

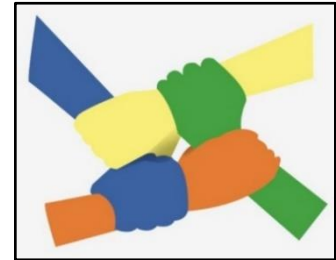


NATURE COAST JOURNAL

MAY 2023

HOW "IT" WORKS ("AA", that is)

Recently I have come to appreciate in my own way how AA works. Some years ago (maybe ten years ago, maybe even longer than ten years) I began to fully realize that I was an AA member not only for my own sake but for the sake of others. Like many of the "Ah-hah!" moments I have experienced since



being sober, AA was at work in my life long before I became aware that it was. How many times have I heard at meetings (or how many countless times read) about not keeping it unless you give it away? I finally came to realize that being in AA keeps me sober by working "with" and sometimes "for" other alcoholics. And I do this not only of my own free will but sometimes without even thinking about it! My mantra has become "My primary purpose is to stay sober and help other alcoholics achieve sobriety."

At the very start of my sobriety, there was a Sunday morning open speaker meeting we patients in the recovery program were allowed to attend. AA volunteers would provide a ride. AA volunteers set up tables and chairs. AA volunteers made coffee, put the ashtrays out (and put them away), and cared for the literature table. I never really thought about the meeting carrying the message and keeping people sober. I took for granted all the work that went into making that meeting possible.

And then in the first year or two, I showed up Monday through Friday at noon to report to my sponsor at our home group. My sponsor ran the meeting and the stuff that I had
continued on page two

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

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taken for granted in the early months of the program gradually came into view in the following years. Somebody had to make the coffee in those big silver urns an hour before the meeting. Somebody had to plan for housing the meeting (restaurant, American legion hall, church basement) and pay the rent. Somebody had to buy literature. My sponsor did a lot of it himself, but accepted help whenever it was offered.

Before I knew it, I was tricked into service work. One day my sponsor said he couldn't make the district meeting and asked if I would go and take some notes. The next day he said I should use the notes and report to the group. Next month he had another appointment, and I went and took notes and reported to the group. Next thing I knew I was the GSR. I continued doing all types of service work and when we moved to Florida, I found a convenient, local meeting and asked where the service meetings were being held for the intergroup and district.

My belief is that we create AA by showing up and doing the things that we do. If nobody shows up at a meeting – well, there is no meeting. But the fact of the matter is that people do show up and contribute toward creating something that is greater than the individual.

I heard someone say at a meeting recently that they thought of themselves as nothing more than a grain of sand on

the AA beach. My first impression was that the beach idea was a nice thought here in Florida. After rolling it around in my head for a while it came to me that if you took away all the grains of sand there would be NO beach. The reality is that we contribute in our own small way to make AA. As we all do the countless things which need to be done – and no ONE person could possibly do them alone – we create the path to the AA way of life. And by passing it on to others we ensure that AA will be there when we pass on.

Bill described this AA process in simple terms when he said that Ebby brought him the message by taking some time and spending a little money on a phone call and a subway ride. The money was a token amount, but nothing could have been accomplished without it. More important was the effort that Ebby made to carry the message of sobriety from one alcoholic to another.

We AAs continue this unbroken tradition to this very day. We serve at the group level by showing up, participating, and throwing a couple of bucks in the basket. We send representatives from the group to work at the district, intergroup, and area levels. These groups send representatives who work at the state and national levels. We do what needs to be done to stay sober and pass on the message that being sober is the best way to live. Thank You All (and keep up the good work)!

(See back page for AA contribution info.)



