



DECEMBER 2016 - JANUARY 2017

NATURE COAST JOURNAL



AREA HOLIDAY ALKATHONS

No one need be alone!

At Club Recovery

North Anvil Terrace, Hernando

(352) 419-4836

The Resentment Group, Sober Nooners and First Thought Wrong Group are sponsoring Christmas and New Year's Alkathons.

Everyone is welcome to bring a dessert!



Dates and hours: 34 HOURS OPEN CONTINUOUSLY on both holidays — December 24 Noon THROUGH December 25, 10:00 pm AND December 31 Noon THROUGH January 1, 10:00 pm

At The Serenity Club

455 S. Suncoast Blvd, Crystal River

(352) 795-5944

Holiday meetings at the Serenity Club, hosted by the Crystal River Group, are scheduled to take place on Christmas Eve at 8:00 pm & 10:00 pm, and Christmas Day at 12:00 am, 8:00 am, 2:00 pm & 8:00 pm. Bring a dish or dessert to share. All are welcome.

Your presence could make a difference in someone else's life. Please plan to attend!

ARCHIVES CORNER

It is with humility that I thank Denis S. the outgoing District 28 Archivist for entrusting me with the responsibility for setting up the District 28 Archives display at the Gratitude Dinner while he was away enjoying a family gathering in New Jersey. Regardless of the numerous times I've viewed Denis' display, trying to remember what went where was an exercise in futility.



I thank District 28 for the opportunity to serve. As evidenced at the Gratitude Dinner I am assured that the AA future in Nature Coast Florida is bright; Chelsea, a young lady with a week of sobriety, Del a gentleman with 2 weeks, a lady with 43 years, George with 54 years, and the hundreds in-between. That tells me alcohol still ruins lives, and AA still works, one day at a time.

Having only been in Florida since 2014, I am challenged with lack of knowledge of the history here, which I hope to learn by visiting groups and acquiring written and verbal histories. I need your help. Thank you!

— Dean B.

REMARKABLE SERVICE OPPORTUNITY!

The Citrus County Detention Facility (CCDF) is offering their first volunteer training on January 21, 2017. There is a real need for us AAs to be available to carry our message to those who suffer in our jails and prisons. It is a requirement of the jail in Lecanto that all volunteers, of any type, go through an annual orientation. This is a remarkable service opportunity — it remains true that we can't keep it if we don't give it away!

CCDF
2604 Woodland Ridge Dr
Lecanto 34446
January 21, 2017 9am-5pm

The facility will provide continental breakfast and lunch. It's a long day but remember *we get to go home and to more than one meeting a week!* Let me know before January 17th if you'll attend or have questions at floridadistrict28@gmail.com.

In love and service*,
Lina R.

*as Bob said, "We all know what love is and we all know what service is."

*Upcoming Anniversaries
December 2016 & January 2017*

Crystal River Group

December

Ken K. 47
Kathy M. 29
Freddie B. 25

Group

Steph M. 24
Jeff C. 23
Charlie T. 21
Peter D. 15
James S. 14
Melanie B. 14
Danny C. 9
Benjamin C. 2
Sam S. 2

Ski A. 2
Suzi P. 1
Chris H. 1
Jake B. 1

January

George G. 52
Joe T. 42
Karol H. 32
Jeff K. 26
Stacy M. 26
Joe B. 25
Michiel B. 19
Bob G. 18
Kim L. 16
Bill B. 15
Steve K. 8
Mark R. 7
Bill B. 6
Caril B. 6
Mary M. 5
Barbara D. 3
Janet F. 3
Jen S. 3
Rusty B. 3
Michelle M. 2
Jill A. 2
Kathleen C. 2
Kathy N. 2
Cecilia 1

Holder Way of Life Group

December

Robert H. 27

January

Dan M. 33
Dave D. 31
Bob M. 24
Chester P. 9

Keep In Step Group

December

Rusty B. 3

January

Neil S. 38

Rainbow Group

January

Seija L. 39

Sober Sand Gnats

December

Ken K. 27

January

Bob G. 19
Wally S. 11

Women's Friendship Group

December

Dana C. 7
Babs B. 36
Tommie B. 30
Shirley K. 32
Jill P. 25

January

Tommie P. 30
Lisa B. 17
Arlene M. 27
Judy C. 15
Gayle W. 34

Won Rebos Group

January

Stu 13
Donnie M. 15
PJ O. 34

What's the Book Say Group

January

Brownie 41

***Please send in February
& March Anniversaries
by 1/31/17 to
news@ncintergroup.org***



Thank You from DCM

When I first started my service journey in AA outside of my home group, I did not even know what a DCM (district committee member) was. As I close out my Panel 65 service as DCM for District 28 I want to thank you for this awesome opportunity to serve you and AA as a whole. Along this journey I discovered that the Group is the heart of AA. The groups in District 28 elected GSR's (general service representatives) who were always expressing the group conscience. They in turn elected me as DCM.

In that position I was privileged to carry the collective group conscience of District 28 to the Area committee. That involved a lot of two way communication. like holding regular monthly meetings of the GSRs in the District and assisting the delegate in obtaining our combined group conscience in matters to be discussed at GSO in New York.

