



Nature Coast Journal



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FEBRUARY 2012

Bill W's Last Message

Presented at The New York Intergroup Association annual dinner, Oct 10, 1970 in honor of Bill's upcoming 36th anniversary, Dec. 11, 1970

Bill was under hospital care for acute emphysema and was unable for the first time to attend the A.A. banquet at which his last drink anniversary had been celebrated annually. His greetings were delivered by his wife Lois to the 2,200 A.A. members and guests at the New York Hilton.

My dear friends,

Recently an A.A. member sent me an unusual greeting which I would like to extend to you. He told me it was an ancient Arabian salutation. Perhaps we have no Arabic groups, but it still seems a fitting expression of how I feel for

each of you. It says, "I salute you and thank you for your life."

My thoughts are much occupied these days with gratitude to our Fellowship and for the myriad blessings bestowed upon us by God's Grace.

If I were asked which of these blessings I felt was most responsible for our growth as a fellowship and most vital to

our continuity, I would say, the "Concept of Anonymity."

Anonymity has two attributes essential to our individual and collective survival; the spiritual and the practical.

On the spiritual level, anonymity demands the greatest discipline of which we are capable; on the practical level, anonymity has brought protection for the

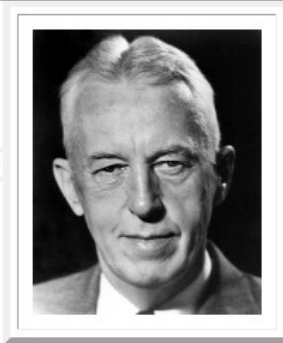
newcomer, respect and support of the world outside, and security from those of us who would use A.A. for sick and selfish purposes.

A.A. must and will continue to change with the passing years. We cannot, nor should we turn back the clock. However, I deeply believe that the principle of anonymity

must remain our primary and enduring safeguard. As long as we accept our sobriety in our traditional spirit of anonymity we will continue to receive God's Grace.

And so -- once more, I salute you in that spirit and again I thank you for your lives. May God bless us all now, and forever.

*Ever Yours
Bill*



William G. 'Bill' Wilson

b. November 26, 1895. d. January 24, 1971
Co-Founder of Alcoholics Anonymous

Fear

The achievement of freedom from fear is a lifetime undertaking, one that can never be wholly completed. When under heavy attack, acute illness, or in other conditions of serious insecurity, we shall all react to this emotion -- well or badly, as the case may be. Only the self-deceived will claim perfect freedom from fear.

Bill W., Grapevine, January 1962

ANOTHER WAY TO CARRY OUR MESSAGE:

How about a challenge for Citrus County AA's. Lets see if we can collect 250 Grapevine's for the jail this month. Collecting will be Bob R and Ernie P on the East side of the County and Steve N from Dunnellen area. Maybe someone from Crystal River will head this up on the west side. Donate those which are just gathering dust and put the AA message to good use. These AA members behind bars need of us the carry our message. Lets pitch and see what we can do. Staples on the binder are OK for the Jail.

"How do I celebrate in recovery?"

This question was asked by a new member during last night's meeting. Hands went up all over the room and some of the response's given were, "talk to your sponsor", "your right where your suppose to be", "feelings are very difficult in the beginning" and of course "keep coming back". Although great sharing from our older members none of the suggestions really addressed the question.

I thought about it for a while before putting my hand up. Years sitting in a bar, where nothing ever positive happened, helped set up a way of life which I had no control over. Every event, good or bad, was seen as something negative happening to me. It became punishment from God for not living up to his expectations. For example, my favorite Murphy's law was,

"if you have something long enough and take good enough care of it, eventually it is going to break". Not a very optimistic view of life. It took years to get myself in this frame of mind and was going to take time and effort to pull myself out of that deep dark hole. Today looking back I don't think it is possible to fully heal in a year or even three. Maybe not even five. My experience was about eight years to fully forgive and like who I am.

The Way Out for me, which was the name first given to the Big Book, was to work the steps as hard as I can for a long as I can. For an alcoholic, the

steps are the best tool we have for putting our broken lives back together. I believe the number one purpose of our AA program is to help me forgive and start liking myself. Without being able to live in my own skin, life just isn't worth living.

