



NATURE COAST JOURNAL

OCTOBER 2020



2020 GRATITUDE DINNER

COSPONSORED BY DISTRICT 28 and
NATURE COAST INTERGROUP

SUNDAY NOVEMBER 8TH FROM 1:30PM TO 4:30PM
WHISPERING PINES PARK
PAVILLION B, PARKING LOT B
1700 FOREST DR. INVERNESS, FL 34453

FUN, FOOD, AND FELLOWSHIP
SPEAKER, ARCHIVES, SOBRIETY COUNTDOWN, 50/50, ETC
THE SAFETY OF ALL WILL BE THE FIRST PRIORITY
BRING YOUR OWN CHAIR AND MASK IF POSSIBLE
TO VOLUNTEER CONTACT news@ncintergroup.com
SUGGESTED DONATION \$4.00 AT THE DOOR

HOTLINE 352-621-0599

Steps | Traditions | Concepts

STEP 10:

Continued to take personal inventory and when we were wrong promptly admitted it.

TRADITION 10

***Alcoholics Anonymous* has no opinion on outside issues; hence the *AA* name ought never be drawn into public controversy**

CONCEPT 10:

Every service responsibility should be matched by an equal service authority—the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description, or by appropriate charters and bylaws.

“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**

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If interested in any of these positions email News@ncintergroup.com

The Following are the Nominations at Intergroup

Chair– Ingrid R.

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Those Crazy AA Slogans Set Me Free

By Steve N.

Part VII



Have you ever watched a movie where the character is searching and searching for something that you know is right around the corner and they just can't seem to find it? Eventually, the challenge of the search becomes too much, so the character gives up. Doesn't that make you want to yell at the screen "YOU'RE SO CLOSE! UGH! LOOK AROUND THE CORNER! COME ON!" Don't be that character. Don't give up right before the good part. Working the A.A. program is challenging, sure, but it's worth the reward!

It was easy for me to forget in early sobriety; while in the throes of anxiety, stress, worry, fear, and pain; that miracles come in all shapes in sizes; that their messengers come wearing a variety of colors and cloaks. I really felt like there was no light at the end of the tunnel. What I learned listening to you in the rooms was that I should not quit too soon., don't expect an easy ride, don't stop praying. You told me my dreams may be five minutes away, or five years. But you emphasized that if I do not persist, I will never get there.

People who say this invariably assume that it is others who are among the sicker. What we learn is that the saying applies to us all. A.A. teaches us that that we are all equally sick and that we all equally need to help each other . it as a reminder that "love and tolerance toward others is our code."

When I came into these rooms, I certainly was wearing the pictured here. But you guys Accepted me for Who I was , you did not put labels on me , you did not compartmentalize me . You accepted me - mad , bad , glad & sad , such as my mood swings were . Not only accepted me . YOU Loved me back to life and I do have a Fantastic Life Today .



Gratitude is a Key to Success in Recovery

When people are grateful for what they have, they will experience a great deal of happiness in their life. When the individual is constantly lamenting their lot, it will be impossible for them to find peace of mind. Gratitude is not about what people have or do not have. There are billionaires who still do not feel satisfied and poor people who feel they have every- thing they need. The tendency to feel grateful is a mental attitude that can be developed. It is particularly important that people recovering from an addiction to alcohol try to cultivate this positive outlook, because it can help to ensure their success in the future.

Gratitude can be defined as an acknowledgement of a benefit that an individual has received. If people are grateful to be sober, it is unlikely that they will ... *(continued on page 5)...*

... (continued from page 4)... relapse back to their addiction. This is because they will be motivated to do what they need to do in order to protect their sobriety. It is only when people take their recovery for granted, or they develop stinking thinking, that they begin sliding towards a relapse.



In the first few years of sobriety I struggled with cultivating an attitude of gratitude towards my life and circumstances. I have suffered with a depressive condition and physical health difficulties all my adult life, When I first came in anyone saying, “I’m a grateful alcoholic,” triggered by B.S. sensors. I had difficulty relating to the “happy, joyous, and free” claim of many in A.A.. But my sponsor kept at me and finally the words in the twelve and twelve on page 95 (Step 10) sunk in – It says “An honest regret for harms done, a genuine gratitude for blessings received, and a willingness to try for better things tomorrow will be the permanent assets we shall seek.”

Like all the other wisdom of A.A. this concept of gratitude turned my life around. Today I cannot even begin to make a gratitude list like I was urged in my early sobriety. There just isn’t enough paper and pencils to do so.

On p. 164 of A.A.’s Big Book, an oft-quoted phrase says, “We realize we know only a little. God will constantly disclose more to you and to us.”



Knowing that more will be revealed means that, in time, as you continue to progress in your recovery process, you will have a greater understanding of why you had to go through what you went through.

You can refer to this pearl of wisdom when life doesn't seem to be going your way. The phrase “more will be revealed is a tool to remind the recovering alcoholic that recovery is a process, and that an attitude of honesty, openness, and willingness will pave the way for new understanding.

Changing long-held beliefs and attitudes and altering my behaviors and automatic reactions to life was and is a difficult task. A.A. taught me that the mess I found myself in because of my alcohol addiction –and the rock bottom I hit as a result of my drinking did not get there over night. It took years to get to where I was. I finally got it - digging myself out of the hole in which I had become accustomed to living was going to take time. An old-timer taught me the acronym for TIME. It is Things I Must Earn. When my days in A.A. became rocky there was always one of you to tell me, “More will be revealed.”

“We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing.”

