



A Newsletter, for AA Members, Published by Nature Coast Intergroup: *Carrying the Message*

Nature Coast Journal



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Having had a spiritual awakening as the result of these steps ...

This will mean little to a person who has never worked through the 12 steps.

I thought I understood what a spiritual awakening was but time has forced me to find a deeper meaning. Today this new understanding has grown in my heart tremendously. You see, the steps are principles in life's lessons. They are meant to be experienced in all that I think and do. Each moment I practice these principles, I begin to experience life in a completely different way. This way has infinite potential for growth, joy and creative freedom. It is fueled by a Divine Providence that most of us had only a tiny concept of existing or had no belief in whatsoever.

A spiritual awakening has many different forms. It basically refers to an experience of waking up to and being aware of, things I formally had no concept of. I now see things or situations from a different view that was never seen before. One

description you may hear is seeing the green leaves of a tree as a green never seen before. Seeing the sky as being a deeper blue, or the brilliance of flowers not noticed a week ago. The way in which I view myself also went through a transformation that has no comparison to anything I've ever experienced before. These experiences are a result of identifying with my ego mind and the way it has taken the lead in all of my thinking. This ego had kept me from having a true relationship with myself and others.

My ego mind keeps me separate from my surroundings, not allowing me to have a connection with a Higher Power, Universal Spirit or God as *I may understand Him*. This separation is intentional and I get convinced that I do not need help of any kind. I think that if I admit that I need help I will then be obligated to return some kind of favor, making me a slave instead of the free spirit.

If you admire the way your life is today, maybe you don't need to change it. I began to see that my way of thinking had areas that needed some changes, then, the more I could see, the more I was aware of changes needed and so on. My whole foundation of beliefs, including my perception of God, are still going through construction and leading me to a new life of peace, joy and contentment.

You see, my Spirit is awakening each moment I allow it to. My ego mind although still there, doesn't have the power after all, God does.

Darral M, Floral City Men's Group

Sponsored by Nature Coast Intergroup

2011 Gratitude Dinner

Ham, Turkey, with Covered Dishes & Desserts

November 6th



Donation: \$2.00

NO Tickets sold at the door

Our Lady of Fatima
Church Hall
550 US Highway 41 S
Inverness.

Speaker: Sandy B-Tampa FL
Excellent circuit speaker

Doors Open: 4pm, Dinner: 5pm, Speaker to follow

"Life is not the way it's supposed to be.. It's the way it is..
The way we cope with it, is what makes the difference

A Little AA History in Citrus County

The Rainbow Group

The first meeting of the Rainbow Group was held on April 3, 1989 at The Peace Lutheran Church in Dunnellon. It was established as a closed discussion meeting on Monday's at 8pm.

Some of the early members included: Smokey B, Ray C, Dawn C, Don C, Dick E, Irene F, Arnold H, Bob K and Willie T. An Al-Anon Group was formed about the same time and is still meeting in the same location.

The Group continued to grow until in 1993 it needed a larger facility. The group moved to St John The Baptist Catholic Church where it is today. The latest location is on Highway 41 several miles north of the center of Dunnellon. The meeting expanded to Friday evening at 8pm as well.

The Rainbow Group is looking forward to maybe having a meeting every day of the week sometime in the future.

James O, Secretary, The Rainbow Group

AA Thought for the Day—September 13, 2011

Powerless

I've learned that I do not have the power and control I once thought I had.

But I've also learned I am not powerless over some things.

I am not powerless over my attitudes. I am not powerless over negativity.

I am not powerless over assuming responsibility for my own recovery.

I have the power to exert a positive influence on myself, my loved ones, and the world in which I live.

Daily Reflections, p. 11 reprinted with permission AAWS

Area Events

Details on our web site

Area Assemblies 2011

October 15-16

Renaissance Resort at
the World Golf Village

St. Augustine, FL

Hotel: **904-940-8000**

DETAILS ON WEBSITE

November 6

Gratitude Dinner

Alkathon's at Holder

December 24th &

December 31st



5TH ANNUAL
Rocksoberfest
Sunday, October 23, 2011

Fun Music
Bongos

Speaker: **Sandy E**
Lake Seminole Park
Shelter #12
Starts at Noon



Picnic In The Park, Floral City was a complete success. Over 60 came and enjoyed hamburgers, hotdogs and lots of salads. Some were challenged with horseshoes and other tried Frisbee golf. The speaker was excellent and everyone appeared to have a good time. This was the first picnic that Intergroup has sponsored in a few years and as long as the funds are available we will continue. The money used is not from donations but profits from the Gratitude Dinner and other fund raisers and kept in a separate fund.

Almost everyone wants something for nothing.

Bargains attract. Finding a good value excites us, and we share the news quickly. Wanting anything for free is human nature perhaps. However, we have had to learn again and again that you get what you pay for. This is true of human interactions too.

