



Forgiveness is the Answer to ALL My Problems Today

John L. Dunnellen Group

On page 449 of the 3rd edition of our Big Book, Doctor Paul says, "And acceptance is the answer to all my problems today". This is probably one of the most quoted sentences in the book. Fellow AA's quote this on a regular basis in meetings all over the world. I have always believed this to be a true statement as far as it goes but it can be taken a step further. I know today that acceptance is very important but not near as important as forgiveness. "Forgiveness is really the *answer* to all that is wrong with me, both then and now."

Growing up, in a dysfunctional household, my personality was molded around self-hatred and fear. There was *nothing, absolutely nothing* that I liked about myself. I was too short, too skinny, too shy, afraid of girls and had a family that was "crazy as a bedbug". In my family there was lots of alcohol, family secrets and emotional abuse. I never remembered my parents saying that they loved me so I grew-up not knowing what love felt like, never mind how to give it. Self-hatred masqueraded as anger backed up with fear. When I did something wrong or didn't live up to someone's expectations the self-hatred grew. It kept growing until I found alcohol at 12. By 20 I was a daily drinker. That became my way of life until I sobered up at age 42. I

was angry at everything, everyone, especially myself and didn't have a clue how to get out of the deep hole I had put myself in. It was a very dark and sad place. I was now sober but still very sick on the inside.

I didn't come to AA skipping down the road with Jesus as some do, but rather looking down at the floor, shame oozing out of every pore, and a boatload of fear, with no God to help me. I could not look at myself in the mirror without despising the image that was looking back. I had no idea what was going on inside me. I had some hope that if I could not drink, somehow things would get better. It was only a small spark but never-the-less a spark.

Now move ahead 6 years. Meetings everyday, no sponsor, no steps and still carrying all those negative emotions inside me. After having a gun to my head, I reached out to a fellow AA and started on the road to recovery. Friends would say to me, "sometimes quickly, sometimes slowly". I was also told "if you were going any slower you would be going backwards".

After many years of working the steps, professional help for dealing with the inner me, I came to the place of **forgiveness** within myself. I have since forgiven myself for ALL the things I had done to others and the things that were done to me. I forgave my parents by separating what they had done from who they were. I still do not accept the circumstances but can now love them for who they were, my parents. I no longer carry the burden of their guilt. I have set myself free

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FORGIVENESS

High Noon Groups Semi-Annual

BBQ/Softball Game

Where: Bicentennial Park Field 5

When: November 10th 2012

Time: 1:30

Hamburgers, Hotdogs, Corn on the Cob and Soft Drinks will be provided.

BRING A SIDEDISH IF YOU CAN

EVERYONE IS WELCOME

ANY QUESTIONS CONTACT RICKY@ 352-302-5779

Lets Chill

(reprinted from the Grapevine November 2012)

I like to include "keep it simple" with *One Day at a Time.*" That means I don't try to do too much in one day; I don't overload my schedule; I leave something for tomorrow.

When I try to do too much my mind and body get tired. Life goes on. AA helps me to keep my life simple with a little peace and serenity.

Ernie P - Inverness, Fla.

from page 1 from all those ill feelings which never worked anyway. Every day I would look in the mirror and say, "you are forgiven by God for all those things and now I forgive you as well". I stopped seeing myself as a sick person but instead as a loving father and friend. It took time and effort but eventually I started believing that guy in the mirror. I now know that, "even if I am on the right track, I will be hit by the train unless I am moving", so everyday I have to continue to love and forgive myself especially when the ugly side tries to come out and play the Blame Game.

To this day most all my anger has been forgiven. It has taken far too long

for me to get where I am but you know, it is what it is, and I can only look at me right now in this present moment and like what I see.

Today I have to live within my own skin. When I feel uncomfortable for any reason there is something or someone I need to forgive. Doesn't matter what it is; it usually takes forgiveness to get past it.

If there is something or someone you need to forgive, don't wait like I did. Life is too short to spend most of it in misery. Remember, misery is optional and could be a distant memory if your willing to forgive. So Easy Does It, but Do It.

Dr. Bob and Anne Smith both: "we should not speak longer than 15 minutes." From Dr. Bob and the Good Old-timers page 224:

Except for the talk given in Detroit in 1948, Dr. Bob was noted for speaking very briefly. Both he and Anne were often quoted as having said, 'If you speak more than 15 minutes, you are going to repeat yourself,' or 'No souls are saved after 15 minutes.'

One story had it that Dr. Bob was a guest speaker at an out-of-town meeting, he got up and said that the world's finest talks had been short ones. For example, both the Sermon on the Mount and the Gettysburg Address had been given in less than five minutes. 'With this point in mind,' he said, 'I also propose to give a short talk. In fact I just did.' He sat down."

MEETING CHANGE:

The High Noon group has moved its meetings from the Serenity Club in Crystal River to:

Nature Coast Community Church,
4980 S. Suncoast Blvd., Homosassa

The High Noon format of "As Bill Sees It" will continue at the New location. Meeting times are noon Monday through Saturday and 2 pm on Sunday. The church is about a half mile south of Homosassa on the west side on U.S. 19.

