



# Nature Coast Journal



□ Book Store: (352) 344-0290 □ Hot Line: (352) 621-0599 □ Website: [ncintergroup.com](http://ncintergroup.com) □ News: [news@ncintergroup.com](mailto:news@ncintergroup.com)

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## How it happened for me...

### *Shannon B's Story*

As a child in a Christian home, we went to church every Sunday. My mother taught Sunday school and we were always involved in church activities. I knew about God and believed the bible stories were real. I always believed in some kind of God, even with the what limited understanding I had at the time. I am not sure how to describe it, it just was. As I grew older, my faith grew. My mother always said, "You get out of it, what you put into it" and I wasn't putting much effort into an understanding of my God so what I was receiving was limited. So, the battle of my will verses God's will continued.

As time went on, there was always something missing, an empty dark hole inside that I could not fill. I didn't know at the time that I was looking in the wrong place. I tried drugs, alcohol and anything else which would "pretend" to fill that void in my soul. Nothing ever worked. All I ever did was hide from myself, from my thinking and from God.

By now, the battle of the wills was tearing me apart. The feeling now had reached total devastation. It was boiling up inside of me, hotter than ever. I had known for a long time I needed to surrender to Gods will, but I was afraid. Finally after years of suffering, I admitted, that my life had become unmanageable and ungodly. Suddenly, God pointed me to where I

needed to be. It was the only place I ever truly felt whole on the inside, and alive in my soul. For me it was church. This is where I was to become reborn and I knew it. At around the same time I found Alcoholics Anonymous and was willing to trade my addictions for serenity but there was more to come.

The first miracle happened on a dark, rainy, cold afternoon. . . I was bawling like a baby while driving my car when suddenly the feeling of fear and anger overwhelmed me. Without fully realizing it, I was now yelling at God. Scared, sobbing, screaming, tears, true hopelessness... this was my rock bottom.

My life was completely out of control. I felt totally lost! This is when God showed Himself to me. I remember screaming with all my might, "What's going to happen to me?". At that moment I heard a voice in my head, clearly and unmistakably say, "You will be just fine". At that moment my body relaxed, the crying stopped, and I felt an inner peace like never before. I could literally feel the Holy Spirit filling that empty hole inside of me! It was miraculous! Then another miracle happened if that wasn't awesome enough. I felt a warm and caressing arm brush across my shoulders, as if God himself was hugging me. I instinctively turned my head and looked to see who was there, but I was alone. It was just God and me, face to face. At this point I unconditionally gave my life back to Him.

I now know that I am a child *Continue on Page 2*

*"What's going to happen to me?"*

## The Crutch

A crutch to me was always a piece of wood or stick to keep a person from falling. There are also the things we humans lean on to get through situations. For a large part of my life alcohol was my crutch. Alcohol was what I needed to get through the day. Then one day I found AA or rather AA found me. AA took away my crutch and replaced it with a fellowship to lean on instead. Even though this was better than before there was still something missing. The something turned out to be a spiritual connection in my

*I build on these foundation stones*

life, which my church has provided, but still I was not complete. The last thing missing was a relationship with my wife and family. Then my life came together. I found peace of mind, serenity and happiness within myself.

I no longer need a crutch to get me through the day as I now have God, AA, and my family to help me one day at a time. Each day I build on these foundation stones, which helps to keep me in my comfort zone.

Thank you God, AA and my family for my new life.  
*Ernie P*

from page 1 of God! I am who He says I am, and he loves me unconditionally! That hole has been filled with grace. I no longer have to control my life. God will help me now, actually, he always has. He leads, I follow. It's just that simple.

I now live one day at a time while trusting and following in His direction. I surrender daily, with nothing in between. I see my EGO for what it really is, and live in the sunlight of the spirit which is where God lives.

I am living proof that when I am not strong enough, He is!

