

The Healing Journey Through Addiction
by Rich & Kopans

Stage I: AWARENESS AND EARLY ACKNOWLEDGMENT

Stage I is really the prerecovery stage that paves the way for the beginnings of serious recovery work. The stage begins with a dim, but growing awareness that you may indeed have a problem with addiction. You realize that you are engaging in addictive behaviors and are preoccupied with getting, using, or engaging in those behaviors. Because of social pressures (or illegality), these behaviors are illicit and hidden. Quite likely family members and friends are complaining, unhappy, or nagging you about your behaviors. You may be frequently annoyed at them for bothering you and dismiss or deny their concerns. Prior to and during this stage, there are often significant functional problems, and in fact people are often pushed into this early stage of awareness by the concerns of family or friends, a health issue, financial issues, a work problem, or a legal matter. The end of this stage is marked by a growing acceptance of a problem with addiction, and an acknowledgment that some action is needed to further address issues.

Tasks of the Stage

The tasks during this prerecovery stage involve a general shifting of perspective from outright denial and dismissal to a willingness to do the following:

Accept the possibility that you are addicted.

Consider the point of view of other people about your behaviors.

Look at your functioning in life areas such as physical and mental health, work or school, relationships and social interactions, finances, and other important areas (including legal issues).

Side Roads and Dead Ends

It is all too easy for those dependent on an addiction or a particular way of doing things to slip back toward old behaviors. It is very difficult to change. The recovery road is full of temptations and every conceivable reason to return to the old ways. These are either dead ends that lead nowhere or side roads that lead back to addiction. In this early and fragile stage, these include:

Denial. The unwillingness to see or consider that there may be a problem and the inability to acknowledge the truth

Dismissal. The personal decision to reject and simply dismiss the views of others, and even concrete evidence of an addiction.

Disbelief. The unwillingness or inability to believe that personal behaviors or problems could be symptoms of an addiction.

Alone or taken together, denial, dismissal, and disbelief amount to covering your eyes and ears—the refusal to believe there may be a problem and the pretense that there isn't one. These side roads allow addiction to continue.

The importance of honesty in the "AA Program" is utilized in order to begin the process that will make our character defects become extinct and our "new attitudes" take over to amend, a spiritual awakening, and become our new way of life. BVS

Prayer is not a "spare wheel" that you pull out when in trouble, but it is a "steering wheel" that directs the right path throughout the journey.

Losing My Perspective by Ernie P... Mind you I'm speaking only of myself. Have you ever felt like you are in a room full of doors, all leading to good things to give me a good life., and all I do every day is go through the same door. That's how I feel now. Is it possible to go to the same meetings every day and become bored when you hear the same people speaking and see the same people every day? I find I start to take inventory of someone else when it is not my place to do that. I started to go back to some of the other meetings I used to go to and see old friends, and meet newcomer. It has given me back my old feeling of getting out of the bubble and into my comfort zone. They say variety is the spice of life, and there are many doors leading to a good life of sobriety,. Mind you my group is perfect. I just need a little more space. Thanks for listening...Ernie P

Friendship is like a BOOK. It takes a few minutes to burn, but it takes years to write.

A Message from Archivist Denis S...

Why do we bother to look back when in fact we are urged to live one day at a time. The answer seems to be that remembering is different from bemoaning the past. The words "Lest We Forget" have become part of our literature. By remembering we can avoid the conflicts that seem to have been part of early AA history. The Steps, Traditions and Concepts are tested ways of living one day at a time. As the Founders said there is no real need to hammer them out again on the anvil of experience.

By the Grace of God ...Remember when you see someone suffering pray for them.

A Note of Thanks from Paige B... Many thanks to all who volunteered their time and talent for the NCI Picnic. From ticket sales, set-up, grill work, onion detail and "hamming it up" to Corn Hole, raffle ticket sales and clean-up; you name it we did it! Great events do not just happen... they are made by all those who show up and give of themselves! The phenomenal turnout speaks volumes! Not only were we there; we were there for each other!

An Invitation from Paige B...

It's that time, time for our annual Gratitude Dinner! All groups are welcome to participate in planning this event. Anyone wishing to volunteer may do so by either joining us at the monthly meeting of the Nature Coast Intergroup or contacting us at news@ncintergroup.com. The Nature Coast Intergroup meets on the last Sunday of each month at the Holder Community in Holder at 4:30pm. Hope to see you there!

