



NATURE COAST JOURNAL

JANUARY 2022



LOOKING FORWARD TO A NEW YEAR

As we enter a new year, many of us will resolve to make changes in the way we live our lives. These New Year Resolutions take many forms - - I will enroll in an online college course; I will lose ten pounds in the next month; I will get more exercise; I will stop smoking; I will try to save more money.

I am not sure of exactly how many of these resolutions are kept or broken, but I am certain that many are forgotten the farther we move into the new year. We human beings are flawed, and shortcomings are built into us. To put it simply, we usually fall back into our old ways.

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THE JOURNAL NEEDS YOUR SUPPORT!

Please help to create the JOURNAL by sending in your stories, poems, articles, anniversary lists, and the like to news@ncintergroup.com. We will also consider original artwork and cartoons. A good laugh in any format is always welcome!

We will do our best to respond to every email and will make every effort to include your contributions in an upcoming issue of the JOURNAL. We look forward to hearing from you.

HOTLINE: 352-621-0599

LOOKING FORWARD TO A NEW YEAR

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Thank God that as members of Alcoholics Anonymous we are allowed to recognize our shortcomings, seek help in addressing them, and at the same time be comfortable in living our lives with these character defects as long as we are staying sober. In the 12 & 12, at the end of the 6th Step Chapter, Bill W. says that the only thing we need do perfectly in working the steps is to admit that we are powerless over alcohol. He explains that the other steps become ideals we strive toward, that they are measuring tools which help us to determine our progress in working the program of Alcoholics Anonymous.



Almost every AA meeting begins with a reading of How It Works and in it we find reminders that we are not saints and that no one is able to work the steps perfectly. Not one of us has been able to stick to them perfectly. But if we keep working at it, we will stay sober and life will get better.

It's not uncommon to hear at meetings that one of our fellow AA members is grateful that in the course of a rough day they were able to step back, gather their thoughts, and make a new start. We should be thankful that AA helps us to develop an approach to life that allows us to practice New Year Resolutions at any time of the year or even at any time of the day.

Best wishes to all for a great year ahead! – *Bill K.*

“Our stories disclose in a general way what we used to be like, what happened, and what we are like now.”

**Send your stories, poems, articles and anniversary lists to:
news@ncintergroup.com**

Your submission could appear in an upcoming issue.



News You Can Use

SAVE THE DATE

Founder's Day

June 10-12, 2022

Live and In-Person; Akron, OH

Registration opens March 1, 2022

www.foundersday.org

SERVICE OPPORTUNITIES

The Intergroup and District meetings are looking for secretaries!

If you want to learn how the service structure works in Citrus County and in North Florida, this is a great opportunity.

Nature Coast Intergroup and District 28 Business Meetings

are held on the first Sunday of the Month at 4:30 pm at

Shepherd of the Hills Episcopal Church

2540 West Norvell Bryant Highway

Lecanto, FL 34461

SERVICE



7th TRADITION NUTS & BOLTS

THE BASKET IS WHERE SPIRITUALITY & MONEY MIX

For District and Intergroup contributions, please write your group number on the check.

**Make check payable to “District 28” and mail to:
District 28, PO Box 640914, Beverly Hills, FL 34464**

**Make check payable to “Nature Coast Intergroup” and mail to:
Nature Coast Intergroup, PO Box 2634, Crystal River, FL 34423**



For Area and G.S.O. contributions, please write “District 28” and your group number on the check.

**Make check payable to “NFAC” and mail to:
North Florida Area Conference, PO Box 10094, Jacksonville, FL 32247**

**Make check out to “General Service Board” and mail to:
G.S.O., PO Box 2407, James A. Farley Station, New York, NY 10116-2407**



More News You Can Use

NATURE COAST INTERGROUP
presents a

SPEAKER **50/50** **DJ!**

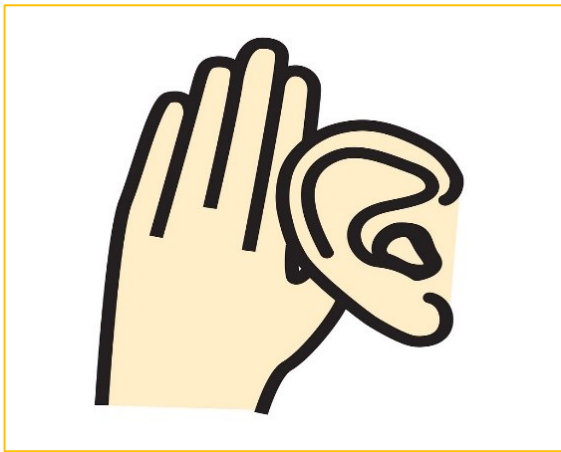
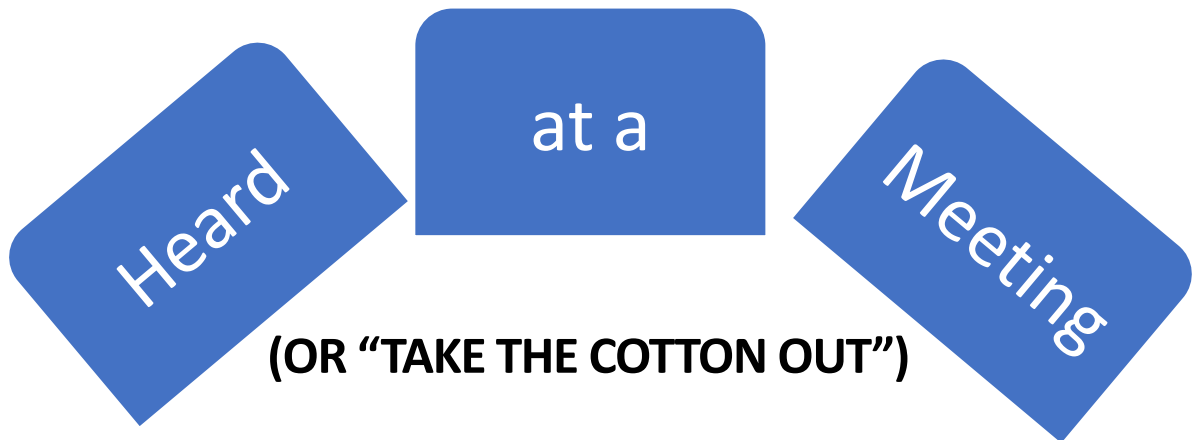
CHILI
Cook Off