Why do we think that others will be there for us if we aren't available for them? Having friends means being a friend, even if it's time-consuming. Although friendship's rewards are indisputable, we still tend to wait, letting the other person make the first move. Getting the other person to commit first reduces our effort, perhaps, but we will still receive according to what we give.

Knowing and utilizing this principle simplifies our lives. Once we master it, we never forget it. And what we bring to our relationships will be given back to us.

A Woman's Spirit by Karen Casey—reprinted with permission

The Journal is looking for information on Group History's. If your group has been around a while and you want to let other know a little about how the group was formed, by who and when, write something up and send it in.

SPONSOR

**Sober Person Offering Newcomers
Suggestions On Recovery.**

GRATITUDE DINNER UPDATE:

Tickets are on sale now. Those who have tickets will be announcing at meetings. We should have most areas of the county covered. If your outside of the area and need tickets, contact the Chair, John L, at news@ncintergroup.com or phone 727-560-3247 and we will have tickets reserved at the door. We are expecting a large turnout to hear Sandy B so get your tickets early. The hall has a capacity limit so when the tickets are gone, there will be none sold at the door unless arrangements have been made.

The main course is being provided by the following groups.

Woman's Friendship Group, Monday Inverness, Dunnellen Sunday, Floral City Men's, Floral City Group, Rainbow Group, Friday Inverness, Big Book 164, New Beginnings, High Noon, Crystal River Group, Won Rebos Saturday, Resentment.

If this is one of your groups, please check to see that someone in the group has this covered. Groups who are not providing food can bring a door prize which will be appreciated. If an individual would like to show their gratitude and donate a Cooked Spiral Ham, Cooked Turkey. please bring it ready to serve. An individual may also donate a door prize.

Please remember this dinner is to show our gratitude to AA and one another for our sobriety. The dinner is a celebration of YOU and your sobriety. Intergroup is just the vehicle to get it done. Lets ALL make this a dinner we can be proud of.

AA HISTORY

AA World Services (AAWS) discontinued using the circle and triangle on AA generated material after the US general service conference in 1993. The story is told in the December 1993 issue of the Grapevine. "Adopted at the 20th anniversary international convention in St Louis, the circle and triangle symbol was registered as an official AA mark in 1955 ... By the mid-1980s, however, it had also begun to be used by outside organizations, such as novelty manufacturers, publishers and occasionally treatment facilities. There was growing concern in the membership of AA about this situation. Some AA members were saying 'we don't want our circle and triangle aligned with non-AA purposes'. In keeping with the Sixth Tradition ... AAWS board began to contact outside entities that were using the circle and triangle in an unauthorized manner, and to take action to prevent such use of the symbol. AAWS implemented this policy with restraint, and did not resort to legal remedies until all attempts at persuasion and conciliation had been unsuccessful... Denying the use of the symbol to outside entities raised other problems, however. By early 1990s it was clear that some AA members very much wanted to be able to obtain medallions with 'our' circle and triangle ... At the 1992 conference there were presentations on why we should or should not produce medallions, and on the responsibility of AAWS to protect our trademarks and copyright ... (Conference asked the trustees to undertake a feasibility study and report back to an ad hoc committee of delegates). The committee ... presented its report and recommendations (to Conference 1993) and Conference approved two of five recommendations:- 1) that the use of sobriety chips/medallions is a matter of local autonomy ... and 2) it is not appropriate for AAWS or the Grapevine to produce or license the production of chips /medallions ... The chips and trademark questions were dealt with as separately as possible ... Immediately after the conference the general service board accepted AAWS's recommendation to discontinue protecting the circle and triangle symbol as one of AAWS's registered marks and by early June the trustees reached substantial unanimity in support of AAWS's statement that, to avoid the suggestion of association or affiliation with outside goods and services, AAWS Inc would phase out the 'official' or 'legal' use of the circle and triangle ... Like the Serenity Prayer and slogans, which have never had official recognition, the circle and triangle will most likely continue to be used widely for many AA purposes. The difference from earlier practice is that its official use to denote Alcoholics Anonymous materials will be phased out.

Sober Club Update can be found at www.clubsobriety.webs.com

ANNIVERSARIES:

Deadline for submissions is the Thursday following Intergroup meeting

Floral City Group
Butch L 1

Floral City Men's Group
Rich U 17
Richard G 14
Montana 14

High Noon
Ken S33 31
Rita Marie 8
Kim C 7
Tom M 7
Pam T 6
Jerry 4
Cheryl S 4

Holder Way of Life Group
Brian W 18

Inverness Monday Night Group
Paula 6

Last Chance Group
Beverly H 35
Paige B 24

Rainbow Group
Bob F 31
Bruce P 28
Gail K 25
Helen S 22
Billy D 3
James O 1

Sober Sand Knats
John S 24

Woman's Friendship Group
Rose Ann N 34
Carol S 8
Paula D 6
Mary B 6
Beverly S 3

Yana
Bill Wilson 29

INTERGROUP OFFICE/BOOKSTORE

111 W. MAIN ST. - RM 305

INVERNESS, FL 34450—352-344-0290

OPEN: MON, WED, FRI 10AM-4PM SAT CLOSED

Store volunteers: Paul B (High Noon), Rich G (Keep In Step), John W (Big Book 164), Darral M (Floral City Men's), Denis S (Crystal River), Janet B (Attitude Adjustment), Jim L (Attitude Adjustment), Butch L (Its In The Book), Matt B (Resentment), Anonymous

If you would like to volunteer call John W 215-990-1170 for more information.

