



NATURE COAST JOURNAL

MAY 2022



F.Y.I.

When I get together with my fellow AAs at a meeting (whether by ZOOM or in-person) I sometimes forget the time, effort, and money needed so the meeting can take place. Time, effort, and money also produce the “tools” (e.g., literature) that help us to keep sober and carry the message.

Sometimes I understand something better when I try to “follow the money.” In the case of how AA works, I put some money in the basket (real or virtual), and it supports the meeting I am at (rent, coffee, literature, and so on). Sometimes the money winds up in different places than the meeting where I put the money in. Some of the meeting money finds its way to the General Service Office in New York, NY.

continued on page six

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!

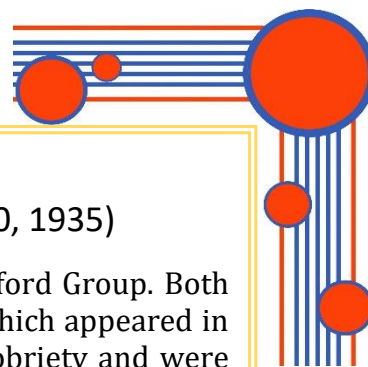
We will do our best to respond to every email and will make every effort to include your contributions in an upcoming issue of the JOURNAL. We look forward to hearing from you.

INSIDE THIS ISSUE

- History Corner
- 7th Tradition Nuts and Bolts
- Founder’s Day
- Musicians Wanted
- Women Volunteers Needed
- Spiritual Eclipse

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

HISTORY



My Thoughts on the Evolution of AA

PART 3: Ebby T., The Oxford Group, Bill W., & June 10, 1935)

In the last issue we learned about the Washingtonians and the Oxford Group. Both organizations came out of the American Temperance Movement which appeared in the nineteenth century. The Washingtonians lost their focus on sobriety and were long gone when AA came into existence. Nevertheless, the AA program learned from the demise of the Washingtonians that successful organizations do not become involved with outside issues (see **12 & 12**, Tradition Ten chapter). The Oxford Group influence on AA is a different story: its members directly sought to convince Bill that a change to a sober lifestyle was possible.

Ebby Thacher and Bill Wilson had been school classmates and drinking buddies. Their most infamous spree involved the rental of an airplane to celebrate the opening of the Manchester (Vermont) airport. Bill, Ebby, and the pilot were drunk and staggered off the plane after landing into the arms of the welcoming committee. They remained friends but in time Bill settled in New York while Ebby remained in Albany (New York) and Manchester.

In the summer of 1934, Ebby, about the same time as Bill W., had reached the jumping off point in his drinking career and was facing jail time as the result of his drunken escapades. These “escapades” included driving a car into a neighbor’s house (and then asking for a cup of coffee from the lady of the house) and discharging a firearm to get roosting pigeons away from a newly painted house.

Ebby had been in contact with members of the Oxford Group and the judge turned Ebby over to the safekeeping of one of the group’s prominent local members. Ebby then underwent a change to the sober lifestyle suggested by the members of the Oxford Group. The group believed that though humans are sinners, character change from God is possible through recognition (confession) of one’s sins. One of the practices they required to stay sober was to help other alcoholics change. As a result, Ebby sought out Bill W. to share his experience with turning to sobriety through the help of the Oxford Group.

continued on page three

C
O
R
N
E
R

**“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

continued from page two

In November of 1934 Ebby made a telephone call to Bill's wife, Lois, and the two arranged a meeting of Ebby and Bill W. The two friends had not seen each other for more than a year. Bill was expecting to drink with his old buddy and had dug out a bottle of gin he had hidden. Bill thought that Ebby was "his kind of drinker". To his surprise, Bill found that his old friend was bright-eyed, sober, and committed to a new lifestyle. Sitting before the shocked Bill was living proof that the worst sort of alcoholic could attain sobriety and adopt a new way of life.

Between the meeting of Ebby and Bill in 1934 and the start of Alcoholics Anonymous in June of the next year (June 10, 1935) a great deal happened. Ebby and others in the Oxford Group continued contact with Bill and he began to adopt some of their practices. Bill was able to stay away from alcohol for periods but also returned at times to drinking. Bill's last spree started on Armistice Day (November 11) in 1934.

Bill experienced this relapse after a period of sobriety. That Armistice day while still sober Bill explained to a stranger, he had just met that day of his long struggle with alcohol and his success at staying sober using Oxford Group ideas. They had eaten lunch in a bar because the restaurant in the establishment was closed for the holiday. When the two men (Bill and the stranger) were offered a drink "on the house" by the bartender who had served them lunch, Bill picked up the drink and downed it. His new acquaintance was aghast and told him he was "crazy."

Eventually Bill found his way back to Towns Hospital for treatment. On the way to Towns he had been able to secure credit to purchase what would be his last drinks, four bottles of beer. There, while undergoing the detoxification regimen used at the time, he had his spiritual experience. Dr. Silkworth was treating him at Towns and when Bill told him what had happened, he suggested that Bill use this experience as a step to keeping sober. Bill was also encouraged by reading of similar conversions in *The Variety of Religious Experiences* by William James which his friend Ebby brought to him while in Towns.

