



NATURE COAST JOURNAL



May/June 2019

Nature Coast Intergroup & District 28 Present:

Founder's Day Brunch

Saturday, June 8th 2019

First Baptist Church of Crystal River
700 North Citrus Avenue
Crystal River, FL 34428

Doors open at 10am

Brunch at 11am

Side dishes and desserts welcome

Speaker* at 12pm

*Jim P. from the Wesconnett Group, Jacksonville, Fl.

Suggested Donation at the Door \$6.00

For more info or to volunteer, please contact us at
events@ncintergroup.com

Carrying The Message

By Dean B.

If you are among the millions of those in recovery who regularly attend 12-step Alcoholics Anonymous (A.A.) meetings, you already know that the Twelfth Step work involves sharing the A.A. message with other alcoholics – and that such an endeavor can help keep you sober.

But there's a lot of confusion over how you get to the point of sharing the message – without coming across as an evangelist or pushing an agenda on someone. Just what does it mean to be of service to others in recovery, and how do you do it? Here are some answers.

Words from Bill W.

Bill W. states it quite succinctly: "Our Twelfth Step – carrying the message – is the basic service that the A.A. Fellowship gives; ; this is our principle aim and the main reason for our existence." Bill W. goes on . . .

(continued on page 3)

May 5th & June 2nd

Nature Coast Intergroup at 4:30pm

and District Business Meeting at 5:45pm

Nature Coast Intergroup and District 28 meet at Shepherd of the Hills Episcopal Church, 2540

W. Novell Bryant

Highway (CR 486), Lecanto

HOTLINE 352-621-0599

University Hilton

Register And Book
Your Room

1714 SW 34th Street

fcypaa2019.com

Gainesville FL 32607

Room Code: 352FCY

FCYPAA

XXXVIII

Gainesville, Florida

June 7-9, 2019

CONTRIBUTIONS

District 28

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Beverly Hills, FL 34464

Nature Coast Intergroup

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Crystal River, FL 34423

North Florida Area Conference

(Please write District 28 and your group number on the check)

Make checks payable to NFAC and send to:

P.O. Box 10094
Jacksonville FL 32247

General Service Office

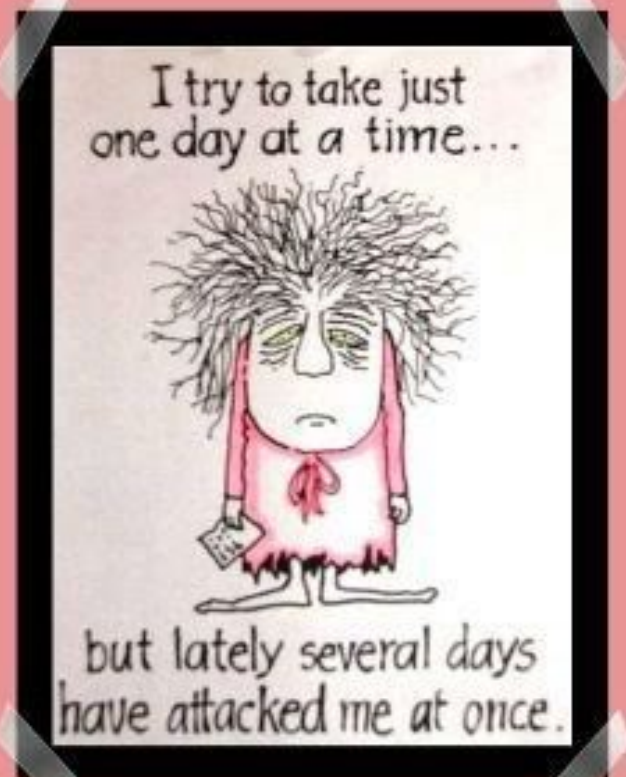
P.O. Box 459
Grand Central Station
New York, NY 10163

**Online contributions may be made by visiting AA.org. Credit card or E-check accepted.*

“What it was like, What happened, and What it is like now”

Your story could appear in an upcoming issue.

