



## Gratitude Dinner -

"Wow what a good time", "great job", "food excellent", "speaker excellent", "everyone did a great job". Just some of the very nice comments we received from a few of the 202+ who attended the dinner on November 6th. It never would have been such a success if it weren't for the dozen or so volunteers who helped setup, prepare the food, serve the food and cleanup. Most went way above and beyond what was expected. One of the volunteers and he knows who he is, spent 5 hours in the kitchen cutting up all those hams and turkeys. What a great bunch of AA's who stepped up to the plate and each one hit it out of the park.



Sandy B travelled from Tampa to give us a very humorous, emotional and inspiring message. We all appreciated what he had to say.

The 50/50 will allow Citrus AA to make a donation of \$249 to New York. After all was said and done the dinner showed a profit of \$166. This money will be added to our Discretionary Fund which will be used for future events such as Alkathon's and Picnic's.

I would like to thank all those who helped make this the most successful dinner ever. You all know who you are and should feel proud of the service you provided to your fellow AA's. The groups who prepared the main course really stepped up. The food arrived at the door about the same time and it became impossible to keep track of which groups brought what. If your group donated we all appreciated your efforts. There was just enough food so everyone ate to their fill. And thank you all for the great side dishes. Who ever made those sweet potatoes I want that recipe.

Again I can't thank everyone enough for all their work. We all did a great job

*John L, Gratitude Dinner Chair*

## The Serenity Prayer

I can't begin to tell you how many times I've said The Serenity Prayer in a given week. In the morning, throughout the day and even sometimes at a meeting when things are not going the way Ernie thinks they should. Am you saying The Serenity Prayer out of habit or are you saying it from my heart? That question only you can answer.

For me there are three parts of the prayer. One, request for Serenity, two Acceptance and three Change. For me this has been a new way of thinking and a new way of life.

When the light turns red and I have to stop; when the car in front of me is going slower than I am or if I don't agree with the person speaking at a meeting, these are the things that I can not change. I can only accept them as being the way they should be at this moment, like it or not.

So what can I do to change the things that I can? First I accept the problem. Second I look for the lesson in the problem and then I formulate a solution with the advice of others. If I can't find an answer the it is time to reflect on the wisdom to know the difference between the thing I can change and the things I can't. Then and only then can I accept or put into action a plan for changing the problem into a solution. This keeps me in the present moment.

*Continue on Page 2*

## The Holidays

*One of the most difficult times of the year for those recovering from alcoholism is the Christmas holidays. If you find yourself struggling during the Christmas season, please remember that you're not alone. Help is only a phone call or a meeting away! Here are some helpful and practical tips to keep you from taking that first drink.*

**1. Plan Each and Every Day of Your Holiday**—Plan to spend the majority of your time with friends and family who are supportive of your recovery. If you're required to be present for a social gathering where alcohol is being served, bring a fellow AA member with you. Plan fun events and outings to replace your old drinking rituals.

**2. Find an "Alkathon" in Your Area**—Now this is very important part of this particular theme. During the Christmas season, some AA groups hold a marathon of meetings called an "Alkathon." it's a time when the members of Alcoholics Anonymous gather together to celebrate their recovery from alcohol addiction. Many AA groups have meetings on the hour every hour to share their experience, strength and hope. If you're a member of the fellowship or think that you might have a problem with alcohol, you're welcome to attend. Check the local papers for an "Alkathon" in your area.

**3. Ask for Support from Your Family and Friends**—Those who are truly supportive of your recovery will be happy to help you throughout the holidays. Be up front and tell them your concerns.

**4. Have a List of at Least 10 People you can call if you feel the Urge to Drink**—Make a list and check it twice. Carry your cell phone and your list of names at all times. The urge to drink is very powerful and can happen at any time.

**5. Do not Forget about Regular Exercise**—Regular exercise is an essential component of any balanced recovery program. If you have extra time on your hands, it's a great idea to get out and exercise. Examples include running, skating, cross country skiing, stretching, yoga, Tai Chi, Pilates or water aerobics. Instead of napping on the couch after dinner, go for a walk around the block.

**6. Stay Away from Slippery Places**—There is absolutely no reason to ever check out your former favorite drinking establishments. It's very likely that your old drinking buddies are still there and are still telling the same old stories.

**7. Create New Traditions to replace your Old Drinking Patterns**—Try something totally different during the holidays. Buy a new board game; take the family on a sleigh ride; prepare a family power point presentation. Use your imagination, be creative and have fun.

