

On October 14, 1939 the American Medical Association, reviewing the Big book said "This book is a curious combination of organizing propaganda and religious exhortation. The one valid thing in the book is the recognition of the seriousness of addiction to alcohol. Other than that the book has no scientific merit or interest". Later on, after AA had pioneered the idea of alcoholism as a disease, the AMA changed it's opinion. Today it is possible to be treated in any medical facility for the disease of alcoholism and be covered by insurance. We owe a big debt to the pioneering spirit of early AA. As the Serenity Prayer says "the courage to change the things we can" is important.

The power of positive thinking cannot be estimated, but it is the single most powerful influence known to man. Be sure you are moving in the proper direction. Call your sponsor, make meetings, read every day, and pray for those who are less fortunate than you. Fellowship in the program. Know God and know peace. Pass it on. BVS

<p>Hotline Report by David B 84 Total Calls 62 AA 5 Alanon/teen 6 -12 Step 3 Misc 6 Treatment</p>	<p style="text-align: center;">BIRTHDAYS</p> <p>Crystal River Group David P 32 Barbara A 30 Edward G 29 Nancy B 27 Timothy B 8 Phylis B 3 David B 3 Marc T 1</p> <p>Dunnellon Group John L 27 yrs</p> <p>Sober Sand Gnats Sheila S 23 Cery L 20</p> <p>Rainbow Group Gene 21 Steve 5 Ron 25</p> <p>What's The Book Say? Larry L 25 yrs</p>	<p>The Grapevine Story Archive includes every story, joke and more since the first issue in June 1944. Try the online Grapevine!</p>
<p>Treasury Report by Bill W August Balance \$1880.34 Money Market \$2531.85</p>	<p>When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back. - Paulo Coelho</p>	<p style="text-align: center;">Event</p> <p>Picnic at the Park Hickory Pavilion Rainbow Springs State Park 9 a.m.—7 p.m. Food 12 p.m.—4 p.m. \$5.50 All You Can Eat Games & Fun See You There! Price does not include canoes or rafts</p>
<p>Website Report by Dave M 16257 Hits 2500 Visits 81 per day Most Popular Pages Where & When & The Journal</p>	<p>Hotline 352-621-0559 Centers 352-291-5500 Teen Crisis Hotline - 1-800-472-3457 Mental Health Hotline 877-950-9390</p>	



NCI Contributors: John L, Danny S, Denis S, Paula D, BVS

Branching Out

The exact nature of our wrong in Step Five is expressed in terms of "defects of character".

In Step Six, we offer up to God for removal of our "shortcomings". Bill W, when asked why he used two different sets of words to define character defects, said it was to avoid repetition. Some members waste time needlessly trying to find the difference between the two expressions. It doesn't matter what you call them, if you don't change the nature of these defects, then they will change you, in my experience, and not for the better.

There are two deep emotions driving all the feelings that I have ever had. Each feeling has it's roots in either Love or Fear. I personally don't see any character defects related to love. Even jealousy is related to the fear of losing love. All my shortcomings are connected one way or another to fear.

I had been asking God (praying) to remove individual defects only to have them show up on another day. This is treating the symptom and not the cause. The symptom may go away for a short time but will return if the cause isn't removed. Most of the time I have no idea why I do those things, so asking to have the defect removed doesn't work. I have found that I don't have to know the reason why, God does and He has the power to heal the real problem. I now pray that the CAUSE of the defect be removed. I picture my defects as leaves, on a large branch, extending from the trunk of a tree. The trunk is who I really am, the branch is the fear and the leaves are individual defects. Plucking the defective leaf off the branch may help for the moment but eventually another leaf will grow back. Making changes at the branch will affect the entire tree.

When something works I continue to use it. By asking God to heal the source I have found not only is that one defect removed but many others as well. I have only been praying for the *sources to be healed* for a few months and can really feel a difference within me. I am so excited about this new method of praying that I felt a need to share it with everyone. It is working for me and maybe, if you try it, it will work for you as well. *John L -*

Literature Challenge

Read as much of the literature that is listed on the "Literature Challenge" list and have it turned in to Area 14 by the end of Panel 63 (October 2014). The purpose of the Literature Challenge is for AA members to become more familiar with the literature that we pass out and suggest to new comers and others. he "Literature Challenge" list can be found on the "Documents" tab on the NFAC Website @ <http://www.aanorthflorida.org/>

2 Packing Into the Stream of Life: How is Your Daily Maintenance? by Danny S, Cape Cod, Mass... This is the how and why of it. First of all, we had to quit playing God. It didn't work."