Bill zealously carried the good news of sobriety to other drunks as the Oxford Group suggested. He was not successful but began to modify his approach from the evangelizing of the Oxford Group to an approach that described alcoholism as a disease, an allergy. In time, buoyed by the support received from the Oxford Group and with some sobriety under his belt, Bill felt some confidence and undertook a trip to explore a business opportunity in Akron, Ohio. The deal fell apart and Bill found himself at the doors of a bar in the Mayflower Hotel. Once again, he found a member of the Oxford Group who was able to steer him to another alcoholic he could work with, Dr. Bob S. A meeting of Bill W. and Dr. Bob was arranged, and the rest is history. After a relapse while out of town at a convention, Bill gave Bob a beer to calm his shakes. That was Dr. Bob's last drink and Bill W.'s first success with another drunk. AA was born June 10, 1935.

Dean B.

HOTLINE: 352-621-0599



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**

Heard at a Meeting
(OR "TAKE THE COTTON OUT")



Please send in anything you have "heard" before, during, or after at a meeting. "Heard" can include things observed ("seen"), things you have learned, anything you take away from a meeting. Send in what you "hear" to news@ncintergroup.com. Thanks much!

If you don't pick up the tools in your toolkit that you know you have, you cause your own pain & misery.

As a social drinker, I often drank by myself.

Denial is successfully Bullsh***ing yourself!

I was living alone but still hiding my booze. (And I would forget where I hid it)!

If you *think* you have a problem with alcohol, you probably *do*!

Faith without works is dead. Works without faith helps out.

I worry about a neighbor I don't like when I don't even have a neighbor I don't like!

On worrying and projection heard from a sponsor: Stop pole vaulting over mouse s**t

On worrying and projection heard from a sponsor: Want to solve 90% of your problems? Mind your own business!

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

F.Y.I.

continued from page one

A good way to keep track of GSO activities, is to read **BOX 4-5-9**. The Spring issue tells us about the new and improved aa.org website, the history of AA in the United Kingdom, and how you can submit a story for the new edition of the Big Book. You can sign up to receive each quarterly issue of **BOX 4-5-9** at aa.org for free. If you would like details on how to sign up or would prefer the paper copy, read the following!

Box 4-5-9 is published quarterly by the General Service Office of Alcoholics Anonymous, 475 Riverside Drive, New York, NY 10115, copyright © 2022 by Alcoholics Anonymous World Services, Inc. Mail address: P.O. Box 459, Grand Central Station New York, NY 10163 G.S.O.'s A.A. Website: www.aa.org. Individual Subscriptions are \$3.50 per year. Group Subscriptions are \$6.00 for each unit of 10 per year. A check—made payable to A.A.W.S., Inc.—should accompany your order. To have issues delivered directly to your inbox, register your email on the A.A. Digital Subscription Service on G.S.O.'s Website.

Founders' Day

LIVE AND IN-PERSON IN AKRON, OHIO

JUNE 10, 11 & 12, 2022

REGISTRATION INFO AT www.foundersday.org



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

WOMEN NEEDED TO CARRY THE 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.



Spiritual Eclipse

Have you ever seen a solar eclipse? A total or partial solar eclipse occurs when the moon moves between the Earth and the Sun, sometimes completely blocking any light from the Sun. Then the Sun that provides us warmth, light and life is obscured. In olden days these were terrifying times that struck the population with fear and paranoia because they did not understand what was happening.

Today we can experience a different kind of Eclipse, a Spiritual Eclipse where life comes at you blocking the warmth, light and grace from our Higher Power, leaving us in spiritual darkness. This Eclipse happens when *fears*, resentments, sex, demands, ego, pride and the like orbit into position between our Higher Power and us. In the Big Book of Alcoholics Anonymous we learn we have a spiritual malady. These emotions and others block the warmth, light and love from our Higher Power, and we begin to make decisions from a dark place from within the eclipse.

“This Too Shall Pass” is a phrase I have said to others with loving concern. But when I hear it said to me when I am in a spiritual eclipse, I experience a feeling of disgust for those saying it. (Guess I’m a drunk, huh?) There is every opportunity for us to open our spiritual tool kit and allow the eclipse to pass and to once again feel the warmth, light and love of our Higher Power. “I now understand that the spiritual malady should be my main concern and that the more faith I have, the fewer problems I will have. Today I have more faith than I ever had, and as my faith grows, my fears lessen.” (Reprinted from Alcoholics Anonymous 4th Edition page 499 with permission of A.A. World Services, Inc.)

From time to time we find ourselves in a spiritual eclipse or see our sisters and brothers in one. We may be praying and doing everything we know works or not, but sometimes we just find ourselves there. Know that there is hope and you can get through this and return to the warmth, light and love of our Higher Power. We can come out of the darkness without picking up a drink or devastating our relationships by acting in fear when we find ourselves blocked by an eclipse.

~ *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.

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 having interviews of A.A. members with 20 years or more of sobriety. These “old timers” should also have a connection with the District 28 area.

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 several questions to guide the conversation that we can share with you. *For more information on how to do a group history or how to conduct an interview, email your request to news@ncintergroup.com.*

Your help is greatly appreciated!

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



Steps | Traditions | Concepts

STEP 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

TRADITION 5

“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.”

CONCEPT 5

“Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard, and personal grievances receive careful consideration.”