



NATURE COAST JOURNAL

OCTOBER 2023

www.ncintergroup.com



Step Ten

“Continued to take personal inventory and when we were wrong promptly admitted it.”



Tradition Ten

“Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.”



Concept Ten

“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.”

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



THE BEER TRUCK



I told a friend of mine that alcohol would kill him and, sure enough, he got run over by a beer truck. But nevertheless, we chased that beer truck or wine truck or liquor truck with everything we had in us, didn't we? We worked very hard getting the money for John Barleycorn and worried about if it was enough to please our master. Some of us resorted to stealing or pan handling so we could get enough for our booze and a cheap motel room to recover in. The hours were long, the pay was poor and the accommodations dirty, but we kept after them. Many of us spent years in that rat race. But the truck never slowed down and as tired as we got, we still kept it up. The days and nights of agony didn't discourage us. No quit in us.

Continued on page six

INSIDE THIS ISSUE

- Heard at a Meeting
- Gratitude Luncheon, Nov. 4
- Southern States AA Service Assembly
- Open Service Positions
- Masquerade Ball, Oct. 28
- Christmas Party, Dec 14
- September Anniversaries
- 7th Tradition Contribution Information



If you heard something at a meeting you think is worth sharing, send it to news@ncintergroup.com.

FINDING A MEETING



BEFORE THE INTERNET

I attend a meeting which reads the book *Living Sober*. The Conference approved book first appeared almost 50 years ago, and it suggests asking the local police to find AA in their town. That still seems like a good approach to me. In my experience, the staff at the police station are polite and helpful when you approach them soberly and courteously. I don't recall them being that way when they were struggling to contain some belligerent drunk (a friend of mine, of course) engaged in some baffling fight over nobody knows what.

An old-timer reminds us that there were ways to find meetings before the internet was everywhere. As a young newcomer (thirty to forty years ago), her sponsor suggested that when she was out of town, she could find other AAs by looking for AA bumper stickers in the local pancake house parking lot. She affirms that she tried it and found AAs who directed her to the local meetings.

ODDS & ENDS

It's the three L's that drive us to the rooms of AA--Lovers, Lawyers, Liver.

Since coming to AA, I have learned that I used to be a drunk, found out that I had a disease and became an alcoholic, and then got sober in AA and became a recovering alcoholic.

Heard while waiting for the latest hurricane to blow past: It used to be that all the energy was expended in stockpiling enough booze to last through the storm. One person recounted how they returned into the teeth of the storm while intoxicated to retrieve some items they might need for the Hurricane Party. Hurricane parties were the best, weren't they? Now that energy goes toward getting ready to avoid personal and property damage and cope with the shortages (water, electricity, food, etc.) the storm may bring.

I had to learn how to pray longer prayers because I could not get by with those "quickie" conversations with my Higher Power. *Continued on page four*

**NATURE COAST INTERGROUP
AND
DISTRICT 28
PRESENT**



THE 2023 GRATITUDE DINNER

**Saturday, November 4th, 2023
11am to 2pm**

**St. Benedict Catholic Church
455 S. Suncoast Blvd.
Crystal River, FL 34429**

**Food & Fun
•
Speakers
•
Live Music**

**Tickets are \$3.00
donation per person
and will be
distributed to
groups.**

**WE ASK THAT EACH GROUP FURNISH A HAM.
WE ASK THAT MEMBERS PROVIDE A SIDE DISH.**

Join Us and Give Thanks!

Continued from page two

CHANTING AT MEETINGS

One of the regular members at my home group used to voice to his table that there was no chanting in AA. It always sounded to me like he was echoing Tom Hanks when he complained in *A League of Their Own* that there was no crying in baseball.

Here are some “chants” I heard at a meeting:

4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole. THE CHANT: A-WHOLE!

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas: THE CHANT: SPELL IT OUT!

“What an order! I can’t go through with it.” THE CHANT: BULLS**T!

AND FINALLY—A visitor at one of my meetings said she is from Kościuszko Mississippi. I asked her if she thought there was a Jefferson Davis town in Poland.

