



Nature Coast Journal



This is serious, serious business

It was six years ago when I started what I hope to God was my final slide.

There isn't much I remember in the weeks prior to July 6, 2006. I know that I had given up the drink about a month earlier because my doctor told me it was making me sick. That I already knew. I stopped drinking and thought that was that.

My friends urged me to join Alcoholics Anonymous, but I told them it wasn't necessary. Doctor told me to quit, so I quit. I bragged that I didn't need those self-help weaklings, that I had the power to do this on my own. That pride and ego nearly killed me.

One day I walked out on my porch and thought, so this is sobriety. Pretty boring. I felt so empty inside. I figured four weeks of clean living had erased 30 years of hard drinking, so I started up again.

I didn't know then what I now know: Alcoholism is a progressive disease. It continues to thrive whether I'm drinking or not. If I'm alcoholic, I can stop drinking for 10 years and 10 years later, when I pick up a drink, my body reacts as if I'd never stopped in the first place.

I craved alcohol. I had to have it. I drank to excess and it nearly cost me my career, my family and my sanity.

Yet today, I do not drink. I do not have to drink. I choose to stay sober today and have an incredible life to show for it.

How did that happen? Through the 12 steps, other alcoholics who love me and a relationship I enjoy with God today that is more important than anything else.

A few years back I attended the Citrus County Drug Court graduation. Drug Court is an 18-

month program for people who are in court because of drugs or alcohol. They stay clean for those 18 months, attend program sessions, keep out of trouble, and their charges are wiped clean. It isn't easy. Many people who enter Drug Court don't make it to the end.

But here's the point: The word "graduation" is dangerous to people like me. I will not graduate from recovery. There is no cure for alcoholism. I get a daily reprieve from the drink based on a spiritual connection with my Higher Power.

It's not just the drink that God has removed, it's all the garbage that went with it: guilt, terror, hopelessness, self-hatred

Alcoholics who do not follow a rigorous program of recovery often find themselves with a drink in their hands. This is not opinion; it is my observation of seeing what happens to my kind who stray from A.A. They go out. Many do not make it back. The ones who do return often look beaten and bruised – physically and emotionally. It is not pretty. We welcome them with warmly.

The life I have today is nothing from my previous life. It's not just the drink that God has removed, it's all the garbage that went with

it: guilt, terror, hopelessness, self-hatred, the feeling of doom that I lived with daily for a long, long time.

Listen. This is serious, serious business. I heard recently that only 3 percent of the true alcoholics in this country actually seek help through a 12-step program. Once in the program, the odds for success rise significantly, but that doesn't happen without personal commitment to change a life from the inside out.

How badly do I want my sobriety and the peace that comes with it? Three words: More than anything.

Mike W

AA History:

Did Ebby Thacher die sober? Answer on page 3.

Every morning when I wake up I meditate about what I may have done or said yesterday. Did I say something or do something that may have hurt someone. Was I judging what someone else may have said or did. Then I realize that yesterday is behind me and I can't do anything about it. Not being able to change yesterday is true but looking at it today may make this coming day better.

I have no problem writing what I'm think. When it comes to talking meetings my mind wanders and I don't always say what I'm thinking in the way I want it to sound.

My daily thoughts are always to say or do something which will help or encourage someone to stay sober. There is no one in the meetings I do not like and pray for them all. I might not think the same way they do. What and how they think is none of my business and I must stop judge them. I am looking forward being more nonjudgmental and the result will be a better day for me. I hope you all have one too as we all walk softly while moving forward each day.

God bless.

Ernie P, Proud Member of AA

"Everyone wants to feel better, but no one wants to change."

Before recovery, I did a lot of things to feel better. I moved, changed jobs, girlfriends, cars, tried different combinations of drugs and alcohol, took up yoga, joined a gym - the list is endless. While these things worked briefly, inevitably I would be left feeling that giant hole inside of me, a hole that always made me miserable.

