



NATURE COAST JOURNAL

DECEMBER 2020



ARE YOU MISSING YOUR MEETINGS?

You can find a list of on-line and in person meetings from groups in the Nature Coast Area on our website

ncintergroup.com

**If you are interested in attending on-line meetings in other areas around the country and world, try On-line Inter-
tergroup of AA.**

You can also use the Meeting Guide app (available for apple and android) to find meetings in person. To get the app go to your app store and look for Meeting Guide.



The Next Frontier: Emotional Sobriety

by Bill Wilson

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I think that many oldsters who have put our AA "booze cure" to severe but successful tests still find they often lack emotional sobriety. Perhaps they will be the spearhead for the next major development in AA, the development of much more real maturity and balance (which is to say, humility) in our relations with ourselves, with our fellows, and with God.

Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance, urges quite appropriate to age seventeen, prove to be an impossible way of life when we are at age forty-seven and fifty-seven.

Since AA began, I've taken immense wallops in all these areas because of my failure to grow up emotionally and spiritually. My God, how painful it is to keep demanding the impossible, and how very painful to discover, finally, that all along we have had the cart before the horse. Then comes the final agony of seeing how awfully wrong we have been, but still finding ourselves unable to get off the emotional merry-go-round.

How to translate a right mental conviction into a right emotional result, and so ...*(continued on page 3)*...

HOTLINE 352-621-0599

Steps | Traditions | Concepts

STEP 12

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs."

TRADITION 12:

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities."

CONCEPT 12:

"The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; ...it will always remain democratic in thought and action. "

"What it was like, What happened, and What it is like now"

Your story could appear in an upcoming issue.

**Send your stories, poems, articles, and anniversary lists to
News@Ncintergroup.com**

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... (continued from front page)... into easy, happy and good living. Well, that's not only the neurotic's problem, it's the problem of life itself for all of us who have got to the point of real willingness to hew to right principles in all of our affairs.

Even then, as we hew away, peace and joy may still elude us. That's the place so many of us AA oldsters have come to. And it's a hell of a spot, literally. How shall our unconscious, from which so many of our fears, compulsions and phony aspirations still stream, be brought into line with what we actually believe, know and want! How to convince our dumb, raging and hidden 'Mr. Hyde' becomes our main task.

I've recently come to believe that this can be achieved. I believe so because I begin to see many benighted ones, folks like you and me, commencing to get results. Last autumn, depression, having no really rational cause at all, almost took me to the cleaners. I began to be scared that I was in for another long chronic spell. Considering the grief I've had with depressions, it wasn't a bright prospect.

I kept asking myself "Why can't the twelve steps work to release depression?" By the hour, I stared at the St. Francis Prayer ... "it's better to comfort than to be comforted". Here was the formula, all right, but why didn't it work?



Suddenly, I realized what the matter was. My basic flaw had always been dependence, almost absolute dependence, on people or circumstances to supply me with prestige, security, and the like. Failing to get these things according to my perfectionist dreams and specifications, I had fought for them. And when defeat came, so did my depression.

There wasn't a chance of making the outgoing love of St. Francis a workable and joyous way of life until these fatal and almost absolute dependencies were cut away.

Because I had over the years undergone a little spiritual development, the absolute quality of these frightful dependencies had never before been so starkly revealed. Reinforced by what grace I could secure in prayer, I found I had to exert every ounce of will and action to cut off these faulty emotional dependencies upon people, upon AA, indeed upon any act of circumstance whatsoever.

Then only could I be free to love as Francis did. Emotional and instinctual satisfactions, I saw, were really the extra dividends of having love, offering love, and expressing love appropriate to each relation of life.

Plainly, I could not avail myself to God's love until I was able to offer it back to Him by loving others as He would have me. And I couldn't possibly do that so long as I was victimized by false dependencies.

For my dependence meant demand, a demand for the possession and control of the people and the conditions surrounding me.. ... (continued on page 4)...

...(continued from page 3).. While those words "absolute dependence" may look like a gimmick, they were the ones that helped to trigger my release into my present degree of stability and quietness of mind, qualities which I am now trying to consolidate by offering love to others regardless of the return to me.

This seems to be the primary healing circuit: an outgoing love of God's creation and His people, by means of which we avail ourselves of His love for us. It is most clear that the real current can't flow until our paralyzing dependencies are broken, and broken at depth. Only then can we possibly have a glimmer of what adult love really is.

If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependence and its consequent demand. Let us, with God's help, continually surrender these hobbling demands. Then we can be set free to live and love: we may then be able to gain emotional sobriety.

Of course, I haven't offered you a really new idea --- only a gimmick that has started to unhook several of my own hexes' at depth. Nowadays, my brain no longer races compulsively in neither elation, grandiosity or depression. I have been given a quiet place in bright sunshine"

COME CELEBRATE THE HOLIDAYS WITH US!

