



NATURE COAST JOURNAL

JANUARY 2023

Happy New Year!

THANKS TO ALL WHO HELPED MAKE 2022 A SUCCESS

The Journal wants to send out a HEARTY thank you to everybody who helped to make AA work in the Citrus County area this past year.

Thanks to the individuals who suit up and show up to create AA groups. Thanks to the individuals who serve those groups as chairs, coffee makers, cleaner uppers, whatever. Thanks to the groups that contribute money to support the Nature Coast Intergroup and District 28 and the rest of our AA service structure in the state, country, and world. Thanks to the AA members who give their time and effort to serve the Intergroup and District. For ALL this giving of time (and a little



THANK YOU

money) thanks to each and every AA member. We stayed sober and offered a helping hand to help others achieve sobriety! We kept AA alive and healthy. THANK YOU ALL!

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MUSICIANS!

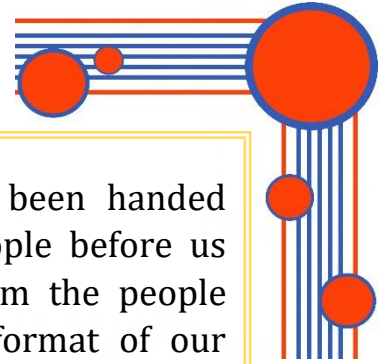


IF YOU HAVE AT LEAST ONE YEAR OF SOBRIETY AND PLAY A MUSICAL INSTRUMENT CONTACT:

QUENTIN B. CELL: 561-386-0843

EMAIL: quentinl@earthlink.net

HISTORY



C O R N E R

AA TRADITIONS

I have come to appreciate the role that tradition plays in the fellowship of Alcoholics Anonymous. Tradition can be defined as the handing down of information, beliefs, or customs from one generation to another.

This “handing down” from one alcoholic to another is the very reason AA even exists. If Bill didn’t get to meet Bob and pass on what he (Bill W.) had, we might not have AA today! But this “handing down” developed into something more than the exchange between one alcoholic to another — don’t misunderstand this — that exchange between individuals is critical — this “handing down” somehow grew through trial and error into group practice being passed on to the next generation of alcoholics, alcoholics who got sober through the fellowship of Alcoholics Anonymous and who will pass what they have learned to the next generation.

Almost everything we take for granted when we walk through the doors into an AA meeting are

things which have been handed down from the people before us who adopted it from the people before them! The format of our meetings, how we become an AA member, how we handle our business (e.g., the handling of money), how we relate to others outside our AA society and all the other details which comprise the nitty-gritty of meetings did not appear out of thin air but through the long process of trial and error, and the handing down of that information through the fellowship of AA.

The principles which guide this “handing down” can be found in the 12 Traditions of Alcoholics Anonymous. Bill Wilson laid out the “Twelve Suggested Points” in Grapevine articles from 1946 (April) to 1948 (November). At the first International Convention in Cleveland in 1950 they were adopted as the Twelve Traditions.

Bill realized that sobriety rested on the existence of AA and that AA had to be protected from the fallibility of individuals and the threats of

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outside forces. Each recovering individual needed a strong and unified AA fellowship to stay sober. Bill also recognized that the creation of tradition was an ongoing process, and it was his hope that it would not stop. Bill recommends that we in AA should always be careful to stay away from rules and prohibitions (especially those that might discourage newcomers) so that the letter of the law does not crush the spirit of sobriety. This sentiment is found in our Third Tradition requirement for AA membership: you need only want to stop drinking to become an AA member.

Bill K., Journal Editor

HOTLINE: 352-621-0599

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



AA Group NAUGHTS (not “oughts”)

(In the interest of full disclosure, the “naughts” idea is mine, but the rest comes from hearing the 12 Traditions at least a thousand times at meetings.

Bill K., Journal Editor)

We of AA do not endorse, finance,
or lend the AA name

we decline outside contributions

we are forever nonprofessional

we are never organized

we have no opinion on outside
issues

we do things as a group (AA)

there are no personalities that
come before principles

TELL US ABOUT YOUR 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. Send to news@ncintergroup.com.