In the beginning it was hard to celebrate and be happy when inside I hated who I was. Celebrating anything without getting drunk was something I knew nothing about. It wasn't until I forgave myself for those awful thing I had done that I could start feeling better about who I was becoming. After working the program for many years the feeling of inner peace and self love arrived and I was finally free. When I became a new person on the inside everything on the outside was seen in a new light. I no longer needed alcohol to fix all of my problems. What I once saw as a bad thing now became a chance to learn something new about

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me. When I felt clean on the inside, celebrating became much easier and I could feel pride, happiness, love, peace and contentment.

Bottom line, in my opinion; get into the steps with a good sponsor, find a power greater than yourself and trust in the process of the AA program which has worked for so many of us over the years. It is not just about staying sober anymore but living a Happy, Joyous and Free life which really has meaning. It can happen to anyone but it does take time and WORK! Lots of work....

John L, Editor

BOOK STORE CLOSED APRIL 1st

This is the result of the vote taken during this month's Intergroup meeting. The overhead cost is just too much to bear and not the service was unwanted. For those that used the store I am sure it will be missed. Today, we are entering the transition phrase which will lead us toward a finding solution. I want to personally thank all members who showed interest and concern in both the decision to open a store/office and recognizing the need to closing it. We will continue to seek solutions in how best to serve our community, the purpose of Intergroup and Unity.

For the month of February, I will continue to keep up with the inventory of World Services books, i.e., Alcoholics Anonymous, 12 & 12 and our more common literature. For groups with large orders, please plan ahead for what you have in mind. Also, the bookstore receives no discount when ordering from New York, so you may consider placing your own orders. As for any special medallions or books, your orders should also be placed this month, no special orders will be placed from the store after March 1st.

I continue to pray for that person called by Spirit, to accept that call, filling our need for replacing some of the services offered by the store.

We will try to make this as simple as possible for our members and are available for any assistance in creating a wonderful service experience.

Thank You for helping me serve, Darral M.

NOTICE: New group meeting in Homosassa. The Real Happy Hour Group meets every night of the week except Wednesday at 6:30pm at the Nature Coast Community Church, 4980 S Suncoast Blvd. Homosassa. Questions, contact Jason D. 352-287-4757 or Sherry D 352-287-4693 or email contactus@therealhappyhourgroup.org

LOVE IN AA

Last night, at the meeting, love was the topic and described in many ways by those in attendance. The way I see it, in our AA program, love is the same as grace. Some find grace in the eyes of the Lord, some in their spouse and others like myself find grace in the members of Alcoholics Anonymous. Grace to me means loving someone even when I think they don't deserve it. I find that some of our members are harder to love than others. If you think you love everyone, "maybe your not going to enough meetings." You'll never find more of a mixed breed of God's children that you will in the rooms of AA.

We in AA love one another in a special way. There are 3 different stages of love. Eros love - known as "erotic love" is based on strong feelings toward another. Philos love is a love based on friendship between two people. Agape is a love that is totally selfless, where a person gives out love to another person even if this act does not benefit her/him in any way. I think most of the love that I express for my fellows is of the Philos (friendship) variety. For a few Agape Love applies. And the other type of love we won't go there in this article.

Shaking hands and hugging is a way of letting others know that we are here as one family in sobriety. We in AA are not concerned what you have done or where you have been. We love you just the way you are. We are not here to fix any medical, family or legal issues. Our job is to help you help yourself. Just know that when we say we love you, it may not be the same as we love our children or spouse but none the less there is a brand of love which applies and if you will let us, we can love you into sobriety.

That is love as I see it.

Ernie P, Attitude Adjustment Group

RULE 62

A man was walking through a rather seedy section of town, when a bum walked up to him and asked the man for two dollars. The man asked, "Will you buy booze?" The bum replied, "No." Then the man asked, "Will you gamble it away? The bum said, "No."

Then the man asked the bum, "Will you come home with me so my wife can see what happens to a man who doesn't drink or gamble?"

A rope walks into a bar and orders a drink. Barkeep says, "Sorry, we don't serve ropes here." The rope goes back outside, kinks himself up, musses up his hair, and goes back into the bar. Barkeep says, "Say, aren't you the rope who just came in here?" Rope says, "I'm a frayed knot."

A preacher was completing a temperance sermon: with great expression he said, "If I had all the beer in the world, I'd take it and throw it into the river." With even greater emphasis, he said, "And if I had all the wine in the world, I'd take it and throw it into the river." And then, finally, he said, "And if I had all the whiskey in the world, I'd take it and throw it into the river." He sat down. The song leader then stood very cautiously and announced with a pleasant smile, "For our closing song, let us sing Hymn #365: 'Shall We Gather At the River.'"

