



# NATURE COAST JOURNAL

OCTOBER 2022

## THIS IS THE NUTS AND BOLTS ISSUE



### INTERGROUP OFFICERS TO BE ELECTED ON SUNDAY, OCTOBER 2

Nature Coast Intergroup (NCI) 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



#### INSIDE THIS ISSUE

- Who are the Intergroup Officers?
- What does the Intergroup Do?
- Get AA updates in your email
- Write your story for the Big Book
- Heard at a Meeting
- Gratitude Dinner

#### WOMEN NEEDED TO CARRY THE 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](mailto:news@ncintergroup.com).

## **How Are AA Groups Represented at Intergroup?**

Your AA group may designate a representative and an alternate to participate in NCI meetings.

### **Who are the Intergroup Officers?**

The Intergroup officers are Chair, Alternate Chair, Secretary, and Treasurer

**Chairman Duties:** Presides over and preserves order at all Nature Coast Intergroup meetings.

- Sees that Committee Chair reports are presented briefly and concisely.
- Limits time on all discussion and if issue unresolved, carry over to next meeting.
- Facilitates inclusion of all Intergroup Representatives, keeps focus on topic at hand; keeps in mind the necessity of a well-informed group.
- Allows ample time for old business.
- Allows ample time for new business.
- Attempts to close meeting on time.

**Service Obligations:**

- When possible, attends North Florida Area Meetings (General Service Assemblies).
- Attends all special committee meetings.

**Alternate Chair Duties:** - Chairs Nature Coast Intergroup meetings in Chair's absence, and assists Chair as needed.

**Secretary Duties:** - Prepares and distributes minutes of the Intergroup Meetings.

- Emails minutes to Intergroup Trusted Servants, Committee Chairpersons, Intergroup Reps, Alt. Intergroup Reps, and uses postal mail if necessary
- Maintains and updates mailing lists and email distribution lists.

- Maintains and updates Intergroup Reps lists.

- Keeps copies of all Intergroup Meetings and correspondence for archival purposes.

- Takes the roll call at Intergroup Meetings.

- Passes the attendance sheet at the Intergroup Meeting.

- Sends out an announcement and proposed to-date agenda for the regular business meeting one week in advance of the meeting or as directed to the Nature Coast Intergroup Chair.

**Treasurer Duties:** - Keeps all financial records for Nature Coast Intergroup.

- Reports all financial transactions at the Intergroup Meeting. The monthly Treasurer's Report must be a full report for the previous calendar month; an interim report to keep members apprised of current expenses and income up to the date of the meeting should also be orally presented if requested.

- Pays all expenditures approved by the Intergroup.

- Has all financial records available for the annual audit.

- Reconciles the monthly bank statements.

- Turns over all financial records to Nature Coast Intergroup at the conclusion of the term of office.

- Maintains and monitors budget expenditures.

- Should have basic accounting knowledge and be familiar with spreadsheets.

### **What Does Nature Coast Intergroup Do?**

Nature Coast Intergroup (NCI) is a non-profit organization, an association of Alcoholics Anonymous groups, which exists to help those groups carry the message to the alcoholic that still suffers. NCI is a Citrus County organization established and supported by local AA groups and members. It is a partnership of A.A. groups just as an A.A. group is a partnership of individual AA members. NCI is incorporated in the state of Florida as a non-profit corporation.

#### **The Hotline**

NCI maintains a telephone help line called the Hotline (352) 621-0599 which is manned 24 hours a day and available to help anyone in the community who may have a problem with alcohol. NCI relies on local A.A. group members to perform Twelfth-Step service. The HOTLINE Service of the intergroup includes the following: answering the phone, arranging A.A. members Twelfth-Step contact for newcomers, helping newcomers get rides to meetings, and other Twelfth-Step work with newcomers.

#### **The Journal**

NCI also publishes the monthly NCI Journal providing information about A.A.

activities, anniversaries, and individual stories. This monthly newsletter helps groups keep informed about one another.

#### **Website**

NCI publishes a website (ncintergroup.com). The website has three basic purposes, (1) HELP - for people with a drinking problem; (2) FIND MEETINGS - for people to find A.A. meetings and resources nearby; (3) INFORMATION - for members to obtain info about NCI (including social events of Intergroup), District (including meeting and workshops), Area and GSO; also friends and professionals to get general information about A.A. including access to the literature and history of A.A.

#### **Social Activities**

NCI is also the social arm of A.A. in Citrus County coordinating activities like the gratitude dinner, Founders day breakfast, athletic events, dances, and picnics.