Intergroup Hotline Report

Hotline Report: 123

AA 43
Alanon 63
Detox 3
NA 4
Information 9

If you would like to be a volunteer for the 12 Step List just call the Hotline number and give them your information. Groups can download a signup sheet from the web site and pass it around at meetings.

The following groups were represented at the Intergroup meeting.

Attitude Adjustment, Big Book 164, Crystal River, Dunnellon, Dunnellon New Beginnings, Floral City, Floral City Men's, Holder Way Of Life, Inverness Friday Night, Inverness Wednesday Night, Rainbow, Resentment, Women's Friendship

Contributions

	YTD	Sept	August
ABC Group	\$0.00		
Attitude Adjustment Gp	\$110.00	\$50.00	
Big Book 164	\$190.00		
Bright Spot	\$0.00		
Crystal River BB	\$100.00		
Crystal River Group	\$452.06		
Dunnellen Group	\$96.52		
New Beginnings-Dunn	\$150.00		\$50.00
Floral City Group	\$0.00		
Floral City Men's Group	\$100.00		
High Noon Group	\$100.00		
Holder Way of Life Gp	\$150.00	\$75.00	
Inverness Friday Night	\$160.00		
Inverness Monday Night	\$150.00		
Inverness Wed Night	\$60.00		
It's In The Book	\$20.00		
Keep In Step	\$0.00		
Last Chance Gp	\$0.00		
Lecanto Group	\$0.00		
Monday Night Men's	\$0.00		
Never To Early Group	\$0.00		
Night Cap Group	\$0.00		
Quail Run Closed Step	\$0.00		
No Name Group	\$150.00		
Red Eye Group	\$0.00		
Rainbow Group	\$223.05		
Resentment Group	\$90.00	\$60.00	
Share At Noon	\$150.00		\$100.00
Sober Sand Nats	\$125.00		
Wahoo Group	\$0.00		
What The Book Says	\$0.00		
Women's Friendship Gp	\$60.00		
Women to Women	\$20.00	\$20.00	
Women's N-Beginnings	\$100.00	\$25.00	
Won Rebos	\$223.50		
Yana	\$75.00		\$25.00
Monthly Totals	\$3,055.13	\$230.00	\$175.00
2010	\$1,602.46	\$164.00	\$164.00
2009	\$2,080.00	\$383.00	\$455.00

TODAY I LOVE LIFE...

I could accept the idea that I was an alcoholic, but I could not accept the idea that anything else in my life needed changing, besides my drinking. Since I returned to AA, after a relapse that left me in a state of utter desperation, my mind opened up and I realized that the people who were living the steps were living a whole lot better and happier than I was so I decided to find a way IN instead of a way OUT. Doing this my life has totally turned around and today I love life.

Shannon, Floral City Group

BUSINESS MEETING

LAST SUNDAY OF EACH MONTH 4:30PM AT THE COMMUNITY CENTER IN HOLDER.

DISTRICT 28

MONTHLY MEETING TO FOLLOW INTERGROUP

INTERGROUP

OFFICERS

CHAIR—AL L
586-0800

VICE CHAIR—BEVERLY H

344-5939

SECT—DENIS S

TREAS—JOHN L

INTERGROUP TRUSTEES

DARRAL M—PAUL B

JOHN W—MARTHA G

HOTLINE

KURT W

621-0599

WEBSITE

www.ncintergroup.com

JOURNAL

EDITOR—JOHN L

news@ncintergroup.com

ASSIST—BEVERLY H

344-5939

DISTRICT 28

OFFICERS

DCM—PAT H

ALT DCM—PAULA D

SECT—STEVE N

TREAS—CHAR S

JOURNALS FOR GROUPS

CAN BE PICKED UP AT:

BOOKSTORE

EAST COUNTY

FRIDAY BEGINNER'S

MEETING 6:30 PM

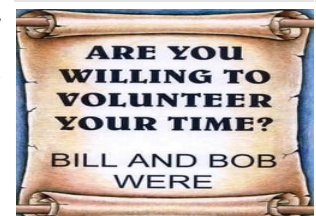
WEST COUNTY

SERENITY CLUB

JOURNAL IS ALSO

POSTED ON WEBSITE

www.ncintergroup.com



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