



NATURE COAST JOURNAL

APRIL 2024

www.ncintergroup.com



Step Four

“Made a searching and fearless moral inventory of ourselves.”



Tradition Four

“Each group should be autonomous except in matters affecting other groups or A.A. as a whole.”



Concept Four

“At all responsible levels, we ought to maintain a traditional “Right of Participation” allowing a voting representation in reasonable proportion to the responsibility that each must discharge.”

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

HEARD AT A MEETING



at a

Meeting

“I can’t believe the way your life changes, if you let it.”

Dynamite Jim (Jim H.) got his name from shaking so much when he first came in, they thought he was going to explode. Jim began his drinking career when he was 14 from a quart Mason jar. For the first time he drank and until he got sober, when the lid came off the jar, it didn’t go back on until the jar was emptied. Alcohol fried his mind and seared his soul. If Jim woke up under a palm tree, he didn’t know if he was in California or Florida.

Jim drank for the *effect*. Jim got sober when he saw how badly alcohol was *affecting* him. Down and out in an abandoned hotel Jim hit his bottom and worked the first four steps in reverse order--he took a hard look at his life and decided that he better let God take over from him. He came to believe that if you didn’t drink things would be all right. *see page two*

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- Freedom House Anniversary Celebration, April 16
- Florida State Convention, Aug. 1-4

HOTLINE: 352-621-0599

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You can hear Jim's entire story on the Nature Coast Intergroup webpage (ncintergroup.com). Open the AA Audio tab, then the Long Timers Tell Their Stories tab in the left column, and finally the Dynamite tab in the right column.

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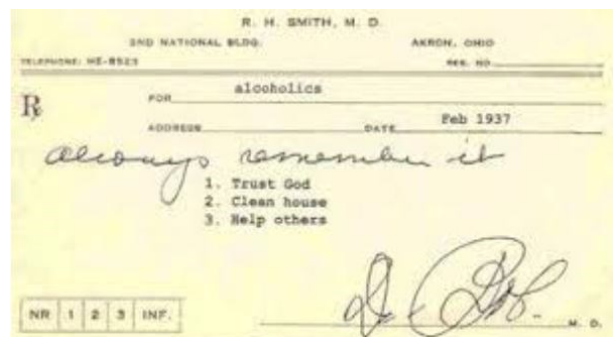
There was a man who had been sober some time when his work had him go to a meeting out of town. Let's call him Paul. Luck would have it that Paul had a sober friend in that town, and they went to a meeting together at a local club. After the meeting a twelve-step call came in and they volunteered to meet the person who had called in.

They met the man in his apartment as he sat on his bed and Paul recalled that there was nothing unusual in what they said about giving up drinking and finding sobriety in AA. The person thanked them and said that he would consider AA as

an option but was not yet ready to go with them. They left the man alone.

Some years later Paul returned to the same town on business and once again found himself in the club attending a meeting. He noticed during the meeting that there was a person who seemed to be paying some attention to him—listening to him speak and looking at him as if trying to remember him. Paul did not recognize the other person but finally after the meeting walked over to introduce himself and find out if he might know the person.

They introduced themselves to each other and the other man said that because of what Paul had said at some time in the past he was able to get sober. Paul still didn't recognize the person as the man he had talked to on the bed and said that he had never met him. The man responded that he had been *under the bed* the night that Paul made the 12th step call.



I'VE WORKED THE STEPS, WHY CAN'T I STAY SOBER?

By J. Mahne, North Hill Men's Discussion

Every now and then you may hear a person claim to have worked the Twelve Steps but keeps relapsing. It seems they feel that if they have checked off all the Steps, permanent sobriety should result. So why do they keep relapsing? I would point out that to stay sober one has to continue to practice the Steps, especially Steps 10, 11 and 12. They might also need to do another Fourth and Fifth Step. But if you do not practice the program, you will be in danger of relapsing. It's like exercising one time and wondering why you aren't physically fit. Or going to church once and wondering why you aren't spiritually fit. Doing something once will not improve your situation. It takes effort and continuous practice. And going it alone isn't going to help either. We need the help of other people, especially our sponsors.

When I finally came into AA after numerous tries to stay sober, I learned early on to listen. I went to a men's beginner's meeting and learned about the value of sponsorship, attending meetings, especially Big Book and Twelve and Twelve meetings, and the benefit of fellowship with other

alcoholics. My first several years, I went to a meeting every day. I got a sponsor within 6 months and started working the Steps and keeping my sponsor informed.

I balked at doing my Fourth Step. Someone suggested I set a date with my sponsor to do my Fifth Step. That was the only way I did my fearless moral inventory. The first three Steps are important, but they are easy compared to doing the next two Steps. Some people get into that 1,2,3 waltz and never progress. They usually end up relapsing.

