



NATURE COAST JOURNAL

JANUARY 2024

www.ncintergroup.com



Step One

“We admitted we were powerless over alcohol – that our lives had become unmanageable.”



Tradition One

“Our common welfare should come first; personal recovery depends upon A.A. unity.”



Concept One

“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”

Intergroup and District 28 Business Meetings Dates

Jan. 14	Feb. 4
Mar 3	Apr 14
May 5	June 2
July 14	Aug. 4
Sept. 8	Oct. 6
Nov. 3	Dec. 1

OUR STORIES DISCLOSE

Please send your stories to me at news@ncintergroup.com! I would like to publish a new section of the Journal which describes what it was like, what happened, and what it is like now. I will actively collect some stories and hope that there are people out there who would like to share and contribute.

The opinions I am about to express are my own and not necessarily those of the management.

I have heard many times – and the key word is “heard”—that I may be the only Big Book a person may experience (or something along those lines). There is an oral and mime (copying the actions of another alcoholic) tradition in our AA program as well as that of the written word (The Big Book primarily but everything that is Conference approved). I know that some people are described as (or sometimes describes themselves) as Big Book Thumpers (a variation on Bible Thumper). But I have not yet heard anyone speak at length about AA oral tradition. The fact of the matter is that I constantly hear people who are a living part of that oral tradition (everyone who attends a meeting and says something to the group). I include the “mime” aspect in with the oral tradition (showing up for a meeting is a *very* good example). *continued on page two*

HOTLINE: 352-621-0599

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An old-timer who is now long gone, a regular at my home group and somebody I attended hundreds of meetings with, would talk about the things he held true in AA by saying “I heard from Bill G. that . . .” Sure there were times that things he spoke about were his own observations but most that I remember were from other AAs. He said that Bill G. said that God is not Santie Claus but a garbageman—he doesn’t give us things, he takes away the personal garbage (character defects).

There are truisms that I have heard at meetings that developed after the writing of the Big Book. I make no judgement here of their validity.

- “What other people think of you is none of your business.”
- “I’ve found that you cannot save your ass and your face at the same time.”
- “Humility is not thinking less of yourself but thinking of yourself less.”
- “The healthy person finds happiness in helping others. Thus, for him, unselfishness is selfish.”
- “If you like everyone in AA, you’re not going to enough meetings!”
- “I’ve never done anything in moderation — except maybe these steps.”
- “You are not responsible for your disease, but you are responsible for your recovery.”

- “Sponsoring yourself is like using unskilled labor.”
- “An alcoholic without a sponsor is like leaving Dracula in charge of the blood bank.”
- “If you want what you’ve never had, you must do what you’ve never done.”
- “Winners do what they have to do, and losers do what they want to do.”
- “Most alcoholics would rather die than learn anything about themselves. In fact, they do.”
- “Insanity is not doing the same thing over and over again expecting different results; insanity is doing the same thing over and over again knowing full well what the results will be.”
- **Hungry, Angry, Lonely, Tired (HALT)** – Referring to the common triggers involved in relapse. When temptation strikes, make sure you’re putting your mind and body in check.
- **Sobriety Losing Its Priority (SLIP)** – When menial issues take precedence over sobriety, this can challenge the recovery process.
- **Keep It Simple, Stupid (KISS)** – Stress and over-complication can lead to temptation. Maintaining simplicity can cut the distraction and ensure focus on recovery.
- **False Expectations Appearing Real (FEAR)** – Fear and anxiety are sometimes unfounded but feel very real. Deciphering what is real and what is not is an important step in recovery. *continued on page three*

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- **Good, Orderly Direction (GOD)** – Guidance from a Higher Power is a core principle of the teachings of AA.
- **Easing God Out (EGO)** – Feeling that you can take on more than you're able can lead to relapse. By easing out your higher power, you're losing a level of support that is much needed in recovery.
- **Hang In There (HIT)** – The road to recovery is a very bumpy one. Sometimes, we need a good reminder that there are better times ahead.

For this alcoholic, the sober life is the only way to stay alive. And in my contact with other alcoholics, I have this richly confirmed on a daily basis. And I suspect that there are other alcoholics who would say the same and have their convictions sometimes confirmed by me.

Bill K., Journal Editor

Please send your story to me at news@ncintergroup.com.



POSTING FOR A NEW TRUSTEE

Shirley M. has expressed an interest in becoming a Trustee. Shirley meets the qualifications and was nominated for the position which was seconded. After this posting Shirley can be voted in at next month's Intergroup meeting on Sunday, February 4, 2024.

getting involved

SERVICE OPPORTUNITIES

Intergroup has an open position.

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.

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

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

DECEMBER ANNIVERSARIES



If you would like us to recognize the sober anniversaries in your group, please send them to news@ncintergroup.com.

We will publish them in the Journal to congratulate the individual and the group on a job well done!

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

Allyssa W.	1 year
Constance C.	3 years
Kathy M.	16 years
Dave M.	25 years

The Monday Nite Men's Step Group at Shepherd of the Hills Church announces these anniversaries.

Arthur E.	2 years
Mike L.	18 years
Richard H.	22 years
Al M.	36 years

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

Jill P.	33 years
Babs B.	43 years
Gina C.	50 years

The Women to Women's group that meets on Tuesdays at 6pm at Redeemer Presbyterian Church announces these anniversaries.

Sharon E.	9 years
Vickie S.	18 years
Terri N.	30 years
Diana K.	41 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