Area Events

Details on our web site

Area Assemblies 2012

March 30-April 1, 2012

July 13—15

Renaissance Resort at
the World Golf Village

St. Augustine, FL

Hotel: **904-940-8000**

DETAILS ON WEBSITE

Feb 11th 9a m-4pm

Emotional Sobriety Workshop
With Polly P

Campus Church of Christ

2720 SW 2nd Ave

Gainesville, FL

For more information

Christine C (352) 222-8819

August 1-5, 2012

56th Florida State Convention

Innisbrook Golf, Palm Harbor

www.56.flstateconvention.com

Ernie P from the Attitude Adjustment Group, has been published again in the Grapevine. His latest was the lead story in the November Journal. Congratulations Ernie for taking the time to share your experience. Well done!!!

BEFORE 6 BEERS



AFTER 6 BEERS

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 clubsobriety.webs.com

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group
Walt W 25

Floral City Men's Group
Pete M 23
Albert 3

Holder Way of Life Group
Beverly C 30

Rainbow Group
Gene H 5
Jerry S 3
Debra S 3
Donna R 2

Resentment Group
Willye M 5
Robert G 1

Share At Noon
Gordie 3

Sober Sandknats
Leo D 25
Sherrie L 22

Woman's Friendship Group
Diane P 1

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 (High Noon), Rose C (Attitude Adjustment), Just Plain Rick (Resentment), Denis S (Crystal River), Janet B (Attitude Adjustment), Jim L (Attitude Adjustment), Butch L (Its In The Book), Anonymous

Intergroup Hotline Report

Hotline Report: 63

AA 44, NA 1, Detox 4, Alanon 4, Misc 4, Missed 6.
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.

Big Book 164, Crystal River, Dunnellon, Dunnellon New Beginnings, Floral City, Floral City Men's, High Noon, Holder Way Of Life, Inverness Wednesday Night, Rainbow, Resentment, Women's Friendship, Won Rebos

Change

How many of us would presume to declare,
"Well, I'm sober, and I'm happy.

What more can I want, or do?
I'm fine the way I am."

We know that the price of such self-satisfaction
is an inevitable backslide,
punctuated at some point by a very rude
awakening.

We have to grow or else deteriorate.
For us, the status quo can only be for today,
never for tomorrow.

Change we must; we cannot stand still.
Bill W., April 1961

Every day is an opportunity to be creative - the canvas is your mind, the brushes and colors are your thoughts and feelings, the panorama is your story, the complete picture is a work of art called, 'my life'. Be careful what you put on the canvas of your mind today - it matters.

Travelling Speaker Meetings

Is now a dead issue due to lack of interest. If someone else would like to try I would turn over the info that I have. John L

Contributions

2012	YTD	Jan
ABC Group	\$0.00	
Attitude Adjustment Gp	\$0.00	
Big Book 164	\$75.00	\$75.00
Bright Spot	\$10.00	\$10.00
Crystal River BB	\$0.00	
Crystal River Group	\$0.00	
Primary Purpose CR	\$17.00	\$17.00
Dunnellon Group	\$0.00	
New Beginnings-Dunn	\$0.00	
Floral City Group	\$0.00	
Floral City Men's Group	\$0.00	
High Noon Group	\$100.00	\$100.00
Holder Way of Life Gp	\$0.00	
Inverness Friday Night	\$0.00	
Inverness Monday Night	\$0.00	
Inverness Wed Night	\$0.00	
It's In The Book	\$0.00	
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	\$0.00	
Red Eye Group	\$0.00	
Rainbow Group	\$0.00	
Resentment Group	\$0.00	
Share At Noon	\$100.00	\$100.00
Sober Sand Nats	\$0.00	
Wahoo Group	\$0.00	
What The Book Says	\$0.00	
Women's Friendship Gp	\$30.00	\$30.00
Women to Women	\$20.00	\$20.00
Women's N-Beginnings	\$0.00	
Won Rebos	\$96.75	\$96.75
Yana	\$0.00	
Monthly Totals 2012	\$448.75	\$448.75
2011	\$229.50	\$229.50
2010	\$322.46	\$322.46
2009	\$424.00	\$424.00

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

STEVE N—MARTHA G

HOTLINE

KURT W

621-0599

WEBSITE

www.ncintergroup.com

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344-5939

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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

Both Minor and Major start and end with the same letters-- The difference is made in between.

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.