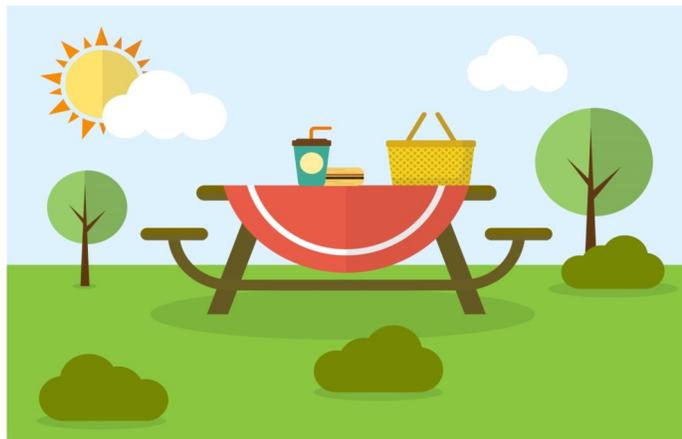




NATURE COAST JOURNAL

September/October 2019



NATURE COAST INTERGROUP PRESENTS

PICNIC IN THE PARK

Saturday

September 14th, 2019

11am-4pm

The Felburn Pavilion

At Rainbow Springs State Park

19158 SW 81st Place Road

Dunnellon, Fl

\$7.00 (includes park admission)

September 8th & October 6th

Nature Coast Intergroup at 4:30pm

and District Business Meeting at 5:45pm

Sister Ignatia

1889 - 1966

Sisters of Charity of St. Augustine

The Drunk's "Angel of Hope"

Submitted by Dean B.

People who know the history of Alcoholics Anonymous have heard of Dr. Bob Smith and Bill Wilson, credited with founding the organization, but few have heard of the woman who shaped the hospital concept used to this day. On August 16, 1935, Sister Ignatia Gavin, a frail but no-nonsense Catholic sister in charge of admissions at St. Thomas Hospital in Akron, Ohio, with the help of Dr. Bob Smith, one of the founders of Alcoholics Anonymous, admitted the first alcoholic patient under the diagnosis of acute gastritis, thus making St. Thomas Hospital the first hospital in the world to treat alcoholism as a medical condition. Dr. Bob provided the medical treatment, while a steady stream of "reformed" alcoholics helped the man with his "spiritual" needs.

Although the hospital did not want to admit alcoholics, Sister Ignatia had previously circumvented the system. Sister Ignatia's care for alcoholics started back in 1934, when she and emergency room intern, Thomas Scuderi, M.D., began secretly sobering alcoholics at the hospital, housing (continued on page 3)

**Nature Coast Intergroup and District 28 meet
at Shepherd of the Hills Episcopal Church, 2540**

W. Norvell Bryant

Highway (CR 486), Lecanto

HOTLINE 352-621-0599

A.A. Historical Events in September

Sept 1

1939 – First AA group founded in Chicago.

Sept 11

2001 – 30 Vesey St, New York. Location of AA's first office is destroyed during the World Trade Center attack.

Sept 12

1942 – U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr Bob.

Sept 13

1937 – Florence R, first female in AA in NY.

Sept 13

1941 – WHJP in Jacksonville, FL airs Spotlight on AA.

Sept 17

1954 – Bill D, AA #3 dies.

Sept 18

1947 – Dallas Central Office opens its doors.

Sept 19

1965 – The Saturday Evening Post publishes "Alcoholics Can Be Cured Despite AA"

Sept 21

1938 – Bill W. & Hank P. form Works Publishing Co.

Sept 24

1940 – Bill 12th steps Bobbie V., who later replaced Ruth Hock as his secretary in NY.

Other significant events which occurred in September, but do not have a specific date:

1930 – Bill wrote 4th (last) promise in family Bible to quit drinking

1939 – Group started by Earl T. in Chicago.

1940 – AA group started in Toledo by Duke P.

1940 – Journal of Nervous and Mental Diseases gives Big Book unfavorable review.

1946 – Bill & Dr. Bob both publicly endorsed National Committee Education Alcoholism founded by Marty M.

1946 – First A.A. group in Mexico.

1948 – Bob writes article for Grapevine on AA, "Fundamentals In Retrospect".

1949 – First issue of A.A. Grapevine published in "pocketbook" size.

CONTRIBUTIONS

District 28

P.O. Box 640914
Beverly Hills, FL 34464

Nature Coast Intergroup

P.O. Box 2634
Crystal River, FL 34423

North Florida Area Conference

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

Make checks payable to NFAC and send to:

P.O. Box 10094
Jacksonville FL 32247

General Service Office

P.O. Box 459
Grand Central Station
New York, NY 10163

District 28 Service Positions Workshop

Saturday September 7, 2019 @ 2pm

Frank's Consignment Shop

21121 HWY 40 West, Dunnellon 34431

Our Twelfth Step — carrying the message — is the basic service that the A.A. Fellowship gives; this is our principal aim and the main reason for our existence. Therefore, A.A. is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die.

