



Learning To Trust God

I wanted to build a new home. God told me He would set the foundation for me, that it would be solid and never crumble. "Thank you God," I replied, "but I'd rather build it on my own." God then told me He would build the walls and roof for me and they would be perfectly insulated and never leak. Once again I thanked God and picked up the hammer, wood, and nails and began to build. God told me He would water the grass for me and it would grow thick and luscious but I didn't trust Him to send the rain. This "home" was really my journey into sobriety. God offered the steps and told me he would send someone to help me with them but I wanted to work them "my" way because in my heart I didn't really trust Him or anyone He sent.

The result was that my house crumbled, leaked, and was drafty. I cursed God because I knew I had erred. Far be it for me to blame myself. Eventually, on the verge of collapse, God smiled and said, "I'll give you another chance. I'll give you a little faith first, so you can come to believe that I will be there for you."

Many of us state that we "trust" God but how many of us really do? We have faith in God and try to live by His will, yet when times get tough we tend to try to solve problems on our own. I can't count how many times I've run into difficulties or have had

tough times and it didn't even occur to me to pray and ask God for help and guidance.

There are several tests to determine how much we trust God. He wants us to trust Him, He's told us He would help us if we would just ask. To this alcoholic that just seems too simple.

The Pressure Test: How do I handle stress in my life? Am I quick to anger, make judgments, or feel rejected? Do I make rash decisions concerning my job, family, or friends? Does the urge to drink or drug pop into my mind? Do I succumb to these feelings or urges? Or...do I pray to God for help, talk to my sponsor or another alcoholic, bring up the topic at a meeting? We all have moments of pressure brought on by events over which we have little or no control. Can

we accept these events as just as they are supposed to be and not blow a fuse? My other Big Book tells me, "I want you to trust Me in your times of trouble, so I can rescue you." Bill W. wrote on page 15 of our Big Book, "The joy of living we really have, even under pressure and difficulty". This stems from working this program in order to learn to trust God.

The People Test: How do I handle disappointments? Do I trust people too much? Do I idolize some because they seemingly have "good" sobriety or can say things that make us feel better? Do I think that my sponsor or AA group can "save" me? People *continue page 2*

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from page 1 are only human. We make mistakes, errors in judgment. How do I feel when someone lets me down? Am I hurt or angry, do I began a resentment? Or do I turn to God for comfort?

On page 43 of the Big Book it says, "The alcoholic at certain times has no effective mental defense against the first drink. Except in a few rare cases, neither he nor any other human being provide such a defense. His defense must come from a Higher Power." God will never let us down.

The Persistence Test: Can I keep my commitments? If I make a promise, do I carry through with it? If I commit to chairing a meeting for a month or sign up as GSR for a group do I follow through and show up or do I conveniently "forget" about it? You are not only making a promise to your fellow man but to God. Do you pray to God to help you follow through on your commitments? I've only touched on the part that refers to A.A., but it holds true in every aspect of our life.

From As Bill Sees It: "All A.A. progress can be reckoned in terms of just two words: humility and responsibility. Our whole spiritual development can be accurately measured by our degree of adherence to these magnificent standards.

"Ever deepening humility, accompanied by an ever greater willingness to accept and to act upon clear-cut obligations - these are

truly our touchstones for all growth in the life of the spirit. They hold up to us the very essence of right being and right doing. It is by them that we are enabled to find and to do God's will."

The Priorities Test: What (Who) will be first in my life? Do I say sobriety is first in my life then act like it has no meaning? Do I feel that I have to have lots of material things to make me happy? Do all I think about is Sex? Food? Power? Does anger rule my life? Whatever we worship is our God.

Many of us say sobriety is the number one priority in our lives. For some, especially the newcomer this is essential. For this alcoholic my number one priority is God. His gift tome was my sobriety. Without Him I would have no sobriety, happiness, love. If I push God out of the forefront, my life seems to fill with problems and worries, anxiety and fear, anger and hatred. I may not drink but I will not be sober. I pray daily that God is first in my life. I ask that I be allowed to do His will, not mine.