When I entered recovery, I had the same initial relief as when I tried other new ways to distract myself. After a while though, it, too, began to wear off and I could sense the hole returning. I met with my sponsor and he told me I was feeling this way because I was resisting and refusing to change. "But I'm sober!" I told him. "Yeah, but you're still trying to do things your way. Until you surrender and really work the steps, you'll just be the same old you - only you'll be miserable and sober this time."

Thank God my sponsor was willing to tell me the truth, and thank God I was ready to hear it. Deep down I knew I was the common denominator in all the things I had tried that didn't work, and once I got to step four and honestly looked at my part in things, I finally realized what had to change - me. While thoroughly working the steps, the promises began to come true for me, and today I am not the same man who entered the rooms all those years ago. Today I am happy, joyous and free. And that is worth changing for.



A one dollar bill met a 20 dollar bill and said, "Hey, where've you been? I haven't seen you around here much." The twenty answered, "I've been hanging out at the casinos, went on a cruise and did the rounds of the ship, back to the United States for a while, went to a couple of baseball games, to the mall, that kind of stuff. How about you?" The one dollar bill said, "You know, same old stuff, meetings, meetings, meetings."

Being Comes Before Doing

We spend most of our life running after things, doing things. We forget that being comes before doing. Those who remember this secret make an effort to "be" and discover that when they stop and observe, life helps and brings whatever is needed. Learning to be is learning to be at peace. It is our most fundamental nature.

My Shortcomings

When I am overly dependent on others, I try to fix them. I have a real talent in pinpointing what is wrong with other people. But the very thing that enables me to see their defects most often blinds me to the same, sometimes even worse, shortcomings in myself.

*Answer from page 2 Bill Wilson stayed sober and eventually formed Alcoholics Anonymous with Dr. Bob Smith while Thacher soon returned to drinking. Wilson always called Thacher his "sponsor," and even though he had returned to drinking, Wilson looked after his friend's welfare for the rest of his life. Thacher struggled on and off with sobriety over the years, and ultimately **died sober** in Ballston Spa, New York from emphysema in 1966.*

Area Events

Details on our web site

Area Assemblies 2012

October 12-14
 Renaissance Resort at
 the World Golf Village
 St. Augustine, FL

Hotel: **904-940-8000**

Area Assemblies 2013

January 18-20

March 29-31

Lake Mary, FL

aanorthflorida.org

DETAILS ON WEBSITE

Nature Coast Intergroup
 3290 East Millwood Lane
 Hernando, FL 34442

District 28
 PO Box 640914
 Beverly Hills, FL 34464

North Florida Area Conference NFAC
 5205 N. Sonora Terr
 Beverly Hills, FL 34465

General Service Board
 PO Box 459
 Grand Central Station, NY 10164-0371

**2nd Annual
 Central Florida Women's Workshop**

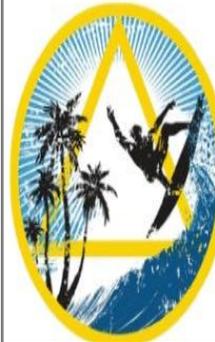
Life Enrichment Center

4991 Piccola Road

Fruitland Park, FL 34731

March 8, 9 & 10, 2013

Life Enrichment website : <http://www.lifetreats.org/>



**Suncoast Roundup
 2012**

St Pete Beach, Florida, USA

Fri-Sat-Sun October 19-21, 2012

www.suncoastroundup.org

Sponsored by Nature Coast Intergroup

2012 Gratitude Dinner

Ham, Turkey, with Covered Dishes & Desserts

November 18th



Donation: \$.50

NO Tickets sold at the door

St Benedicts Catholic Church
 455 S. Suncoast Blvd
 Crystal River, Florida

Speaker:

Excellent circuit speaker

Doors Open: 4pm, Dinner: 5pm, Speaker to follow



Sponsored by District 28

4th Step Workshop

"Made a Fearless and Moral Inventory of Ourselves"

When: Saturday October 27th 2012 10a - 2pm
 10am Fellowship with coffee and donuts

Where: Our Lady of Fatima Catholic Church
 550 U.S. Highway 41 S. Inverness, FL 34450

What: 10:15am Speaker Jay B.
 Lunch will be provided by the district following the panel discussions.

