



A Newsletter, for AA Members, Published by Nature Coast Intergroup: *Carrying the Message*

Nature Coast Journal



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Happy Independence Day



As we celebrate our country's independence from oppression, and domination, I am reminded of my own independence from the downward spiral alcohol had taken me. I was certainly oppressed and held prisoner within my own skin by a foe our AA founders call John Barleycorn.

There came a time in our country's history when the people just couldn't take it any longer and struck out in a different direction. My dilemma was that although I was tired of the results I was getting while drinking, but I was not ready to do battle with a Powerful Foe which was running my life. It wasn't the 4th July but the 24th of August when I finally had enough. There was no bloodshed on my road to freedom unlike what our forefathers had to endure although it came very close to that. After many years of fighting I finally gave up and turned everything over to God as I understood Him. I believe when the Star Spangle Banner was written, all seemed hopeless and we would never be free as a



country. This is when God stepped in and things began to change for the better.

The power of God in my life now can be applied to every situation which comes along. Like our loving country, the war did end and we all celebrated only to have another war come along a short time later and followed by many more. Along my road to sobriety there have been many battles and to date WE have made it through all of them with God's help and direction from the fellowship.

I pray daily that the adversities to both my sobriety and this great country continue to be overthrown and that we all have a chance to live in the sunlight of the spirit one more day.

Martin Luther King said it well, "thank God I am free at last!!!".

Happy Independence Day to all our brothers and sisters throughout our land and to those in AA who have also been given the gift of independence from alcohol.

John L, Editor

How Does Your Garden Grow?

Each of our thoughts are like individual seeds. These thoughts will plant our life garden. Whatever our thoughts, they grow in our gardens. Each day we will process about 50,000 thoughts or thought seeds. Positive thoughts will produce positive results. Have you ever been aware of what you are thinking about during the day? Of the possible 50,000 thoughts in one day - if the positive thoughts were flowers and the negative thoughts were weeds - how would your garden look at the end of the day?

AA History:

When was the name Alcoholics Anonymous adopted as the name of our fellowship? Answer on page 3

Where Self Support and Spirituality Mix

If you've NOT had a drink in a number of days... or years
Had a family restored...a home...and sober careers
Then it's time to think of gratitude ...instead of tears.

If self esteem is on the rise, while complacency still denies
It's time to give back what's been given to you.
The seventh tradition basket is being passed, it's true
But remember AA's been hit with inflation too.

A dollar a day may no longer keep the "four horsemen" away.
On the other hand, if you use to drink in a dive... then by all means,
put in a five!

If you slept under the stars, in a car or a tent, maybe you couldn't
pay your rent, or perhaps
some folks just thought you had no sense... put in a ten!
If you got a nasty divorce (or two)... then a twenty of course, is
what you need to do!
Spent time in jail?...Put the check in the mail!
Or make it easy and contribute online, and chances are you'll serve
no more time.

Birthdays, anniversaries, any old sober-day will do
It's a day to be grateful, carry the message, and be self supporting
too.
After all many folks are still "out there" counting on you.

Whatever the amount, be RESPONSIBLE and step up.
PUT YOUR MONEY IN THE BASKET, INSTEAD OF THE
COFFEE CUP.
Stay sober today. Participate. And be of maximum service when
you can.
When we ALL do our part, it fits in GOD'S plan!

"I don't believe in miracles, I depend on them!"

If you had asked me before recovery if I believed in miracles, I would have laughed in your face. "Look at my life!" I would have said. "There are certainly no miracles happening here." On hindsight I wasn't aware of how miraculous it was I hadn't killed myself or anybody else yet, or how the miracle of recovery was about to happen for me. During the first few years of recovery, the occurrence of miracles was subtle at first, and I sometimes missed them.

My physical sobriety was something I struggled with and then eventually took for granted, but it was surely my first miracle. Later, the miracles of emotional recovery and the emerging awareness of, and appreciation for, my spiritual self were also examples of the miracles taking place in my life. And, of course, I was always surrounded by the many miracles happening in the lives of those in the rooms around me. These days I've come to rely on the existence of miracles even though they may not always look like I expect them to. Today I realize it's enough to just believe in them, to show up and be of service, and to let God do the rest. Then I just sit back and let the miracles happen. *Today, I believe in miracles.*

The Past

"Showing others who suffer how we were given help is the very thing which makes life seem so worthwhile to us now.

