



# NATURE COAST JOURNAL

*Serving Citrus County, Inglis, and Dunnellon Groups*



## ARCHIVES CORNER

### November in AA History

The idea of connecting AA's principle of Gratitude with the Thanksgiving Holiday was first broached at the 1956 General Service Conference when AA was twenty one years old. The delegates approved a motion to appeal to the Groups for funds that would help AA World Services carry the message far and wide. The idea was so successful



that today an AA meeting can be found in almost every corner of the world. This year we will once again gather in the spirit of Gratitude at the annual

Gratitude Dinner. The event will

be held on November 8<sup>th</sup> at St Benedict's Catholic Church Fellowship Hall in Crystal River and will be cosponsored by Nature Coast Intergroup and District 28. All month long the topic of Gratitude will be discussed in AA meetings everywhere and funds generated by AA groups will continue to make their way to GSO in New York so that the message of recovery can be carried to the still sick and suffering in distant places.

The Nature Coast Intergroup and District 28 present:

## The Annual Gratitude Dinner

"Gratitude Is The Best Attitude"

**Sunday, November 8th, 2015**

**St. Benedict's Church Fellowship Hall**  
455 South Suncoast Boulevard  
Crystal River, FL 34429

**Doors open at 4:00PM    \$4.00 Contribution per person**  
**Dinner at 5:00PM**  
**Speaker at 6:00PM**

Tickets available for reservation online beginning September 27th, 2015 at [events@ncintergroup.com](mailto:events@ncintergroup.com). Tickets sales will begin on October 18th, 2015 at the Chili Cook-off and will be distributed to groups as well.

## HAM OR TURKEY?

**We will host a record number of people at the Gratitude Dinner! Groups usually provide either a cooked ham or cooked turkey for the event and individuals bring the item stated on the flip side of their ticket.**

**Please let Lynn D. know what your GROUP can bring at [events@ncintergroup.com](mailto:events@ncintergroup.com). All cooked hams and turkeys may be brought to the hall starting at 2:30 pm. Sliced and deboned meats are always helpful but not necessary.**

**We look forward to seeing you all there!**

# Dear HP...

**Neither rain nor snow could keep him from giving this prayer thing a shot**

*STEP ELEVEN: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*

When I walked in the doors of AA, I heard a lot of talk about praying. People told me to get on my knees in the morning and at night and say the Third Step Prayer, the Seventh Step Prayer, the Lord's Prayer and the Serenity Prayer. They told me to pray about this and that and to put them in my prayers, adding that they would put me in theirs. And of course, people told me to pray for those I resented or disliked.

I heard all this talk about prayer with very little working knowledge. The only prayer I did say was Grace, before dinner. But I'd also scream and curse at God because I blamed him for all my problems. And let's not forget all the wet and dry drunk rants and raves that I yelled out to the trees, chairs or any object in my path. I was filled with fear, anger and frustration that life was not on my terms. But I could no longer drink or scream these feelings away.

I had a shaky start with a new Higher Power and with Step Two. I had to discard my old punishing fire-and-brimstone Higher Power. I had to replace it with a loving and tolerant one. I still didn't believe my new HP cared about me. So I was told just to "believe that I believed."

When I moved on to Step Three, it was time to hit my knees. There I was, on my knees and elbows on the bed saying the Third Step prayer. It really felt weird for about a month. It was just words at first, but I kept saying the prayer until it didn't feel weird any more.

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## Save The Date!



TODAY

Nov 8.....Gratitude Dinner  
 Nov 15.....NCI & Dist 28 Monthly Meetings  
 Dec 3.....Long-timer Speaker Meeting  
 Dec 13.....NCI & District 28 Monthly Meetings  
                     & Annual Open House  
 Dec 31.....New Year's Eve Event

## Grapevine Quote

"Laughter is one of God's greatest and most beneficent gifts to us. Laugh with him sometimes at yourself."