– *Big Book of Alcoholics Anonymous Pg. 70*

...(continued on page 6)...



...(continued from page 5)...

The power of doing the next right thing is found in Big Book of AA is from Chapter 11, A Vision For You. It begins on page 154

“One dismal afternoon he paced a hotel lobby wondering how his bill was to be paid. At the end of the room stood a glass covered directory of local churches. Down the lobby a door opened into an attractive bar. He could see the gay crowd inside. In there he would find companionship and release. Unless he took some drinks, he might not have the courage to scrape an acquaintance and would have a lonely week-end.”



Many of us have found ourselves in a similar situation.

On one side we have instant gratification and familiarity. We will find immediate relief from our problems and cares. The weight of our situation will be lifted for a short time. But there is a price - a heavy, painful price that we will pay at the end.

On the other side, we have what in the rooms of AA is often called "doing the next right thing."

Will it be pleasant? Probably not.

Will it be fun or enjoyable? Highly unlikely.

Will it involve thinking and acting in ways that are unfamiliar and uncomfortable? You can count on it.

Our story continues -

“Of course, he couldn't drink, but why not sit hopefully at a table, a bottle of ginger ale before him? After all, had he not been sober six months now? Perhaps he could handle, say, three drinks — no more! Fear gripped him. He was on thin ice. Again, it was the old, ...(continued on page 7)...

.... (continued from page 6)... insidious insanity — that first drink. With a shiver, he turned away and walked down the lobby to the church directory. Music and gay chatter still floated to him from the bar.”

I have been at a similar moment, standing at what the Big Book of AA calls "the turning point" (note it does not say "a" turning point, but rather "THE" turning point) where I am aware of the nature of the decision that stares me in the face, a hair's breadth from me, waiting to see which route I shall choose. It hearkens of the scene from "The Matrix" in which Morpheus tells Neo "You take the blue pill - the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill - you stay in Wonderland and I show you how deep the rabbit-hole goes."

We return to the Big Book for the final sequence -

“But what about his responsibilities — his family and the men who would die because they would not know how to get well, ah — yes, those other alcoholics? There must be many such in this town. He would phone a clergyman. His sanity returned and he thanked God. Selecting a church at random from the directory, he stepped into a booth and lifted the receiver.”

The legacy of this choice remains with us decades afterword, for we people in recovery ARE its' legacy.

There are millions of people across the Earth of every race, every nationality, every religion, every orientation at all socioeconomic levels who owe our very lives to that singular choice.

Please stop and consider that immense and powerful idea - a single human being made a single decision at a single moment and because of it, millions of lives were saved.

Now here is the where the magic for us, as people in recovery - the wounded, broken and spiritually bankrupt people we were, and in some cases, may still be, here is where the magic begins.

Every moment we are alive holds the same power, promise and possibility as that one moment so many years ago. Every breathe taken, every thought that passes from our minds, every time we turn this way or that way, carries with it the intrinsic ability to change everything.

And that is the power of doing the next right thing. (*Thank you, Rick S*)

There are so many more sayings and slogan in A.A. Think about them and and share some of your favorites. Either way, help the rest of us by submitting your thoughts to the Journal.



AA
GOD
SERVICE
ACT AS IF
EASY DOES IT
THIS TOO SHALL
PASS • TURN IT OVER
LIVE & LET LIVE • H.O.W.
THINK THINK THINK • PLUG
THE JUG • EXPECT MIRACLES
ACCEPTANCE IS THE ANSWER
WHERE YOU GO, THERE YOU ARE
FAITH WITHOUT WORKS IS DEAD
YOU WILL INTUITIVELY KNOW • K.I.S.S.
I CAME; I CAME TO; I CAME TO BELIEVE
HALF MEASURES AVAILED US NOTHING
TRUST GOD, CLEAN HOUSE, HELP OTHERS
IF IT WORKS, DON'T FIX IT • ONE DAY AT A TME
LET GO AND LET GOD • GIVE IT AWAY TO KEEP IT
MINDS ARE LIKE PARACHUTES • SURRENDER TO WIN
BUT FOR THE GRACE OF GOD • COURAGE TO CHANGE
COUNT YOUR BLESSINGS • HOPE • LET IT BEGIN WITH ME
PRAYER & MEDITATION • I CAN'T, HE CAN; I THINK I'LL LET HIM
TO THINE OWN SELF BE TRUE • ANALYSIS IS PARALYSIS • FAITH
ATTITUDE OF GRATITUDE • TO BE FORGIVEN WE MUST FORGIVE
DON'T QUIT BEFORE THE MIRACLE HAPPENS • KEEP COMING BACK
NOTHING CHANGES IF NOTHING CHANGES • USE THE 24-HOUR PLAN
GOD IS NEVER LATE • LIFE ON LIFE'S TERMS • PROGRESS NOT PERFECTION
HUMILITY IS NOT THINKING LESS OF YOURSELF, BUT THINKING OF YOURSELF LESS

“

UPCOMING ANNIVERSARIES

OCTOBER 2020



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REAL HAPPY HOUR

OCTOBER

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SOBER SAND GNATS

OCTOBER

Doris K.	15
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WE NEED YOUR STORIES!

Tell us about “what it was like, what happened and what it is like now.”

In upcoming issues, Nature Coast Journal will publish your brief stories about:

Laughter and Fun in Sobriety, Balance in and out of AA , The Steps ,

Living Your Dreams In Sobriety , AA Humor/ Jokes

Send your stories on any sobriety

related topic!

e-mail: news@ncintergroup.com