



Nature Coast Journal



111 W. Main St., Room 305 □ Inverness, FL 34450 □ Office & Literature: (352) 344-0290 □ Hot Line: (352) 621-0599

VOLUME 13, ISSUE 11

NOVEMBER 2011

Change to the INNER is the way to the OUTER

During my early drinking years I thought I had the power of choice. I tried to take control of my life and you can imagine what a mistake that was. Like the tumbleweed I bounced from job to job, with one bad choice after another. I grew up in an environment where drugs, alcohol and loose women were all around me. This was just the way my world was and I chose to drink even though drugs were all around me. Alcohol became my crutch. It helped me to cope with the way I was living. I depended on it everyday, all day. When asked why I drank I would say "Doesn't everyone drink?"

I know there is a difference between not drinking and true sobriety

As a young man I went to detox for the first time. I did it for family and friends. When released I stopped drinking but that was all. The way I lived and the people that I hung out with were still the same. I

even took a job in a detox center once and that didn't help. AA was always there for me but I was never there for AA.

One thing led to another and I drank again. Several years later I reached bottom. I was doing insane things and I didn't even know it. I was drinking 24/7 again. My wife said "you need to go back to AA and YES is the only answer you have!". That's when I gave up my control and turned everything over to a Higher Power. I asked God to take control of my actions and thoughts. This is when my life turned around. I became honest with myself about my drinking problem and honest with others for the first time in my life. I stopped hanging with the old friends, stopped going to the old watering holes and watched the old me slowly turn into the person I am today.

I know there is a difference between not drinking and true sobriety. AA today has become a way life for me. I hope that as long as I can remain sober I can help someone else find the peace and serenity that I have found in the program of Alcoholics Anonymous.

Thanks for listening. Ernie P, Resentment Group

THE HIGH NOON GROUPS

Semi-Annual Softball Game / BBQ

When - Saturday November 12th
Time - 1:30pm

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

Some of the biggest challenges in relationships come from the fact that most people enter a relationship in order to get something: they're trying to find someone who's going to make them feel good. In reality, the only way a relationship will last is if you see your relationship as a place that you go to give, and not a place that you go to take.

First meditate, be blissful, then much love will happen of its own accord. Then being with others is beautiful and being alone is also beautiful. Then it is simple, too. You don't depend on others and you don't make others dependent on you. And if you see that the moment has come to depart because your paths separate at a crossroad, you say good-bye with great gratitude for all that the other has been to you, for all the joys and all the pleasures and all the beautiful moments that you have shared with the other. With no misery, with no pain, you simply separate.

Anthony Robbins

Area Events

Details on our web site

Area Assemblies 2012

January 14&15, 2012

Renaissance Resort at
the World Golf Village

St. Augustine, FL

Hotel: **904-940-8000**

DETAILS ON WEBSITE

"I thought I was the black sheep of my family till I got to my first meeting. There I found the rest of my flock..."

Newcomer;

It's obvious from what I hear people saying in meetings that God is a pretty important part of Twelve Step programs. What if I don't believe in God or a Higher Power?

Sponsor;

We don't need religion in order to recover. The only requirement for membership is a desire to stop using our preferred addictive substance or behavior. To recover, we have to put down what we're addicted to, and we have to come to meetings. Not easy, perhaps, but simple and clear.

Whether or not we believe in God, most of us recognize that we don't live entirely independently. The phrase "a power greater than ourselves," from Step Two, is a reminder to me that I don't run the universe. Whatever I believe about God's existence, I have to accept that I myself am not God - if I'm going to recover. I can't control my addiction on my own. Willpower stopped working for me some time ago; I owe this newfound willingness to recover to someone or something that isn't my intellect or will.

Those who reject traditional concepts of God can still point to something inside - what some call their "better self," their "sense of right and wrong," their "higher self," or their "spirit" - that got them here. The desire for wholeness has somehow proved stronger than the impulse toward self-destruction.

Gratitude Message?

Do I thank the coffee maker for showing up early, setting up the hall, putting out snacks and cleaning up after the meeting or do I just expect that somehow it will get done?