*New York, N. Y., November 1946  
 "Sobriety for Ourselves"*

*Thank You for Sharing: Sixty Years  
 of Letters to the Grapevine*

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**District 28**  
**PO Box 640914**  
**Beverly Hills, FL 34464**

**North Florida Area Committee**  
**PO Box 291634**  
**Port Orange, FL 32129-1634**

**General Service Office**  
**PO Box 459**  
**New York, NY 10163**

***Dear HP, continued from p. 2***

And when I was upset or wanted a drink, I would repeat the Serenity Prayer over and over, sometimes out loud and sometimes just in my mind. Somehow it seemed to help.

When I felt on shaky ground, I'd ask my HP for help to get me to meetings. I'd ask for help when I thought the world would fall in on me. I was starting to believe my new HP did love and care for me.

Then I walked Step Five; I never saw it coming. When it came time to tell God my Fourth Step I didn't know what was going on in my head. I thought God knew everything, so I didn't have to tell him. Then someone pointed out why telling God my Fourth Step shouldn't be a big deal. Man, that caught me in a lie to myself. Well, I did that part of the Fifth Step, for which I'm so grateful. At first I thought my new HP would leave me when I told him what I had done, but I was wrong. Praying to my HP for forgiveness was the most personal thing I've ever done.

I must have said the Serenity Prayer about a million times before I realized that it was telling me how to deal with life's problems (I'm a little slow.) What part of the problem or situation did I need to accept? And what parts did I need to change? The only part I can change is my actions, so I needed to pray for the courage to change them. I also prayed for help accepting other people, places and things. The wisdom part comes with time. Time also taught me to look at the other prayers for guidance—and I have. Wow! What wisdom I found in the prayers. They're guidelines to help me to accept life on life's terms.

I had five years sober when I went back to school and worked the Steps and all of the program to the best of my ability. Still, I had no good job, no good place to live and no hope. I had hit rock bottom in sobriety. So I sat down and wrote my HP a letter. I opened my soul and heart like never before. As tears hit the paper, I kept writing. I wrote until I was empty—until there was nothing left inside. I got an envelope, addressed it to God and took it to a mailbox. As I put my letter in the mailbox the tears fell from my face, and I let go. After the letter was dropped, my life slowly got better, and my faith and relationship with my HP really grew. I hope to always grow toward my HP and to learn more about prayer every day.

—Jeff H., Sturgeon, Mo.

## ELEVENTH SENSE

I HAVE noticed on social networking sites a relaxation of our Eleventh Tradition. I have taken the following passage from [www.aa.org](http://www.aa.org), which explains some of what is suggested and not suggested as it relates to anonymity and the Internet.

"... social networking websites are public in nature. Though users create accounts and utilize usernames and passwords, once on the site, it is a public medium where AA members and non-AAs mingle.

"As long as individuals do not identify themselves as AA members, there is no conflict of interest.

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However, someone using his full name and/or a likeness, such as a full-face photograph, would be contrary to the spirit of the Eleventh Tradition; which states in the Long Form that ". . . our [last] names and pictures as AA members ought not be broadcast, filmed or publicly printed."

Social networking websites are public media. Some of my friends on my page are friends and family members with whom I wish to guard my anonymity, for my own personal and business reasons. Many outside of the rooms of AA still do not understand our disease of alcoholism.

Even to this day, I hear people in my workplace describe people with "drinking problems" as people of either "low willpower" or of "low moral standards."

When we post messages on a social networking site about seeing others at meetings/gatherings, or asking if they are going to be at a particular meeting, or even saying that we were glad to see them at a meeting, we are breaking the Traditions we should hold so dear to our hearts. Needless to say, pictures posted from meetings, sobriety birthday parties or anniversary celebrations are truly in direct conflict with keeping our Traditions.

If these sites consisted of only AA members, I would not have a problem declaring my passion and gratitude for Alcoholics Anonymous there. I would, as I do in the rooms and with other members, give much thanks and praise to the program of Alcoholics Anonymous for saving my life.

CHRIS M.  
Donalsonville, Ga.



## November Anniversaries

### Crystal River Group

Bill F. 42	Geroge G. 14
Rick D. 27	Mark A. 5
Archie B. 21	John U. 4
Chuck A. 19	Sam L. 3
Winston C. 16	Amber S. 2
	Gina S. 1

### Rainbow Group

Douglas 13  
Bob S. 12