

ARCHIVES CORNER



August AA history

Aug 1, 1943 – Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.

Aug 3, 1954 – Brinkley S. gets sober at Towns Hospital after 50th detox.

Aug 8, 1879 – Dr. Bob born in St. Johnsbury, VT.

Aug 9, 1943 – LA groups announce 1000 members in 11 groups.

Aug 11, 1938 – Akron & NY members begin writing stories for Big Book.

Aug 15, 1890 – E. M. Jellinek is born, author of “The Disease Concept of Alcoholism” and the “Jellinek Curve”.

Aug 16, 1939 – Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 18, 1988 – 1st Canadian National AA Convention in Halifax, Nova Scotia.

Aug 19, 1941 – 1st AA Meeting in Colorado is held in Denver.

Aug 25, 1943 – AA group donates Big Book to public library in Quincy, MA.

Aug 26, 1941 – Bill writes Dr Bob to tell him Works Publishing has been incorporated.

Aug 28, 1954 – 24 Hours a Day is published by Richmond W.

Other significant events in August for which we do not have a specific date:

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

1939: Dr. Bob wrote & may have signed article for Faith magazine.

1941: 1st meeting in Orange County, California held in Anaheim.

1981 Sales of the Big Book passes 3 million

Dean WBG

Contributions

Nature Coast Intergroup

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District 28

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Unit 241

Winter Springs, FL 32708

General Service Office

PO Box 459

New York, NY 10163

NCI BUSINESS MEETING

AUGUST 6, 2017 &

SEPTEMBER 10, 2017

4:30 PM

DISTRICT 28 BUSINESS MEETING

AUGUST 6, 2017 &

SEPTEMBER 10, 2017

5:45 PM

Ready, Set, Go At four years sober, she's learned to apply the slogans that helped save her life to a sport that gives her joy

Last November I celebrated four years of sobriety and ran a half-marathon—all in the same week. I couldn't help but notice that the AA slogans that helped to get and keep me sober also helped me train and run the race. They are not just corny slogans; they are my road map for life. Here are the ones that helped me most:

First Things First

I always wanted to run a half-marathon, so I signed up for the race. This was the first step. This in no way guaranteed that I would be successful, but it was a beginning. I began by running 30 seconds, then walking 30 seconds. Before I knew it, I could run an entire 30 minutes. This set me on the course to train for the longer distance runs. I had a desire to stop drinking, so I attended my first AA meeting. This, too, was no guarantee that I would stay sober, but it was a beginning. I went to a meeting every day. Before I knew it, I was picking up my 30-day chip. This set me on the course to stay sober by completing 90 meetings in 90 days.

Easy Does It

When running long distances, the experts say to increase your mileage slowly and stay in the moment to avoid injuries. When I first got sober, I worried how I would stay sober during vacations, weddings and funerals. My sponsor advised me to stay in the moment, take it one day at a time, stay away from the first drink and go to a meeting.

Get a Sponsor

Not long after I began running, I realized that I needed help so I enlisted the help of my nephew, a proven marathon runner. I wanted what he had. When I came into AA, I chose a sponsor who had successfully stayed sober for a number of years. I wanted what she had. In both these cases, I needed to be honest enough to admit what I didn't know and to trust another person to give me guidance.

Let Go and Let God

Race day came and I was ready. Still, fear crept in. I asked my daughter to pray the Our Father with me on the way to the race. I felt peace immediately and knew that, whatever happened, God was there with me. When I got sober, the feeling that came up the most for me was fear. There have been several times in the last four years when the only thing between a drink and me was praying to my Higher Power. If my spiritual condition is in order, I can do anything.

Don't Drink and Go to a Meeting

When I was training for the long run, there were times that I thought I had run out of gas and wanted to stop. I've learned that if I just keep going, I usually get my second wind. The times that I did stop, I found out that it was that much more difficult to start again. Since I've been sober, there have been times when the thought of a drink popped into my head. Instead of acting on it, I went to a meeting, where I always heard what I needed to hear. People coming back to AA after a relapse remind me that it's easier to stay sober than to get sober.

It Works If You Work It

During the last quarter of the race, I began to feel the wear and tear on my body, and I felt that there was no end in sight. During this part of the race, there were countless volunteers handing out water, sports drinks and energy gels. All of these supports helped me, but I still had to go over to the sidelines and pick them up. Whenever life on life's terms gets me and I become irritable, restless and discontent, I still have to do the Steps that help me to grow and change the way that I look at life. The tools of the program are always there, but it's up to me to use them.

We're Five Seconds Away From the Miracle

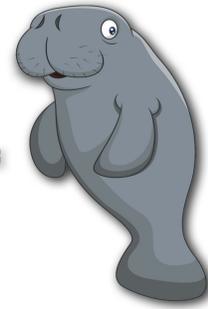
I never thought that I could run 13.1 miles; before the race, the most that I had run was 11. As I rounded the last quarter mile, I wanted to stop. The crowds carried me to the finish line with their cheers, and I was garnished with a medal and a commemorative cape. Thank goodness we celebrate anniversaries in recovery, too. I picked up my four-year coin at a meeting where everyone cheered for me as I accepted it. The people in AA have carried me many times in the last four years. As long as I stay sober, I'm always five seconds away from the miracle. The gifts that I've been given since I came into the program are numerous. But the gift that I cherish the most is the fact that I get to keep the sober life that I have. By the way, when I checked my stats after the race, I found that I finished in the middle of the pack—not bad for a 56-year-old beginner. It reminded me that in AA I'm always a beginner. And the middle of the pack, in Alcoholics Anonymous, is an ideal place to run.

Dee D., Glen Mills, Pennsylvania

FROM THE GRAPEVINE, OCTOBER 2014



NATURE COAST JOURNAL



AUGUST/SEPTEMBER 2017

UPCOMING EVENTS!

***Longtimer's
Speaker Meeting
presented by District 28***

*August 24, 2017
Doors open @ 7:00
Meeting starts @ 7:30*

***Come Join us for Coffee, Cake and
Fellowship***

*Unity Church of Citrus County
"Home of the Lecanto Group"
2628 W. Woodview Lane, Lecanto, FL
34461*

***NCI Annual
Picnic in the Park***

*September 23, 2017
@ 12 noon
Rainbow Springs State Park*

*Felburn Pavilion
19158 SW 81st PL RD*

*Dunnellon, FL 34432
\$7.00 Donation includes parking,
admission, fun, food and fellowship.
Covered dishes welcome.*

*I am responsible. When anyone, anywhere reaches out for help, I want the hand of AA
always to be there, and for that I am responsible.*

Nature Coast Intergroup Hotline
352-621-0599

ANNUAL SERENITY WEEKEND WOMEN'S CONFERENCE

September 8-10, 2017

Early and late meetings, beach meetings and games.

5 Speakers

International Palms Resort

1300 N. Atlantic Avenue

Cocoa Beach, FL

Call 321-783-2271 for more information

Anniversaries-please submit anniversaries and articles by the 3rd week for the following month to suejoel1@bellsouth.net

AUGUST

SEPTEMBER

Rainbow Group

July corrections

Jack B 28

Gene M 27

Ken L 27

Littlefeather 33

No one

Sober Sand Gnats

8/4/90

8/11/14

8/24/93

8/31/14

Sheila S 27

Eric S 3

Cery L 24

Nikki S 3

9/16/87

Bill F 30

Women's Friendship Group

Donna K 1

Linda A 2

Char S 13

Gail M 14

Lina R 22

Sue J 36

Betty R 36

Barbara C 30