



NATURE COAST JOURNAL



APRIL 2022

HEARD AT A MEETING

Although we AAs rely on the written word (Big Book and other AA literature), we also learn by word of mouth (talking with sponsor, AA friends, meetings, and so on) and by imitating the behaviors we observe in other AA members. Oral tradition is important in all societies and can be found in many forms: jokes, riddles, stories, legends, rhymes, proverbs, language, and naming. And oftentimes there is an intangible “something special” added to a nugget of truth when it comes to you directly from another person, sometimes transmitted without even saying a word. The “Pearls of Wisdom” (page 6) from the “You have a Choice” group are a part of this “unpublished,” “unpolished,” AA way of carrying the message.

Please send in anything you have “heard” before, during, or after a meeting. “Heard” can include things observed (“seen”), things you have learned, anything you take away from a meeting that is worth remembering. Send in what you “hear” to news@ncintergroup.com . Thanks much!

INSIDE THIS ISSUE

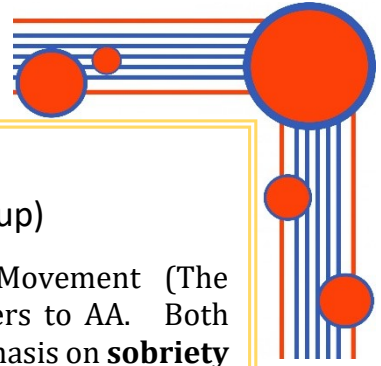
- History Corner
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WOMEN NEEDED TO CARRY THE AA MESSAGE

Female AA volunteers are needed to bring the Alcoholics Anonymous message to women inmates at the Citrus County Jail. If interested, please email your name and phone number to news@ncintergroup.com .

HOTLINE: 352-621-0599

HISTORY



My Thoughts on the Evolution of AA

(PART 2: The Washingtonians & The Oxford Group)

Two movements which developed during the Temperance Movement (The Washingtonians and The Oxford Group) are important forerunners to AA. Both stand apart from other Temperance Movement groups in their emphasis on **sobriety in the individual** rather than **banning alcohol** in all society. The Washingtonian Temperance Society (The Washingtonians) was started in 1840. Although not directly connected to the AA program, the group embodied many of AA's characteristics. The Oxford Group began in 1921 and had a direct influence on the program of Alcoholics Anonymous.

The Washingtonian Temperance Society (The Washingtonians) was a leading nineteenth-century American temperance organization. Six friends and former drinkers formed the organization, named in honor of President George Washington. The movement quickly spread, with temperance advocates forming chapters in most major cities across the United States. Within three years of its formation, the Washingtonians claimed that 600,000 people had taken the pledge to abstain from alcohol. The group had great influence and advanced to address issues other than alcohol (for example, the abolition of slavery). It attracted non-alcoholics to its gatherings and Abraham Lincoln spoke at one of its meetings in Springfield, Illinois. The Washingtonian movement differed from other groups of the Temperance Movement in the composition of its membership and target audience. Existing temperance societies were dominated by clergymen and wealthy Christian laymen, but the Washingtonian groups attracted adherents from the middle and working classes, and its message was not explicitly religious. Other temperance societies worked to keep all people from taking up drinking, but the Washingtonians were committed to getting drinkers to give up drinking and pledge total abstinence. The
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**“Our stories disclose in a general way what we used to be like,
what happened, and what we are like now.”**

**Send your stories, poems, articles, and anniversary lists to:
news@ncintergroup.com**

Your submission could appear in an upcoming issue.

My Thoughts on the Evolution of AA

continued from page two

Washingtonians became a nationwide movement of temperance societies aimed at reforming drinkers by offering moral support and sharing stories of alcohol abuse. The only requirement for membership was to pledge total abstinence from alcohol.

With the passage of time, The Washingtonians drifted away from their initial purpose of helping the individual alcoholic. It took up other issues unrelated to drinking. Disagreements, infighting, and controversies over prohibition eventually destroyed the group. We do not believe the Washingtonians had a direct influence on the founding of Alcoholics Anonymous, but it had strong similarities and showed that there is strength for a movement of this kind in singleness of purpose.

We can, however, track a direct link between the beginnings of AA and the Oxford Group. The group was founded by the American Christian missionary Frank Buchman in 1921 as *A First Century Christian Fellowship*. Buchman believed that the root of all problems were fear and selfishness. He advocated that the solution was to surrender one's life over to God's plan. Buchman moved from Princeton to Oxford in England and in time the movement acquired the "Oxford Group" name.

