



OCTOBER 2016

# NATURE COAST JOURNAL



## Upcoming Nature Coast Intergroup Elections

All Nature Coast Intergroup Representatives are eligible to vote at the upcoming election of officers on Sunday, October 30, 4:30 pm at the Holder Community Center. The people who have submitted service resumes and are standing for office at this time are:

1. Two Year Trustee - Sandy H.
2. Two Year Trustee - Bill M.
3. Special Election One Year Trustee - Janet B.
4. Chairperson - Steve N.
5. Alt Chairperson - Dean B.
6. Secretary - Lorraine T.
7. Treasurer - Paige B.

Nominations will also be accepted from the floor at the October 30th meeting. A special session will also be held within the regular meeting to consider amending the bylaws to add the position of Alt. Treasurer.

## ARCHIVES CORNER

### October in AA

In October we often hear a lot about Tradition Ten which states that Alcoholics Anonymous has no opinion on outside issues, hence the AA name ought never be drawn into public controversy. All around the world there are major issues that cry out for comment and are in need of reform. These matters are often very controversial and include issues of inequality, abuse, neglect, illegality, corruption, fraud and removal of personal liberties like freedom of thought, movement and expression. AA is the type of altruistic organization that could easily get a public hearing on any of the above topics. The problem is however that it would create warring factions as mentioned in the Big Book. For us to have such divisions inside of AA would in fact be the end of us all. As the Step Book says we have the choice to live together or die alone.



For that reason we will continue to be privately aware of the world about us but will avoid any collective outcry for the simple reason that the price is far too high.

## DISTRICT 28 PRESENTS UPCOMING WORKSHOP SATURDAY, OCTOBER 22

### CHAIRING AN AA MEETING

Find out more about chairing and sharing, such as how soon in sobriety to chair a meeting, what to do and don't do, and more!

All meeting formats will be covered.

Our Lady of Fatima Church

550 US Hwy 41 South

Inverness, FL 34450

Doors open at 9:30 am

Coffee and Donuts

Workshop begins at 10 am and will end by 1 pm

**Step 10 — Continued to take personal inventory and when we were wrong promptly admitted it.**

**The 10th Concept of AA Service — Every service responsibility should be matched by an equal service authority -- the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.**



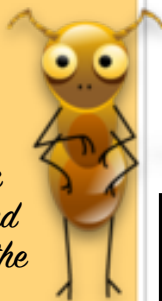
## SAVE THE DATE!!

NOVEMBER 6th  
GRATITUDE DINNER  
Flyer with details to come!

### *Picnic in the Park a Success!*

*The Picnic In The Park was a great event again this year. The weather cooperated, the food was good, we had a great speaker and spirits were high. Thanks to Rick C. for all his efforts at the grill and to Gail K. for speaking. Many volunteers made it all go smoothly and we are looking forward to many Intergroup events in the future. We are not a glum lot.*

— Denis S.



## Calendar

Oct 22.....District 28 Workshop  
  *Chairing & Sharing at an AA Meeting*  
Oct 30... NCI and District 28 Monthly Meetings  
Oct 30.....ELECTIONS of NCI Officers  
Nov 6.....Gratitude Dinner  
Dec 2 - 4.....Southeast Regional Forum

**Note: The Chili Cookoff has been moved from October to a future date. Stay tuned!**

## QUOTABLE QUOTES

"Self-pity is one of the most unhappy and consuming defects that we know. It is a bar to all spiritual progress and can cut off all effective communication with our fellows because of its inordinate demands for attention and sympathy. It is a maudlin form of martyrdom, which we can ill afford.

"The remedy? Well, let's have a hard look at ourselves, and a still harder look at AA's Twelve Steps to recovery. When we see how many of our fellow AAs have used the Steps to transcend great pain and adversity, we shall be inspired to try these life-giving principles for ourselves."

— As Bill Sees It

## Come to the Southeast Regional Forum!

December 2 - 4, 2016  
Lake Mary Marriott  
1501 International Parkway  
Lake Mary, FL 32746  
Room rate: \$129 + tax Friday and Saturday  
**NO REGISTRATION FEE!**

This is a weekend of sharing and informational sessions designed to help the General Service Board and Staff, AA World Services, Inc., and the Grapevine Corporate Board and Staff stay in touch with AA members, trusted servants and NEWCOMERS to service throughout the AA structure.