How about the Intergroup and District Officers, the Hotline, Gratitude Dinner workers, Corrections, Public Information, Alkathon's, Thanksgiving Dinners, Cookouts, the Journal Newsletter, Website and many others? Have I ever shown my appreciation to those hard working members?

We need to remember that all of these positions are held by AA members who believe that giving back to our program is the way to insure that it will continue. Without these dedicated members, AA in Citrus County would probably not be what it is today or may not be at all. There isn't always someone willing to do the work. I personally have seen a hundred meetings close because members would not take the positions necessary to keep it going and I have been guilty in the past of that as well.

I took a moment the other night to thank the coffee maker. He was surprised and pleased that I took the time to thank him. He said that was the first time anyone had show their appreciation of his service.

During this Gratitude Month and coming months, I will take the time to show my appreciation to those who serve.

Journal Editor

Be Here Now—Three little words, but a world of wisdom. Behind that simple saying is both the call to live in the moment and also to live consciously.

Life cannot be lived fully or joyfully if our thoughts are focused on regretting the past, preoccupied with anticipating the future, or lost in the mind-fog of unconscious habitual behavior. *-Ram Dass*

A Daily Tune-Up:

Every day is a day when we must carry the vision of God's will into all of our activities. ALCOHOLICS ANONYMOUS, p. 85

How do I maintain my spiritual condition? For me it's quite simple: On a daily basis I ask my Higher Power to grant me the gift of sobriety for that day! I have talked to many alcoholics who have gone back to drinking and I always ask them: "Did you pray for sobriety the day you took your first drink?" - Not one of them said yes. As I practice Step Ten and try to keep my house in order on a daily basis. I have the knowledge that if I ask for a daily reprieve, it will be granted.

THANKSGIVING DINNER

Please Join the High
Noon Group
At the Serenity Club
(behind St Benedicts)
Thanksgiving Day
Time: 2pm
Please bring a side dish if you wish



ALKATHON'S 2011

Christmas Eve Dec 24th
New Years Eve Dec 31st
6pm-1am
Holder Community Center
Meetings at 6-8-10-12
Bring a covered dish, desert
or just show up and eat

FLORAL CITY MEN'S GP

In November 1993, a group of guys that met at Our Lady of Fatima for meetings, decided to start a men's meeting. So Ken P., Ed A., Charlie, Paul, (Laundromat) Ed, Ralph, Van A., Harold and Mike S. started a men's meeting in the Floral City Baptist Church on Thursday nights at 7:30. Growing in size, they had regular family gatherings and holiday celebrations sponsored by the group. Approximately 9 years ago, they moved to Hernando looking for a closer and more stable meeting place, however 4 or 5 guys stayed at the Floral City location, knowing they had to continue attending to stay sober! Keeping the doors open was important to each one.

Today we have about 15 members with attendance around 12 - 20 a week. Open discussion with a step the first Thursday is the format, still, and believe it or not, we continue to learn from each others experience, strength and hope. November 17th we will celebrate 18 years and express gratitude to AA for our opportunity to continue the fellowship.

"We alcoholics are sensitive people. It takes some of us a long time to outgrow that serious handicap."

Alcoholics Anonymous, 4th Edition, The Family Afterward, pg. 125~

NOTICE 1:

Intergroup is looking for 2 Trustee Positions to be filled. If interested in being a trustee come to the next Intergroup meeting. Nominations will also be made at the December 18th meeting.

NOTICE 2:

Intergroup & District meetings will be on November 20th and December 18th due to the holidays.

NOTICE 3:

The Rainbow Group is have a Intergroup Spring Picnic planning meeting at 7:00PM Monday November 7th prior to the regular AA meeting in Dunnellen. Everyone is welcome to help on the committee.

NOTICE 4:

Intergroup is looking to fill the vacant position of Store Volunteer Coordinator. Contact Chairman Al or Darral M for more information

Thank you to all who made the "Three Legacy" District 28 workshop a success!!!!

Facilitator: Area 14 Past Delegate, Dan E.

Chair: Connie D.,

Panelists: Char S., Kathy G., Plain Rick, Paula D., Dee N., Willye M., Jay B., and Don G.

Food Preparation and servers: Paige B., Debra S., Andy D. and Pat H.

Set up and clean up: Patrick L, Dave N., Darral M., Butch L, and Greg H.