**8. Write out a Daily Gratitude List**—The quickest cure to get you out of the holiday blues is by counting your blessings. Be grateful for what you have by writing out a gratitude list every morning. Do not stop writing until you have at least ten items on your list.

**9. Volunteer your Services to a Charitable Organization**—There are many people in your community who are homeless and hungry. Why not volunteer to work at a soup kitchen or at a special Christmas dinner for those less fortunate than you? You'll be helping not only the needy but yourself!

**10. Write a Letter to yourself. How I Stayed Sober over Christmas.**—The act of writing your ideas on paper is very powerful. Write down all the activities and events that will help you have healthy happy sober Christmas. Now take action on them and make this letter come true!

**11. Avoid H.A.L.T**—H.A.L.T. Stands for: Hungry, Angry, Lonely, Tired—There are very simple solutions for all of the above items. If you're hungry, get something to eat. If you're angry, talk to somebody about it. If you're lonely, go to a meeting or call a friend. If you're tired, get a good night's sleep.

**12. Live One Day at a time and Enjoy your Sobriety!** - Stay in the moment. Have present time consciousness. Be in the now. These are all different ways of telling you to live one day at a time. Never mind about what happened or what could happen. Enjoy today. Live today. Celebrate your sobriety!

*If you follow these simple steps, it's totally feasible to stay sober over the Christmas Holidays. Take action now! Print out this article and plan a Happy and Healthy holiday season.*

**Attitude**—Is it time for me to realize that my attitude toward the life I'm living and the people in it, can have a tangible, measurable and profound effect on what happens to me day by day? I believe if I expect good, then good will surely come to me. And if I try each day to base my attitude on a sound spiritual foundation, I know it can change all the circumstances in my life for the better. Do I accept the fact that I have been given a daily reprieve that is contingent on the maintenance of my spiritual condition? Is my spiritual condition strong enough to keep me away from the first drink?

*from page 1* Now that I have stopped drinking and the cob webs have cleared out of my brain, well maybe not all of them, I can now start using Serenity Prayer as one of my most used tools.

Believe me, I have been in many jackpots in sobriety. This program works if I give it a chance, use the tools provided in the way they were intended, and trust in a God as I understand Him. So far sobriety has been good to me and I hope to continue to be good to it.

*Thanks for listening, Ernie P, Resentment Group*

## Night Before Christmas - Big Book Style

'Twas the night before Christmas, we were all in the club,  
Enjoying a meeting, instead of a pub.

The ashtrays were clean, and the coffee was made,  
The Big Books were out and then we all prayed.

When out in the lot, there arose such a clatter,  
We all jumped up to see what was the matter.

The Chair with his Big Book, and I with my smokes,  
Headed outside to find these two blokes.

They came inside and sat at a table;  
And said that they'd chair, as soon as they're able.

To start with, they said, "It's more than not drinking;  
It's doing your best to have God fix your thinking."

"First Things First!" and the slogans we used,  
Help keep the newcomer from getting confused.

Step 1 is a start, they said we should know,  
But after Step 2, we'll be all aglow.

We make a decision when we got to Step 3,  
Step 4 was a bit tough, we all could agree.

Step 5 is the one where we let it all out,  
And after Step 6 and 7, we're left with no doubt.

When we got to Step 8, we made our full list;  
And then with Step 9, we have to persist.

After Step 9, more promises ring true;  
We didn't just make that up, right out of the blue.

After that, it's on with the rest;  
The things we must do, to be our best.

They put on their coats and got ready to leave;  
A very good end, for this Christmas Eve.

As to their names, we only could guess;  
Must have been Bill W. and Dr. Bob S.

The two men hopped into a '35 Ford,  
And as they pulled out, one of them roared:

"We leave this message, for our sisters and brothers:  
Trust God, clean house, and be of service to others.

And for all of you people, I just want to say:  
Have a nice holiday, and don't drink today!"