Cling to the thought that, in God's hands, the dark past is the greatest possession you have-- the key to life and happiness for others. With it you can avert death and misery for them."

Alcoholics Anonymous, p. 124

"I don't have a rewind button in my life, but I do have a pause..."

I can't tell you how many times - usually when I'm really mad or hurt - I've said or done things that I've later regretted. But in the heat of the moment when I felt I needed to defend, attack, or justify myself, I have acted in ways that have hurt not only others but myself as well.

When I entered recovery, my sponsor told me that just because I was now sober it didn't mean that I would never be hurt or get angry again. He told me there would still be plenty of times I would want to strike out, but in order to recover I had to become responsible for my actions. "You don't have a rewind button, but you do have a pause" he told me. And then he taught me how to use it.

Practicing restraint of pen and tongue has been one of the most practical things I have learned in recovery. I was taught not to react when upset, but rather to call someone and run my reactions by them first. I can still write that email, text or letter, but I have to show it to my sponsor before I send it. Pausing and praying to my Higher Power always restores my power of choice and allows me to check in with others before I react.

Michael Z

Answer:

*A fellowship of anonymous drunks had in fact existed prior to May 11, 1939. But it was the Cleveland meeting which first used the name **Alcoholics Anonymous**, that it took from the book. Cleveland's May, 1939 meeting is the first documented meeting which used the name **Alcoholics Anonymous**, separate and apart from the Oxford Group.*

NEW AA MEETINGS AT CLUB RECOVERY

SUNDAY: Women's 11th Step Meeting 8:00 pm
 SUNDAY & THURSDAY & FRIDAY: Search for Serenity 12 Step Study 6:00 pm
 MONDAY & TUESDAY & WEDNESDAY: Resentment Group, 6:00 pm
 TUESDAY: AA Meeting 12:00 am (NOON) (NEW) (no longer at 9am)
 WEDNESDAY & SATURDAY: Mom & Dads w/Kids 12:00, Children welcome
 THURSDAY: Resentment Group, 8:00 pm
 FRIDAY: Resentment Group, 10:00 pm Candle Light Meeting
 SATURDAY: Saturday Night Live, 8:00 pm

F.E.A.R. = Frustration, Ego, Anxiety and Resentment Anonymous

We don't want to return to the life we led before recovery, but fear should never be the reason why we don't. Fear keeps us from being open to the Program. If we're only in the Program because we're afraid of the old way of life, we'll never pay attention and open our souls to learn about the new way. We'll be too busy looking back over our shoulders to make sure the old life isn't creeping up on us.

We have to want the Program out of a desire for a new life, not out of a fear of the old. Positive thinking and behavior will be in charge if we are to make any character growth. Every fear encourages negative thinking that can destroy us. Guilt and shame come from the past, just like fear. If those feelings are what drive us, we will never grow.

I will make it a practice to take note of my fears. I will take an inventory of each fear until I understand what caused it. Then I will be able to find a way to work through them.

Obituaries: Sherrie and Sally

Sherrie L, 57, of Dunnellon, died June 5, 2012. She had a history of heart problems and it is suspect that she may have had another. She was the GSR for the Sober Sand Gnats. I don't ever remember seeing her in a car, always on her Harley. Her smile and sense of humor will be missed.

Sally L of Crystal River died some time in early June. She was a regular at Yana when she was living in Crystal River. She had some kind of blockage, it was found to be cancer and died quickly while in Massachusetts.

**District 13 Presents
Delegate's Report**

Date: Saturday, 7/21/2012
 United Methodist Church
 109 S Broad Street
 Brooksville, FL

Stop by for donuts with the Delegate as she reports on her travels to General Service Conference in New York and the results of the agenda items.

**Come Celebrate Our Freedom
Club Recovery**

July 4th—11:00am—4:00pm
Afternoon workshop and/or Meeting and other activities.