Human nature has us projecting as a natural state of affairs and for me, if I am going to project about my sobriety, it might as well be in a positive vain. I, like Doctor Bob, "intend never to drink again", God willing and the help of the AA program that will come to be.

### What you think will be who you become...

True self-awareness, plus the ability to choose our perceptions of life, the universe and everything, is the basis of free will. Every situation and scene in front of us has so many possibilities in terms of how we perceive and interpret. If someone is 10% selfish and 90% generous what should we focus on, what should we perceive first within them? Most of us are now well trained to perceive and focus on the negative, the selfishness in others, and to follow it quickly with accusation and judgment. We forget that what we perceive is what we empower within another and, more importantly what we perceive is what we empower within ourselves in that moment. And what we choose to see is usually what we get. So how important is it that we choose to perceive only the best, the highest, the greatest in another, even if it's only a half a percent? We need all - take note!! Don't forget - your perception is your reality. Your perception is what you project. And what you project is what comes back!

### Big Book Study (Back to Basics)

The Real Happy Hour Group in Homosassa is having a four week Back to Basic Meeting which starts on Tuesday, October 2nd at 6:30-7:30 p.m. All who are interested in attending please contact: Nancy B. 352-503-9134. Seats are limited. We realize that this notice will not be in time for the first meeting but call Nancy anyway if your interested. If this is something the AA community wants then there will be another in November and maybe ongoing depending on the need. Back to Basics is not AA approved but is a in-depth study of the Big Book something like the Little Red book. Attend if you have an open mind and want to really get into the Big Book.

### 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**

**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.lecreatreats.org/>



**Suncoast Roundup  
2012**

St Pete Beach, Florida, USA  
Fri-Sat-Sun October 19-21, 2012

[www.suncoastroundup.org](http://www.suncoastroundup.org)

*What conflicts can I  
resolve by  
letting them be?*

Area 14 is having a CONTEST from March 31, 2012 to October 13, 2012. The District that sells the most GRAPEVINE SUBSCRIPTIONS will be presented a genuine 1939 First addition Big Book for their Archives. Anyone who has purchased a subscription of the Grapevine between



these dates please email me with your

### AREA 14 IS HAVING A CONTEST

name, the name of your group, and the number of paid subscriptions you purchased.

The grapevine makes a great gift for those celebrating an anniversary, newbies, raffles, 50/50, or just so

your group has a couple lying around



for members to read. Groups please remember that it is the meeting in print and you will be supporting an important part of the AA community.

Contact:

Debra S—489-3598 or

Email: [debrastormcrow@yahoo.com](mailto:debrastormcrow@yahoo.com)

# CELEBRATE



# THANKSGIVING

HOSTED BY  
TUESDAY NOONER AND SERENITY WOMEN'S GROUP

TURKEYS AND HAMS ARE BEING DONATED BY GROUPS  
A DONATION OF SIDE DISHES AND DESSERTS WILL BE GREATLY  
APPRECIATED

FOOD WILL BE SERVED ALL DAY STARTING AT 1PM

A.A. MEETINGS AT 12, 2, 4, 6, 8 AND 10  
SPONSORED BY VARIOUS GROUPS

WHEN: THANKSGIVING DAY NOVEMBER 22.2012  
WHERE: CLUB RECOVERY



*Sponsored by Nature Coast Intergroup*

## 2012 Gratitude Dinner

Ham, Turkey, with Covered Dishes & Desserts

# November 18<sup>th</sup>



**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 27<sup>th</sup> 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!*

## Summers End Picnic

Sponsored by

Floral City Tuesday & Floral City Men's

### Saturday, October 20<sup>th</sup>

Club Recovery, Hernando FL

Noon to 4pm—Meeting at 2:00



Please bring a side dish. Hamburgers and Hot Dogs served.

Horse Shoes and lots of good fellowship.