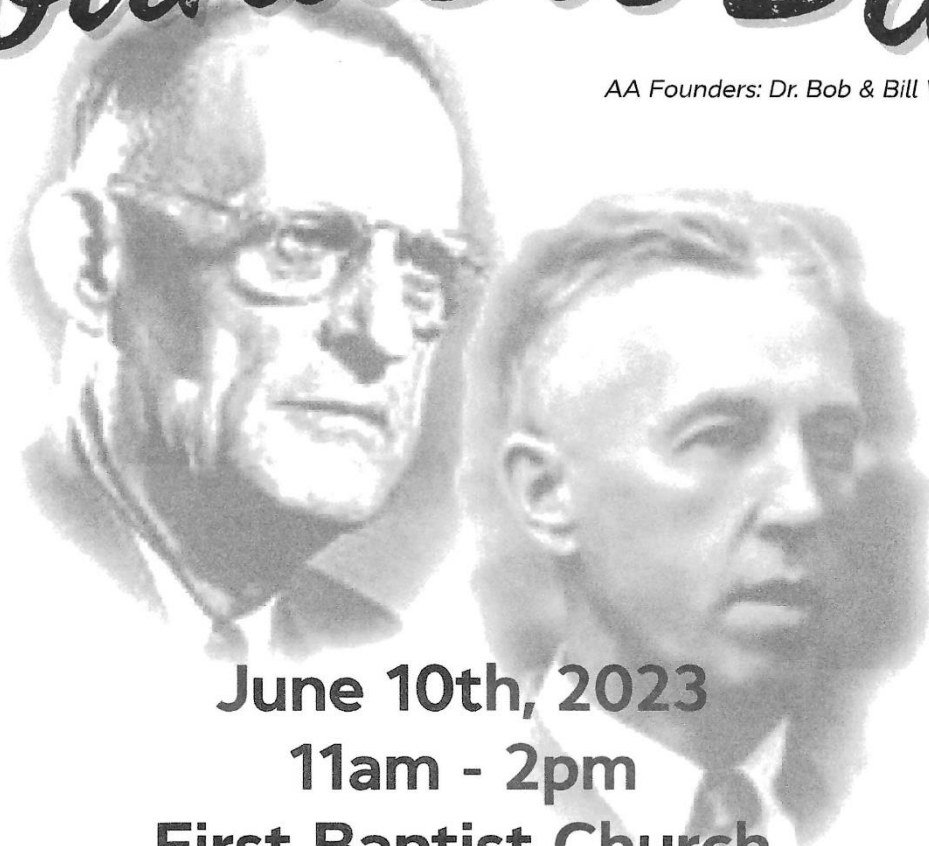
Nature Coast Intergroup & District 28



co-sponsor

Founders Day

AA Founders: Dr. Bob & Bill W.



June 10th, 2023

11am - 2pm

First Baptist Church

700 N. Citrus Avenue
Crystal River, Florida 34428

*Groups Please
Donate:
Ham or Turkey
Please debone turkeys*

*Tickets
Required
\$3.00
donation*

*Archives
★
50/50
★
Speakers
★
Live Music*

Door opens at
6:00pm

Dinner at
6:30pm

Y P G

Young Peoples Group
Presents



**The 2023
Half
Christmas
June
Dinner**

Friday, June 23, 2023

**Guest Speaker
Mike DeFranco
7:30pm-8:30pm**

**First Christian Church
2018 Colonade Street
Inverness**

**Music and
Socializing
8:30pm-9:00pm**

**50/50
Raffle**

**\$3 Donation
Suggested**

**50/50
Raffle**

Please bring a dish to share.

Post Conference RESULTS

Sponsored by:
Districts 7A, 7B, 13, 17, 27 & 28

May 21, 2023
2:00pm - 4:00pm
Dunnellon Presbyterian Church
20641 Chestnut Street
Dunnellon, FL 34431

Delegate Mary A. will present the results

FOOD & FELLOWSHIP

Inspire and Attract!
SSAASA⁷
Southern States
A. A.
Service Assembly
Orlando Florida
Sheraton Orlando North
November 17-19, 2023

- Meet your peers
- Panel Discussions
- Service Workshops
- Share your experience
- Learn and discover

Those who have registered and reserved their hotel room by midnight on 5/15/2023 will be eligible to win the drawing to receive a free hotel room upgrade!

SSAASA7.ORG
Questions? Chair.ssaasa7@gmail.com

**My ego
is not
my amigo**

MAY ANNIVERSARIES!



Crystal River Group at Serenity Club celebrates these anniversaries. It meets daily at noon and 8pm next to St. Benedict's Church.

Jackie G.	4 years
Jerrey B.	10 Years
Jim M.	20 Years
Peter D.	22 Years
Tony S.	31 Years
Joe G.	33 Years
Dede L.	37 Years
Jim L.	37 Years
Renee R.	38 Years

Women's Friendship Group announces these anniversaries. It meets on Mondays at 10am at Club Recovery in Hernando.

Shirley W.	36 Years
Cheryl J.	37 Years
Joanne W.	37 Years
Lorraine	40 Years
Robie M.	50 Years

