



NATURE COAST JOURNAL

FEBRUARY 2022



THE SPIRITUAL ANGLE (OR “Trading Tomorrow for Today”)

In the early years of AA there were many who thought that to get the program of Alcoholics Anonymous – to understand the *spiritual angle* – you had to have a spectacular spiritual conversion like Bill W. experienced. Bill tried to make it clear that everyone comes to find the *spiritual angle* in their own way. This happens sometimes in a flash, sometimes slowly over a long period of time. The spiritual awakening always occurs if you make the effort to incorporate the program of Alcoholics Anonymous into your life without any reservations.

And the “spiritual angle” is clearly seen in the lives of AA members as two life practices: to stay sober (a changed attitude toward alcohol) and to live well (a changed attitude toward life). Our anonymous AA friend “The Staggering Drunk” describes in this story how things changed in his own life.

-Bill K. (news@ncintergroup.com)

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WOMEN NEEDED TO CARRY THE AA MESSAGE

Female AA volunteers are needed to bring the Alcoholics Anonymous message to women inmates at the Citrus County Jail. If interested, please email your name and phone number to news@ncintergroup.com.

HOTLINE: 352-621-0599

Trading Tomorrow for Today

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Most every thought in my head has started with “I”. I want this. I have to have that. I’ve got to get this done now. I cannot believe they are doing this to me. Does any of that sound familiar? Have you heard these thoughts before?

Thing is for much of my life the “I” statements have led me to trade tomorrow for today. Instant gratification had overridden the basic principles of saving up for, waiting for the right time, and even being grateful for what I have. “Money has always been a big issue, and I equated it with security, prestige, and worth.”

(Reprinted from Alcoholics Anonymous 4th Edition, page 422, with permission of A.A. World Services, Inc.)

In some ways I was like J. Wellington Wimpy (Wimpy) who famously would say, “I’ll gladly pay you Tuesday for a hamburger today”. Only I would do this while stoned drunk and for so much more than a hamburger.

Why is this, why would I give away thousands of tomorrows for the demands of today; staying stoned and drunk, buying things I did not need, failing to save for a future? One glaring issue is that I am an alcoholic. Nothing was ever right or good enough: I could never get enough; I always wanted more NOW. Now in recovery, I recognize I need to change. “When I am willing to do the right thing, I am rewarded with an inner peace, no amount of liquor could ever provide. When I am unwilling to do the right thing, I become restless, irritable, and discontent.

It is always my choice.” *(Reprinted from Alcoholics Anonymous 4th Edition, page 317, with permission of A.A. World Services, Inc)*

With the 12 steps and honestly working with a sponsor, I have learned I no longer wish to nor do I make those kinds of defective trades of tomorrow for today. Living one day at a time while planning for the future is very rewarding.

Are you trading tomorrow for today?

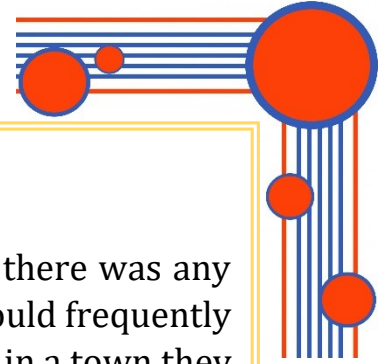
~ The Staggering Drunk ~

“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.

HISTORY



Origin of the Idea of the "Home Group"

In many parts of the U.S. in the 1940s, you were lucky if there was any A.A. group meeting in your own town at all. That group would frequently meet only once a week, although once A.A. got big enough in a town they would have one open meeting a week where everybody and their spouses went (in a church or someplace like that), and divide the A.A. people up into several smaller subgroups, each of which met once a week for a closed meeting in someone's home. You were simply told by the leaders which subgroup you were to attend (which was your "home group" in the sense in which you are using the word) -- the Wednesday night meeting, or the Thursday night meeting, or whatever.

But in smaller towns, there would not be enough A.A. people to do that. So you would have one A.A. meeting a week in the town where you lived (your "home group"), and then people would get together in small groups in someone's automobile and go to visit A.A. meetings in other nearby towns on some of the other nights of the week. Two or three of the visitors were often asked to stand up and give short (five or ten minute) mini-leads at the meeting they were visiting.