FEBRUARY 12, 2022 • 2pm to 5pm

THE CALVARY CHAPEL
960 US Hwy. 41 S
Inverness, FL 34450

\$3.00
Suggested
Donation

- Hot Dogs
- Chili
- Desserts Welcome
- Food, Fun & Fellowship!



"I'm a fixer – I like to fix things and alcohol used to be my fixer."

"I did not know who I was unless I was drinking."

"It's a thinking disease, not a drinking disease."

"Meeting makers make it."

"I never thought in a million years I would be in AA."

"Today will someday be our past and this is not so bad."

"I have to be the person that someone else will want to be."

"Since I've been sober, my wife tells me I am better looking every day!"

On anniversary medallions, "we take the coins because AA can't."

"I didn't get into trouble every time I drank, but I was drunk every time I got into trouble."

"I took the cotton out of my ears like they told me. I listened better but I couldn't drink much coffee."

Please send in items you have heard at meetings. They might be inspirational; they might be humorous. Send them to news@ncintergroup.com.



GROUP HISTORY & INTERVIEWS WITH "OLD TIMERS"

The Promises suggest that we should not shut the door on our past. To take it a step further, we should, perhaps, make some effort to preserve it, not only for our own benefit but for the benefit of the AA members who will come after us.

We kindly ask that you consider doing some research on your group's history and interviewing A.A. old timers who have Florida roots.

WORKING ON A GROUP HISTORY

Group histories are used to provide information on the evolution of AA in the area and are a source of information for new members. Use the "A.A. Group History Questionnaire" to gather information from your older members. Photographs of the interior and exterior of the meeting location should be taken. No people should be in the photos to ensure anonymity.

INTERVIEWING OLD TIMERS CONNECTED TO DISTRICT 28

The District 28 Archives Committee is interested in doing interviews with A.A. members with 20 years or more of sobriety.

These "old timers" should also have a connection with the District 28 area.



HISTORY

CORNER

This is the place where we share how we used to live before AA, how we found sobriety in AA, and how we live the AA way of life on a daily basis today.

This is also where we share how our groups started, how they have grown, and how they help us stay sober today.

We also share how AA itself grew and how it continues to work today.

Please share your thoughts via news@ncintergroup.com

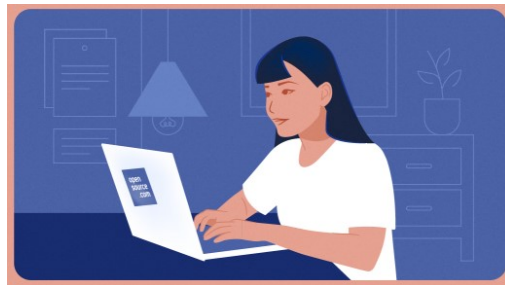
Hopefully, conversations will capture what A.A. was like in the District 28 area for the new person 20 plus years ago. The idea is to sit down with people and record these threads, things remembered and their impressions of the fellowship. We have put together a number of questions to guide the conversation.

Your help is greatly appreciated!

For more information on how to do a group history or how to conduct an interview, email your request to news@ncintergroup.com.

**Nature Coast Intergroup and District 28 Business Meetings
are held on the first Sunday of the Month at 4:30 pm at
Shepherd of the Hills Episcopal Church
2540 West Norvell Bryant Highway
Lecanto, FL 34461
*District Meeting immediately follows Intergroup***

**VISIT NCINTERGROUP.COM
FOR THE LATEST
MEETING LOCATIONS AND
TIMES, NEWS AND OTHER
RESOURCES**



Steps | Traditions | Concepts

STEP 1

“We admitted we were powerless over alcohol – that our lives had become unmanageable.”

TRADITION 1

“Our common welfare should come first; personal recovery depends upon A.A. unity.”

CONCEPT 1

“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”