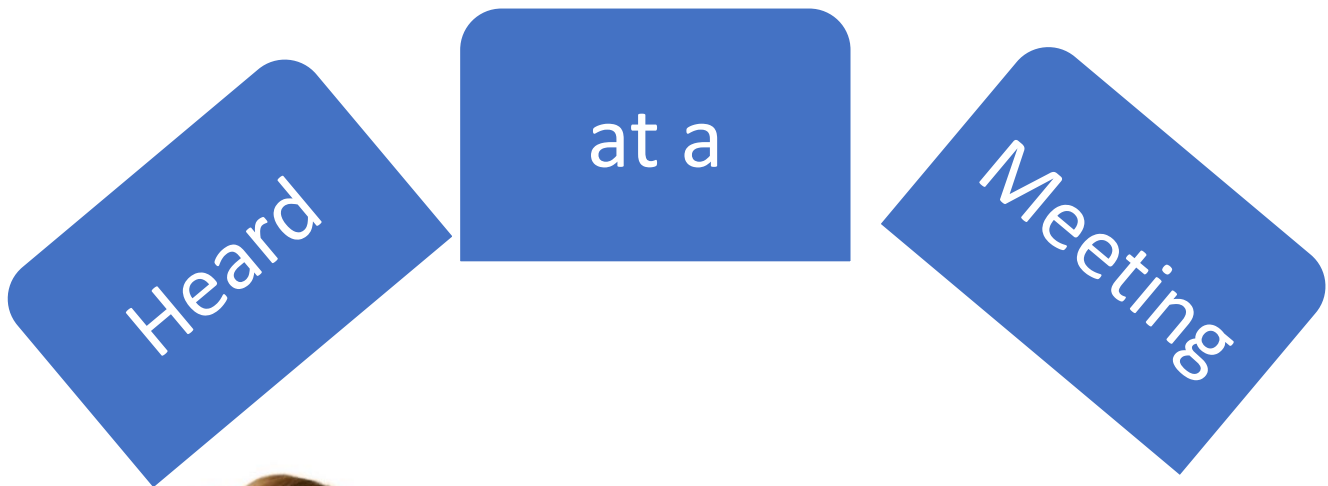
You Have a Choice meets daily at 8am at First United Methodist Church in Homosassa. It celebrates these anniversaries.

Carole J.	10 Years
Frani B.	41 Years

Women's New Beginnings meeting is on Wednesdays at 6pm at the First Baptist Church in Crystal River. It announces these anniversaries.

Rebecca H.	7 Years
Dorcas W.	9 Years
Doc C.	33 Years

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



Negative thinking preceded my drinking.

Listen to understand NOT to respond.

While drinking I was in a collision course with everything.

Don't judge me by my past because I don't live there anymore.

Once upon a time a case of Budweiser was \$5.00. But what was the real cost of my drinking? I spent my last bit of pride and sacrificed the love of my children.

Alcohol did not solve my problems. It dissolved them!

I don't have to understand God because He understands me

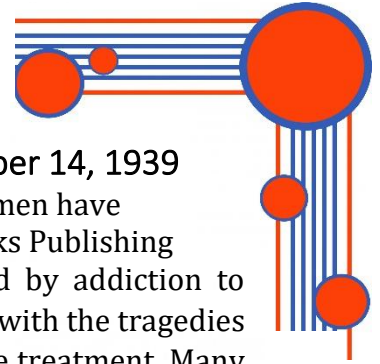
February seemed like a good month to quit—it had the fewest days.

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

Meeting makers make it. (This prompted several people to remark that they didn't agree with it. They thought working the steps was what made it for them, not just going to the meetings.)

**Nature Coast Intergroup and District 28 Business Meetings are held on the first Sunday of the Month at 4:30pm at Shepherd of the Hills Episcopal Church
2540 West Norvell Bryant Highway, Lecanto, FL 34461
*Dist. 28 Meeting is at 5:45pm***

HISTORY



BOOK REVIEW

Journal of the American Medical Association, Vol. 113(16), October 14, 1939
ALCOHOLICS ANONYMOUS. The story of how more than one hundred men have recovered from alcoholism. Cloth, Price \$3.50. 400 pp.. New York. Works Publishing
The seriousness of the psychiatric and social problems represented by addiction to alcohol is generally underestimated by those not immediately familiar with the tragedies in the families of victims or the resistance addicts offer to any effective treatment, Many psychiatrists regard addiction to alcohol as having a more pessimistic prognosis than schizophrenia. For many years the public was beguiled into believing that shore courses of enforced abstinence and catharsis in "institutes" and "rest homes" would do the trick, and now that the failure of such temporizing had become common knowledge, a considerable number of other forms of quack treatment have sprung up. The book under review is a curious combination of organizing propaganda and religious exhortation. It is in no sense a scientific book, although it is introduced by a letter from a physician who claims to know some of the anonymous contributors who have been "cured" of addiction to alcohol and have joined together in an organization which would save other addicts by a kind of religious conversion. The book contains instructions as to how to intrigue the alcoholic addict into the acceptance of divine guidance in place of alcohol in terms strongly reminiscent of Dale Carnegie and the adherents of the Buchanan ("Oxford") movement. The one valid thing in the book is the recognition of the seriousness of addiction to alcohol. Other than this, the book has no scientific merit or interest.

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Founders' Day Registration is at www.akronaa.org

Everyone must register including children. All registrations must be postmarked by May 15, 2023. NO EXCEPTIONS.



88th ANNUAL FOUNDERS' DAY
June 9, 10 & 11, 2023

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

**Make check payable to “NFAC Treasurer” and mail to:
North Florida Area Conference, PO Box 6301, Jacksonville, FL 32205-9998**

**For GSO contributions, please write
“District 28” and your group number on the check.**

**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 5

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

TRADITION 5

“Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.”

CONCEPT 5

“Throughout our structure, a traditional “Right of Appeal” ought to prevail, so that minority opinion will be heard, and personal grievances receive careful consideration.”