



# NATURE COAST JOURNAL



*April & May 2018*

## ***Freedom House Group 9th Anniversary***

***Eating/Speaking  
Meeting  
April 24th 2018***

***Food at 7 and Speaker/Discussion***

***at 8 PM Sandwich Platter Provided***

***Please bring a side dish if you are able.***

***River of Life Church  
2872 W Dunnellon RD (488)  
Dunnellon, Florida***



Nature Coast Intergroup

## ***Spring Fling***

***Saturday April 21<sup>st</sup>, 2018***

***2:00 pm to 5:30 pm***

***Whispering Pines Park***

***1700 Forest Drive***

***Inverness, FL 34453***

***Main Pavilion (PARKING AREA B)***

***Games, 50/50 raffle, food, fun,***

***Fellowship...Speaker***

***Hotdogs, hamburgers, rolls, drinks, chips, soda,***

***Coffee and cookies provided***

***Covered dishes and desserts welcome***

***Suggested donation is \$4.00 per person  
collected at the park***

***For more information or to volunteer please contact  
events@ncintergroup.com***

***HOT LINE 352-621-0599***

### **What the heck is "Rule 62"?**

**In Alcoholics Anonymous, there is a story about a member in the 1940's who attempted to promote AA by creating three separate corporations. This was outlined in 61 rules to create the operations and get them operating. Although this behavior and plan went against the Twelve Traditions of Alcoholics Anonymous, the man was informed by Bill Wilson every AA group is autonomous and thus the man's group had the right to go on with the plan as they saw fit. When they did and it ultimately has disastrous results, the man wrote to the New York office of AA that indeed "you were right and I was wrong." Enclosed with that letter was a golf scorecard, on it was written "Rule 62: Don't take yourself too damned seriously."**

### **HEARD AT A MEETING**

- Don't look back at what you have lost. Look for what you have left.
- The steps are the joy of living in AA
- Emotional stability is available through God.
- Life = set of attitudes; no losers until 6 feet under
- Life is what happens when you're busy making plans for the future
- Changing addictive habits to preferences is the purpose of changing myself
- I found this way - AA - to find my way to God.
- S L I P Sobriety loses its priority
- No big shots; no little shots; it's one shot or we're all shot.
- C I A = Completely Independent of Alcohol
- Act like a thermostat being turned down
- faith is seeing light with your heart when all your eyes see is darkness
- When I lost myself, I found myself
- I open the door just a fraction and He does the rest

### ***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**

## *From the Archives! Thanks Dean*

Dr. Silkworth's Rx for Sobriety  
The Elimination of Slips  
The A.A. Grapevine, June 1945

*(Editor's Note: In the opinion of the (Grapevine) staff, the importance of the following interview lies in the fact that it represents the deductions of a man who is in the unique position of being able to appraise A.A., as both an "insider" and an "outsider," as both an old friend of A.A. and an M.D. who began working with alcoholics long before A.A. was conceived.)*

Anyone who tried to impress a drinking alcoholic with the approach, "You can't have your cake and eat it, too," would probably draw a scornful, "So what! Who wants any cake? Tony, make it a double this time."

The same idea expressed as, "You can't have your bottle and drink it, too," might get his attention because to a drinking alcoholic a fresh unopened bottle, brimming brightly with abundance, is a symbol of good things to come. He knows well enough, of course, that he can't drink it and still have it, but he blocks his mind to the inevitability of that horrible moment when the last bottle will be empty.

The untapped bottle remains a symbol to the non-drinking alcoholic, at least to the alcoholic who has dried up in A.A. So long as it stands unopened it represents drinks he has not taken, and the good things of life he has found by not drinking.

Yet now and then a persevering soul tries to have both the figurative and the liquid contents of the bottle. He tries to make an impossible compromise.

In the opinion of a man who has administered personally to at least 10,000 alcoholics, the attempt to make this kind of compromise is one of the most common causes of failure to get a safe hold on A.A.

Dr. W.D. Silkworth, genial and beloved little patriarch at Towns Hospital, New York, for twelve years and now (1945) also in charge of the new A.A. ward at Knickerbocker, also New York, defines it as the "alcoholic double-cross."

"The majority who slip after periods of sobriety," says Dr. Silkworth, "have double-crossed themselves into thinking that somehow they can have the unopened bottle and drink it, too. Even though they have been in A.A. and going to meetings, and following parts of the program, they have accepted it with reservations somewhere. They actually have been one step ahead of a drink. Then they began playing around with the notion they can drink a little and still have the good things of A.A. The outcome is as inevitable as the bottle becoming empty once it has been opened by the alcoholic."

When Dr. Silkworth discusses A.A. "slips" his usually cheerful face becomes serious, even a little grim. Through his long years of practice in the field, he has become increasingly sympathetic, but not case-hardened, to alcoholics. He understands what they experience. Having been one of the first in his profession to support A.A. and having guided scores of alcoholics into A.A., he also appreciates the fact that a "slip" for an A.A. involves an extra degree of remorse and misery.

Dr. Silkworth is particularly emphatic on one point.

"Slips are not the fault of A.A. I have heard patients complain, when brought in for another drying out, that A.A. failed them. The truth, of course, is that they failed A.A. But this mental maneuvering to transfer the blame is obviously another indication of fallacious thinking. It is another symptom of the disease."

# ANNIVERSARIES

## APRIL

## MAY

### ***Holder Way of Life***

Kathy R 21  
Terry P 14  
Lindsey B 7

Eddie H 47  
Paul T 40  
Susan N 30  
Martha G 16

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

Liz R 27  
Fredericka 10

Lorraine 35  
Shirley 31  
Joanne 32  
Robie 45

### ***Sober Sand Gnats***

#### **March**

Buddy H 42  
Jack R 5  
Scott M 3  
Lacy E 3

Kelly M 1  
Donny H 5  
Chris T 29  
Gary S 1  
Mike G 6

Ed M 10  
Sue M 10  
Dean B 34

### ***Rainbow Group***

#### **March**

John S 31

Ted L 13  
Kate J 10  
Sue M 31

Tammy P 36  
Lynn G 35  
Terry K 13

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

Shirley M 35  
Bob P 27  
Danny P 26  
Ron C 23  
Happy H 17  
Nick A 11  
Scott C 7  
Judy S 5  
Kevin H 5  
Francis C 5  
Heather C 4  
Marlene P 4  
Tara S 4  
Barbara A 4  
Anthony M 3  
Jackie R 2

Frani B 36  
Brad S 35  
Dean B 34  
Jim L 32  
Joe G 28  
Pete D 17  
Jim M 15  
David A 14  
Mike F 13  
Mike A 12  
Meg L 10  
Jeremy B 5  
Rebecca del C 5  
Chris D 1

***Step 4. Made a searching and fearless inventory of ourselves.***

***Step 5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.***