(from A.A.'s Legacy of Service by Bill W.)



Service positions in District 28 are open and available in groups and at district levels. Find out how you can help!

Attend this workshop and figure out where you fit in the service puzzle.



(continued from front page) ... alcoholism patient in the hospital's flower room.

Sister Ignatia increasingly began to believe that alcoholics should not be sneaked into the hospital but brought through the front door like other sick people.

This belief led to the first medical admission in 1935. Soon, she provided a ward for men to sober up and St. Thomas Hospital became the first religious institution to recognize the rights of alcoholics to receive hospital treatment. Today, many of AA's practices -- including the use of tokens to mark milestones in sobriety -- find their origins with Sister Ignatia.

Sister Ignatia was the first person to use medallions in Alcoholics Anonymous. She gave the drunks who were leaving St. Thomas after a five day dry out a Sacred Heart Medallion and instructed them that the acceptance of the medallion signified a commitment to God, to A.A. and to recovery and that if they were going to drink, they had a responsibility to return the medallion to her before drinking. The custom is carried out to this day with tokens awarded for sobriety. The sacred heart medallions had been used prior to A.A. by the Father Matthew Temperance Movement of the 1840's and the Pioneers, an Irish Temperance Movement of the 1890's.

Dr. Bob died in 1950, and in 1952 Sister Ignatia was transferred to Cleveland's St. Vincent Charity Hospital.

She recalled: "We're just like people in the Army, you know. We go where we are sent. . . . I was there [in Akron] for 24 years. . . and finally the obedience came that I was to go to Charity and work with AA there."

On August 7, 1952, at age 63, the "Angel of Alcoholics Anonymous" arrived in Cleveland for her new assignment. Planning began for an alcoholism wing at the hospital.

As part of the ward's setup, Sister Ignatia requested a coffee bar for the patients, similar to the one in Akron. However, a board member who reviewed the plan questioned the need for it. He returned the plan to Sister Ignatia and said, "A table will have to do." But. . . Ignatia would not compromise. She knew what she wanted for the AAs, and she put the future of the ward on the line with her reply: "Let's forget about it if you're not going to give us the proper setup." The coffee bar remained in the drawings.

With the help and contributions of the many people Sister Ignatia had helped, Rosary Hall Solarium (its initials in memory of Dr. Bob, Robert Holbrook Smith) accepted its first patient on December 15. It was a kind of recovery mecca where physical medicine, spiritual nourishment, and brotherly love regularly produced miracles of recovery. . . . Sister Ignatia was Rosary Hall's breath and spirit.

Through the years, the program successfully treated thousands of alcoholics. Sister Ignatia was among the first to acknowledge alcoholism among priests and nuns. She was also instrumental in implementing the first Al-Anon program, for families of alcoholics.



Even as her health declined, Sister Ignatia continued to care for alcoholics at Rosary Hall. Thousands of alcoholics knew first-hand Sister Ignatia's honesty and nonjudgmental love.

For more than 30 years, Sister Mary Ignatia Gavin, CSA, founding both Ignatia Hall at St. Thomas in Akron and Rosary Hall Solarium at St. Vincent, was a messenger of hope for alcoholics and their families. Her courageous stand for medical treatment and her caring devotion to the victims of alcoholism helped Dr. Bob Smith and Bill Wilson, founders of Alcoholics Anonymous, and thousands who have come after them.

Sister Ignatia never accepted recognition for any of her work with alcoholics. Even in 1961, when she was recognized for her work by President Kennedy, gracious humility prevailed, accepting the awards only in the name of her religious community and profession.

Sister Ignatia retired in May 1965. She died less than a year later on April 1, 1966.

NATURE COAST SHARES. . .

Isolated No More

Staring at the alcohol hidden in my closet, I was trying to decide whether to start drinking or wait to see if my dealer was going to call anytime soon. I cannot drink before going to get drugs. If I get pulled over, I would chance getting a DUI and possibly caught with drugs.

Suddenly my dog starts barking as I hear a car horn outside my window. Thinking to myself that it must be the UPS driver, I go to the front door, open it to see a large man standing beside his sports car. As I am looking at him, there is a flash of light, I look deeper at him and see a shiny silver metal object on his waistline area. Then it hits me. It is a detective.

Two nights before, I needed some drugs, I was at work, there were drugs everywhere because I was a nurse working in a nursing home.

