



NATURE COAST JOURNAL

JANUARY 2026

www.ncintergroup.com

Nature Coast Intergroup and District 28 Business Meetings are usually held on the first Sunday of the Month at Shepherd of the Hills Episcopal Church, 2540 West Norvell Bryant Highway, Lecanto, FL

Intergroup meets at 4:30pm and District meets at 5:45pm.

All Are Welcome!!!

**Intergroup & District 28
2026 Business Meeting
Dates**

Jan 11	Feb 1
Mar 1	Apr 12
May 3	June 7
July 5	Aug 2
Sept 6	Oct 11
Nov 1	Dec 6

NEW YEAR'S RESOLUTIONS?

Have you been thinking about making a new year's resolution? Maybe you want to start working out, walking or swimming. Perhaps you would like to eat healthier or eliminate sugar from your diet. Do you want to quit smoking?

On Christmas day in 1986, I asked God to give me the gift of better health. What that meant to me was that I wanted to quit smoking cigarettes. Instead of asking for something to be removed, I asked for something to be given. It was the third time I had tried to quit since my one year anniversary of sobriety. I was told no to try to quit until I had a year of sobriety.

In those days, most people smoked and they smoked during the meetings. It was difficult when I was surrounded by smoke. Yes, I also had help in the form of nicotine gum. And, with prayer, "Please God, don't let me take the first one," I was able to stay free from smoking.

The purpose of this article is to say that instead of a New Year's Resolution, I asked my Higher Power for help and renewed my resolve One Day At A Time. It worked with the alcohol, and it worked with the cigarettes. Whatever your New Years Resolution is, try taking it One Day At A Time and best of luck. You can do it with your Higher Power's help!

Renée R.

HOTLINE: 352-621-0599

HANDLES AND HODGE PODGE



Here are a few tidbits from the pamphlet "Handles and Hodge Podge." This pamphlet which appeared in Akron in the early years of AA is available at the Akron Area Intergroup Council of Alcoholics Anonymous website

(akronaa.org and push the "shop" tab). They are not conference approved because there was no conference yet. They are worth a read!

Hodge Podge is a stew of various ingredients. We sincerely hope you will stew over the thoughts in this booklet enough to keep you from getting "stewed."

The principal ingredient of anonymity is devoting one's efforts to the common good without personal desires.

We have done so little with so much and now find that with faith we can do anything with nothing.

We are all guilty of criticism, but we must remember that at the foundation of every group there are usually a few men who hold the group together. They do a lot of work because they are dedicated AA members. DON'T be too

quick to judge their hard work. DO be quick to pitch in and help them.

Living spiritually to me means using my former liquor money for the betterment of my AA groups and for World Service.

To make AA easy we must work hard at it.

Bill K., Newsletter Editor

AAWS ANNOUNCES

LITERATURE PRICE INCREASE

At the December meeting of the A.A. World Services Board, the board approved a price increase of \$3 per item for books and a 15 percent increase for all other literature items, with standard rounding applied.

The new prices will go into effect on February 1, 2026.

EVENTS COMMITTEE MEETING



January 10 at 11:30 am
Cattle Dog, 210B Tompkins St.,
Inverness

For Info contact: Steve P. at
727-243-5682 or
petersonsls@yahoo.com

TAILGATE BASH



Saturday,
January 31
from 2 to 6 pm

A Family Event

WHISPERING PINES PARK
THE PAVILLION, 1700 FOREST DR, INVERNESS

Adults \$4 - Kids under 12 are FREE!

HOT DOGS will be supplied.
PLEASE BRING A SIDE DISH TO SHARE
YOUR DRINKS, LAWN CHAIRS and GAMES!!!

Wear your TEAM GEAR,
support your favorite team.

Food @ 3:30, Speakers @ 4:30

50/50 Raffle

Call Steve P. 727-243-5682 to help.
We need lots of help!

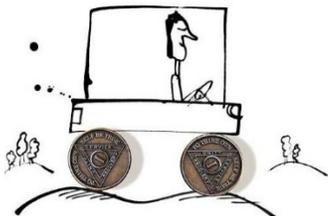
NOVEMBER ANNIVERSARIES



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

The Holder Way of Life Group that meets on Saturdays at the Holder Community Center announces these anniversaries.

Brad W.	14 years
Charlie W.	41 years



DECEMBER ANNIVERSARIES



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

The Crystal River Group that meets at Serenity Club near St. Benedict's Catholic Church announces these anniversaries.

Marley W.	1 year
Janie C.	2 years
Kurt M.	2 years
Karen A.	3 years
Constance C.	5 years
Amy K.	10 years
Chris K.	10 years
Benjamin C.	11 years
Kathy M.	18 years
Pete DeC.	24 years
Dave M.	27 years
Kathy W.	38 years
Rina M.	38 years

Women's Friendship Group that meets on Mondays at 10am at the Old School Community Center celebrates these anniversaries.

Jill P.	34 year
Babs. B.	45 years
Gina C.	52 years

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

Michael F.	1 year
Arthur E.	4 years
Mike L.	20 years
Rick H.	24 years
Ralph M.	36 years

The Holder Way of Life Group celebrates these anniversaries.

Robert H.	36 years
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SEVENTH TRADITION

For **District** contributions, please **write your group name and number** on the check.

Make check payable to
“**District 28**” and mail to:

District 28,
PO Box 640914,
Beverly Hills, FL 34464

For **Intergroup** contributions, please **write your group name and number** on the check.

Make check payable to
“**Nature Coast Intergroup**”
and mail to:

Nature Coast Intergroup,
PO Box 2634,
Crystal River, FL 34423

SEVENTH TRADITION

For **Area** (aanorthflorida.org) and **GSO** (aa.org) **online** contributions are preferred.

If paying **Area** by check, please write
“**District 28**” and your **group name and number** on the check.

Make check payable to
“**NFAC**” and mail to:
Area 14, Panel 75 Treasurer,
PO Box 840066,
St. Augustine, FL 32080

If paying **GSO** by check, please write
“**District 28**” and your **group name and number** on the check.

Make check payable to
“**General Service Board**” and mail to:
GSO, PO Box 2407, James A. Farley
Station, New York, NY 10116-2407



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.”

