



The Nature Coast Journal

September 2014 Issue

My Best Friend, the Recovering Alcoholic

In 1994, my friend Joanna was eager for me to meet her friend. Joanna thought we shared the same sense of humor and similar political views, and she somehow knew we'd become fast friends.

We met at a local coffee house where I ordered a glass of wine and offered to treat her to one. "No, thanks," she said, "I'm a recovering alcoholic."

I'd met a few Alcoholics Anonymous members in my day, but Andrea was my first real AA friend. She was relaxed, confident and very interested in the lives of others. While a lot of people use a bit of alcohol as a social lubricant, Andrea was animated, sociable and lots of fun without booze.

About eight years into our friendship, I began to wonder what kept Andrea so steady, so evolved and filled with the sort of glow that comes with people of great spiritual enlightenment - quite appealing.

One day I asked her how it was she always maintained that steady glow. I came to find out what she had was serenity, and I definitely wanted some of that.

After I kept questioning her, she finally said, "I work a rigorous AA program and use the 12 steps as my moral compass." I found myself almost wishing I was an alcoholic so I could join AA and get what she had.

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Nature Coast Intergroup presents:

Fall Softball Game and Cookout

Saturday, September 27, 2014

2:00pm to 6:00pm

The Adult Field at
Whispering Pines Park 1700 Forest Drive
Tavernier, FL 34463

Join us for Food, Fun and Fellowship...

\$3.00 per person

Desserts welcome!

For more information and for tickets contact

Steve C. at (352) 446-3110.

A month in AA History

It was in September 1939 that AA finally took off as a readily available successful treatment for Alcoholism.

Although in operation since 1935 it was a series of articles in The Cleveland Plain Dealer that finally unleashed the Power of AA.

The Dealer said AA is good, it works, come and get it.

A huge volume of calls were forwarded to the local members who were also beginning the idea of individual sponsors for each member. The success was amazing. Dozens of Groups and hundreds of members appeared from nowhere and gave birth to the belief we have today that a world of friends can grow about us. The lonely isolation of the real alcoholic was finally coming to an end. We all need to ensure that the same is available to those who still flounder in the dark.

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From pg. 1.

She told me that some AA meetings were open, meaning that non-alcoholics could visit them without breaking any rules. I asked if I could attend an open meeting with her, and she said yes.

When I attended that first meeting, I marveled at the members' ability to share with such brutal honesty. Former drunks were telling on themselves about what total losers they were when they were drinking. Some spoke of the hope, strength and recovery they got from attending AA meetings. Some were funny, some were heartbreakingly sad.

The variety of attendees astonished me. Sitting next to an unshaved man who looked homeless was an elegantly coiffed lady in diamonds, next to her a craggy cowboy, next to him an older guy in an Armani suit, next to him a young girl with tattoos and a million piercings.

During the meeting, my eyes wandered to the 12 steps of Alcoholics Anonymous printed on a large banner on the wall. Then I looked over at my friend and I knew the steps worked because she was living proof.

Where to send donations:

- **Nature Coast Intergroup, Inc.**
PO Box 2634
Crystal River, FL 34423
- **District 28**
PO BOX 640914
Beverly Hills, FL 34464
- **NFAC**
PO BOX 360831
Melbourne, FL 32935
- **AA World Services, Inc.**
PO Box 459
New York, NY 10163

NCI Hotline

There were a total of 55 calls to the hotline last month.
**42AA, 2 detox 12 step, 5 NA, and 4 Alanon

(352) 621-0599

NCI Website

www.ncintergroup.com

The Nature Coast Intergroup

Chair	Rick T
Vice Chair	VACANT
Secretary	Denis S
Treasurer	Paige B
Grapevine	Debra S
Hotline	Babette VS
Website	Debra S Steve N
Journal	Tara S
Trustees	Sandy H Steve N Debra

*The article from page 1 was taken from theathlete.org

A website devoted to educating athletes on the seriousness of addiction. I found this site very informative. -Tara

12 Step Protocol

The Alcoholics Anonymous Outreach Program is fulfilled by a supportive Hotline. Citrus County is in need of volunteers who will be as dedicated as the forefather of Alcoholics Anonymous, Bill W., and will perform the same tasks he once did to keep himself sober. "I need to reach out to another drunk. It is the only way I can stay sober," Bill W.

It is important to reach everyone who contacts the hotline, and it is equally important to be educated on the expectations of a 12 step call.

- *Never go alone. Always take another sober alcoholic with you that is the same sex as the alcoholic and not a family member of the person you are 12 stepping.*
- *Share your story. Tell then how it was, what happened, and what it's like now.*
- *Take your Big Book. Also take an extra to offer them.*
- *Give them a current local meeting list.*
- *Listen to them and transport in pairs to the nearest detox facility should that be necessary. Make sure to have numbers of family members when doing so.*
- *When unsure of your ability to take call or what to do reach out to another alcoholic.*

2014 Calendar of Events

September 27	Softball Game/Cookout
November 9	Gratitude Dinner
December 31	New Year's Eve Dance

District 28
Will be sponsoring a
12-step workshop
October 11, 2014
More information will be
available on the district
28 website.

Elections for the 2015/2016 board of officers will be held at the **October** meeting of the Nature Coast Intergroup. The bylaws state that Officer and Trustees shall be submitted at the September meeting of even years and published in the NCI monthly newsletter. Additional nominations may be submitted the day of elections. New Officers/trustees will take office after elections take place at Jan. meeting.

Service Opportunities

- ♦ Group Reps
- ♦ Vice Chair
- ♦ Event Volunteers

The Nature Coast Intergroup meets monthly on the last Sunday of each month at the Holder Community Center at 4:30 pm.

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September Birthdays

Crystal River Group

Denis S.	27 years
Dan E.	20 years
Sandy H.	19 years
Dorene C.	14 years
Ingrid R.	11 years
Joe C.	7 years
Phyllis B.	4 years
John P.	3 years
Mike Q.	2 years
Mike B.	1 year

Holder Way of Life Group

Cathy K.	11 years
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Women's Friendship Group

Sue J.	33 years
Betty R.	33 years
Carol S.	11 years
Mary B.	14 years

