



NATURE COAST JOURNAL

MARCH 2024

www.ncintergroup.com



Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood Him."



Tradition Three

"The only requirement for A.A. membership is a desire to stop drinking."



Concept Three

"To ensure effective leadership, we should endow each element of A.A. – the Conference, the General Service Board and its service corporations, ~~staffs,~~ committees, and executives – with a traditional "Right of Decision".

Intergroup & District 28 Business Meeting 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

My sobriety date is May 10, 1985. I was 28 years old when I came to the program. I came to AA through the side door. It was obvious to me that cocaine was a problem in my life, but I was not yet willing to admit that I was an alcoholic. I've been told that the details of how I drank and used weren't important, it was how I *felt* that other people can relate to. I felt totally hopeless, and I was afraid that my drug use was going to cause the trap floor of my life to drop, that I was going to have to do things I didn't want to do to feed my drinking and drug need. I didn't want to see or talk to my family because I didn't want them to worry about me, I prayed at night that God would let me die in my sleep, so I didn't have to face another day. I was afraid that I was about to lose my job.

I told someone at work that I was having a problem with cocaine. He said, "I know someone who had that problem and doesn't anymore." (The person I told wasn't an addict or alcoholic.) He introduced me to Peter and after much convincing, I went with him to a Cocaine Anonymous meeting. I introduced myself as an addict and said that I didn't know if I was an alcoholic. They told me that if I wasn't an alcoholic, I wouldn't have a problem not drinking. *see page three*

HOTLINE: 352-621-0599

18th Annual SOBERSTOCK 2024



SOBERSTOCK
2024
UNITY • RECOVERY • MUSIC

MARCH 15-17, 2024 BROOKSVILLE, FL

Scan me for ALL the info!



Soberstock is a 3-day weekend AA/Al-Anon/Alateen event featuring speakers, meetings, bands, food & fellowship.

Soberstock is open to all members of AA/Al-Anon and their families. Proceeds of this function will purchase Big Books and other AA literature for District 2 Jails & Institutions. The remaining profits go to the area pie chart.

Speaker Meetings!

Campfire Meetings!

Live Bands!

Outdoor Meetings!

ALL Food & Drinks provided!

Tent Camping!

When: Friday, March 15th, 2024- Gates open at Noon on Friday! Event ends on Sunday at noon.

Bike Run!

Where: "Sand Hill Scout Reservation" - 11210 Cortez Blvd, Brooksville, FL 34613

What to bring: Tents, blankets, coolers, chairs, lanterns, bug spray, snacks, NO PETS (except service animals) NO RV's

What we provide: Fri. dinner, Sat. breakfast, lunch and dinner, & Sunday breakfast.

www.soberstock.com

THE ROOTS OF AA POWERPOINT PRESENTATIONS AND DISCUSSION SOBER NOONERS MEETING

AT CLUB RECOVERY
12 NOON ON MONDAYS
FOR MORE INFORMATION
CONTACT DAN M.
TEXT: 813-468-2468
OR EMAIL: DAN@164FL.COM



**The Citrus County
AA Band is looking
for a lead instrument player.
Guitar. Steel.
Keyboard.**



**Contact: Quentin Lee
561-386-0843 or
quentinl@earthlink.net**



continued from page one

Huh? I didn't like that!

Cocaine Anonymous was only two years old in Chicago when I started going to meetings. Most of the people had less than a couple of years of sobriety. There was a group of three guys that were also going to AA meetings and had AA sponsors. They were going to "business" meetings once a month on Sundays and were involved in "service work". They seemed really committed to staying clean and sober.

My first sponsor was only going to CA, and I picked her because she was pretty, and the boys liked her. Not very far into my sobriety, she drank. So, I got another sponsor. This woman was going to AA as well as CA and had an AA sponsor. She was friends with those other guys that went to the business meetings. Their sponsors got together and held a workshop for those of us in CA who wanted to learn more about the 12 Steps and about the Structure of AA. Two great things that Cocaine Anonymous gave me were a fellowship of clean and sober people to hang out with and a basic knowledge of the 12 Steps.

When I was about nine months sober, I told my sponsor that I was starting to think about drinking. It was then that she insisted I start going to AA meetings.

"The thing about AA" she said, "is that the people there have a lot of life experience and have learned how to stay sober dealing with life events." She was right! During my years in AA, I have stayed sober while dealing with life on life's terms. Weddings and a divorce, financial difficulties, moves to different areas (and states) and having to go to new meetings, losing my job, getting a job, health scares and limitations, the death of friends and a sponsor, having to get a new sponsor, working on long distance friendships and building new ones...these are just some parts of life that I've been able to navigate with the help of the fellowship, my sponsor, and my Higher Power. It's a WE program and I'm so grateful to be part of the WE! We can do what I could never do on my own.

Renee R.



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

FEBRUARY ANNIVERSARIES



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

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

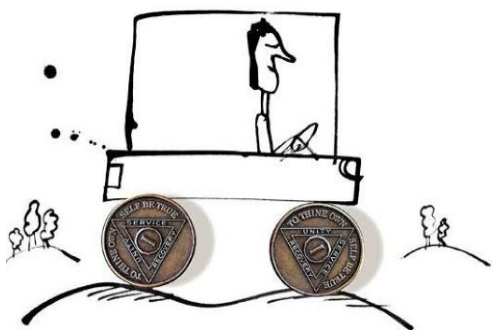
Danielle M.	5 years
JD	5 years
Janice G.	23 years
Bob T.	28 years

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

Jason R.	1 year
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The Women to Women's group that meets on Tuesdays at 6pm at Redeemer Presbyterian Church announces these anniversaries.

Donna A-B.	22 years
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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