But what are some of the triggers that cause people to relapse? For one thing, they haven't fully conceded Step One. That needs to be 100%. If there is the slightest bit of doubt, that person is not going to remain sober. You either are "all in or you are not in at all!" Another issue that happens concerns relationships with the opposite sex. If you haven't practiced working the Step continuously, but convince yourself that you need a relationship with the opposite sex, you are in danger of relapsing. I've seen that happen time and time again. My advice is to regularly attend men's only or women's only meetings until your sponsor feels you are ready for a relationship.

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Along that line, I recall that the suggestion is that when you are new, buy a house plant and maintain it. If after one year the plant is still alive, you can consider getting a pet. Take care of that pet for one year and if it is alive and well after one year, you may be ready for a relationship. As funny as that advice sounds, it makes sense.

Finally, I would say that constant contact with members of the fellowship, especially a sponsor, is vital to maintaining sobriety. If you don't regularly share what's going on in your

life by isolating, you are in danger of relapsing. Many such individuals can attest to this statement.

My hope for every AA, especially the new person, is that they heed the advice of old-timers who have demonstrated by their actions, how to remain sober. One key suggestion is to be of service. You do not need years of sobriety to help where help is needed.

Just make yourself available whenever anyone anywhere reaches out for help.

-- AKRON INTERGROUP NEWS,
MARCH 2024

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.

The Abacus Counts

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

HONESTY + PURITY + UNSELFISHNESS + LOVE

Freedom House Group



14th Anniversary
Celebration



April 16, 2024

Potluck Dinner 6 PM

Open Discussion Meeting 7 PM



**FREEDOM
HOUSE
GROUP**



**FOOD, FUN &
FELLOWSHIP**



**River of Life Church
2872 W Dunnellon Road
Dunnellon, FL 34433**



(Bring a side dish or dessert if you can.)

**Registration is now
open for the 67th
Florida State
Convention!!!**



<https://67.floridastateconvention.com/>

**Aug 1-4, 2024 — Hyatt Regency, Jacksonville
Riverfront**



USING THE NCINTERGROUP.COM WEBSITE

Our web page (ncintergroup.com) has a ton of useful information. You can find meeting information, read the Journal, listen to audio of AA speakers and a lot more.

Another item available is minutes of the Nature Coast Intergroup Business Meetings.

Access the minutes by going to the NCI Home tab, then NCI Members. Ask your Intergroup Rep for the username and password. You will find the Intergroup Minutes there.

INTERGROUP CONSIDERING ELECTRONIC CONTRIBUTIONS

The Nature Coast Intergroup is considering the possibility of accepting contributions electronically via Zelle.

Ask your Intergroup Rep or read the Minutes from the last couple of Intergroup meetings to learn about the pros and cons and let your Intergroup Rep know your thoughts.

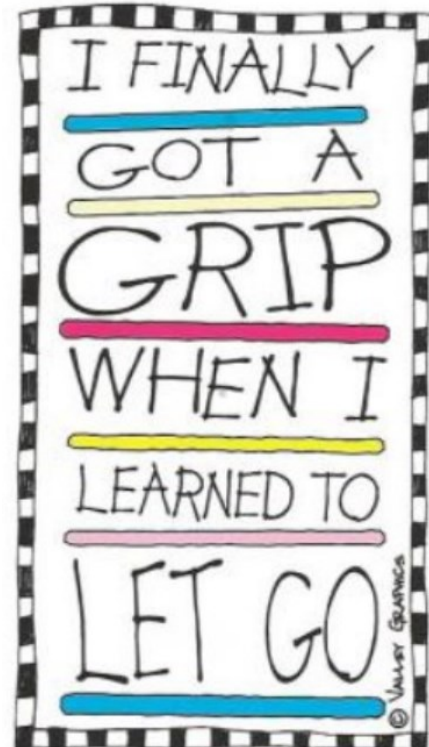
CHILI COOK OFF FOLLOW UP



The Chili Cook Off was held on February 24 at Calvary Chapel. It was attended by 90 people. There were three speakers, and four chili competitors. Everyone had a great time.

Next year we will make a strong effort to encourage more people to bring chili.

Many thanks to all who attended and the individuals who worked so hard to make it happen!



MARCH 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.

Johnny B.	3 years
Josh R.	8 years
Keith H	14 years
Jen A.	16 years
Marie W.	31 years
Sheila E.	31 years
Mike O.	34 years
Christine M.	35 years
John H.	35 years
Ned C.	37 years
John K.	39 years
Jack H.	40 years
Shirley M.	42 years
Mel L.	47 years

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

Tim K.	15 years
Brandon F.	20 years
Robert R.	38 years

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

Linda G.	44 years
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The You Have A Choice group that meets at 8am at First United Methodist Church announces these anniversaries.

Kim L.	37 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