Register at [www.aa.org](http://www.aa.org). Click "For groups and members" then "Regional Local Forums" then "Online Forum Registration".

To reserve hotel, call 1-800-380-7724 or 1-407-995-1100 and reference group code SERF.

Cut off is November 14, 2016

For more information, email [serfnfac2016@gmail.com](mailto:serfnfac2016@gmail.com)

## District 28 Elects Officers

On September 25th, the following officers were elected to serve on District 28 for Panel 67:

DCM — Paige B.  
Alt DCM — P.J. O.  
Secretary — Sandy H.  
Treasurer — Shana D.

Thank you all for your service! You rock!



### Contributions:

**Nature Coast Intergroup,  
Inc.**  
PO Box 2634  
Crystal River, FL 34423

**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



# LIVE AND LET LIVE

# Why I serve in AA

I was about three months sober when I was asked to make coffee for what was to become my first home group. I didn't want to because I didn't know how, but wasn't going to ask for help. That was the beginning of returning to a social life. I learned about AA by showing up early to make coffee and reading the literature in the racks, the books *AA Comes of Age*, *Doctor Bob and the Good Old Timers*, *Pass it On*, *Language of the Heart*, and the dreaded *Service Manual*, greeting people as they came in early and getting to know them.

About 6 months sober I heard a man, Bill M. state that 98% of the people who are involved in service stay sober, and he made a plea for help at the county jail. I asked if I could "volunteer" and was told to wait until I had "something to give away." I showed up at the jail that next Thursday! The man doing the meeting dumped all the literature and information in my lap and I never saw him again. I brought meetings into that jail for five years. I also helped our local Intergroup to bring meetings into a different county jail when I made a move.

I became what our Area Correction/Institution Chair referred to as a "Lone Wolf", bringing meetings into local jails and institutions. I then became an Area Committee Member. I was involved in the two local county jails and state prisons; I was active in carrying the message into health institutions as well.

During this time due to a personality conflict I wanted to become Secretary of the group but was appointed GSR instead. Now, just prior to this, the lady who later became my service sponsor was announcing information about Intergroup workshops, GSR meetings, and the Area Assembly. I tagged along to learn more about Alcoholics Anonymous. I became fascinated with what I saw and heard. As GSR I was "required" to attend Area Assembly.

Over the years I tried to get other groups in my area involved in carrying the message. Someone then suggested with the help of my service sponsor that I become DCM. That was prior to our redistricting. As hard as I tried to get the local groups to elect GSRs, I was met with resistance and they stayed focused on wanting a separate answering service, taking the responsibility away from a lady

who had been loyally running it from her home for years. Our area could not financially support or cover a separate answering service and I resumed my efforts to get the groups more involved in Intergroup and Area and word got out that Dean was running "secret meetings", even though it was always announced that all were invited to attend.

Through my dealings in Corrections and Institutions, it became second nature to also assist with Public Information and Cooperation with the Professional Community. I always enjoyed the people I met and worked with. When I moved from New York to Florida, August 2014, it was imperative that I get a sponsor and home group. I joined the Sober Sand Gnats of Inglis and although I wanted to become the group's coffee maker, in January 2015 the group voted me into two positions, Intergroup Rep, and GSR. I have since been "volunteered" as Intergroup Liaison for District 28. I have attended Intergroup, District, and Area Assemblies regularly. I have assisted in getting my home group members active and involved in local functions. They help Janet B. in PI distributing *Where and Whens* in the Inglis/Yankeetown area. We served the Hotline for the month of May this year and they enjoyed it. We help Lynn D. with Events at most every function. I enjoy the opportunity to serve. AA gave me a life. I owe my life to AA.