Along with your Alt DCM, Paige B. who has served you in a fantastic manner in that position, I traveled from group to group particularly trying to carry the message of the seventh tradition to non-supporting groups as well as explaining the importance of their group conscience to District 28, Area 14 and AA as a whole. And of course I never tired of discussing the joys and benefits to sobriety of general service work.

I discovered that I had been elected to serve as a "key link in ensuring that all groups are aware of the importance of their total participation in local, district and area world services." I had read this in AA pamphlets, but did not truly process it and discover it for myself until serving in the position. Isn't this so true of all AA service work. It is not only the job that helps keep us sober, it is the learning process. And even more important it is all the people involved. When I was an active alcoholic there were very few people in my life. My service journey has led me to thousands of human interactions with hundreds of strangers who became friends. You, my friends taught me one of the basic principles of AA, help others and you will help yourself.

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Thank You *(continued from previous page)*

When I say, "Thank you for allowing me to serve," I do so with extreme sincerity for each and every one of you has had a profound impact upon my physical, mental and spiritual health. I am sober today because of you allowing me to serve. I have not been able to ruminate in the dark danger of my own mind while interacting with all of you. That is a great blessing.

Again, thank you for allowing me to be your DCM and I thank each and every committee coordinator, GSR, and member of AA in District 28 for one of the best experiences of my life. Particularly I want to thank the Alt DCM Paige, Secretary P.J. and Treasurer Jen for without their support, monthly trusted servant meetings, input and service I would have been stumbling along "the road of happy destiny." With their help the road was a super-highway to being your trusted servant and DCM.

— Steve N.
DCM Panel 65 District 28

A Slob's Guide to Spiritual Growth

Reprinted with permission from the Grapevine

IT'S A SQUIRMY word --"spiritual." It makes me uncomfortable. It reminds me of the time I spent as a child sitting in a church and trying to look holy. "Spiritual" is confused in my mind with a kind of hymn and has connotations of mediums, levitation, and ghosts. Worse, "spiritual" implies pretensions of sainthood, a hypocritical posturing, and pretended preoccupation with wonderful thoughts--when I and everybody else know that ninety percent of my day is spent trying to keep the wolf from the door and the horse before the cart.

My spiritual inventory doesn't help much, either. This very day, as I lay in bed staring piously at the ceiling, I took the Third and Eleventh Steps firmly, fondly, and resolutely. I thought warmly of all the great tasks I would accomplish today with the aid of my trusty Third and Eleventh. Then I got out of bed. In midwinter, with the window open and the heat turned down, getting out of a warm bed apparently is, for me, an act of will of the highest spiritual order. This monumental achievement seems to exhaust my store of spiritual strength for the day.

By ten o'clock, I have a number of creative suggestions to offer my Higher Power on how my life and will might be gainfully employed. I have a serene acceptance of God's will for me as long as it happens to conform to mine.

By 2:00 PM, I have decided to mix a little of my will for me with His, since knowledge of His will is a little slow in coming and there are problems in need of immediate attention--like meeting the payroll, hardly a matter of celestial concern. This line of self-examination leads to certain humbling realizations that are unwanted but nevertheless gnawing little realities--potholes in the path of smooth spiritual development. I lead an odd and noisy life; little happens slowly or quietly. When I read my Big Book and "Twelve and Twelve," and I assess my spiritual growth, I am filled with enormous feelings of inadequacy. Honesty, compassion, acceptance, understanding, faith, love, caring--I don't even *think* about those most of the time. My progress toward spiritual strength is a zigzag trail filled with hip-shooting reactions.

Sometimes, I have thought of creating a Slob's Guide to Spiritual Growth, for those of us who can't walk around with our hands folded and a slight, mysterious smile on our faces. It might go something like this:

- 1 It is better to watch the game in your undershirt with a can of cola in your hand than a can of beer.
- 2 When you holler at somebody, you always feel lousy afterward--like a hangover.
- 3 Life is a steady drizzle of small things--carry an umbrella.
- 4 Tomorrow is another day.
- 5 Never give up.
- 6 Concentrate on what you're doing--it beats thinking.
- 7 If you let the other fellow alone and don't get so upset about how he's living his life, you can watch more TV.
- 8 It is more fun to be happy than angry.
- 9 Don't take anything too seriously, including all of the above.
- 10 This, too, shall pass.

From that foundation, I am able to see certain glimmers of progress. For example, I can realize that I have not done anything dishonorable in at least a week. Maybe more. I have known all along, after all, that my underlying problem was not drinking but living, and only through a change of attitudes, through unquestioning acceptance of the AA program--a program of spiritual growth--could I hope to live life as forcefully, aggressively, and enthusiastically as I have. Something must have happened. And as I peel away the layers of day-to-day expediency, I realize that my zigzag, erratic, and inconsistent course was in the general direction of progress all the time. That's good.

Happiness happens when results exceed expectations. Maybe this is working after all. Deep down, there is also a warm, small ball of faith, always there, never dimmed, unexplainable, asking nothing, but giving much. To define it or try to bounce it would distort or destroy it. It just is, that's all.

As St. Augustine said, "God is closer to me than I am to Him." I don't know exactly what that means, but it sure is true.

— C. H.
Fairfield, Connecticut