

July/Aug. Birthdays

Crystal River Group

Bob M	39 years	David P	33 years
Curlie A	32 Years	Barbara	31 years
Tracy B	29 years	Edward	30 years
George B	14years	Nancy B	28 years
Charlie B	13 years	Timothy	9 years
Billy G	6 years	Edward C	7 years
Joanne M	4 years	David B	4 years
Michael C	2 years	Phyllis B	4 years
Lanell R	2 years	Marc C	2 years
Clint	1 year		
Gale	1 year		

Holder Way of Life Group

Pat H	28 years	Pat B	14 years
Mike W	8 years	Char S	10 years
Robin J	29 years	Janet L	27 years
Don G	11 years	Genet R	26 years
Walter R	9 years		

What's The Book Say Group

Renee A	20 years	Rick C	26 years
Larry L	26 years	Mary	24 years
Tom S	25 years	Kate	19 years
		Ken S	5 years
		Ken	1 year

Resentment Group

Charlie P	31 years	Gene M	25 years
Steve M	29 years	Steve N	6 years
Al C	25 years		
Pete W	27 years	Tracy B	29 years
Gail N	14 years	Sheila S	24 years
Andrea	13 years	Cery L	21 years
Patty W	1 years		

Women's Friendship Group

Pat B	14 years
Char S	10 years
Janet L	27 years
Genet R	26 years

Floral City Group

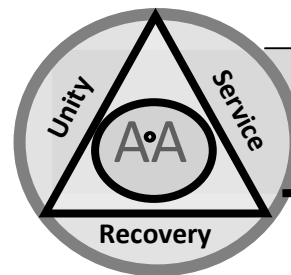
Rick C	26 years
Mary	24 years
Kate	19 years
Ken S	5 years
Ken	1 year

Rainbow Group

Gene M	25 years
Steve N	6 years

Sober Sand Gnats Group

Tracy B	29 years
Sheila S	24 years
Cery L	21 years



The Nature Coast Journal

July/August 2014 Issue

Post Tenebras Lux

This is a Latin phrase that means, "After darkness there is light." I have adopted this phrase to describe my recovery. When I arrived at Alcoholics Anonymous life was very dark. I was either drunk or hung over and my life and my decisions revolved around alcohol. I had literally hundreds of failed attempts at sobriety...I had to drink but did not want to. At my first meeting it all sounded like "Latin." I learned early on that I do not have to drink anymore. No matter what happens to me, I DON'T HAVE TO DRINK! I didn't know how but there were men and women in the rooms that told me that and they were living proof.

I am sober today because of the grace of God, the fellowship and the 12 Steps of Alcoholics Anonymous.

My whole life has radically changed without anything changing. I have the same wife, same children, same job and same home. The God of my understanding has radically changed my perspective, by working the steps the way I view God, myself and others is what has radically changed. I was told early on that a grateful heart won't drink. Today I am grateful! My life was filled with self pity today, it is filled with thanksgiving.

I no longer live in the darkness of active alcoholism but in the light of recovery. Life isn't perfect and I am a broken man but, someone told me that His light can shine through those broken cracks!

Steve

2nd Annual Picnic in the Park

Saturday, August 16th

The Hickory Pavilion Rainbow Springs State Park

19158 SW 81st Place Road
Dunnellon, FL 34432

11 a.m. until 5 p.m.

Food served 12:00 noon until 4 p.m.

\$6.00 per person

Price includes: parking, park admission, food, music, swimming, volleyball, corn hole and more...come join us in fun and fellowship!

Desserts and salads welcome!

For tickets call Ricky O. at (352) 302-5779.

Florida Archives Corner

Denis S. July is recognized as the month in which Alcoholics Anonymous came of age.

At the 1955 AA Convention in St. Louis the old-timers turned the Three Legacies of Recovery, Unity and Service over to the membership.

There was much speculation as to whether such a disorganized system would hold together. Fortunately the membership was equal to the task.

By the year 2000 AA was proclaimed in many circles to have been the most significant social movement of the twentieth century.

Founder's Day Breakfast

The second annual Founder's Day Breakfast, held on Saturday, June 7 at the First Baptist Church of Crystal River, was well attended. Jointly hosted by District 28 and Nature Coast Intergroup, the event drew AA members from all corners of the county. All in attendance enjoyed a hearty country breakfast.

Eloquent and lovely, Eleanor W. shared her experience, strength and hope.

So many volunteers made this event possible notably a group from the Centers who were enthusiastically involved in both set-up and food prep on Friday afternoon.

We look forward to this as an annual event honoring the founding of Alcoholics Anonymous.

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 Web Site (June)

There were 776 visits to the website. The most popular pages were The Journal and the Where and Whens.

www.ncintergroup.com

NCI Hotline (June)

52 Meeting Information
3 Detox/Treatment
2 Ride
2 Wet

(352) 621-0599

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 S John W



ONE DAY AT A TIME

I used to think that the term "one day at a time" was a kind of cliché that AA used to keep newcomers coming back.

That was until I went on a Buddhist Retreat way up in the Catskill Mountains.

The Guru, who was from Japan, explained that he had sat in meditation for many years before he experienced what he called a spiritual enlightenment.

Explaining the experience he said that he seemed to have been transported instantly into a complete and permanent relationship with the "NOW".

At that moment I remembered that AA had suggested to me that I try to let go of those two great infinities, the past and the future and live one day at a time.

I also saw that this meant switching into the "NOW" just like the Guru said.

Once again I came to see that AA never hands out any lame or feeble suggestions but significant spiritual principles that can save my life.

I might also add that the cost of the lesion is significantly less than the one I had in the Catskills.

We are indeed very lucky to have such easy access to one of the most profound programs in the world.

Anonymous

2014 Calendar of Events

August 16	Picnic in the Park
September 27	Softball Game/Cookout
November 9	Gratitude Dinner
December 31	New Year's Eve Dance

North Florida Area Assembly

July 12, 13 & 14

**58th Florida
State Convention
July 16-20, 2014
Ft. Lauderdale
Harbor Beach Marriot**

www.58.flstateconvention.com

There is some rumor about an Intergroup workshop and Softball in the works. If you would like this trend to continue, we need the young and the not so young that have in the past found it necessary to travel to Marion, Hernando, Pasco and even Hillsborough Counties for sober activities to come to the Intergroup meeting on the last Sunday of each month and let us know what you would like and give us a hand

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.