



# NATURE COAST JOURNAL



*February and March 2018*

**Nature Coast Intergroup Presents**



**THE THIRD ANNUAL CHILI COOKOFF**

Calvary Chapel  
960 S U.S. HWY 41  
Inverness, FL 34450

**Saturday February 10<sup>th</sup>, 2018  
2:00 pm to 5:30 pm**

**\$3.00 Suggested donation  
at the door**

includes chili, hot dogs, chips, soda, coffee

Speaker meeting - Fellowship - 50/50 raffle

Desserts welcome

**Bring a pot of your chili for the competition!  
Come & warm up the winter!**

District 28 presents:

## **A Long Timers Speaker Meeting**

**Friday March 2, 2018**

**Doors open at 7:00 PM**

## **First Christian Church**

2018 Colonade Street  
Inverness, Florida  
34453

**Please join us for cake,  
coffee and fellowship.**

For more information contact us  
at [floridadistrict28@gmail.com](mailto:floridadistrict28@gmail.com)

## **MORE DATES TO REMEMBER**

**February 3, 2018**

**Events Committee Meeting 1:30**

Hope Lutheran Church  
9425 N. Citrus Springs Blvd  
Citrus Springs

**February 4, 2018 &  
March 4, 2018**

**NCI Business Meetings 4:30  
District 28 Business Meetings 5:45 respectively  
Holder Community Center**



Mark your calendar and join us for the

## **Pre Conference Agenda Review**

with

**Joyce C.**, the **North Florida Area Delegate,**  
**and her team of Area 14 Chairs!**

**Saturday, March 24, 2018**  
4:00 pm to 6:30 pm  
Doors open at 3:30 pm

**Hope Evangelical Lutheran Church**  
9425 North Citrus Springs Blvd.  
Citrus Springs, FL 34434

**Light Dinner provided...Covered**  
Dishes and Desserts Welcome

**For more information...**  
Contact your GSR, DCM or  
floridadistrict28@gmail.com

Hosted by Districts 7A & 7B, 17 and 28.

From **Daily Reflections**  
**One of our Promises!**

January 30  
*FREEDOM FROM . . . FREEDOM TO*

*We are going to know a new freedom. . . .*  
— *ALCOHOLICS ANONYMOUS*, p. 83

*Freedom for me is both freedom from and freedom to. The first freedom I enjoy is freedom from the slavery of alcohol. What a relief! Then I begin to experience freedom from fear—fear of people, of economic insecurity, of commitment, of failure, of rejection. Then I begin to enjoy freedom to—freedom to choose sobriety for today, freedom to be myself, freedom to express my opinion, to experience peace of mind, to love and be loved, and freedom to grow spiritually. But how can I achieve these freedoms? The Big Book clearly says that before I am halfway through making amends, I will begin to know a "new" freedom; not the old freedom of doing what I pleased, without regard to others, but the new freedom that allows fulfillment of the promises in my life. What a joy to be free!*

**HOTLINE**  
**352-621-0599**

## Contributions

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

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*District 28  
PO Box 640914  
Beverly Hills, FL 34464*

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*North Florida Area  
Committee  
5703 Red Bug Lake Road  
Unit 241  
Winter Springs, FL 32708*

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*General Service Office  
PO Box 459  
New York, NY 10163*

## CONTRIBUTE TO THE JOURNAL!

*[news@ncintergroup.com](mailto:news@ncintergroup.com) or  
[suejoell@bellsouth.net](mailto:suejoell@bellsouth.net)*

- 2. Came to believe that a power greater than ourselves could restore us to sanity.*
- 3. Made a decision to turn our will and our lives over to the care of God, as we understood him.*

## QUOTABLE QUOTES

*"As Bill Sees It" page 19*

### *Dealing with Resentments*

*Resentment is the Number One offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease, for we have been not only mentally and physically ill, we have also been spiritually ill. When our spiritual malady is overcome, we straighten out mentally and physically.*

*In dealing with our resentments, we set them on paper. We listed people, institutions, or principles with whom we were angry. We asked ourselves why we were angry. In most cases it was found that our self-esteem, our pocketbooks, our ambitions, our personal relationships (including sex) were hurt or threatened.*

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*The most heated bit of letter-writing can be a wonderful safety valve—providing the wastebasket is somewhere nearby.*

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## ANNIVERSARIES

### ***Women's Friendship Group***

<b>November</b>	<b><i>Gloria P</i></b>	<b><i>2</i></b>
<b>December</b>	<b><i>Babs</i></b>	<b><i>37</i></b>
	<b><i>Tommie B</i></b>	<b><i>31</i></b>
	<b><i>Shirley K</i></b>	<b><i>33</i></b>
	<b><i>Jill P</i></b>	<b><i>26</i></b>
<b>January</b>	<b><i>Tommie P</i></b>	<b><i>31</i></b>
	<b><i>Lisa B</i></b>	<b><i>18</i></b>
	<b><i>Arlene M</i></b>	<b><i>28</i></b>
	<b><i>Judy C</i></b>	<b><i>16</i></b>
	<b><i>Gayle W</i></b>	<b><i>35</i></b>
<b>February</b>	<b><i>NONE</i></b>	

### **HOLDER WAY OF LIFE GROUP BIRTHDAYS**

#### **February 2018**

***Beverly C.***      ***36 Years***

#### **March 2018**

***George N.***      ***30 Years***

***Al M.***              ***38 Years***

### ***Rainbow Group***

#### ***January***

***Seija L***              ***40***

### ***Crystal River Group***

#### ***February***

***Janice G***              ***17***

***Jackie R***              ***9***

***Debbie Lee***              ***4***

#### ***March***

***Mel L***                  ***41***

***Jack H***                  ***34***

***John K***                  ***33***

***Ned C***                  ***31***

***John H***                  ***29***

***Christine M***              ***29***

***Mike O***                  ***28***

***Sheila E***                  ***25***

***Marie W***                  ***25***

#### THE TWELVE TRADITIONS

of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends upon AA unity.
2. For our group purpose there is but one ultimate authority . . . a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants . . . they do not govern.
3. The only requirement for AA membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or AA as a whole.
5. Each group has but one primary purpose . . . to carry its message to the alcoholic who still suffers.
6. An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every AA group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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