Even in the 1950s, the really dedicated A.A. people were still traveling to visit meetings many miles away, so that everybody in A.A. knew who people like Brownie and Goshen Bill and Nick K. and Stimpie Jersey Jim were.

You and the people who were in your "home group" became very close to one another as a result. Your sponsor would also be a member of that group, and showed up every week without fail. You would drop in on one another's homes just to chat and visit, have picnics together, and that sort of thing. You had the feeling of a really close-knit support group that you

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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**



News You Can Use

Nature Coast Intergroup presents

CHILI COOK OFF

FEB. 12, 2022 *** 2PM TO 5PM

At the CALVARY CHAPEL

960 US HIGHWAY 41 S,
INVERNESS, FL 34450

HOT DOGS & CHILI
FOOD, FUN, FELLOWSHIP

\$3 SUGGESTED DONATION

BRING A DESSERT TO SHARE



MUSICIANS WANTED

IF YOU HAVE AT LEAST ONE
YEAR OF SOBRIETY AND PLAY A
MUSICAL INSTRUMENT

CONTACT:

QUENTIN B.

CELL: 561-386-0843

EMAIL: quentinl@earthlink.net

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

District immediately follows Intergroup meeting

Heard

at a

Meeting

(OR “TAKE THE COTTON OUT”)



The program of AA is not a “no brainer”, it’s a “new brainer”.

(From someone with years in the program). I still tell lies even when it is easier to tell the truth.

If God chases you out of here, John Barleycorn will chase you back in.

If you are sober today, you are tied for first place.

Pray for potatoes but pick up a hoe.

Problems shared are cut in half. Joys shared are doubled.

It is not old behavior if you are still doing it.

When I am all wrapped up in myself, I make a very small present.

Fake it ‘til you make it. EGO = Easing God Out.

I am an alcoholic, but I do not have to act that way.

The space between my ears is a tricky neighborhood.

I will lose whatever I put ahead of my AA program.

God doesn’t draft anybody; He only accepts volunteers.

GOD = Good Orderly Direction; Group Of Drunks;
Getting Over Drinking.

If you drink like a fish, you can’t expect to wake
up in the morning feeling human!

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

Origin of the Idea of the "Home Group"

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could call on instantly if you were hitting any kind of problem -- not just your sponsor, but anybody else in that group.

Over a period of time, the people in that "home group" got to know one another very well indeed. There were no secrets after a while. This was very good. Alcoholism is a disease of isolationism. Also, as one old timer puts it, "You are as sick as your secrets," and we have seen many people fail in attaining quality sobriety because they closed off other people too much, and wouldn't talk about their real feelings and the real problems they were struggling with in their lives. This "home group" was a small, close-knit group where you could finally come to trust a few other people enough to "tell them where it hurts".

All of this helped to produce a high success rate among these early groups. There is an A.A. group in an area which still operates much like that, that has an 81% success rate in getting people sober and keeping them sober. Of the newcomers who come to that meeting without fail once a week for a year, 90% are still sober at the end of the year. They get to know the other people in the group extremely well, and vice versa. Even if they later transfer to other meetings, 90% of that group are still sober today.

by Dean B.

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

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.

We have put together a number of questions to guide the conversation.

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

Please submit your story to 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.

SAVE THE DATE

Founder's Day

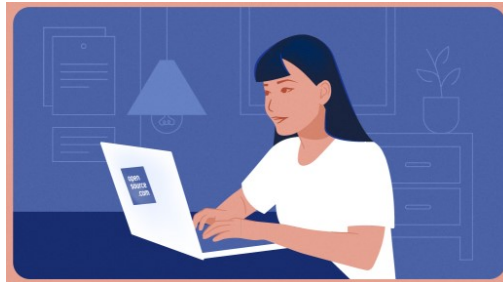
Live and In-Person; Akron, OH June 10-12, 2022

Registration opens: March 1, 2022

www.foundersday.org

**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 2

“Came to believe that a Power greater than ourselves could restore us to sanity.”

TRADITION 2

“For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscious. Our leaders are but trusted servants; they do not govern.”

CONCEPT 2

“The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.”