Area Events

Details on our web site

Area Assemblies 2013

January 18-20

March 29-31

Lake Mary, FL

aanorthflorida.org

DETAILS ON WEBSITE

"There is a tendency to label everything that an alcoholic may do as 'alcoholic behavior.' The truth is, it is simply human nature ... Emotional and mental quirks are classified as symptoms of alcoholism merely because alcoholics have them, yet those same quirks can be found among non-alcoholics, too. Actually they are symptoms of mankind."

William Duncan Silkworth, MD, January 1947

"I can no longer use the illness of alcoholism as an excuse for anything. There is a catch, however. If I fail to use my recovery in service to others, I will become sick again."

Best of the Grapevine, Vol. 2

The speed of time is directly related to how much time you have left. I see it zooming right along these days. Hard to believe that it's been 4 years since I was appointed Editor of the Journal. Next month is my last issue. It has been a great experience and pleasure. Thank you all.

John L. Editor

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 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



ALKATHON'S 2012

AT CLUB RECOVERY

Plans are under way to have 24 hours of Meetings and gatherings, sponsored by Groups around the County. If your Group has not signed up yet, there may be openings in the schedule. Several hams and

turkeys have been donated, several groups are bringing side dish's and individuals are welcome to do the same. Meetings will be held every 2 hours starting at noon, so no one need be alone on these emotional, sometimes sensitive holi-



days and your presence could make a difference in someone else's life. For those on the West side of the County, the Serenity Club (St. Benedict's) in Crystal River will also be hosting meetings.

Take part in yours and other's recovery over the Holi-days and make plans to attend!



The High Noon Group

Thanksgiving Dinner

When: After the NOON Meeting

Thanksgiving Day

Where: Nature Coast Community Church

4980 S. Suncoast Blvd.

Homosassa.

The church is about a half mile south of Homosassa on the west side on U.S. 19.



ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

| | |
|---------------------------------|----|
| Floral City Group | |
| Darral | 8 |
| Mike C | 3 |
| High Noon Group | |
| Ann C | 26 |
| Michele P | 3 |
| Will W | 2 |
| Ray G | 2 |
| Holder Way of Life Group | |
| Joan B | 29 |
| Charlie W | 28 |
| Cathy K | 1 |
| Brad W | 1 |
| Last Chance Group | |
| Connie K | 29 |
| Rainbow Group | |
| Chuck | 29 |
| George K | 15 |
| Bob S | 9 |
| Ray S | 6 |
| John A | 4 |
| Jack P | 1 |
| Share At Noon | |
| Jack B | 21 |
| Mike | 3 |
| Sober Sandknats | |
| John S (Oct) | 25 |
| Dan B (Oct) | 2 |
| Carol K | 22 |
| Woman's Friendship Group | |
| Mary P | 15 |
| Dana C | 3 |

INTERGROUP ELECTIONS:

Chair: Rick T.
 Vice Chair: Genet R.
 Secretary: Denis S.
 Treasurer: OPEN
 Alternate Secretary: Open
 Trustee: Paul B. was elected Trustee.
 Standing Trustee: Sandy H.

Those who believe they can do something and those who believe they can't are both right.—Henry Ford

Whether the challenge is reaching the moon, sailing around the world, hitting a home run, acing a job interview, or walking again after a stroke, we can usually accomplish what we believe we can. But once we doubt ourselves, success slips beyond our grasp.

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.

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: HOTLINE: 60 calls, 58 for AA and 2 for detox*

The following groups were represented at the Intergroup meeting.

Attitude Adjustment, Crystal River, Dunnellon, Dunnellon New Beginnings, Floral City Men's, High Noon, Inverness Wednesday Night, Rainbow and Women's Friendship.

Contributions

| | 2012 | YTD | Oct | Sept | Aug |
|----------------------------|------|-------------------|----------------|-----------------|----------------|
| ABC Group | | \$0.00 | | | |
| Attitude Adjustment G | | \$50.00 | | | |
| Big Book 164 | | \$125.00 | \$20.00 | | |
| 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 | \$20.00 |
| 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 Nig | | \$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 | | | \$50.00 |
| Share At Noon | | \$175.00 | | | |
| Sober Sandgnats | | \$0.00 | | | |
| Wahoo Group | | \$0.00 | | | |
| What The Book Says | | \$0.00 | | | |
| Women's Friendship G | | \$30.00 | | | |
| Women to Women | | \$20.00 | | | |
| Women's N-Beginning | | \$0.00 | | | |
| Won Rebos | | \$227.00 | | | |
| Yana | | \$10.00 | | | |
| Personal | | \$50.00 | | | |
| Monthly Totals 2012 | | \$1,679.00 | \$20.00 | \$210.00 | \$70.00 |
| 2011 | | \$3,181.36 | \$297.75 | \$270.00 | \$175.00 |
| 2010 | | \$2,675.09 | \$186.00 | \$164.00 | \$164.00 |
| 2009 | | \$3,658.00 | \$110.00 | \$383.00 | \$455.00 |

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—OPEN

344-5939

SECT—DENIS S

TREAS—JOHN L

INTERGROUP TRUSTEES

DARRAL M—PAUL B

STEVE N—DEBRA S

HOTLINE

DAVID

621-0599

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EDITOR—JOHN L

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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

