



NATURE COAST JOURNAL

FEBRUARY 2023

Step Zero—Concede to our Innermost Self

Step One, We Admitted we were Powerless,
By Rick R. @Akron Intergroup News; January
2023



“We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery.” (Big Book pg. 30) What does that mean to me? I thought I was doing it when I admitted that I was an alcoholic, but I soon learned better. Recently I heard a member referring to it as step zero, and I can see what he meant. There is a difference in conceding to my innermost self, and the act of admitting to others that I am an alcoholic. Without the concession, I could not really admit it to myself or to anyone else. *continued on page two*

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February 18, 2-5pm
Calvary Church, Inverness
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**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

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Once I got it done on the inside, the outside part came much easier. When it became apparent that drinking was not working for me anymore and, in fact, it was going to lead to an early end, I showed up at the doors of Alcoholics Anonymous (A.A.) wanting the pain to stop and I thought that I was addressing the problem of Alcoholism.

As I look back on it now, I realize that I was only dealing with the surface issues and not the root causes of my problems. Even so, it was a beginning. It took quite a while for me to understand the importance of looking at the deeper-rooted flaws in my value system and to address them at that level. When I began to do this, it started to change the surface issues that are caused by those character flaws. At a meeting recently, I heard a young man share that "alcohol was not his problem. Alcohol was the treatment for his problem until it stopped working, then he had to stop drinking and learn to deal with those deeper problems if he were to get any relief at all. I found that to be very insightful for someone his age and time in the program.

I believe that if I want to live a full and happy life, I must examine the

innermost motives for what I do. That, I believe, is the source of my problems. If my motives are honest, unselfish, and based on sound principles, and if I am strong enough to do what I know to be right in each of these actions, I become more at peace with myself and I have fewer regrets. As it often happens, alcoholics resist complete surrendering until they have come to the point where they have lost more than they were willing to lose, or they are about to lose something they are unwilling to lose. Now the need to decide whether they want to continue to go down that road to destruction becomes more important.

In Alcoholics Anonymous we sometimes hear the term, "THE GIFT OF DESPERATION." Painful as it sounds, the veterans of the program know the importance of reaching bottom if we have any chance of practicing the rest of the program at the level of our innermost selves, for that is where our problems reside, and that is also where real solutions dwell. If I do not understand this about myself, I will keep repeating the mistakes of the past and waste much of the precious time God gave me. I wish I could say that it was easy

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NATURE COAST INTERGROUP
presents a



FEBRUARY 18, 2023 • 2pm to 5pm

THE CALVARY CHAPEL

960 US Hwy. 41 S
Inverness, FL 34450



- **Hot Dogs**
- **Chili**
- **Desserts Welcome**
- **Food, Fun & Fellowship!**



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but, just knowing this was only the beginning. My EGO dogged my every step. It takes diligence and commitment to stay the course. In the portion of Chapter 5 that we read at the beginning of each meeting, honesty is mentioned three times for without self-honesty, we have little chance of success. If, however, we can muster the strength to take that leap of faith, the rewards will be immeasurable.

In the words of Shakespeare, "This, above all: to thine own self be true, and it must follow, as the night the day, Thou, canst not then be false to any man." *Reprinted with permission.*
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Saturday night **speaker meeting** at 8pm at Serenity Club, St. Benedict's Church, Crystal River.

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.

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.

Submit it to:
news@ncintergroup.com



New meeting 8 am everyday
Crystal River Group at
Serenity Club, St. Benedict's Church,
455 S. Suncoast Blvd., Crystal River.

ON THE WATER Speaker Meeting!

“The Drunken Sailors Group” On the Water Speaker Meeting will be held in Tiger Tail Bay. It begins two hours before sunset on the third Saturday of the month. Please have fenders if you plan to moor or raft-up together. Arrive early, bring food, drinks and adhere to all watercraft regulations. (Remember FWC and Sheriffs have jurisdiction at all times; respect is mandatory if we encounter them.) If we are not directly in the bay, we may be in a cove area at: N 28 46.926 by W 82 38.791. We plan to see how well this goes for a few months. As there is a learning curve, we expect challenges. We will give it a go before committing to it all year long. First one is February 18th at 4:23pm, -sunset is at 6:23. Future Dates are March 18 at 5:40pm, April 15 at 5:56pm and May 20 at 6:49pm. Give a drunk a ride if you have a boat. Questions, suggestions or to volunteer your boat or services, send an email to: daleeman@yahoo.com with “The Drunken Sailors Group” in the subject line.



HAPPY ANNIVERSARY!

The Women’s Friendship Group meets at Club Recovery on Mondays at 10 am. The group is celebrating this anniversary in February.

February 2 Marcie M. 32 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

The Play: Bill W. and Dr. Bob

The play will be at the Valerie for two weekends at the end of March/beginning of April at the Valerie Theater in Inverness. Details are below.

In keeping with the traditions, we are not affiliated with Alcoholics Anonymous; however, we would like to extend an invitation to AA friends and families.



BILL W. and Dr. BOB

Alcohol had them both down for keeps. Their friendship saved them - and began a recovery revolution.

One alcoholic talking to another sparked a solution for billions.
This is how it began.

LIVE ON STAGE!!! At The Valerie Theatre March 24-26 and March 31-April 2, 2023
207 Courthouse Square | Inverness, FL 34450 | www.valerietheatre.org | 352-341-7850
Tickets are \$20 (all taxes and fees included) | Available online, over the phone, or at the box office (T-F, 12-6pm)



AA Disclaimer
With respect to the Traditions of AA, performance of this work does not imply affiliation with our approval or endorsement from Alcoholics Anonymous World Services, Inc.



MUSICIANS



If you have at least one year of sobriety, and play a musical instrument, contact:

QUENTIN B. CELL: 561-386-0843
EMAIL: quentin1@earthlink.net

WOMEN NEEDED TO CARRY THE MESSAGE

Female AA volunteers are needed to bring the AA message to women inmates at the Citrus County Jail. Please email your name and phone number to news@ncintergroup.com.

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!

All this time I had my glasses on backwards because all I could see was me.

Regarding hanging out at bars ... You don't see chickens hanging out at KFC.

So glad you're here because I can't stay sober by myself.

AlcoholISM ... I Sponsor Myself, Incredibly Short Memory, I Sabotage Myself

ACTION: Any change to improve our natures

CHANGE: Choosing honesty allows new growth everyday

DENIAL: Don't even notice I'm lying

FEAR: Forgetting everything's all right

GOD: Good orderly direction, Group of drunks

GUS: Guy up stairs

LET GO: Leave everything to God, okay?

NUTS: Not using the steps

PROGRAM: People relying on God relaying a message

YET: You're eligible too

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 2

“Came to believe that a Power greater than ourselves could restore us to sanity.”

TRADITION 2

“For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscious. Our leaders are but trusted servants; they do not govern.”

CONCEPT 2

“The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole society in its world affairs.”