GROUP NEWS & INFO



Monday Night 7pm Men's Step Study Group at Shepherd of the Hills is celebrating these anniversaries in January.

Bob M. 30 Years
Quentin B. 33 Years
Dave D. 37 Years

The Women's Friendship Group met for over 30 years in Holder on Monday at 10:00 am. It now meets at Club Recovery on Mondays at 10 am. This group is celebrating these anniversaries in January.

Arlene M. 33 yrs.
Tommie P. 36 yrs.
Gayle W. 40 yrs.

Let us know about your group's sobriety anniversaries. Send the information to news@ncintergroup.com.



**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

To unsubscribe: send a blank email (nothing in the subject line and nothing in the body of the email) to: 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

**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 is at 5:45pm

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. Thanks much!

ONE LINERS

I am here (at a meeting) for a check-up from the neck up.

AA has a wrench for every nut.

Personal recovery depends.

Be “a part of” and not “a part from”.

MORE “ONE LINERS”

I come to meetings because I can’t help anybody if I’m not here.

Our stories disclose.

The word serenity.

Our whole attitude.

There is an “I” in illness and a “WE” in wellness.

On Staying in the Moment

The past is for reference NOT residence.

If you are concentrating on the rearview mirror, you are looking for trouble.

Every day is a new song, and we have to learn the words.

Yesterday is history. Tomorrow is a mystery. Today is a gift—that’s why they call it a “present!”



PASS THE BASKET, PLEASE!

The long form of the 7th Tradition charges AA groups to fully support themselves by the voluntary contributions of their members. This is what we usually think of when the tradition comes to mind. The long form also lays out two additional principles: the danger of solicitation of money using the name of AA, and the “unwiseness” (my coined term) of accepting large gifts or gifts with “obligations.” The tradition establishes that AA needs money to exist and that financial support should come exclusively from AA sources.

My personal experience handling AA money at the group, district, and service area level confirms that AA adheres to these principles and is careful and thorough in handling the funds that come to AA from its members. A great deal of time and effort is expended to ensure that contributions are carefully recorded, deposited, and recognized.

We in AA come to realize that finance is necessary for the program to function. Ebby carried the message to Bill and spent a little money using the telephone to talk with him and to ride the subway to meet Bill in person. Bill W. came to recognize that Ebby established the principle that AA in action calls for the sacrifice of much time and a little money.”

For detailed information about AA contributions see AA Pamphlet F-3, Self-Support: Where Money & Spirituality Meet.

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



PLEASE CONTRIBUTE YOUR STORIES

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.

The Home Group

One of the things that people almost always recommend to the newcomer is to find a group that you are comfortable in and that knows you. Some groups keep a record of you as a home group member and others just assume (or hear from you) that the group is your sober “home.”

The home group makes you accountable to it because you regularly attend and help to keep it “going.” I have heard people say that you can tell if a meeting is your home group when home group members want to know where you were when you were not there. At my home group I learned that I was accountable to the group and the group counted on me to support it.

Regular attendance and a willingness to share will let people know who you are – your weaknesses, your strengths, your personality. And you find an environment that promotes sobriety and a sober lifestyle.

What more could we ask for?



*Bill K.,
Journal Editor*



My AA Family

Here we'll sit, not throwing a fit,
For the next hour, through God's power,
Me and my AA family.

We are all that, we wear different hats,
We have different jobs, against all odds,
Me and my beautiful AA family!

Come see what's in store, we never lock the door,
If you like what you hear, lend me your ear,
Cause there's so much more.

So, if freedom's what you're after,
you're tired of disaster,
You've finally had enough, and now you want the good stuff.
If you want what we have, take my hand,
You'll no longer be you, we are part of the "we" plan!

We stick together with experience,
strength, and hope,
That's how we roll, that's how we cope!

Dan K.

7th 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**

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



Steps | Traditions | Concepts

STEP 1

“We admitted we were powerless over alcohol – that our lives had become unmanageable.”

TRADITION 1

“Our common welfare should come first; personal recovery depends upon A.A. unity.”

CONCEPT 1

“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”
