



NATURE COAST JOURNAL

SEPTEMBER 2023

www.ncintergroup.com



Step Nine

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”



Tradition Nine

“A.A., as such, ought never be organized; but we may create service boards or committees directly responsible for those they serve.”



Concept Nine

“Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.”

Visit ncintergroup.com for the latest meeting information, news and other resoures.



CELEBRATING AA ANNIVERSARIES



There are many things the newcomer to the AA way of life is offered as tools to stay sober and live comfortably. By crafting these practices into their own lifestyle, they give themselves the best chance to stay sober. Just to name a few

that come to mind in no particular order—read the Big Book, find a Higher Power, get a sponsor, find a home group, work the steps. I believe that picking a sobriety date should also be included.

At a zoom meeting recently, I heard two people speak about that “break” in their life and the day they chose to mark it. One was very clear that she drank one day and decided to be sober the next. She held that second day as her anniversary. The second individual was in and out of AA for six months but finally was staying sober. Her sponsor asked her what her sobriety date was, and she said she didn’t know for sure. They discussed it and her sponsor suggested she pick a date that seemed reasonable. She did just that and uses that “SELECTED” day to mark her anniversary. That decision was over fifty years ago. As for myself, I not only knew the day but the time that marked my change in course from drunk to sober.

When I first came into AA I hesitated (without letting anybody know that I was hesitant) to announce my

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Intergroup has two open positions, a Special Events Chair and a Trustee.

The Special Events Chairperson must have one year of continuous sobriety and be able to attend the Intergroup meetings. The Special Events Chair coordinates the Founder's Day and Gratitude events as well as athletic events, dances, and picnics. The term of the position is one year.

A Board of Trustees oversees the Officers and operations of NCI, Inc. Each Trustee shall discharge his/her responsibility as a trusted servant, bearing in mind at all times that his/her actions are for the benefit of all AA groups and that principles should come before personalities. Trustees should have prior service to AA as either an Intergroup Rep, Committee Chair, or Officer and be familiar with the Nature Coast Intergroup By-Laws. The term of the office is two years.

District 28 is looking for people to help in these areas: Accessibility, Archives, Grapevine, Literature., Treatment, Workshop, and Alternate DCM.

Show up at Shepherd of the Hills Church, 2540 W Norvell Bryant Hwy, Lecanto, at 4:30pm on the first Sunday of the month. Everybody is welcome.



Remembering Rick T.

Join us as we remember Rick T., a long-time member of AA, our friend, a sponsor and mentor.

September 23, 2023, from 2-4 pm
Shepherd of the Hills Church
2540 W Norvell Bryant Hwy.
Lecanto, FL 34461

Speakers include Quentin and Gary, two of Rick's sponsees.



EVENTS

OCTOBER



JOE AND CHARLIE

...A Journey through the steps of

Sponsored by Dist. 21, with Pat R. and Brian H.

October 6, 7, & 8

\$40 advance/\$50 at the door. Hours are Fri. 6-9; Sat. 9-5, Sun. 2-6. Lunch on Sat. and coffee provided if you pre-register.

St. James Episcopal Church, 44 S. Halifax Dr., Ormond Beach, FL

[https://www.tix.com/ticket-](https://www.tix.com/ticket-sales/joeandcharlie21/7227/event/1325828)

[sales/joeandcharlie21/7227/event/1325828](https://www.tix.com/ticket-sales/joeandcharlie21/7227/event/1325828)

NOVEMBER



Date to be Determined



**Southern States
A. A.
Service Assembly
Orlando Florida
Sheraton Orlando North
November 17-19, 2023**

Questions?
Chair.ssaasa7@gmail.com

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sober “birthdays” at my home group. I wondered if everyone would announce them. I knew there was a phone list with anniversaries but that was something optional. And then one day I heard an “old timer” telling the others at his table that this was an old group tradition that we all participate in. The light bulb went on in my head and I understood that I needed to get an anniversary coin just like everyone else did!

I later came to realize that I hesitated to ask for the coin because I was a little scared and had justified it to myself by leaning on a false humility—I didn’t want to be thought of as “tooting my own horn.”

Eventually in early sobriety, I began to use the rule of “IF YOU DON’T WANT TO, YOU HAVE TO”. It was a variation on my “180-degree rule” which stated that if I wanted to go in a particular direction, I should probably go in the EXACT OPPOSITE direction!

Over time I went along with the group tradition and religiously announced my sober anniversaries and accepted the

coin that went along with it. Most times, the coin would be sent around the room to gather some good mojo before finding its way into my pocket. I never consciously collected the coins and would at times return the old ones to the group. There are many ways groups celebrate sobriety milestones—cakes, special monthly recognition of the anniversaries in that month, special coins, and so on. At one point in my early sobriety while making change at a store the clerk saw the coin in the pile in my hand and told me that the bar across the street would give me a free drink if I turned it in!

After a substantial time in the program and having done my fair share of service work, it came to me that this “ceremony” of giving and accepting sobriety anniversary coins worked both ways. It recognized the effort of the individual for maintaining sobriety AND it provided the group evidence that it was successfully doing its job of “carrying the message.” It is another piece of evidence to me that my sole purpose is to stay sober and help others to achieve and maintain sobriety. For this alcoholic life is very good when it is kept simple.

—Bill K., *Journal Editor*

HONESTY + PURITY + UNSELFISHNESS + LOVE



AUGUST ANNIVERSARIES

Crystal River Group at Serenity Club celebrates these anniversaries. It meets daily at noon and 8pm next to St. Benedict's Church.

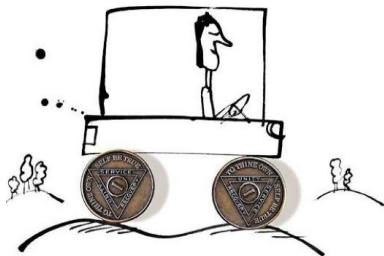
Brad Y.	1 year
Cathy A.	5 years
Sheray H.	8 years
Chris G.	11 years
David B.	13 years
Edmond C.	16 years
Sheila	16 years
Nancy B.	37 years
David P.	42 years

The Monday Nite Men's Step Group at Shepherd of the Hills Church celebrates this anniversary.

Charlie M.	29 years
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Women's Friendship Group that meets on Mondays at 10am at Club Recovery announces these anniversaries.

Donna K.	7 years
Char	19 years
Sue C.	40 years



SEVENTH 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 contributions, please write **"District 28" and your group number**

on the check.

Make check payable to

"NFAC Treasurer" and mail to:

North Florida Area Conference, PO Box 6301, Jacksonville, FL 32205-9998

For GSO contributions, please write **"District 28" and your group number**

on the check.

Make check payable to

"General Service Board" and mail to:

G.S.O., PO Box 2407, James A. Farley Station, New York, NY 10116-2407