#### **The Intergroup Trustees**

The Board of Trustees is composed of four Trustees whose duty is to oversee the officers and operations of the NCI.

Trustees are elected to staggered two-year terms: Currently two trustees are to be elected in 2023, and two in 2025.

NCI is a resource for alcoholics and A.A. groups in our area. NCI welcomes communication and feedback on ways we can improve our organization. Your feedback is welcomed. Contact us at [news@ncintergroup.com](mailto:news@ncintergroup.com).

**HOTLINE: 352-621-0599**

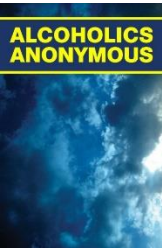


**There's a new way for NCI to communicate with you.  
We're creating an Intergroup Email List.**

To subscribe: send a blank email (nothing in the subject line and nothing in the body of the email) to: [eventinfo-subscribe@ncintergroup.com](mailto:eventinfo-subscribe@ncintergroup.com)

To unsubscribe: send a blank email (nothing in the subject line and nothing in the body of the email) to: [eventinfo-unsubscribe@ncintergroup.com](mailto:eventinfo-unsubscribe@ncintergroup.com)

To share something with the group, type the word Announcement in the subject line of the email, attach the document to the email/or type the information into the email, and send the email to: [eventinfo@ncintergroup.com](mailto:eventinfo@ncintergroup.com)



**YOUR STORY IS NEEDED IN THE NEW EDITION OF THE BIG BOOK**

A new edition of the Big Book of Alcoholics Anonymous is in the works. The guidelines on how to send in your story follow. The **Deadline is October 31, 2022.**

We suggest you send your story through the [Story Submission](#) page on the A.A. website. Here is the link: <https://www.aa.org/submit-bigbook-english-5th>

NOTE: You must attach a signed copy of the Copyright document form and send it with your submission. This is an important step; please make sure you return the completed form.

If you prefer to send your story by regular postal mail, here are the instructions:  
Attn: Literature Assignment, 5<sup>th</sup> Edition BB, General Service Office, Box 459, Grand Central Station, New York, NY 10163

The words "5th Edition BB" should be written on the envelope and at the top of the first page of the manuscript.

Please be assured that your anonymity will be maintained if your story is selected for publication.



**MUSICIANS  
WANTED**



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

**QUENTIN B. CELL: 561-386-0843**

**EMAIL: [quentinl@earthlink.net](mailto:quentinl@earthlink.net)**

Heard

at a

Meeting

(OR “TAKE THE COTTON OUT”)



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

If I do my best, my Higher Power does the rest.

I come here every day to laugh, and laughter is healing.

I’ve got a good forgetter – that’s why I come to these meetings – to remind myself that I’m an alcoholic.

It doesn’t matter if you’re from Yale or Jail.

I got sober on-line, beginning July 2021. One of the very first open discussion meeting topics was: Learn to listen, Listen to learn. I couldn’t manage to do much in those early days, but “listen” I could do. Another fav is: Hope is the bridge between fear and faith.

I became aware that I was part of a community even if I didn’t want to.

It’s safer out there because we’re in here.

I try to keep that “day-at-a-time” thing.

It’s not a glass half empty but a glass half full.

Don’t be a prisoner of your past. It’s just a lesson, not a life sentence.

**NATURE COAST INTERGROUP  
AND  
DISTRICT 28  
PRESENT**



# **THE 2022 GRATITUDE DINNER**

**Saturday, November 12, 2022  
2pm to 5pm**

**Dunnellon Presbyterian Church  
20641 Chestnut Street  
Dunnellon, FL 34431**

**Food & Fun  
•  
Speakers  
•  
DJ**

**Tickets are \$3.00  
donation per person  
and will be  
distributed to  
groups.**

**WE ASK THAT EACH GROUP FURNISH A HAM.  
WE ASK THAT MEMBERS PROVIDE A SIDE DISH.**

*Join Us and Give Thanks!*

## 7<sup>th</sup> TRADITION

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 226, DeLeon Springs, FL 32130

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

**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*



**THE JOURNAL NEEDS YOUR SUPPORT!  
PLEASE CONTRIBUTE YOUR TWO CENTS!**

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 nourish 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](mailto: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.

**VISIT [NCINTERGROUP.COM](http://NCINTERGROUP.COM)  
FOR THE LATEST  
MEETING LOCATIONS AND TIMES,  
NEWS AND OTHER RESOURCES**



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## **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 A.A. name ought never be drawn into public controversy.”

### **CONCEPT 10**

“Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.”

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