Sandwiches, salads, fruit, finger foods and deserts. Tea and coffee provided.

Donations will be greatly appreciated but not required.

Area Events

Details on our web site

Area Assemblies 2012

July 13—15

Renaissance Resort at
 the World Golf Village
 St. Augustine, FL
 Hotel: **904-940-8000**

DETAILS ON WEBSITE

**Saturday, July 21st—12-4
 Delegate's Report—District 13
 Methodist Church
 Brooksville, FL
 (watch for flyer)**

August 1-5, 2012

56th Florida State Convention
 Innisbrook Golf, Palm Harbor
www.56.flstateconvention.com

26th Annual Tampa Bay Fall
 Roundup

August 31 – September 3
<http://tampabayfallroundup.com/>

**WANTED HOT-
LINE HELPERS**

Dave the new hotline chair is updating information. Please send him an email if you can talk with Men/Women or give rides to the meetings in your area. The current information is outdated. Everyone's help is needed on this.

Email: web@ncintergroup.com

"We must never be blindsided by the futile philosophy that we are just the hapless victims of our inheritance, our life experience, and our surroundings--that these are the sole forces that make our decisions for us ... We have to believe that we can really choose."

Bill W., The Language of the Heart

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Last Chance Group

Jim K 28
Andy K 26

High Noon Group

Jeremy I 2
Al D 2

Holder Way of Life Group

Patricia H 26
Mike W 6

Rainbow Group

Gene M 20
Lloyd F 7
Steve N 4

Resentment Group

John 26
Ted W 10
Jenna P 5
Anita T 2
Matt 2

Share At Noon

Ginny 54
Ron G 38
Ruth M 23

Sober Sandgnats

Kel E (June) 12

Woman's Friendship Group

Lori M 22
Pat B 12

New address for donations to Intergroup

Nature Coast Intergroup
3290 East Millwood Lane
Hernando, FL 34442

Please let your group treasurer know there is a new address when mailing in donations.

Intergroup Hotline Report

Hotline Report: 42 Calls Total

If you would like to be a volunteer for the 12 Step List just call the Hotline number for details.

The following groups were represented at the Intergroup meeting.

Dunnellon New Beginnings, Floral City, Floral City Men's, High Noon, Rainbow, Resentment, Women's Friendship

Contributions

Our treasurer is on holidays in New England so any contribution that were received in the mail after the 20th of June will be recorded in next months report.

1 Donation, Share At Noon.....\$75

1. Alcoholics Anonymous works for people who believe in God. 2. Alcoholics Anonymous works for people who do NOT believe in God. 3. Alcoholics Anonymous does not work for people who believe they ARE God.

Crosstalk *(and there are still some old timers who don't know about this)*

In our meetings, we speak about our own experience, and we listen without comment to what others share. We work toward taking responsibility for our own lives, rather than giving advice to others. This is why crosstalk is strongly discouraged during our meetings. Some of us seem to not know what crosstalk really is as it continues to be done. Examples of crosstalk may include, but are not limited to:

1. Giving unsolicited feedback
2. Advising
3. Answering
4. Making "you" and "we" statements
5. Interrogating
6. Debating
7. Criticizing
8. Controlling
9. Dominating
10. Minimizing another person's feeling or experiences
11. Physical contact / touch
12. Body movements such as nodding one's head or other gestures
13. Verbal sounds / noises
14. Referring to someone present by name

And finally, the chair person should only talk once like everyone else. Making comments about what the pervious speaker had to say is also cross talk.

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—RICK T

344-5939

SECT—DENIS S

TREAS—JOHN L

INTERGROUP TRUSTEES

DARRAL M—PAUL B

STEVE N—DEBRA S

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DISTRICT 28

OFFICERS

DCM—PAT H

ALT DCM—PAULA D

SECT—STEVE N

TREAS—CHAR S

JOURNALS FOR GROUPS

CAN BE PICKED UP AT:

EAST COUNTY

FRIDAY BEGINNER'S

MEETING 6:30 PM

WEST COUNTY

SERENITY CLUB

CRYSTAL RIVER