Please join us for fun, food and fellowship!

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Men's Group

- Frank S 14
- Kenny 14

No Name Group (Chassahowitzka)

- Dave 42
- Dickie 42

Rainbow Group

- Pete P 35
- David A 20
- Keith I 9
- Jack L 4

Share At Noon

- Marylin 14
- Gail M 9
- Joan T 3

Woman's Friendship Group

- Betty R 31
- Susan J 31
- Madge P 13
- Shirley C 11
- Gail M 9
- Cathy K 9

It is not the responsibility of the Editor to hunt down anniversaries each month but the secretary of each group. If your group is not being represented with anniversaries, ask your secretary why. It only takes an email once a month with the names and years. Deadline is Wednesday after the Intergroup Meeting.

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: 48 Calls Total

AA 33, Alanon 5, NA 2, Rides 3, Out Of Town 4, Enquiry 1

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

The following groups were represented at the Intergroup meeting.

Attitude Adjustment, Crystal River, Dunnellon, Dunnellon New Beginnings, High Noon, Monday Night Men's Step, Rainbow, Women's Friendship, Won Rebos

NEW: Incest Survivors Group at Club Recovery (back room), Thursdays 7pm

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

HOTLINE

DAVID D

621-0599

WEBSITE

DAVID D

web@ncintergroup.com

JOURNAL

EDITOR—JOHN L

ASSIST—STEVE N

news@ncintergroup.com

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

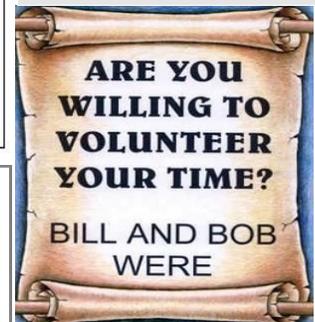
FRIDAY BEGINNER'S

MEETING 6:30 PM

WEST COUNTY

SERENITY CLUB

CRYSTAL RIVER



Contributions

A	B	C	E	F
ABC Group	\$0.00			
Attitude Adjustment Gp	\$50.00			
Big Book 164	\$105.00			
Bright Spot	\$10.00			
Crystal River BB	\$0.00			
Crystal River Group	\$50.00			
Primary Purpose CR	\$17.00			
Dunnellon Group	\$60.00			\$25.00
New Beginnings-Dunn	\$65.00	\$20.00		
Floral City Group	\$0.00			
Floral City Men's Group	\$0.00			
High Noon Group	\$100.00			
Holder Way of Life Gp	\$50.00			
Inverness Friday Night	\$80.00			
Inverness Monday Night	\$150.00			
Inverness Wed Night	\$80.00			
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	\$10.00			\$10.00
Night Cap Group	\$0.00			
Quail Run Closed Step	\$0.00			
No Name Group	\$0.00			
Red Eye Group	\$0.00			
Rainbow Group	\$40.00			
Resentment Group	\$0.00			
Real Happy Hour Group	\$100.00	\$50.00		\$50.00
Share At Noon	\$175.00			
Sober Sandgnats	\$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	\$227.00			\$93.75
Yana	\$10.00			\$10.00
Personal	\$50.00			
Monthly Totals 2012	\$1,449.00	\$70.00		\$188.75
2011	\$2,613.61	\$175.00		\$469.00
2010	\$2,325.09	\$164.00		\$353.00
2009	\$3,165.00	\$455.00		\$344.00

Spaghetti Dinner

at Club Recovery

Friday, September 21st 6pm

Club Recovery, Hernando FL

Ticket Price \$3 members

\$4 non-members



Buy early, we have limited room. Call us for tickets or ask around, some of our volunteers have them for sale.

Note on Donations: There was one donation of \$20 which came in and was not recorded. If it is your group please notify the treasurer, John L and we will get it in next month.

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.