Page 100 of the Big Book states: "When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!"

By Ron B. (former web master now living in Land O Lakes)

Our Slogans

The other day at a meeting the subject came up about *one day at a time* and *keep it simple*. What it means to me is that I try not to overload my schedule on any given day. I don't plan too many events at once and in that way keep it simple. I always try to leave something for tomorrow or just realize "how important is it to get it done today".

When I try to do too much in one day my mind and body become overloaded, and I become physically tired. This is when negative thinking takes over and unpleasant thoughts come into my head which can lead to unhappiness or could cause me to drink. I must face reality and realize that there is, the doctor next week, church on Sunday, grocery shipping and many other things but they all don't have to be done at once or even thought about at the same time.

I use a white board to write down all of the things that need to be done. I write down all the appointments, the grocery list and what I need to do for AA. This way the garbage is out of my head and written down where I can review it at the beginning of each day and see what needs to be done today.

This is what *one day at a time* and *keep it simple* mean to me and how I keep my life simple and in order. When I practice these things, the rewards are peace and serenity.

Thank you God for AA and all the good people who help me to help myself.—Ernie P - Attitude Adjustment Group

Bookstore UPDATE:

Kate S. is now monitoring the phone and offering her volunteer services for members and their Groups. Call 352-344-0290 M-F 10 AM – 5 PM for purchase orders. Please be understanding when placing requests as this is not an office and capabilities will vary. We will be tuning this system over time to be simple for all concerned.

WEEDING THE GARDEN

By the time I had reached Step Three I had been freed of my dependence on alcohol, but bitter experience has shown me that continuous sobriety requires continuous effort. Every now and then I pause to take a good look at my progress. More and more of my garden is weeded each time I look, but each time I also find new weeds sprouting where I thought I had made my final pass with the blade. As I head back to get the newly sprouted weed (it's easier when they are young), I take a moment to admire how lush the growing vegetables and flowers are, and my labors are rewarded. My sobriety grows and bears fruit. *(As Bill Sees It, p115)*

Beverly's memorial was attended by her sister, daughter, granddaughter and about 50 members and friends. The service was conducted by John R and there was a nice PowerPoint presentation with pictures of different events in her life. Coffee and cake was had by all and many stepped to the microphone to share their Beverly experiences. Thanks to those who organized her memorial. Beverly will be remember for a long time in the hearts of those who loved her and she will certainly be missed.



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

25th Annual Men's

International Conference

Orleans Hotel & Casino • Las Vegas, Nevada • April 19-22,

2012

The Woodstock of AA

Cocoa Beach

22nd Spring Conference

May 4-6, 2012

Founder's Day Akron

June 8,9 & 10, 2012

August 1-5, 2012

56th Florida State Convention

Innisbrook Golf, Palm Harbor

www.56.flstateconvention.com

Gratitude Dinner 2012

November 18th

St Benedicts Church

Crystal River, FL

NEW MEETING: The Resentment Group is starting a new OD meeting, Friday NOON April 6 at Calvary Chapel 960 S US Hwy 41, Inverness, FL

For those that follow Ernie P's writings, he has been published in the Grapevine again this month. The article "Simple and slow" was a reprint from our September 2011 Nature Coast Journal. Great job again Ernie. He has also had articles in the Grapevine in September 2011 and February 2012.