Did you know that if you maintained an awakened spiritual condition not only would you never drink or drug again for as long as you lived, but you would never be overcome with harmful emotions like anger?

You would also never get depressed and could not become anxious or fearful. That is because in each moment that we live in a spiritually fit condition is the same instant we will stop playing God—a stolen role that leaves us subject to calamitous emotional and mental attitudes, even physically crippling states, causing all kinds of illness. It is even the cause of all foolish decision making.

Whenever we are in an awakened state of consciousness, answers to all known human problems are automatically applied to each, regardless of what they are. Our trouble, otherwise astonishingly difficult to remedy on our own, get fixed—while we have no say in any of the matters.

What you have been taught are normal human emotions are not normal at all. Even the slightest impatience or disdain for the most minute inconvenience is a real "God-play" event. It coalesces judgment, and what is judgment but playing God. "Go to heaven" or "Go to hell," Either is solely reserved for God—these are not human prerogatives.

Stewing in emotion symbolizes a lack of faith.

Regardless of your spiritual experiences or accumulated knowledge, to be fielded by emotions, or propelled into action by either "loving" or "hating" is to still be playing God. It can only give a false sense of temporary serenity and an inferior façade of self installed spiritual esteem.

There is true Power in 'watching' emotions, feelings, negative mental states and not struggling with them. This is the case made, for diligent daily Step Ten and Step Eleven practice.

There is hardly a mental disorder (sic) that cannot be overcome through the ancient spiritual principles ingrained throughout the Twelve Steps.

By continuing the daily, moment by moment, conscious observance of approaching selfishness, dishonesty, resentment, and fear—as these emotions challenge our awareness and God consciousness, we automatically avail ourselves of a protective grace to endure.

There isn't a single trial or low-spot we will not patiently bear.

People ask all the time, "When will I feel better." The correct answer can never change.

It is when you give up doubt, becoming willing to place all reliance upon God through waking up and then actually follow through, beginning to live in an aware state.

That precious moment could be as soon as now or as long as never, depending upon your motives and willingness to sit still, stop struggling to install your own spirituality and let God's wordless power to flow inside.

Willingness to do this is a beginning but it is an un-ambitious taking of action that is the real start of a new beginning.

All alcoholics and drug addicts have developed lifelong associations with negative emotions. Then in recovery we detest the very idea of being effected by negative emotions because they happen so embarrassingly often. It is an unpleasant thought to consider—that we may be spending so many of our days in a God-disconnected state.

But in doing this, we continue subjecting ourselves to emotional entanglements, amassing more and more intellectual panacea to problems and avoid real solutions.

God consciousness is the solution. It is the only solution that endures and never fails. It can be attained so simply. It is done by detaching from the lower Self that creates and feeds the emotion provoking thoughts. It needs to come alive, to control and to spread misery to all, to you, your loved ones, your children, and anyone whose life you touch.

By detaching from your lower 'Self' through meditation, there is an immediate cessation of sick God-play. There is immediate freedom from the bondage of a Self that would keep us attached, controlled by our thoughts, streams of morbid ideas the dark force creates for us.

Once freed we can cease participating in a living hell on earth and can truly begin packing positive energy into the stream of life. This is serving God, instead of pretending to be Him. We effortlessly become an instrument for delivering His will on earth as it proceeds forth from heaven.

That heaven can issue from within us— if we first let it inside in this manner.

Responses to any publication send to News@NCIntergroup.com or you can email me direct at BabetteVS@gmail.com, Please send your articles, poems, or thoughts, birthdays, announcements, etc.

District 28 Contributions: Make Checks Payable to **District 28** and send to: District 28, P.O. Box 640914, Beverly Hills, FL 34464

Intergroup Contributions: Nature Coast Intergroup, PO Box 2634, Crystal River, FL 34423

North Florida Area Conference: (Please write your District (28) and group number on the check), Make checks payable to **NFAC** and send to: NFAC P.O. Box 360831 Melbourne, FL 32936-0831, **G.S.O.**

Contributions payments may be made by check or credit card, using the contribution envelope.

Make checks payable to the **General Service Board** and send to: General Service Office, P.O. Box 459, Grand Central Station, New York, NY, 10163 (Please write your District (28) and group number on the check)

Online contribution may be made by visiting AA website at www.aa.org. Credit card or E-Check accepted.