At this time, I thought to myself that "it worked." They finally got me. I was a broken soul. I did not know how to ask for help, I was hopeless, my life was nothing, and I had pushed everyone out of my life, I isolated. People say that the world would be better without them when contemplating suicide; I believed that I would be better without the world. So in my sick mind, I thought *well I have to try something*.

That day was my first spiritual awakening. It has taken me a long time to recognize it. The detective was there to arrest me. I knew this, and at the moment I had seen him, I knew that maybe there was a chance for me. It was a moment of being terrified, angry but also grateful and blessed that I was receiving an opportunity to get my life back. If this didn't work, then it would be death.

After being arrested and out on bond, I started going to AA and therapy. AA accepted me as I was. There was no judgment, no shame, only acceptance, and love. The unity in the rooms of AA is spiritual in itself. At this point in my recovery, I take one day at a time, and sometimes it is by the hour. I go to meetings at least 3-5 times a week, and I do service work. The service work I do keeps me focused. I am the chairperson for my home group on Saturday nights, Secretary for my home group and volunteer for functions. Above all, when I see a group of recovering alcoholics together with laughter in the air and smiles on their faces, I know that I am where I belong.

-K. D.

TIME

Every precious moment. How do I use my time? It seems as I grow older, I will fill my mind with thoughts of grandiose ideas. The idea for me is to spend my time in service to others, therefore being of service to God as I understand him. Yes, I could spend my time numbing my concerns, my fears, and my trepidations of all matters at hand. However, my *spiritual* fulfillment can only be replenished by continued service.

So what kind of service can I do **today**? Chances are good that if it makes me hesitate with the concern of how it may affect me, it might be the right task!

Love myself without condition; therefore, I may love others unconditionally, as God loves me!

-Pat Z.

WE NEED YOUR STORIES!

Tell us about "what it was like, what happened and what it is like now."

In upcoming issues, Nature Coast Journal will publish your brief stories about:

Laughter and Fun in Sobriety

Balance in and out of AA

The Steps

Living Our Dreams In Sobriety AA Humor/
Jokes

Or send us stories on any topic sobriety
related!

e-mail: news@ncintergroup.com

ARCHIVE CORNER

In our book *AA Comes of Age*, Bill W. says: "Our Traditions are a guide to better ways of working and living, and they are also an antidote for our various maladies. The Twelve Traditions are to group survival and harmony what AA's Twelve Steps are to each member's sobriety and peace of mind . . . But the Twelve Traditions also point straight at many of our individual defects. By implication they ask each of us to lay aside pride and resentment. They ask for personal as well as group sacrifice . . . The Traditions guarantee the equality of all members . . . They show how we may best relate ourselves to each other and to the world outside."

On Tradition Nine

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Editorial by Bill W.

A.A. Grapevine, August 1948

"Each A.A. Group needs the least possible organization. Rotating leadership is the best. The small group may elect its secretary, the large group its rotating committee, and the groups of a large Metropolitan area their central or intergroup committee, which often employs a full-time secretary. The Trustees of The Alcoholic Foundation are, in effect, our A.A. General Service Committee. They are the custodians of our A.A. Tradition and the receivers of voluntary A.A. contributions by which we maintain our A.A. General Service Office in New York. They are authorized by the groups to handle our over-all public relations and they guarantee the integrity of our principal newspaper, "The A.A. Grapevine." All such representatives are to be guided in the spirit of service, for true leaders in A.A. are but trusted and experienced servants of the whole. They derive no real authority from their titles; they do not govern. Universal respect is the key to their usefulness."

The least possible organization, that's our universal ideal. No fees, no dues, no rules imposed on anybody, one alcoholic bringing recovery to the next; that's the substance of what we most desire, isn't it?

But how shall this simple ideal best be realized? Often a question, that.

We have, for example, the kind of A.A. who is for simplicity. Terrified of anything organized, he tells us that A.A. is getting too complicated. He thinks money only makes trouble, committees only make dissension, elections only make politics, paid workers only make professionals and that clubs only coddle slipees. Says he, let's get back to coffee and cakes by cozy firesides. If any alcoholics stray our way, let's look after them. But that's enough. Simplicity is our answer.

Quite opposed to such halcyon simplicity is the A.A. promotor. Left to himself he would "bang the cannon and twang the lyre" at every crossroad of the world. Millions for drunks, great A.A. hospitals, batteries of paid organizers and publicity experts wielding all the latest paraphernalia of sound and script; such would be our promoters dream. "Yes sir," he would bark "My two year plan calls for one million A.A. members by 1950!"

For one, I'm glad we have both conservatives and enthusiasts. They teach us much. The conservative will surely see to it that the A.A. movement never gets over organized. But the promoter will continue to remind us of our terrific obligation to the newcomer and to those hundreds of thousands of alcoholics still waiting all over the world to hear of A.A.

