



NATURE COAST JOURNAL



Nature Coast Intergroup presents:



Come and celebrate the coming of 2016 with music, food, fun and fellowship!

Thursday, December 31, 2015
9:00 pm to 1:00 am

Our Lady of Fatima Church
550 US Highway 41 South
Inverness, FL 34450

\$10.00 per person.

For tickets and more information, please contact Lynn D. at events@ncintergroup.com.

ARCHIVES CORNER

December in AA History

The New Year's Resolution has long been the bane of the still suffering alcoholic. How often have we sworn off on this day only to fail weeks, days or even hours later?

Fortunately we have that wonderful concept, "One Day At a Time". This venerable idea goes back to AA number three as depicted in the famous picture, "The Man On The Bed".

As such it predates the Big Book and the Steps. When Bill W. and

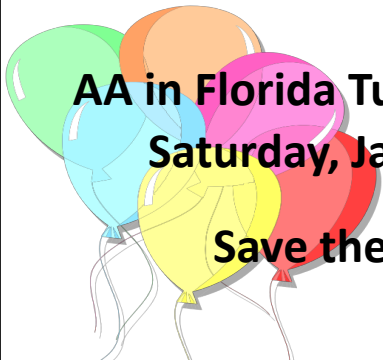


Dr Bob visited Bill D. on his hospital bed, Bill D. told them not to waste their time. He said his pattern was to sober up in the

hospital, stay dry for a while and start all over again. Smiling at each other, Bill and Bob explained how they did it one day at a time and did not project forward. Bill D. never drank again. Neither did Bill W. or Dr. Bob. What a concept!

AA in Florida Turns 75 Event
Saturday, January 16

Save the date!



Have a happy, healthy,

sober New Year!

Letting Go

To "let go" does not mean to stop caring; it means I can't do it for someone else.

To "let go" is not to cut myself off; it's the realization I can't control another.

To "let go" is not to enable, but to allow learning from natural consequences.

To "let go" is to admit powerlessness, which means the outcome is not in my hands.

To "let go" is not to care for, but to care about.

To "let go" is not to fix, but to be supportive.

To "let go" is not to judge, but to allow another to be a human being.

To "let go" is not to be in the middle arranging all the outcomes, but to allow others to affect their own destinies.

To "let go" is not to be protective; it's to permit another to face reality.

To "let go" is not to deny, but to accept.

To "let go" is not to nag, scold or argue, but instead to search out my own shortcomings and correct them.

To "let go" is not to adjust everything to my desires, but to take each day as it comes, and cherish myself in it.

To "let go" is to fear less and love more.

— Author Unknown

Save The Date!



Dec 31.....New Year's Eve Event

Jan 8,9,10..... Area Assembly - Gainesville

Jan 16.....AA in Florida Turns 75 Event

Jan 31.... NCI and District 28 Monthly Meetings

Feb 13..... Mad Hatter Event

Feb 20.....Hotline Workshop

Feb 28.... NCI and District 28 Monthly Meetings

Grapevine Quote

"The alcoholic slip is not a psychotic condition. There's nothing screwy about it at all. The patient simply didn't follow directions."

William Duncan Silkworth, MD

January 1947

"Slips and Human Nature"

One Day At A Time

Live and Let Live

On the 12th Step...

"Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Now comes the last Step in the program of recovery. We will consider the two aspects of this step: (1) *we tried to carry this message to alcoholics and (2) to practice these principles in all our affairs.*

Our own peculiar personal histories as alcoholics make us singularly fitted to perform the first part of this Step. Indeed, it is the fact that we are alcoholics in the process of recovery that makes us effective at all. Where medicine and the ministry have failed, A.A. often has been successful because the prospect somehow felt a "bond of understanding."

In carrying this message to other alcoholics we must remember that we are carriers of information, not reformers. If the prospect indicates that he has no desire to stop drinking, we should let him alone. We cannot force a person to stop drinking. We shouldn't try.

However, if the prospect convinces us that he has a real desire to get well, we should be prepared to go to any lengths to help him.

Sometimes the indirect approach is better. Tell the prospect *your own story*. See to it that she has a chance to read the book, *Alcoholics Anonymous*. Take her to a meeting and see that she has an opportunity to talk with other members.

In talking A.A. with the new person, use common sense. If you do, she has a much better chance of getting well. If she is in a hospital, for example, and very jittery--be kind and sympathetic but use discretion about how long you stay. Remember that A.A.s do not moralize or preach. We simply give information about ourselves.

Above all, don't get discouraged. There's an old saying around A.A. that your prospect never gets well *when you want him to*. This saying isn't always true but there's a lot in it. You might remember that 12th Step work always helps *you* regardless of the success or failure of your prospect.

Think of your own experience. Did you get well because of another person? Of course not. You got well because of A.A.; its 12 Steps; its Program of Recovery. Your sponsor merely brought the message to you.

The second part of this Step is by far the most important part of the program. How many of us practice these principles in all our affairs? You guessed it. Too few of us. Fact is, many entirely overlook the second part of this Step. Recently, a member looked at us strangely when we mentioned part two of the 12th Step. *She had never thought of it.*

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To practice A.A. principles in all our affairs requires growth and full-scale adoption of every phase of the program. Those who accomplish it are A.A.'s happiest and most serene members. They are finding peace of mind. They have humility without humbleness. They have true tolerance and gratitude.

It isn't possible to tell you how to practice A.A.'s principles in your life but we know the payoff is tremendous!

Finally, a word about our conception of 12th Step work. Although it is generally associated

with active help for the sick alcoholic, it doesn't have to be. We believe 12th Step work is any work, direct or indirect, that helps other alcoholics to recover. The volunteer workers; the group secretaries; the members who perform the service of providing refreshments at meetings — all are doing 12th Step work just as surely as if they were visiting drunks in hospitals, jails, sanatoriums or homes.

***Reprinted with permission from
The Grapevine***



December & January Anniversaries

First Thought Wrong Group

December - Sandy H — 2

January - Michelle S — 1

Holder Way of Life Group

December - Robert H — 26

January - Dan M — 32

Chester P — 8

David D — 30

Bob M — 23

Women's Friendship Group

December - Dana C — 6

January - Babs B — 35

Shirley K — 31

Mary P — 18

Jill P — 24

Rainbow Group

January - John P — 8

What's the Book Say Group

Brownie — 40

Carnivores Anonymous

The willingness to serve comes in many forms and we observed this at our Gratitude Dinner on November 8th. A special thank you to Rick N., David N. James C., Jimmy M., Teddianne C., Lisa B., Renee A., and Char S. for your service at the Gratitude Dinner. Your willingness to perform in the skit was heartwarming and you all put on a fantastic performance! I cannot thank you enough for your service.

— Paula D. — First Thought Wrong Group

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