as a n asset (that is, the desire to please people). It was quickly pointed out to me that this "need" can be very crippling. Today I shall enjoy getting the approval of others, but I am not willing to pay the price I used to pay to get it. I will not bend myself into a pretzel to get others to like me. If I get your approval, that's fine; but if I don't, I will survive without it. I am responsible for speaking what I perceive to be the truth, not what I think others may want to hear.

Similarly, my false pride always kept me overly concerned about my reputation. Since being enlightened in the A.A. program my aim is to improve my character.

Daily Reflections April 2.

Sobriety is a grant, not a gift. A gift is something we get to keep forever. A grant is contingent on us doing something to keep it.

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

| | |
|---------------------------------|----|
| Floral City Group | |
| Van | 29 |
| Frank S | 13 |
| Floral City Men's Group | |
| Bill D | 23 |
| Holder Way of Life Group | |
| Butch C | 29 |
| Brice M | 26 |
| Tom S | 24 |
| Rainbow Group | |
| Hans N | 23 |
| Julie N | 5 |
| Mike G | 5 |
| Resentment Group | |
| Steve M | 25 |
| Al L | 22 |
| Gail N | 11 |
| Teresa L | 5 |
| Mike C | 3 |
| Richard K.S | 2 |
| Share At Noon | |
| Don P | 21 |
| Woman's Friendship Group | |
| Eleanor W | 43 |
| Brenda R | 16 |
| Yana | |
| Jimmy C | 3 |

Contributions

| | YTD | May | Apr |
|-------------------------|-------------------|-----------------|-----------------|
| ABC Group | \$0.00 | | |
| Attitude Adjustment Gp | \$60.00 | | |
| Big Book 164 | \$100.00 | | |
| Bright Spot | \$0.00 | | |
| Crystal River BB | \$100.00 | | |
| Crystal River Group | \$352.06 | | |
| Dunnellen Group | \$86.52 | \$30.00 | |
| New Beginnings-Dunn | \$50.00 | \$50.00 | |
| Floral City Group | \$0.00 | | |
| Floral City Men's Group | \$0.00 | | |
| High Noon Group | \$203.10 | | |
| Holder Way of Life Gp | \$75.00 | | |
| Inverness Friday Night | \$80.00 | | |
| Inverness Monday Night | \$0.00 | | |
| Inverness Wed Night | \$24.00 | | |
| It's In The Book | \$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 | \$223.05 | \$50.00 | \$82.63 |
| Resentment Group | \$30.00 | | |
| 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 | | |
| Women to Women | \$0.00 | | |
| Women's N-Beginnings | \$75.00 | | |
| Won Rebos | \$154.50 | | \$99.00 |
| Yana | \$50.00 | | \$25.00 |
| Monthly Totals | \$1,943.23 | \$130.00 | \$206.63 |

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 | 66 |
| Alanon | 6 |
| NA | 9 |
| Outside Area..... | 11 |
| Detox | 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.

Attitude Adjustment, Big Book 164, Crystal River Group, Dunnellon Group, Dunnellon New Beginnings, Floral City Group, Floral City Men's, High Noon Group, Holder Way Of Life, Inverness Friday Night, Rainbow Group, Resentment Group, Women's Friendship Group, Women's New Beginnings

"The Seed of God":

"But my spiritual growth became stronger from the experiences of others. It was explained to me that I could freely choose a God of my understanding. At first, I thought I was committing a sin by trying to change God, but I soon realized that God was constant, and the only changes that had to be made were in my sick mind."

1973 AAWS, Inc.; Came to Believe, 30th printing 2004, pgs. 59-60

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

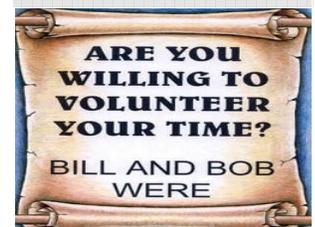
WEST COUNTY

SERENITY CLUB

JOURNAL IS ALSO

POSTED ON WEBSITE

www.ncintergroup.com



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