We shall, naturally, take the firm and safe middle course. A.A. has always violently resisted the idea of any general organization. Yet, paradoxically, we have ever stoutly insisted upon organizing certain special services; mostly those absolutely necessary to effective and plentiful ... (continued on page 6)

... (continued from Archive Corner page 5) 12th step work.

If, for instance, an A.A. group elects a secretary or rotating committee, if an area forms an intergroup committee, if we set up a Foundation, a General Office or a Grapevine, then we are organized for service. The A.A. book and pamphlets, our meeting places and clubs, our dinners and regional assemblies -- these are services too. Nor can we secure good hospital connections, properly sponsor new prospects and obtain good public relations just by chance. People have to be appointed to look after these things, sometimes paid people. Special services are performed.

But by none of these special services, has our spiritual or social activity, the great current of A.A. ever been really organized or professionalized. Yet our recovery program has been enormously aided. While important, these service activities, are very small by contrast with our main effort.

As such facts and distinctions become clear, we shall easily lay aside our fears of blighting organization or hazardous wealth. As a movement, we shall remain comfortably poor; for our service expenses are trifling.

With such assurances, we shall without doubt, continue to improve and extend our vital lifelines of special service; to better carry out our A.A. message to others; to make for ourselves a finer greater society, and, God willing, to assure Alcoholics Anonymous a long life and perfect unity.

Bill W.

The A.A. Grapevine, August, 1948

**Does your group
have an upcoming
AA event?
Email submissions to
News@ncintergroup.
com**



Nature Coast Intergroup and
District 28 present:

**The 2019 Gratitude Dinner
Sunday November 17th, 2019**

Saint Benedict's Church and fellowship Hall
455 South Suncoast Boulevard
Crystal River, FL 34429

Doors open at 4:00pm
Dinner at 5:00pm
Speaker at 6:00pm

\$3.00 Contribution per person.
We ask each group to furnish a
ham or turkey.

Tickets will be distributed to the groups.
Information is also posted at:
events@ncintergroup.com

Heard In The Rooms. . .

“If it looks like a duck, waddles like a duck, and quacks like a duck, it must be a duck.”

“The destiny of every alcoholic is to be locked up, covered up or sobered up.”

“Anger: We are only as big as the smallest thing that makes us angry.”

Sponsee: “All I want is to be happy... All I want is to be happy and have someone to love... All I want is to be happy and have someone to love and have transportation and a place to call my own... All I want is to be happy and have someone to love and have transportation and a place to call my own and a job...” Sponsor: “Keep coming back.”



“You can't believe in God and play God at the same time”

“You can't live one way and pray another”

“For every meeting, there are three meetings: (1) The meeting before the meeting, (2) the meeting, and (3) the meeting after the meeting. Attend all three meetings.”

“Yeah, my bartender recommended this meeting!”

“If you feel like you don't belong, volunteer.”

“This is a 'One Day at a Time' program. If you are clean and sober today, you are tied for first place in AA.”

“The good news is you get your emotions back; the bad news is you get your emotions back”

HEARD IN THE ROOMS

Maybe there was a time or two or a hundred when you were really down or on edge and a certain meeting put you back right. Or maybe you heard a comment in the rooms that made a big impact on you. Share what you have heard in the rooms by emailing News@ncintergroup.com

Upcoming Anniversaries
September & October 2019

CRYSTAL RIVER GROUP**SEPTEMBER**

Richard W 40

Denis S 32

Dan E 25

Sandy H 24

Wendy S 23

Jim G 23

Ingrid R 16

Jen B 16

Joe C 12

Jim M 6

Kristi 6

Steve G 3

Jack S 2

Anthony G 1

Raya S 1

OCTOBER

Dick M 47

Rita Marie 38

Bill McE 31

Billie F 20

Bruce C 16

Earnie O 10

Paul B 4

Warren D 1

HOLDER WAY OF LIFE**OCTOBER**

Donald C. 25

Jimmy F. 18

Jeff B. 2

Tim S. 2

WOMEN'S FRIENDSHIP GROUP**SEPTEMBER**

Barbara C 42

Betty R 38

Sue J 38

Anita 35

AUGUST (omitted names)

Sue C. 36

Char 15

Donna K. 3

SOBER SAND GNATS**SEPTEMBER**

Bill F. 32

OCTOBER

Doris K. 14

Mike K. 3

Donna J. 2

MONDAY NITE MEN'S STEP GROUP

Jim B. Oct 16th

Dennis F. Oct 18th

REAL HAPPY HOUR**SEPTEMBER**

Erica T. 1

OCTOBER

Brad B. 36

Faye B. 9

Sharol L. 1

RAINBOW GROUP**AUGUST (omitted names)**

John L. 33

Ken L. 29

Mike W. 13

OCTOBER

Bob F. 39

Gail 33

Donna 12

James O. 9