The *Oxford Group* was not a religion, owned nothing, and had no belief system. In the mid 1930's a popular magazine described the group as having no membership requirements, no dues, no paid leaders, no new theological creed, and no regular meetings; it was simply a fellowship of people who desired to follow a way of life. It found members in all churches, regardless of denomination. Though Frank Buchman was the group's founder and leader, group members believed their true leader to be God and "guidance received from God." This was accomplished by fully surrendering to God's will. A newspaper account in 1933 described the groups work as "personal evangelism" -- one man or woman talking to another and discussing his or her problems. The Oxford Group enjoyed wide popularity and success, particularly in the 1930s. It exists to this day. In the next issue we describe how Oxford Group members helped Ebby Thacher and Ebby's impact on Bill Wilson and the founding of Alcoholics Anonymous.

Dean B.

HISTORY CORNER NEEDS YOUR HELP

Please submit your story to share how we used to live before AA, how we found sobriety in AA, and how we live the AA way of life on a daily basis today.

This is also where we share how our groups started, how they have grown, and how they help us stay sober today.

Email: news@ncintergroup.com



7th TRADITION NUTS & BOLTS

THE BASKET IS WHERE SPIRITUALITY & MONEY MIX

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 and G.S.O. contributions, please write “District 28” and your group number on the check.

**Make check payable to “NFAC” and mail to:
North Florida Area Conference, PO Box 10094, Jacksonville, FL 32247**

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



KEEPING THE DOOR OPEN!

The Promises suggest that we should not shut the door on our past. To take it a step further, we should, perhaps, make some effort to preserve it, not only for our own benefit but for the benefit of the AA members who will come after us. And so, we kindly ask that you consider doing some work on your group's history and interviewing AA old timers who have Florida roots. For more information on how to do a group history or how to conduct an interview, email your request to news@ncintergroup.com.

WORKING ON A GROUP HISTORY

Group histories are used to provide information on the evolution of AA in the area and are a source of information for new members. Use the "A.A. Group History Questionnaire" to gather information from your older members. Photographs of the interior and exterior of the meeting location should be taken. No people should be in the photos to ensure anonymity.

INTERVIEWING OLD TIMERS

The District 28 Archives Committee is interested in doing interviews with A.A. members with 20 years or more of sobriety. These "old timers" should also have a connection with the District 28 area.

We have put together a number of questions to guide the conversation that we can share with you.

Hopefully, conversations will capture what A.A. was like in the District 28 area for the new person 20 plus years ago. The idea is to sit down with people and record these threads, things remembered and their impressions of the fellowship. We have put together a number of questions to guide the conversation.

Your help is greatly appreciated!

For more information on how to do a group history or how to conduct an interview, email your request to news@ncintergroup.com.

Heard

at a

Meeting

(OR “TAKE THE COTTON OUT”)



The following are Pearls of Wisdom from the You Have a Choice Group. They meet Monday-Saturday at 8:00 am inside the First United Methodist Church, 8722 West Yulee Drive in Homosassa. Coffee is on them, come on over.

If you want to be an old timer, don't drink, don't die, and work the steps

Meeting Makers that work the steps make it

Be grateful - you are in God's Hands

I'm an Alcoholic but I do not have to act like one

I'm here because I am not all there

This world would be better if everyone had a 12 step program

Courage is fear that has said its prayers

Surrender to Win - trust through the pain

AA allowed me to grow up and take responsibility for my actions

If you let go of your pride, you will find true dignity

Get the book, get the sponsor, get the T-shirt

AA is the only place where they give you a medal for acting normal

Prepare your day so you do not have to repair your day

We all have had a longing for belonging

Please send in items you have heard at meetings. They might be inspirational; they might be humorous. Send them to news@ncintergroup.com

GPS – God Promises Serenity

There is an abundance of APPS on smartphones and one of them is turn-by-turn driving directions. Phones use cell towers for location where original GPS units use satellites for triangulation. I imagine almost everyone has used this to get where you want to go when traveling in unfamiliar territory.

Oh, to have an APP like a GPS that would work the steps for us! Just download into your phone, input your preferences like; “I want 10 years of sobriety” and hit START. It will fix your life and you can joyfully go through your day staring at it. Well guidance through the steps just does not work that way. In real life, your sponsor will tell you if the elevator is broken, you must take the steps; no app will do it for you.