Unknown

## Club Sobriety Update

Information, Ideas, Discussion, or Donations for a Sober Club House in Citrus

County—Contact J.P.Rik—  
Riklib@tampabay.rr.com or  
www.clubsobriety.webs.com

## 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

## NOTICE:

*Intergroup & District meetings will be on December 18th due to the holiday.*

## NOTICE:

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

## 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**

## NOTICE:

*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.*

**DISTRICT 28** has opening for a Treatment and Grapevine Committee Chair. If interested contact Pat H.

**To the Editor:** Meetings are very important this time of year. Not only for new comers but us old timers who may NEED A MEETING. If your group is going to cancel your meeting please remember AA's primary purpose. If the group has no choice then please let others know so they can pass the information along. The Journal is a good place to start. In the past month there have been 4 meetings cancelled with only a few days notice. What a shame it would be if a new person comes to AA in need of our help and the doors were locked. Lets not forget that meetings are for those that need help. For the members who have been around a while it is our job to do all we can to help them.

*Anonymous*

**THANK YOU...**On behalf of Nature Coast Intergroup (NCI) I would like to thank all of you for such a successful Gratitude Dinner. Sandy B was definitely a people moving speaker, kudos! I have been involved in NCI for 5+ years & found this one to be at the top. John L. was the chairman for the last 2 dinners & gave everything he had into putting this event together! Thank you to all the great volunteers.

*Al L, NCI Chair*

**ANNIVERSARIES:**

*Deadline for submissions is the Thursday following Intergroup meeting*

**Dunnellen Group**  
 Charlie C..... 29

**Floral City Group**  
 Jim L ..... 29  
 Dave ..... 22  
 Ken ..... 19  
 Neil ..... 4  
 Genevieve ..... 1

**Holder Way of Life Group**  
 Robert H ..... 22

**It's In The Book Group**  
 Bill K ..... 18

**Last Chance**  
 Connie K (Nov) ..... 28

**Rainbow Group**  
 Sue R ..... 14  
 Dawn H..... 6  
 Debbie M ..... 5  
 Michelle O..... 3

**Resentment Group**  
 Ernie P..... 3  
 Patrick L..... 1  
 Charles ..... 1

**Share At Noon**  
 Shirley..... 27

**Woman's Friendship Group**  
 Deckie..... 41  
 D.Adjoa..... 27  
 Steph M ..... 19  
 Mary P ..... 14  
 Dana C ..... 2

**Contributions**

	YTD	Nov
ABC Group	\$0.00	
Attitude Adjustment Gp	\$110.00	
Big Book 164	\$240.00	
Bright Spot	\$0.00	
Crystal River BB	\$161.00	
Crystal River Group	\$552.06	
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	
Inverness Friday Night	\$160.00	
Inverness Monday Night	\$150.00	
Inverness Wed Night	\$100.00	
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	
Share At Noon	\$150.00	
Sober Sand Nats	\$125.00	
Wahoo Group	\$25.00	
What The Book Says	\$0.00	
Women's Friendship Gp	\$60.00	
Women to Women	\$20.00	
Women's N-Beginnings	\$100.00	
Won Rebos	\$285.25	
Yana	\$75.00	
<b>Monthly Totals</b>	<b>\$3,392.88</b>	<b>\$0.00</b>
2010	\$3,130.79	\$391.00
2009	\$4,512.25	\$998.00

**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), 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: 50

AA 33, NA 1, Detox 2, Store 1, Other 9, Missed 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, Dunnellon, Dunnellon New Beginnings, Floral City, Floral City Men's, High Noon, Holder Way Of Life, Inverness Wednesday Night, Rainbow, Resentment, Women's Friendship

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 website do it soon, Web address is given at bottom of page.

Rich G is "retiring" from the book store, effective October 31st. Rich has worked tirelessly at the bookstore since shortly after it opened. He has been consistent to his commitment of every Monday afternoon. In addition, Rich has been, and continues to be, the treasurer for Big Book 164.

The AA community owes him a debt of gratitude for his years of service at the bookstore. Thank you Rich!!!

DONATIONS as of last Intergroup Meeting on the 20th. If your group donation was received after that date it will show in next months Journal.

Complaining only makes you miserable. Either plan and execute an effective response, or gracefully accept the circumstances you are called upon to bear.

**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

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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)

**GRATITUDE**

I show my Gratitude by GIVING and expecting nothing in return. When I put conditions on my giving that isn't Gratitude, it's deal making.

**DISCLAIMER:** The Nature Coast Journal is a monthly publication of the Nature Coast Intergroup. It is about, by and for members of AA. Opinions expressed herein are not to be attributed to Alcoholics Anonymous. Publication of an article does not imply endorsement by either AA or Nature Coast Journal, except where indicated.