All who came to join the fellowship..... Thank you!

"The path to our destination is not always a straight one. We go down the wrong road, we get lost, we turn back. Maybe it doesn't matter which road we embark on. Maybe what matters is that we embark."

-- Barbara Hall

While I have seen alcoholics try to prove that they were social drinkers, I have never seen a social drinker try to prove that they were an alcoholic --- but I've also never seen a social drinker try to prove that they are a social drinker!

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Men's Group	
Mike S.....	19
Darral M.....	7
Mike C.....	2
Holder Way of Life Group	
Patrick G (Oct).....	22
Brian W (Oct).....	18
Joan B.....	28
Charlie W.....	27
Last Chance	
Connie K.....	28
Rainbow Group	
Chuck.....	28
Troll.....	26
George K.....	14
Bob S.....	8
Ray S.....	5
John A.....	3
Share At Noon	
Jack B.....	20
Mike.....	2
Sober Sand Knats	
Carol K.....	21
Woman's Friendship Group	
Sharon B.....	14
Yana	
James M.....	35
Becky B.....	26
Gwen H.....	6

Contributions

	YTD	Oct	Sept
ABC Group	\$0.00		
Attitude Adjustment Gp	\$110.00		\$50.00
Big Book 164	\$240.00	\$50.00	
Bright Spot	\$0.00		
Crystal River BB	\$161.00	\$61.00	
Crystal River Group	\$552.06	\$100.00	
Dunnellen Group	\$96.52		
New Beginnings-Dunn	\$150.00		
Floral City Group	\$0.00		
Floral City Men's Group	\$100.00		
High Noon Group	\$100.00		
Holder Way of Life Gp	\$150.00		\$75.00
Inverness Friday Night	\$160.00		
Inverness Monday Night	\$150.00		
Inverness Wed Night	\$100.00		\$40.00
It's In The Book	\$20.00		
Keep In Step	\$0.00		
Last Chance Gp	\$0.00		
Lecanto Group	\$0.00		
Monday Night Men's	\$0.00		
Never To Early Group	\$0.00		
Night Cap Group	\$0.00		
Quail Run Closed Step	\$0.00		
No Name Group	\$150.00		
Red Eye Group	\$0.00		
Rainbow Group	\$223.05		
Resentment Group	\$90.00		\$60.00
Share At Noon	\$150.00		
Sober Sand Nats	\$125.00		
Wahoo Group	\$25.00	\$25.00	
What The Book Says	\$0.00		
Women's Friendship Gp	\$60.00		
Women to Women	\$20.00		\$20.00
Women's N-Beginnings	\$100.00		\$25.00
Won Rebos	\$285.25	\$61.75	
Yana	\$75.00		
Monthly Totals	\$3,392.88	\$297.75	\$270.00
2010	\$1,602.46	\$186.00	\$164.00
2009	\$2,080.00	\$110.00	\$383.00

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: 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(Attitude Adjustment), Butch L(Its In The Book), Matt B(Resentment), Rose, Anonymous

If you would like to volunteer call the store 344-0290 for more information.

Intergroup Hotline Report

Hotline Report: 85

AA.....	53
NA.....	4
Detox.....	1
Alanon.....	3
Rehab.....	2
Others.....	14
Missed.....	8

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.

Crystal River, Dunnellon, Dunnellon New Beginnings, Floral City, Floral City Men's, Holder Way Of Life, Inverness Friday Night, Rainbow, Resentment, Women's Friendship Group

NEW TO AA is a new link on the Website. It links to several video's issued by AAWS. If you haven't already checked out the web-site do it soon, Web address is given at bottom of page.

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.

DISTRICT 28 is looking for a Treatment and Grapevine Committee Chair. If interested contact Pat H.

SPONSOR

Sober Person Offering Newcomers Suggestions On Recovery.

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

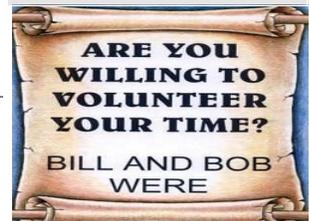
WEST COUNTY

SERENITY CLUB

JOURNAL IS ALSO

POSTED ON WEBSITE

www.ncintergroup.com



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