Join the Lecanto Group

On December 10th

Fellowship & Refreshments @ 6:30pm

Speaker @ 7:00pm

Unity Church Of Citrus County

Archives Corner – December 2020

To all those who know me but especially those who do not. I am Dean B. and I have been your District 28 Archives Chair for the last four years. I am that guy at the Gratitude Dinners and Founder's Day Brunch with the 'old stuff' on display tables. Or you may have seen me at one of your meetings asking about filling out a Group History Form, or asked to record and document your story. Since early in my recovery I was told when it came to Service that if you know what you're doing you probably have the wrong job. That was certainly the case when my Service Sponsor turned the Archives over to me. And what an experience it's been these four years. Archives isn't just about laying out our display on tables. It's researching and sharing our history of District 28 which includes Citrus County, parts of Levy, Hernando, Marion, and Sumter Counties. It's learning what AA was like by documenting 'Oldtimers' stories. I have travelled the state of Florida meeting some most knowledgeable people, sharing ideas and information, attended and participated in Archives Workshops, and State Conventions. For those who may be interested I believe it is an experience in sobriety unlike any other. I not only learned about our AA history but I learned a lot of things about myself that I did not know I was capable of. Please consider looking into Archives. You may just get hooked like I did.

-Dean B.

Outgoing District 28 Archives Chair



AA's Version of The Night Before Christmas

Twas the night before Christmas, we were all in the club, Enjoying the meeting, instead of the pub; The ashtrays were clean and the coffee was made, The Big Books were out, and all had prayed.

When out in the lot, there arose such a clatter, We jumped up from the table to see what was the matter. The Chair with his Big Book, and I with my smokes, Headed outside and found these two blokes.

They came on inside, and sat at the table; Said that they'd chair, as soon as they're able. To start with, they said, "It's more than not drinking. It's doing your best to fix your wrong thinking." "Think, Think, Think!" and those slogans we used, Help keep the newcomer from getting confused.

Step 1 is a start, they said we should know, But after Step 2, we'll be all aglow. We make a decision when we get to Step 3; Step 4 is real tough, we all could agree. Step 5 is the one where we let it all out, After Steps 6 and 7, we're left with no doubt. We get to Step 8, and we make our list; And then with Step 9, we have to persist.

After Step 9, our promises ring true; We didn't just get that, out of the blue. After that, it's on with the rest; We must do each day, to be our best. They put on their coats and got ready to leave; A pretty good end, for this Christmas Eve.

As to their names, we only could guess; I'm pretty sure it was Bill W. and Bob S. The two men hopped into a '35 Ford, And as they pulled out, one of them roared: "We leave this message, for you our brothers: Trust God, clean house, be of service to others.

And for all of you people, we just want to say: Merry Christmas to all and don't drink today. "



THIS MONTH IN A.A. HISTORY

Dec 1

1940 – Chicago Daily Tribune begins a series of articles on AA by Nall Hamilton.

Dec 5

1985 – Dave B, founder of Montreal Group, dies weeks before 50th anniversary. His story was added to the 4th Edition Big Book.

Dec 6

1939 – Bert the Tailor lends Works Publishing \$1000.

Dec 6

1979 – Akron Beacon reports death of Henrietta Sieberling.

Dec 7

1949 – Sister Ignatia received Poverello Medal on behalf of A.A.

Dec 10

1975 – Birds of a Feather AA group for pilots is formed.

Dec 11

1934 – Bill admitted to Towns Hospital for the fourth and last time (fall '33, '34 in summer, midsummer and final admittance).

Dec 11

1941 – Dallas Morning News reports first AA group formed in Dallas.

Dec 12

1934 – Bill has Spiritual Experience at Towns Hospital.

Dec 12

1937 – Bill meets with Rockefeller Foundation and tries to get money.

Dec 13

1937 – Rockland State Mental Hospital takes patients to meeting in New Jersey.

Dec 13 or 14

1934 – Ebby visits Bill at Towns hospital, brings William James' book, Varieties of Religious Experience.

Dec 19

1939 – Los Angeles hold their first AA meeting there.

Dec 20

1945 – Rowland H. dies (he carried the Oxford Group message to Ebby).

Dec 27

1893 – Rev. Samuel Shoemaker is born.

UPCOMING ANNIVERSARIES

DECEMBER 2020



HOLDER WAY OF LIFE

Robert H. 31

REAL HAPPY HOUR

Lorraine B. 42

WOMEN'S FRIENDSHIP

Babs B. 37

Shirley K. 36

Jill P. 29

Sue R. 23

SOBER SAND GNATS

Lacy E. 2

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 Your Dreams In Sobriety, AA Humor/ Jokes

Send your stories on any sobriety

related topic!

e-mail: news@ncintergroup.com