



NATURE COAST JOURNAL



MARCH 2022

NATURE COAST INTERGROUP PRESENTS

SPRING FLING



SATURDAY, APRIL 2, 2022

2PM TO 4PM

WHISPERING PINES PARK (PAVILION B)
1700 FOREST DRIVE INVERNESS FL 34453

FEATURING: TWO SPEAKERS,
DJ, 50/50 RAFFLE, ARCHIVES

\$4.00 SUGGESTED DONATION
FOOD, FUN, & FELLOWSHIP
(SIDE DISHES WELCOME!)

HAMBURGERS-HOT DOGS-COLE SLAW-POTATO SALAD BAKED BEANS-& MORE

INSIDE THIS ISSUE

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- Founder's Day
- Musicians Wanted
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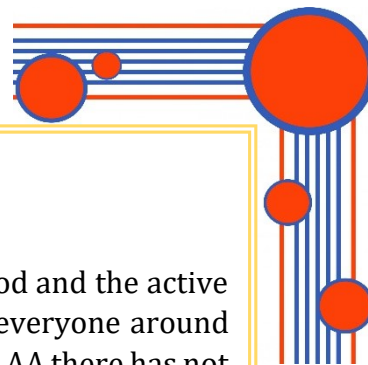
WOMEN NEEDED TO

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

HISTORY



My Thoughts on the Evolution of AA.

(PART 1: What Came Before AA)

The life and recovery of the alcoholic have often been misunderstood and the active alcoholic (the drunk) is a source of great suffering to himself and everyone around him. As we shall see, the problem has always been around and until AA there has not been a readily available and lasting solution.

I am not going to tell you about the beginning of time, or references to the Bible, or the treatment of drunkards in other countries. I am going to tell you about alcoholism in these United States and how Alcoholics Anonymous got started in this country. I am going to describe how alcohol became a problem in this country from the nation's very beginnings and the many ways people tried to address that problem.

So how did we get from hopeless drunkenness to the possibility of living sobriety? Has alcohol abuse always been a problem and how was it dealt with? How did AA itself develop? What are its roots in history? And how have we nowadays advanced from going to our local AA gathering in town to logging onto a computer and Zooming all over the world for a meeting?

With questions like these in mind, I present to you a little history leading to Alcoholics Anonymous.

Native American tribes manufactured alcoholic drinks and used them and other mind-altering substances in ritual settings and rarely for personal enjoyment. Liquor for personal enjoyment was unknown until introduced by immigrant Europeans as an easily obtainable commodity. After the introduction of alcohol by the new arrivals, it was not long before alcohol abuse appeared in the native American population.

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“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.

My Thoughts on the Evolution of AA

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In response to this abuse, various Native American tribes created 'Circles', or abstinence-based cultural revitalization movements to address alcohol abuse in their population. What most Native recovery movements shared was an expectation of personal sobriety, the use of ancestral teachings to anchor that sobriety, and a code of moral conduct. An example of these efforts was the Seneca Indian Chief, Handsome Lake (1735 to 1815). During a period of illness caused by his alcohol consumption, he experienced visions and shortly after ceased drinking. Handsome Lake began preaching against drunkenness and influenced large numbers of Seneca and Iroquois to abstain from alcohol.

Alcohol abuse was by no means limited to the native Americans and by the middle of the 19th century, as recognition of the problem of alcohol abuse increased, the temperance movement was in full sway across the United States. The movement was characterized by addressing the entire population and not just those who consumed alcohol. Public temperance meetings were frequent, and the main thrust was prohibition of alcohol and pledges of sobriety to be made by the individual. The influence of the temperance movement peaked with the passage of the 18th Amendment and the introduction of Prohibition to the United States (1920).

The increased awareness of alcohol abuse led to the creation later in the 19th century to a growing number of **institutions** established to treat individuals suffering from alcoholism. The first was the New York State Inebriate Asylum which admitted its first patient in 1864. Other institutions followed including Martha Washington in Chicago which specialized in treating women alcoholics and the Towns Hospital in New York City located adjacent to Central Park and established in 1901. Towns would thrive during the early part of the 20th century but suffered a decline with the establishment of prohibition. Towns and its later director, William Silkworth, would play a pivotal role in Bill W.'s recovery and the founding of Alcoholics Anonymous.

Next month we will look at two groups (The Washingtonians and the Oxford Group) that started during the temperance movement era and have influenced AA.

Dean B.

HISTORY CORNER NEEDS YOUR HELP

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.

Email: news@ncintergroup.com



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**



KEEPING THE DOOR OPEN!

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. And so, we kindly ask that you consider doing some work on your group's history and interviewing AA old timers who have Florida roots. For more information on how to do a group history or how to conduct an interview, email your request to news@ncintergroup.com.

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 that we can share with you.

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.

Heard at a Meeting
(OR “TAKE THE COTTON OUT”)



Every end is a new beginning.

You can have alcohol and nothing, or sobriety and everything.

Isolation is the dark room where we develop “negatives”.

The 11th step keeps me right-sized and out-of-the-way.

(Heard by the chair at the end of the meeting) Anybody have anything to add? (PAUSE)
Anybody have anything to subtract?

A meeting called the “Young & The Restless” opened their meeting by saying, “Age is not a consideration, but restlessness is.”

When a day-at-a-time is too long, try a half-day at-a-time!

After a 12 stepped person got sick in his car, the sponsee explains: My sponsor jokingly told me the first thing to learn is NEVER take your own car!

What others think of you is none of your Damn Business !! from a crusty old timer military guy in Wisconsin !!

If you want what we have then do what we do.

I’d rather step on your toes than step on your grave.

Stay in the NOW.

When I run my mouth too much, the tongue in my shoe is better than the tongue in my mouth.

You don’t need to find God - - He is NOT lost.

You can be just as crazy sober as you were when you were drunk, you’ll just remember it the next day.

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



News You Can Use

MUSICIANS WANTED

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

QUENTIN B.

CELL: 561-386-0843

EMAIL: quentin@earthlink.net



SAVE THE DATE



Founders' Day

LIVE AND IN-PERSON: AKRON, OH

JUNE 10, 11 & 12, 2022

REGISTRATION OPENS MARCH 1 AT 9 AM

www.foundersday.org

THE JOURNAL NEEDS YOUR SUPPORT!

We create AA when we decide to adopt the AA way of life and make it our own. We voluntarily do the things we do to promote AA's common welfare and because we do this, because we are willing to help our fellow alcoholic achieve sobriety, we ensure our own recovery from the disease of alcoholism.

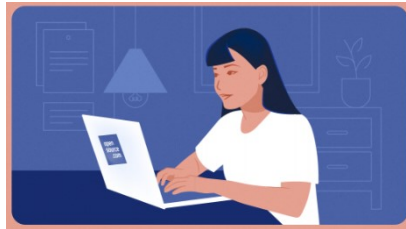
Please help to create the JOURNAL by sending in your stories, poems, articles, anniversary lists, and the like to news@NCintergroup.com . We will also consider original artwork and cartoons. A good laugh in any format is always welcome!

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.

**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 28 Meeting immediately follows Intergroup

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



Steps | Traditions | Concepts

STEP 3

“Made a decision to turn our will and our lives over to the care of God as we understood Him.”

TRADITION 3

“The only requirement for A.A. membership is a desire to stop drinking.”

CONCEPT 3

“To ensure effective leadership, we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, staffs, committees, and executives – with a traditional “Right of Decision”.