



# NATURE COAST JOURNAL



Februaurv/March 2017

**INTERESTED** in Corrections Service

Doing Corrections but wish to **LEARN**more?

**EXPERIENCE** to share?

Then Please **JOIN US** fora

## District 28 CORRECTIONS WORKSHOP

Sat. March 4<sup>th</sup>

from 2 – 4:30 at

**SERENITY CLUB**

*(on the grounds of St. Benedicts Catholic Church,*

*– Speakers, GSO video, snacks, coffee & fellowship*

*– Questions? - [floridadistrict28@gmail.com](mailto:floridadistrict28@gmail.com)*



Archives Corner for February 2017

I would like to thank Jeff K. from the Serenity Club for the addition to the District Archives of a February 1995 and a September 1998 Citrus County Meet List.

In 1995 there were 43 meetings listed per week in Citrus County. The Serenity Club hosted 16 of those. In 1998 there were 56 meetings listed in Citrus County. The Serenity Club hosted 21 with Sunday only at 8 pm, four meetings on Wednesdays and Thursdays. Those were a Women’s (Wednesday) and Men’s (Thursday) meeting at 6 pm.

In 1995 my Home Group, the Sober Sand Gnats, was the Inglis Group and met on Wednesdays at 8 pm at the Chamber of Commerce Building in Inglis. In 1998 it was still the Inglis Group and met on Wednesdays at the Presbyterian Church on Riverside Drive next to the Coast Guard Station in Yankeetown. In 2007 it moved to the Inglis Community Center in Inglis.

Presently, as of January 2017, there are 99 meeting per week listed in the current Where and When.

If you have any old Meeting Lists/Where and Whens of Citrus County I would be very interested in seeing them or you can consider donating them and any old literature of Citrus County.

Dean B.

District 20 Archives Chair

## Old-timer? You Can't Miss!

OUR length of sobriety means only one thing. Insurance, through trying to the best of our ability to practice the twelve principles as suggested in the book *Alcoholics Anonymous*.

We can only stand by and *live* program as we understand it, and through the example of our day to day sobriety, *perhaps* inspire someone else to try our way of life. If there were no old-timers, where or to whom would the new member look or have as a proof that this Program works? There is no one in this world who would deny the recovered alcoholic one day of sober living. We have had to earn it and it is ours by right of the Power Greater than ourselves working in and through us.

A so-called old-timer has a very deep responsibility to AA, not to act, say or do those things which he knows is not good for his fellow member's welfare. Since through our sober actions we can prove to the one coming into our Fellowship that we have risen above the misery, hopelessness, and bad repute, and that we have started on the road to recovery, through a spiritual and revitalizing force that is greater than we are.

We must of necessity for our own well being, live the life for the others who may come to us for help. We at long last do not wish to live any other kind of life than the good life as we have come to know it. We have begun to rid ourselves of our old ideas, and have come more and more to depend upon the God idea for us, (and if you cannot at this time accept the God idea, let us call it the Good idea.) We have learned through trial and error that love is the right way for all mankind.

The old-timer has learned to sit back and be teachable, for we begin to realize how much there is to learn. We realize that we will never be able to fully grasp the full extent of meaning contained in our Twelve Steps, because we are striving for spiritual progress, rather than spiritual perfection.

We begin to get a glimpse of understanding into the teachings of all the great spiritual teachers who have gone before, that until we have turned our will and our lives over to the care of God, as we understand him, we will be at war with ourselves and those around us, and we will miss that inner peace that all men who have been able to be submissive to the will of God have found.

Only now am I beginning to understand what an old-timer really is. A day to day living example of one who is willing to let this Greater Power work through him, and that this Program really works for anyone who wants this new way of life, with no mental reservations. Then we become another spike driven into the structure of AA as a group of recovered alcoholics.

From the last drink I took six years ago, I give a little time each day to the reading of the book, praying each morning for guidance for the day and not forgetting to thank God for carrying me through another day of sober living. Another thing I do is to remember that *I am an alcoholic*, and that if I forget to live the principles suggested for my recovery, I will be right back where I started.

I am aware that if I take a drink today, it will be a short time when I am as sick as before I found AA because my malady has been arrested, but not cured. If I forget the lessons learned in these past six years, and take that first drink I have aroused the physical allergy that has been lying dormant all these years. Those who have tried some research tell me they are worse than before joining AA. It is a progressive disease. The meetings and the fellowship, the new-found friends have created in me a new mind and the obsession has left to desire a drink. *But* this has happened only because each day I have tried to live the life, faithfully following these precepts in the *Book*.

So, being an old-timer means that I have learned some truths about myself, that I have some insurance against that first drink, and there are principles to live by which shows me what I can and what I cannot do. If I follow this daily, hourly if needs be, I will have added another day of good living.

In closing the only thing that I can pass along to you is this:

If you continue your day to day living the Program to the best of your ability, you can't miss being an "Old-Timer."

Mae, Mesa, Arizona

Grapevine

**Hot Line Phone Number**  
**352-621-0599**

# The 12-Step Call



... for that  
I am responsible

## How 'bout a little HISTORY?

In 1935 Bill W. was desperately trying to stay sober. He thought that if he could talk to another alcoholic it might help. This thought turned into a fateful meeting with Dr. Bob and the rest is history.



We now have a huge worldwide fellowship where "each day, somewhere in the world, recovery begins when one alcoholic talks with another alcoholic, sharing experience, strength and hope" (Forward To the Third edition, pg xxi). Our fellowship is now over three million strong and with your help, we can add one more. You can save a life!

## What exactly IS the 12-STEP LIST anyway?

The 12-Step List is a collection of information about men and women who are willing to respond to the person who has called AA for help—day or night. These are men and women who believe it is very important to give back what was so freely given to them. By doing so, they are fulfilling the 12th step of their own program while ensuring that the hand of AA really is there for the suffering alcoholic.



## Anniversaries

February and March, 2017  
**Sober Sand Gnats**

### FEBRUARY

John B            20 yrs

### MARCH

Buddy H          41 yrs

Jack R            4

Scott M          2

Lacy E            2

### Women's Friendship Group

None for February

### MARCH

Linda G            37      3/2

Evonne H         34      3/9

Sheila E          24      3/10

Candy A          30      3/23

Ivy H              2      3/23

### Rainbow Group

### FEBRUARY

Lloyd F           5 yrs

### MARCH

John S            30

Sue S             4      3/11

### Responsibility Statement

*I am Responsible. When anyone, anywhere, reaches out for help,*

*I want the hand of A.A. always to be there.*

*And for that: I am responsible.*

## Contributions

### District 28

Make Checks Payable to **District 28** and send to:

District 28

P.O. Box 640914

Beverly Hills, FL 34464

### Nature Coast Intergroup

PO Box 2634

Crystal River FL 34423

### North Florida Area Conference:

(Please write your District (28) and group number on the check)

Make checks payable to **NFAC** and send to:

NFAC P.O. Box 360831 Melbourne, FL 32936-0831

### G.S.O.

- Contributions payments may be made by check or credits card, using the contribution envelope.

Make checks payable to the **General Service Board** and send to:

General Service Office

P.O. Box 459

Grand Central Station

New York, NY 10163

(Please write your District (28) and group number on the check)

- Online contribution may be made by visiting AA website at [www.aa.org](http://www.aa.org). Credit card or E-Check accepted.