4 Please send entries for the journal to NCIntergroup.com
 Send submissions to the Grapevine Editorial Dept., AA Grapevine, 475 Riverside Drive, New York, NY, 10115 or email to gveditorial@aagrapevine.org
I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.
 I had the darkness, the emptiness, the loneliness, the loss, being without the things that make me feel normal, happy, at home. I found AA, my self respect, my willpower, my God, all the things I needed. BVS

Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are. -Bernice Johnson Reagon

**Hope and change are hard-fought things.—
 First Lady Michelle Obama**

**Hotline 352-621-0559
 Centers 352-291-5500
 Teen Crisis Hotline -
 1-800-472-3457
 Mental Health Hotline
 877-950-9390**

**National Sober Day
 September 10!**



**Website Report by
 Dave B
 Web Hits: 5470
 (10.3 per visit)
 Visits: 545 Most
 Popular:
 Where & Whens &
 Journal**

**Hotline Report by
 David M
 Total:101
 AA:66
 12 Step:11
 Treatment:9
 Info:6
 Alanon/teen: 8**

BIRTHDAYS

Women's Friendship Group
 Sue J 32yrs Betty R 32yrs
 Crystal River Group
 Denis S 26yrs Dan C 19yrs
 Sandy H 18yrs Ingrid R 10 yrs
 Joe C 6 yrs John P 2 yrs
 Heather C 1 yr
Real Happy Hour A.M.
 Ronnie 27 yrs
Floral City & Monday Night Meetings
 Patti C 17 yrs.

WOMEN'S FRIENDSHIP GROUP...
 Janet 27 yrs Genet 26 yrs.
 Char 9yrs. Loretta 19 yrs
 The Book Say Group, Tom S., 24 years.
 Real Happy Hour—Ronnie 27 yrs.
 BrightSpot Group—Babette VS 13 yrs
 (AUGUST Belated Congrats BIRTHDAYS)

**Maintain Sobriety—Service Involvement—Sponsoring— Attend Functions—Read AA Material—Maintain Anonymity—Respect Fellow AA's Anonymity—Utilize the 12 Steps—Fellowship—Share at Meetings—Say No When Necessary—Quality Family Time—Meditate & Pray—
 It Works If You Work It! BVS**

Events
Picnic at Rainbow Springs
 was a huge success and a fun time was had by all. The 50/50 take was \$92!
 Come and join us at the next event!

Gratitude Dinner
 Will be discussed at the NCIntergroup & District meetings. For info contact **Paige B (352)422-3189**
This is a great opportunity for service work!
 Please volunteer ?

Treasury Report Account will be given at the NCI meeting at 4:30 August 25, 2013 At Holder Community Center

The Nature Coast Journal

A Publication of the Nature Coast Intergroup of Citrus County



September Contributors: BVS , Denis S, Paige B, Ernie P, Excerpts from Healing Journey

LIST OF NATURE COAST INTERGROUP MOTIONS

- 1/30/2011:-to set Nov 6th as date of Gratitude Dinner—Passed.
- 2/27/2011:-to forgive hotline chair for overage incurred on hotline phone—Passed.
- 3/27/2011:-to table further discussion of hotline overage—Passed.
- 4/17/2011:-to take Faithful Fivers proposal to the groups—Passed.
- 5/22/2011:-to ask the groups to provide entrees for Gratitude Dinner—Passed.
- 6/26/2011:-to renew bookstore lease for six months—Passed.
- 7/31/2011:-to enable Intergroup picnic in cooperation with Floral City group—Passed.
- 8/28/2011:-to allow Bookstore to handle 12th Step calls---Passed.
- 8/28/2011:-to table further discussion of handling 12th Step calls—Passed.
- 9/25/2011:-to hold Holiday Alkathons in Holder—Passed.
- 11/20/2011:-to protect monthly minutes on website with a password—Defeated.
- 12/29/2011:-to close the Bookstore—Passed.
- 3/25/2012:-to allow Darral M. as manager to deal with issues of furniture and inventory from closed Bookstore as he saw fit---Passed.
- 3/25/2012:-to change Article Four of the bylaws so that it would read as follows "Officers shall be elected for a term of two years, none serving in that capacity for longer than four consecutive years, with capacity defined as a specific position such as secretary".-----Passed.
- 5/20/2012:-to table discussion of furniture and inventory from Bookstore—Passed.
- 7/29/2012:--To discontinue bookstore service and liquidate the inventory.-----Passed.
- 8/26/2012:--to provide seed money to the Floral City groups for an end of Summer picnic to be held at Club Recovery-----Defeated.
- 10/28/2012:--to table discussion of a proposal to go from group to group in order to encourage more participation in the affairs of Intergroup-----Passed.
- 1/27/2013:--to rent a Post Office Box in Crystal River-----Passed.
- 4/28 2013:-to give editorship of the Journal to Babette V.-----Passed.
- 4/28/2013:-to provide Chairperson Rick T. with a password for retrieving information from news@ncintergroup.com along with the option of giving the password to others at his discretion-----Passed.
- 4/28/2013:-to partner with District 28 in hosting a Founders Day Breakfast-----Passed.
- 7/28/2013:- that the Trustees make a recommendation about the disbursement of funds over and above a prudent reserve and that the group representatives then vote on it---Passed.

A blind person asked St. Anthony: "Can there be anything worse than losing eye sight?" He replied: "Yes, losing your vision!"

Responses to any publication send to News@NCIntergroup.com or email me directly at BabetteVS@gmail.com... Please volunteer & send your articles, poems, or thoughts, birthdays, announcements, etc. on or before the third Friday of the month. You may also share your opinions and views at the Intergroup Meeting. Please attend. BVS