Inspire and Attract!
SSAASA7
 SSAASA7.ORG
 Questions? Chair.ssaasa7@gmail.com

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

“Sobriety isn’t all rainbows and unicorns, but it beats the alternative.”

SERVICE OPPORTUNITIES



Intergroup has two open positions.

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 **Trustee** – The 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, 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.

SPONSORED BY
AA HEADING HOME GROUP

Stone - Cold Sober Masquerade Ball 2023

Children Welcome!

Water/Soda/Coffee Provided

50-50 Raffle

Knights of Columbus
2389 West Norvell Bryant
Highway
Lecanto, Florida

Best Costume Contest

Door Prize

Karaoke Contest

Potluck/Bring a dish

Best Dance Contest

Special Guest
Magic Fingers



October **28** 6-10 PM

Tickets available at Club Recovery, Hernando, Florida
Or Text (352) 634-1462

TICKETS \$3.00

Continued from page one

But it was paradise, wasn't it? As in a pair of dice. We kept rolling those dice and no matter how many times they came up snake eyes, we stayed in that game hoping that this time it would come up a seven.

This time it would be different. This time we would drink like normal people as if there is something normal about putting poison into your body. Something that kills your brain cells that you worked so hard to develop and destroyed practically every organ of your body. Yes. This time it would be different.

This time we'd catch that truck, and everything would be wonderful. And if we had one day of sobriety, or ten years, something would change. We would roll that seven and catch that truck. But it didn't change. We would wake up broke, with a terrible hangover, in a strange place and it didn't change until we found the solution. It wasn't expensive but it wasn't easy either. We had all those meetings and we had to do what they told us, which was don't drink and go to meetings. Some of us took that too literally and we wouldn't drink until after the meetings. But when

we kept after it and worked the steps, it worked for us. I get tired of the people who say Alcoholics Anonymous didn't work for them. Of course not! It's not some magic pill that makes everything right. But if you diligently work the steps and if you attend meetings, you'll get the same results millions have found. Peace and serenity. Maybe not today, but eventually, the promises happen.

Whether you have one day or years of sobriety, don't chase that truck! It contains misery and heartache. It will run you over one day. Maybe not today, but one day. I heard a lead from a guy that had ten years of sobriety. While on vacation, he was pouring drinks for everybody else and found himself pouring a drink of his own. And the worst thing that could happen, happened. Nothing. As time went on, he drank more and more and more, until he got to the point he was right back to where he was before when he stopped the first time.

So don't chase that truck. Instead, chase the promises until you catch them.

—Jeff A.

© Akron Intergroup News., Sept. 2023

“Sobriety is like a vacation, except you're always there.”

LECANTO GROUP

Christmas Party

December 14th, 2023

Unity Church

Lecanto

7-8pm

Doors Open at 6:30pm

Food • Fellowship • Speaker

★ Covered Dishes Welcome!



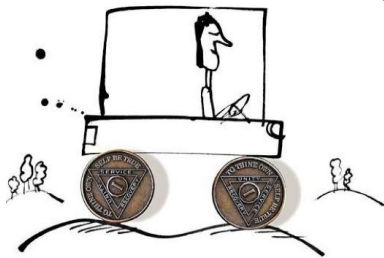
SEPTEMBER ANNIVERSARIES

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

| | |
|------------|----------|
| Becky L. | 1 year |
| Sue C. | 1 year |
| Lenny B. | 1 year |
| Leanne | 2 years |
| Liz V. | 4 years |
| Jack S. | 6 years |
| Keith B. | 7 years |
| Steven G. | 7 years |
| Kristi | 10 years |
| Jim M. | 10 years |
| Mike B. | 11 years |
| Joe C. | 16 years |
| Jen B. | 20 years |
| John B. | 26 years |
| Jim G. | 27 years |
| Dan E. | 29 years |
| Bill K. | 31 years |
| Denis S. | 36 years |
| Richard W. | 44 years |

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

| | |
|----------|----------|
| Elin | 38 years |
| Betty R. | 42 years |
| Sue J. | 42 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