**Of course it is FREE to All**

**ANNIVERSARIES:**

Deadline for submissions is the Thursday following Intergroup meeting

**Floral City Group**  
 Richard ..... 16  
 Butch L ..... 2

**Floral City Men's Group**  
 Montana..... 17

**High Noon Group**  
 Dick R..... 14  
 Larry N..... 2  
 Dale L..... 2  
 Mary B..... 2  
 Josey S..... 2

**Holder Way of Life Group**  
 Patrick G..... 23  
 Brian W..... 19

**Last Chance Group**  
 Paige B..... 25

**Rainbow Group**  
 Bob F ..... 32  
 Bruce P ..... 29  
 Gail K ..... 26  
 Helen S..... 23  
 Billy D ..... 4  
 James O ..... 2

**Share At Noon**  
 Paula ..... 7  
 Butch ..... 2

**Sober Sandknats**  
 Bill F (September)..... 25  
 John S ..... 12

**Woman's Friendship Group**  
 Rose Ann N ..... 35  
 Carol S..... 9  
 Mary B..... 7  
 Sherry G ..... 2

**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: *If you would like to be a volunteer for the 12 Step List just call the Hotline number for details: 60 calls as follows:-AA 50, Al-Anon 2, Rides 3, Info 5*

**The following groups were represented at the Intergroup meeting.**

Attitude Adjustment, Big Book 164, Crystal River, Dunnellon, Floral City, Floral City Men's, High Noon, Resentment and Women's Friendship

**INTERGROUP ELECTIONS**

Officer positions are for 2 years. Only 2 consecutive terms in any one position and nominee needs 2 years sobriety to run for a position. Also 2 trustee positions are open with the same sober requirements. If you are interested, attend the next Intergroup meeting Sunday, October 28th.

Also other open positions are Journal Editor and Webmaster. Both will be appointed by the new chairperson.

Services provided by Intergroup include, publishing the Nature Coast Journal once a month, maintenance of our website, answering calls for the Hotline, Alkathon's, and sponsoring the Gratitude Dinner for 2013.

**Gratitude Dinner**—There will be a Chinese Auction and donated items are needed. Please let Sandy know what you plan to bring. Her number is 352-628-3981.

**Christmas and New Years Intergroup Alkathon's**

Intergroup is looking for a chair for this years Alkathon's at the Holder building. If no one steps forward by the next Intergroup meeting we will not be having one at Holder this year. There will be one at Club Recovery which is 24 hours and one at St Benedicts in Crystal River. If your interested in chairing this years event come to the October 28th meeting.

**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—DEBRA S

HOTLINE

DAVID

621-0599

WEBSITE

DAVID D

[web@ncintergroup.com](mailto:web@ncintergroup.com)

JOURNAL

EDITOR—JOHN L

ASSIST—STEVE N

[news@ncintergroup.com](mailto: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

| <b>Contributions</b>       |                   |                 |
|----------------------------|-------------------|-----------------|
| 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        | \$150.00          | \$100.00        |
| Primary Purpose CR         | \$17.00           |                 |
| Dunnellen Group            | \$60.00           |                 |
| New Beginnings-Dunn        | \$75.00           | \$10.00         |
| Floral City Group          | \$0.00            |                 |
| Floral City Men's Group    | \$25.00           | \$25.00         |
| 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           |                 |
| Night Cap Group            | \$0.00            |                 |
| Quail Run Closed Step      | \$0.00            |                 |
| No Name Group              | \$0.00            |                 |
| Red Eye Group              | \$0.00            |                 |
| Rainbow Group              | \$115.00          | \$75.00         |
| Resentment Group           | \$0.00            |                 |
| Real Happy Hour Group      | \$100.00          |                 |
| 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          |                 |
| Yana                       | \$10.00           |                 |
| Personal                   | \$50.00           |                 |
| <b>Monthly Totals 2012</b> | <b>\$1,659.00</b> | <b>\$210.00</b> |
| 2011                       | \$2,883.61        | \$270.00        |
| 2010                       | \$2,489.09        | \$164.00        |
| 2009                       | \$3,548.00        | \$383.00        |

