



NATURE COAST JOURNAL

AUGUST 2022



Food, fun & Fellowship
See page 7 for details!

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.

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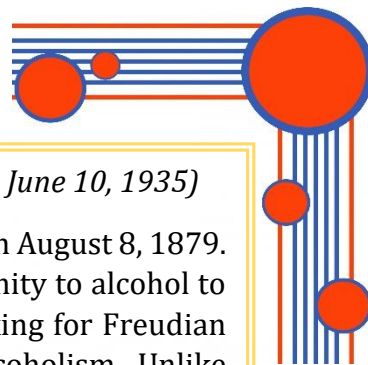
HOTLINE

Training Event

See page 7 for details!

HOTLINE: 352-621-0599

HISTORY



DR. BOB, CO-FOUNDER OF ALCOHOLICS ANONYMOUS, Part 1 (to June 10, 1935)



Robert Holcomb Smith was born in Vermont on August 8, 1879. After getting sober he would attribute his affinity to alcohol to simply liking “the grog” and discouraged looking for Freudian complexes in his background to explain his alcoholism. Unlike Bill’s sudden spiritual transition into sobriety, Dr. Bob experienced some years of craving for “grog” after turning to sobriety.

Dr. Bob’s drinking career began in earnest when he entered Dartmouth College in 1898. There, his rebellious tendencies found free rein and he discovered that he could consume large amounts of alcohol without the uncomfortable “morning after” ailments that most people suffered.

He graduated Dartmouth in 1902 and worked for three years in various sales positions before he was allowed to pursue his dream of becoming a doctor. His drinking was progressing. Friends recalled that he had some serious binges in that period and Dr. Bob himself noted that there were times he began to experience “jitters”.

In 1905 he entered medical school and despite hardships caused by his drinking -- including a “geographic cure” to dry out--he graduated in 1910. He was able to secure an internship in the City Hospital in Akron, Ohio. In that two-year period of interning, he was kept so busy that he did not have problems with his drinking.

After interning he opened his practice in Akron. Dr. Bob developed some stomach discomfort, found that some alcohol would give him temporary relief, and soon had returned to his old drinking habits. Dr. Bob would marry, start a family, continue his practice in medicine. As his alcoholism progressed, his marriage, family life, and medical practice declined. Dr. Bob took great pains to hide the drinking from his family and he would later tell of the devious methods he used to hide his booze which included in the coal bin, clothes chute, doorjambs, and cellular beams and tile cracks. But in time everyone in the family (and many other Akron residents including people Dr. Bob worked with) became aware of his liquor consumption.

In 1933 his wife Anne persuaded Dr. Bob to attend Oxford Group meetings. The group had attracted attention in Akron for helping to sober up a family member of one of the influential tire tycoons in the city. Dr. Bob and his wife attended weekly

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meetings for two and a half years. Dr. Bob attended regularly and admired the group members for their poise and ease, characteristics lacking in his own alcohol ravaged life.

Henrietta Sieberling was a regular Oxford Group member who was acutely aware that Dr. Bob had a problem with alcohol and could not find a cure. On May 11, 1935, Bill Wilson called Henrietta on the phone and explained that he was an Oxford Group member and an alcoholic. Henrietta would later recall that the call was like manna from heaven. She arranged that Bill and Dr. Bob get together.

Bill met Dr. Bob and Dr. Bob was able to stay sober. Henrietta arranged a place for Bill to stay at no cost. Dr. Bob would eventually relapse while away on a business trip. Upon his return Bill gave him some beer to help him shake off the jitters to perform an operation. That day (June 10, 1935) would mark his entry into lifetime sobriety and would also be the day that would be recognized as the "official" birthday of the program of Alcoholics Anonymous.

Bill K., Journal Editor

**ALCOHOLICS
ANONYMOUS**



YOUR STORY IS NEEDED IN THE NEW EDITION OF THE BIG BOOK

A new edition of the Big Book of Alcoholics Anonymous is in the works. The guidelines on how to send in your story follow. The **Deadline is October 31, 2022.**

We suggest you send your story through the [Story Submission](#) page on the A.A. website. Here is the link: <https://www.aa.org/submit-bigbook-english-5th>

NOTE: You must attach a signed copy of the Copyright document form and send it with your submission. This is an important step; please make sure you return the completed form.

If you prefer to send your story by regular postal mail, here are the instructions: Postal Mail: Attn: Literature Assignment, 5th Edition BB, General Service Office, Box 459, Grand Central Station, New York, NY 10163

The words "5th Edition BB" should be written on the envelope and at the top of the first page of the manuscript.

Please be assured that your anonymity will be maintained if your story is selected for publication.

HOTLINE: 352-621-0599

WANT TO HELP ANOTHER ALCOHOLIC?

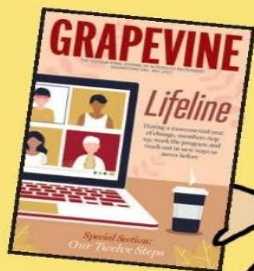
GRAPEVINE & LA VIÑA are Great Twelfth Step Tools!

Give a gift subscription to an alcoholic who needs it. Great for:

- Sponsees • Newcomers • Prisons • Detoxes • Doctor's Offices • Group Celebrations • District and Area Events • Giveaways

Get your group, district, area or AA friends to join in. Carry the Message, it's easy!

Go to aagrapevine.org/carry-the-message to get started and see our new Carry the Message video at www.youtube.com/c/AAGrapevine



Join in. It's easy!

2022
**CARRY
THE
MESSAGE
PROJECT**

Go to aagrapevine.org/carry-the-message to get started.

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, or anything you take away from a meeting. Send in what you "hear" to news@ncintergroup.com. Thanks much!

GOOD THINKING

Our common welfare should come first.

One person's view on how the A.A. group sees someone returning from a relapse, "We don't shoot our wounded."

On chips at the meeting, "Give up the fight; pick up a white."

When asked, "How did you do it?"
 The answer, "I didn't; we did!"

BAD THINKING

Sarcastic remark on doubt about feeling good while newly sober, "My underlying belief in impending doom will get me through this temporary period of feeling good!"

In the same view but while still drinking, "I would feel great after staying away from booze for a few days and then reward myself by getting drunk!"

In the bar, everybody loves you.

Never miss an opportunity to keep your mouth shut.

Meeting chairperson welcoming visitors, "Any visitors from outer space?"

A.A. is the best thing that happened to me and the last place I wanted to go.

Too grateful to be hateful.

I'm here because I'm not all there.

The reason I came to my second A.A. meeting was because of the people at my first.

7th TRADITION

**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

**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***



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.



Nature Coast Intergroup
presents



Fall Fling

Whispering Pines Park
Pavillion B
1700 Forest Drive • Inverness, FL 34453

September 10th • 2pm-5pm

Side Dishes Welcome!

- ▶ Potato Salad
- ▶ Cole Slaw
- ▶ Etc.

Hamburgers,
Hot Dogs, and
Beverages
will be supplied



Speakers

D.J.

50/50

Fun, Food, Fellowship

Call the NCI Hotline at 352-621-0599
to register your attendance at the

HOTLINE Training Event

Become a member of the
Hotline Committee
and learn how to answer the NCI Hotline

September 18, 2:00-3:30 pm

Shepherd of the Hills Episcopal Church,
2540 West Norvell Bryant Hwy., Lecanto, FL 34461

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 8

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

TRADITION 8

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

CONCEPT 8

“The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.”