Send your stories, poems, articles, and anniversary lists to News@Ncintergroup.com



(continued from front page) . . . to say that is more than just a set of principles. Rather, it is a society of alcoholics in action.

Being Ready to Help – Anytime, Anywhere

The simplest explanation of what it means to be of service to others in recovery – and this also includes recovery from drugs, compulsive gambling, compulsive sexual behavior, workaholism, compulsive spending, substance abuse and co-occurring mental health disorder – is that you're ready to help someone in recovery who's in need — anytime and anywhere.

Maybe that's being on the other end of the line when your friend (or 12-step group acquaintance) calls you crying and begging for help. You don't have to be his or her sponsor to lend your support. Just the fact that you take the time to listen to the person's concerns is often enough to get them over the immediate issue. Maybe their sponsor wasn't available and the individual thought to call you because you hit it off together at various meetings or somehow seemed to share a similar background.

It could be offering to pick up and take a newcomer to a meeting or buying the person a cup of coffee during a time of need.

So, one-on-one help is an important part of being in service to others in recovery. But it's not the only way you can help accomplish the work of Step Twelve.

Become Active in Your Local Group

A.A. isn't governed like an organization, but it does rely on the combined expertise and volunteerism of individuals in local groups, the local intergroup or central office, institution committees, and general service.

Remember back to when you first started going to meetings, how confused and a little afraid you were? What you were really afraid of was what you didn't know – how A.A. worked and what was expected of you. Then, someone came forward and invited you in and suddenly this meeting place didn't seem quite so intimidating after all.

Part of helping out in your local A.A. meeting is as easy as greeting newcomers and helping to put them at ease with a smile, a hearty handshake, and a few gentle words of welcome.

Becoming active in your local group could also involve volunteering to set out the chairs, ensure the coffee is brewed and hot, that the cups are all arranged. By the same token, after the meeting is over, there's the breakdown of chairs, cleaning the coffee pot, disposing of the cups, taking out the trash, and other duties. Someone has to do this and even if there's a person who regularly does it, you can offer to help to speed things along.

What do such simple tasks have to do with being of service? Actually, a lot. What happens is that you begin to incorporate being of service in how you live your life every day. Maybe it's a small thing to help out at a meeting, but it's certainly a start. From there, many other instances of being of service can grow.

END OF PART I

LOOK FOR PART II IN THE UPCOMING JULY/AUGUST EDITION

Upcoming Anniversaries

MAY & JUNE 2019

CRYSTAL RIVER GROUP

MAY

Frani B	37
Tim L	33
Joe G	29
Tony S	27
Pete D	18
Jim M	16
David A	15
Mike F	14
Mike A	13
Meg L	11
Jeremy B	6
Rebecca H	3
Adam T	1
Rebecca del C	1

JUNE

Jim P	38
Shana D	37
Ronnie G	33
Jiom K	32
Michael B	31
Betty G	23
John M	22
Kel E	19
Melissa A	17
Gale C	11
Georgann S	10
Dave R	7
Cathy E	7
Nikki V	6
Matthew McH	4
Joel H	2

RAINBOW GROUP

MAY

Tammy P.	37
Lynn G.	36

JUNE

Hans	31
Kel E.	14

HOLDER WAY OF LIFE

MAY

Eddie H.	48
Paul T.	41

WOMEN'S FRIENDSHIP GROUP

MAY

Robie M.	46
Lorraine Taft	36
Cheryl J.	33
Joanne W.	33
Shirley W.	32

JUNE

Eleanor W.	51
Wanda B.	38
Chris S.	2

SOBER SAND GNATS

MAY

Dean B.	35
Ed M.	11
Sue M.	11
Jerry K.	3

JUNE

Keith K.	6
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REAL HAPPY HOUR

MAY

Brad S.	36
Brian D.	9

JUNE

Michael B.	31
Michael D.	5
Rick M.	3