THE HIGH NOON GROUPS Annual Easter Dinner

When – Sunday April 8th
Time- After 3pm Meeting
Where- St Benedicts



EVERYONE WELCOME

Turkey and Ham will be served

Feel free to bring a side dish

THE HIGH NOON GROUPS Semi-Annual Softball Game / BBQ

When – Saturday April 21st
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

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group	
Bruce B.....	14
High Noon Group	
Dave K.....	26
Rick C.....	13
Joan H.....	4
Kenneth A.....	3
Heather M.....	1
Scott C.....	1
Holder Way of Life Group	
Kathy R.....	15
Last Chance Group	
Marlene H.....	31
Sue Ann A.....	22
Rainbow Group	
Sue Ann.....	22
Ted L.....	7
Mike S.....	6
Brian P.....	5
Kate J.....	4
Mystie G.....	2
Resentment Group	
Popeye (George).....	24
Oscar (Kieth H).....	21
John C.....	3
Sober Sandknats	
Brian O.....	5
John W.....	2
Women's Friendship Group	
Lu-Anne D.....	35
Pat O'B.....	30
Liz R.....	21
Frederica L.....	4
Yana	
Paul S.....	11
Denis S.....	8
Chamain.....	6

Contributions

2012	YTD	Mar
ABC Group	\$0.00	
Attitude Adjustment Gp	\$0.00	
Big Book 164	\$75.00	
Bright Spot	\$10.00	
Crystal River BB	\$0.00	
Crystal River Group	\$50.00	\$50.00
Primary Purpose CR	\$17.00	
Dunnellen Group	\$0.00	
New Beginnings-Dunn	\$25.00	\$25.00
Floral City Group	\$0.00	
Floral City Men's Group	\$0.00	
High Noon Group	\$100.00	
Holder Way of Life Gp	\$0.00	
Inverness Friday Night	\$80.00	
Inverness Monday Nigh	\$150.00	\$150.00
Inverness Wed Night	\$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	\$0.00	
Red Eye Group	\$0.00	
Rainbow Group	\$0.00	
Resentment Group	\$0.00	
Share At Noon	\$100.00	
Sober Sand Nats	\$0.00	
Wahoo Group	\$0.00	
What The Book Says	\$0.00	
Women's Friendship Gp	\$30.00	
Women to Women	\$20.00	
Women's N-Beginnings	\$0.00	
Won Rebos	\$96.75	
Yana	\$0.00	
Personal	\$50.00	
Monthly Totals 2012	\$813.75	\$225.00
2011	\$1,502.98	\$426.00
2010	\$836.46	\$390.00
2009	\$879.00	\$285.00

INTERGROUP BOOKSTORE
352-344-0290

Store volunteers: Paul B (High Noon), Rose C (Attitude Adjustment), Just Plain Rick (Resentment), John W (BB 164), Janet B (Attitude Adjustment), Jim L (Attitude Adjustment), Butch L (Its In The Book), Anonymous

Intergroup Hotline Report

Hotline Report: 72

AA 52, NA 3, Detox 1, Alanon 3, Misc 4, Missed 9
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, Crystal River, Dunnellon, Dunnellon New Beginnings, Floral City, Floral City Men's, Holder Way Of Life, Rainbow, Resentment, Women's Friendship, Won Rebos

Trustee (1) Position OPEN in Intergroup

Election will be at Next Months Special meeting along with our regular meeting.

A minimum of two years of continuous sobriety shall be required for nomination to the Board of Trustees

Vice Chair of Intergroup is OPEN with the passing of Beverly. Requirements are the same as Trustee above.

GRATITUDE DINNER 2012 will be at St Benedicts Church in Crystal River on November 18th. More will come later. Sandy H. is Chair for this

Club Sobriety Update

Corporation has been approved and we are looking for an affordable property. 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

There are three enemies of personal peace; regret over yesterday's mistakes, anxiety over tomorrow's problems and ingratitude for today's blessing.

New address for donations to Intergroup

Nature Coast Intergroup
3290 East Millwood Lane
Hernando, FL 34442

Please let your group treasurer know when mailing in donations.

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—OPEN
344-5939

SECT—DENIS S

TREAS—JOHN L

INTERGROUP TRUSTEES

DARRAL M—PAUL B

STEVE N—OPEN

HOTLINE

KURT W

621-0599

WEBSITE

www.ncintergroup.com

JOURNAL

EDITOR—JOHN L

news@ncintergroup.com

ASSIST—STEVE N

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

What conflicts can I resolve by letting them be?

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.