

### Crystal River Group

Rita Marie 33 years  
John S. 27 years  
Bill Mc. 26 years  
Dick R. 16 years  
Bruce C. 11 years  
Ernie O. 5 years

### Whats the Book Say

Tony T. 31 years  
Paige B. 27 years

**\*\*Dave S. had 4 years in September**

### Holder way of Life

Jim F. 13 years  
Patrick G. 25 years

### Resentment Group

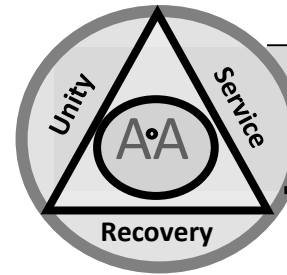
Bruce P. 31 years  
Richard G. 18 years  
Chris P. 1 year  
Alicia P. 1 year  
Henry B. 1 year

### Floral City Group

Butch L. 4 years  
Frank S. 16 years  
Richard 18 years

### Rainbow Group

Bob F. 34 years  
Gail K. 28 years  
Donna H. 7 years  
James O. 4 years



### **How to Stay Away from that First Drink**

If the act of just physically staying away from that first drink worked alcoholics would be able to stay sober easily. Unfortunately and not so unfortunately sobriety is not as easy as staying away from anything. There has to be more than will power or doing anything "just for today" as many new alcoholics hear, to find long-term sobriety.

If you want to know the truth in how to stay away from the first drink it is not in your ability to stay away from bars, wine aisles at the grocery store, people who drink or anything of the like-it is in your spiritual prowess, your spiritual fitness, and whether you like it or not, your relationship with a higher power.

In order to stay away from that first drink which does set the entire horrible alcoholic cycle in motion you must have some kind of defense and for those who are real alcoholics the defense cannot be human. There are multiple stories, experiences and lives that can show you and tell you time and time again how a human defense or human power has failed them.

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### **Gratitude Dinner**

Sponsored by Nature Coast Intergroup and District 28  
**Saturday, November 8**  
at  
**Our Lady of Fatima Catholic Church**  
550 US Highway 41 S  
Inverness, FL 34450

Volunteers report at 1 p.m.  
Doors open 4 p.m.  
Food Served 5 p.m.  
Speaker 6 p.m.  
Door Prizes 7 PM

**Tickets \$3.00**

*Groups are asked to donate entrees (Ham of Turkey)  
Individuals are asked to bring sides indicated on back of tickets.*

To sign up to help call  
Sandy H. at (352) 628-3981

### **A month in AA History**

Marty Mann was the first women in AA. She lived with a friend in Connecticut. One day she heard there was a weird bunch of sober drunks in Manhattan who were looking for recruits. She proceeded to a meeting and on her return home was known to have uttered the remarkable phrase, "Grennie, we are not alone."

Later the Big Book was written by ninety nine men and one woman, Marty Mann. In October of 1944 Marty founded The National Council On Alcoholism which was greatly helpful in getting alcoholism classified as a disease. As a result we are fortunate to be able to get medical treatment for our malady under most insurance policies. We should not forget the heroic efforts of those who have gone before us.

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For instance, some people choose to use work, a career, their family, their own self-knowledge, their own will power, their friends, their relationship, shopping, money etc. in order to stay away from that first drink and what usually ends up happening if they are real alcoholics is they end up drinking again and are left to wonder why.

The why is because their defense against the first drink was in something that would always fail them, something that wouldn't last, something that could not take on every emotion, thought, obstacle, achievement in order to ensure that they remain sober. Human power is not enough to stay away from the first drink and this is why reliance upon a higher power is the only way the real alcoholic can begin to stay away from that first drink.

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 82 calls to the hotline last month.  
\*\*75AA, 1 detox, 4 NA, and 2 Alanon

(352) 621-0599

## NCI Website

[www.ncintergroup.com](http://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 pg 1 was taken from [www.soberrecover.com](http://www.soberrecover.com)

I will post a story from different websites each month unless one of our members has a story to tell. -Tara

## Batter Up!

Nature Coast Intergroup hosted a Fall Softball Game and Cook Out on Saturday, September the 27<sup>th</sup> at Whispering Pines Park in Inverness. A lovely location for a Fall event.

Many enjoyed burgers and dogs cooked to perfection by Rick C. AAs, their children and a crew from the Centers enjoyed hitting a pitch or two and rounding the bases. When the skies finally opened all pitched in to make light work of the clean-up. Although small, the event was very relaxed and a whole lot of fun.

## 2014 Calendar of Events

November 8	Gratitude Dinner
December 31	New Year's Eve Dance

## Service Opportunities

- ◆ Group Reps
- ◆ Event Volunteers

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



Elections results for panel 65, District 28 were follows:

- DCM—Steve N.
- Alt. DCM—Paige B.
- Secretary—PJ O.
- Treasurer—Jen B.

This will be Panel 65 and will serve for 2 years beginning Jan 2015.

Intergroup nominations for October election are as follows:

- Chair—Rick T.
- Alt. Chair—Steve N.
- Secretary—Jen B.
- Treasure—Paige B.
- Trustee—Janet B.
- Trustee—Denis S.
- Trustee—Sandy H.
- Trustee—Bill N.

**Area 14 voting assembly will take place in Lake Mary from October 17-19**