Here is why I always wish to serve AA: It was once mentioned to me that a GSR was the "Guardian of the Traditions". I remember the day early in my sobriety when I really needed a meeting. I was afraid I might drink. The meeting I showed up at was locked. Nobody showed up. That scared me. I prayed for an answer as to what to do. Whatever happened, I no longer felt like drinking. At that moment, I swore I would do my best that this would not happen to another person, that an AA meeting would always be available.

I have no function/responsibility in Intergroup other than being Intergroup Rep for the Sober Sand Gnats. I'm not sure what exactly the function of Alternate Chairperson for Intergroup is, but I was asked to stand for the position and I have a great deal of respect for the person who asked me to stand. My Service Sponsor had also asked me. That being the case, I cannot say no and will do the best I can.

— Dean B.  
Yankeetown, FL

*“From that moment on, I swore I would do my best that this would not happen to another person — that an AA meeting would always be available.”*

## Upcoming Anniversaries — October 2016



### Crystal River Group

Rita Marie 35  
Dick M. 35  
John S. 29  
Bill McE. 28  
Dick R. 18  
Bruce C. 13  
Ernie O. 7  
Kimberly B. 2

### Women's Friendship Goup

Carol S. 13  
Kim 1

### Breakfast Club of Ocala Group

Jim B. 32

### Keep in Step Group

Paige B. 29

### What's the Book Say Group

Tony T. 33

### Women's New Beginnings Group

Kathy D. 6  
Catherine O. 6

### Recent Anniversaries at Won Rebos Group

### Holder Way of Life Group

Patrick G. 27  
Jim F. 15  
Randy P. 4

**June -** Eleanor W. 51

**July -** Dennis K. 26

Dick K. 35

Bob L. 21

Ron B. 18

Jack B. 27

**Aug -** Agnes T. 23

Ollie H. 8

Jim N. 36

Littlefeather 32

### Rainbow Group

Bob F. 36  
James O. 16

*Please email November  
anniversaries by 10/17*

*[news@ncintergroup.com](mailto:news@ncintergroup.com)*

## Reflections On The Daily Reflections

I was in a meeting yesterday where we read from the *Daily Reflections*. I found myself disheartened by the reading. There are cute and clever sayings in Alcoholics Anonymous—but some of them are not useful. The reflection for December 1st about the Steps being suggestions is one of these. The writer recalls the old line around AA, something like this: if you jump out of an airplane, it is "suggested" you take a parachute. This was probably an attempt at humor, but has the downside of making AA seem dogmatic. More like a religion, in fact.

Many people come into Alcoholics Anonymous frustrated and rejected by their religion. AA grants a wide berth, room to explore one's spirituality, to learn and to grow as necessary to find serenity. Strict rules and regulations are not a part of AA. Over the years some people have treated the Twelve Steps as if these are hard and fast rules to be practiced equally by all. But even the Twelve Traditions are just guidelines.

One of the things I like most about AA is the humble attitude that this is not *the* way—just a way that many of us have used to find peace in our lives. To say the Twelve Steps are suggestions, and really mean it, is an example of the latitude given to individual members. AA is not selling AA. AA is selling sobriety—as defined by the peaceful acceptance of the world around us. There are no lines in the sand for us to defend, no reason to get into unnecessary quarrels, no particular draconian doctrine to protect.

Sobriety is not defined by how well one works the Steps, or how many times one works the Steps. Sobriety is not defined by having memorized sections of the Big Book or other AA literature. Sobriety is not defined by how one has mastered the *Twelve and Twelve*. Sobriety is not defined by faith in any particular God. Sobriety is not defined by how many cute and clever sayings one has memorized. What is sobriety? Sobriety encompasses the return to family, to employment, to good friends, to no legal troubles—all while in a serene state of mind, and without alcohol. Sobriety is about a healthy lifestyle as a contributing member of society.

If one wants to sit at the table and profess to be an AA authority, then one must have actually worked the Steps, have a sponsor, and go to meetings.

But, once again, these behaviors are not the definition of sobriety.

"Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other... " Alcoholics Anonymous is not a complicated program to be precisely worked in any structured manner. This quality makes AA inclusive rather than exclusive. I remain a steadfast proponent of the original purpose of Alcoholics Anonymous—one alcoholic helping another.

— Gary C., St. Joseph, Mo.