Early on AA had 6 steps “1. Complete deflation. 2. Dependence and guidance from a Higher Power. 3. Moral inventory. 4. Confession. 5. Restitution. 6. Continued work with other alcoholics.” (Reprinted from Alcoholics Anonymous 4th Edition page 263 with permission of A.A. World Services, Inc.)

We now have 12 steps, or way points on our spiritual journey. There is that word “Guidance” right up there with Dependence on a Higher Power. So, here’s the long and short of it, if we put our dependence on a HP we can have guidance in our journey in sobriety and enjoy serenity. “We trust infinite God rather than our finite selves.” (Reprinted from Alcoholics Anonymous 4th Edition page 68 with permission of A.A. World Services, Inc.)

Over time 6 steps became 12 steps helping define the turn-by-turn journey in sobriety. It all starts with being willing to have an open mind and then honesty appeared in my journey and God became my guide, far better than any GPS app.

~~ The Staggering Drunk ~~

Founders’ Day

LIVE AND IN-PERSON: AKRON, OH

JUNE 10, 11 & 12, 2022

REGISTRATION INFO AT

www.foundersday.org



MUSICIANS WANTED

IF YOU HAVE AT LEAST ONE YEAR OF SOBRIETY
AND PLAY A MUSICAL INSTRUMENT CONTACT:



QUENTIN B. CELL: 561-386-0843

EMAIL: quentin@earthlink.net

THE JOURNAL NEEDS YOUR SUPPORT!

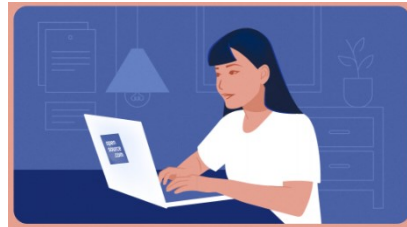
We create AA when we decide to adopt the AA way of life and make it our own. We voluntarily do the things we do to promote AA's common welfare and because we do this, because we are willing to help our fellow alcoholic achieve sobriety, we ensure our own recovery from the disease of alcoholism.

Please help to create the JOURNAL by sending in your stories, poems, articles, anniversary lists, and the like to news@NCintergroup.com . We will also consider original artwork and cartoons. A good laugh in any format is always welcome!

We will do our best to respond to every email and will make every effort to include your contributions in an upcoming issue of the JOURNAL. We look forward to hearing from you.

**Nature Coast Intergroup and District 28 Business Meetings
are held on the first Sunday of the Month at 4:30 pm at
Shepherd of the Hills Episcopal Church
2540 West Norvell Bryant Highway, Lecanto, FL 34461
*District 28 Meeting immediately follows Intergroup***

**VISIT NCINTERGROUP.COM
FOR THE LATEST
MEETING LOCATIONS AND TIMES,
NEWS AND OTHER RESOURCES**



Steps | Traditions | Concepts

STEP 4

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

TRADITION 4

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

CONCEPT 4

“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.”.

Nature Coast Intergroup Announcement of a Special Trustee Election

Nature Coast Intergroup, Inc. is a non-profit Corporation under the laws of the State of Florida and the United States. The Articles of Incorporation (Article No. N00000000482) are now an adjunct to these By-laws. The following sub-amendments shall accommodate the law.

A. A Board of Trustees must be formed to oversee the Officers and operations of Nature coast Intergroup, Inc.

B. In order to preserve continuity, two (2) Trustees shall be elected every year by the general membership at the Annual Meeting with a total of four (4) Trustees. In accordance with the Articles of Incorporation the number of Trustees may be increased or decreased from time to time, but **shall never be less than three (3)**. A minimum of two years of continuous sobriety shall be required for nomination to the Board of Trustees.

C. The management of the corporation shall be vested in the Board of Trustees, with the day-to-day operations vested with the Officers. The Officers shall oversee the monthly, annual and special meetings.

D. The Board of Trustees shall perform an annual audit of Nature Coast Intergroup.

Since Three of the four Trustees have resigned, it was determined at the April Meeting to hold a special election at the May Meeting in order to have the required number of Trustees to fill out the Board.

Three nominations have been made at the April Meeting. The nominees to fill out the terms of the retired trustees are:

Janet B.

Steve N.

Mike S.

All have the years of sobriety, experience, and knowledge required by the Bylaws.

Nominations from the floor may also be accepted at the May meeting. If you would like to stand for the Office of Trustee at that meeting please check the qualifications and skills needed in the above paragraphs.