



# NATURE COAST JOURNAL

NOVEMBER 2022

## ACKNOWLEDGING SOBRIETY MILESTONES

At most of the AA meetings I have attended, sobriety anniversaries are recognized by handing out chips or coins. The coin celebrates the sobriety milestone of the moment. When you go out into the “real world” it reminds the AA member getting the coin to remain committed to the sober life. Often, the simple feel of an AA chip in your hand or in your pocket can remind you to stay sober even when the thought of drinking (or other “bad thinking” issues) arises.

Jokingly, many "old-timers" have said to those new in recovery that the chip should be placed under the tongue when the urge to drink appears and that once it dissolves it's then safe to take the drink. My own take on the practice is that it is not only a token of accomplishment for the individual celebrant but also proof to the AA group that it is doing its job “helping other alcoholics achieve sobriety.” The following piece is offered by Dean B. as a brief history of giving chips.

- Bill K., Journal Editor

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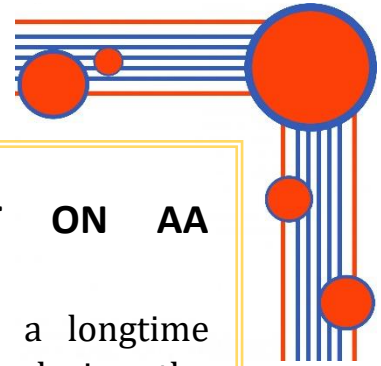
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### TELL US ABOUT YOUR AA GROUP

The Journal wants to run articles about AA groups in the Citrus County area. Your story may focus on how it got started, the people you meet and listen to there, (NO NAMES, please!) where it is held, or anything you find interesting about it.

# HISTORY



## C O R N E R

### **UNOFFICIAL HISTORY OF AA SOBRIETY CHIPS**

When and where chips were first given out for sobriety anniversaries has long eluded historians. For anyone that is interested, this the unofficial history of giving chips for sobriety dates ....

There is an oral legend about 1935 Buffalo Nickels being given out to someone celebrating their first year of sobriety. Why? In 1935 when Bill used a phone to arrange his meeting with Dr. Bob that founded A.A. then a phone call cost a nickel. With explicit instructions that you always keep the nickel close by, and before you pick up a drink, use the nickel to call someone.

The Temperance Movement as early as the 1840's was giving out Pledge Coins to new pledges. As early as 1870 several Temperance movements in the English India Army would give out medals for each year of sobriety.

### **HARRY TIEBOUT ON AA ANNIVERSARIES**

Dr. Harry Tiebout, a longtime friend of A.A. and during the 1940's Bill's psychiatrist, was asked to look into the problem of sobriety birthday parties leading to another drunk. In the September 1965 Grapevine article entitled, "When the Big I Becomes Nobody" wrote, "Early on in A.A., I was consulted about a serious problem plaguing the local group. The practice of celebrating a year's sobriety with a birthday cake had ended in a certain number of the members getting drunk within a short period after the celebration. It seemed apparent that some could not stand prosperity. I was asked to settle between birthday cakes or no birthday cakes. Characteristically, I begged off, not from shyness but from ignorance. Some three or four years later, A.A. furnished me the answer. The group no longer had such a problem because, as one member said, "We celebrate still,

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but a year's sobriety is now a dime a dozen. No one gets much of a kick out of that anymore."

### **SISTER IGNATIA**

Many believe that it all started with Sister Ignatia who gave all graduates from the five-day Detox at St. Thomas Hospital Akron, Ohio a Sacred Heart Badges with instructions to return the Medallion if they ever drank again. She would occasionally give out St. Christopher medals as well and warned the recipients not to drive too fast because St. Christopher got out over 50 MPH.

### **POKER CHIPS**

Early members played a lot of cards. Poker chips were in most club houses. Some argue Indianapolis in 1942 was the first place to award

poker chips, others argue Elmira N.Y. in 1947, not to be outdone Portland also claims to be the first.

### **FIRST EVIDENCE**

In the February 1948 Grapevine, R. G.W, of Charlotte, North Carolina wrote "No, I don't believe that the "chip system" will keep anyone sober. Only a Higher Power can do that. But we are a nation that lives by symbols; what is the American flag but a piece of bunting, unless fully appreciated on what it stands for? Frankly, I hate poker. Yet, I wouldn't trade a mile-high stack of green stuff for my precious blue pocket piece." This is good evidence that establishes the practice of awarding chips was firmly in place in 1948.

As to the detailed specifications as to who started it and where it started no one knows. - Dean B.



**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)

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!*

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## ***BRING A DISH TO SHARE***

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Door opens at  
5:45pm

Dinner at  
6:00pm

Young Peoples Group Presents

# The 2022 Christmas Dinner

Friday, December 2nd, 2022

Guest Speaker  
Nick S.  
7:00pm - 8:00pm

First Christian Church  
2018 Colonade Street  
Inverness, FL

Music and  
Socializing  
8:00pm - 9:00pm

50/50  
Raffle

\$3 Donation  
Suggested

50/50  
Raffle

Join Us and Give Thanks

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!*

My disease wants me dead.

What people think of me is none of my business.

I must get comfortable being uncomfortable to continue to grow.

Who I surround myself with matters.

I can accomplish anything one day at a time.

I can't have faith and fear at the same time.

Expectations are premeditated resentments.

Resentments are like drinking poison and expecting the other person to die.

I'm not responsible for my first thought; I am responsible for my second and I have to teach my second to tell my first - "We don't think like that anymore!"

Acceptance is the answer to all of my problems.

I am a human being, not a human doing.

Life is a series of choices.

I am learning to make decisions based on my values.

Unsolicited advice is a form of criticism.

## **12 Step Opportunity!**

Call Renee at 352-621-0599 to sign up to answer the **HOTLINE**

To watch the eyes of men and women open with wonder as they move from darkness into light, to see their lives quickly fill with new purpose and meaning ... these things are the substance of what we receive as we carry A.A.'s message to the next alcoholic. **12 and 12, pg. 110**

**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**  
*Dist. 28 Meeting follows Intergroup*



### **Celebrate the Holidays with Lecanto Group**

Open Speaker Meeting | December 15  
Fellowship 6:30-7:00pm  
Speaker 7:00-8:00 pm

Unity Christ Church  
2628 Woodview Lane  
Lecanto, FL 34461

Appetizers and Cake provided

## **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**



**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 11**

“Sought through prayer and meditation to improve our conscious contact with God *as we understood Him* praying only for knowledge of His will for us and the power to carry that out.”

### **TRADITION 11**

“Our public relations policy is based on attraction rather than promotion; we need always maintain personally anonymity at the level of press, radio, and films.”

### **CONCEPT 11**

“The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.”

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