



NATURE COAST JOURNAL

AUGUST 2023

www.ncintergroup.com

MEETING, MEETINGS, MEETINGS

There is a whole lot that you find out when you get to AA about going to AA meetings. *“90 meetings in 90 days”* – *“Don’t drink and go to meetings”* – *“Meeting makers make it”* – *“Go to meetings on the bad days, go to meetings on the good days”* – *“I have never been to a bad meeting”* – *“You are never late for a meeting”*, *“Don’t drink, don’t think and go to meetings”* - - Just to name a few. This alcoholic brought the body to AA meetings (the treatment center and the new sponsor I got while in the treatment center recommended it) and through regular AA meeting attendance I am still discovering ways to live a sober life and to be a decent member of the human race.

I never questioned going to meetings even though I came to be aware after some years sober that there were a few people coming to the meetings on a regular basis who continued to drink and an even greater number who would show up once or twice (twice not so often) and then disappear. My thinking about this kind of ran along these lines: people go to the hospital and die, but that doesn’t mean the hospital institution is not doing its job. The same applies to AA. Just as hospitals can’t keep everyone in them alive, AA doesn’t sober up everybody who needs it. In the last couple of months, I heard somebody say at a

Continued on page two

HELP US



Help us keep the Journal interesting. Send us your group anniversaries, upcoming events, happenings, stories, and pictures (no names or faces please). They will find their way into the Journal. Email news@ncintergroup.com.

POSTING FOR A NEW TRUSTEE

Jerry K. expressed an interest in becoming a Trustee. Dean spoke on behalf of Jerry explaining that Jerry meets the qualifications and nominated him for the position which was seconded. After this posting Jerry can be voted in at next month’s Intergroup meeting on Sunday, Sept. 10.



SERVICE OPPORTUNITIES

Intergroup has two open positions, a Special Events Chair and a Trustee.

The Special Events Chairperson must have one year of continuous sobriety and be able to attend the Intergroup meetings. The Special Events Chair coordinates the Founder's Day and Gratitude events as well as athletic events, dances, and picnics. The term of the position is one year.

A Board of Trustees oversees the Officers and operations of NCI, Inc. Each Trustee shall discharge his/her responsibility as a trusted servant, bearing in mind at all times that his/her actions are for the benefit of all AA groups and that principles should come before personalities. Trustees should have prior service to AA as either an Intergroup Rep, Committee Chair, or Officer and be familiar with the Nature Coast Intergroup By-Laws. The term of the office is two years.

District 28 is looking for people to help in these areas: Accessibility, Archives, Grapevine, Literature., Treatment, Workshop, and Alternate DCM.

Show up at Shepherd of the Hills Church, 2540 W Norvell Bryant Hwy, Lecanto, at 4:30pm on the first Sunday of the month. Everybody is welcome.

Continued from page one

meeting that they did not agree with "meeting makers make it." They thought they had finally gotten sober and into the AA way of life only when they started working the steps even though they were regularly attending meetings of Alcoholics Anonymous. My first reaction was to strongly disagree but after some thought, I finally resolved in my mind that just attending meetings doesn't guarantee recovery and something more was needed. And so, this little piece on meetings was written.

Early in AA finding others to share in the struggle for sobriety was a primary task. This "evangelizing" traced its origins to the early members coming out of the Oxford Group tradition. In the stories from the pioneer AA members, there are many allusions to getting back to the "group" to recover from a relapse or to maintain sobriety under stress. From its very start it was a WE program. In addition, an established practice among the early members was that the new member worked the steps almost immediately.

So, I must agree that there are other things you need to do besides going to meetings if you want to stay sober and be a functioning member of AA. Some of those things might be finding a

Continued on page three

Continued from page two

sponsor, getting a Higher Power, working the steps, getting a home group, making AA friends, doing service work, and so on. But the most efficient way of approaching the aforementioned tasks (and more) is to start by going to meetings. So maybe all meeting makers don't make, but this alcoholic thinks it gives them a good chance of being successful if they listen and try to practice and live some of the things they hear.

My home group (which I attended regularly from Monday through Thursday for close to twenty years) met five days a week and included two step days, an AA story day, and reading from the Big Book. I was working the steps with my sponsor of my own accord within days of leaving the treatment center. It never occurred to me that you could go to a meeting and not be doing the things I heard about every day at my home group. I think that is why the disagreement in my mind that sparked this little piece occurred. Based on my experience, meeting makers not only make it but they DO IT (live the AA way of life, that is).

And so, I would modify the slogan

("meeting makers make it") to say something like "meeting makers have the best chance of making it".

I believe, also, that once you clean house, you should start doing something for AA. At some point in your sobriety, you should become aware as an AA member that you have an obligation to carry the message so that there will be others to do the same thing. And that is how AA thrives from generation to generation.

There are many ways to foster the common welfare of the AA fellowship and attendance and participation at meetings is one of them. There are meetings I am currently attending not because my primary purpose is to stave off the next drink (although that DOES happen!) but to support the meeting. The fact of the matter is, whether we are aware of it or not, that we attend meetings and not only maintain our own sobriety but also help others to achieve sobriety. And attending meetings regularly is in my humble opinion the best way to carry the message by word and example.

Recently I attended a meeting where we read the section on AA meetings in the book *Living Sober*. I highly recommend it.—*Bill K., Journal Editor*

HOTLINE: 352-621-0599

**JOURNAL ALSO
AVAILABLE VIA EMAIL**

We want you to know that the Journal is available to come to you through your email inbox. If you would like to receive the Journal via email, please send your email address to news@ncintergroup.com and I will make sure you receive it.



Please, also give me your feedback regarding the number of pages you would like to see in the Journal. Your feedback is what will determine the future format. Your thoughts on content and length, or whatever comes to your mind will be considered and valued. I look forward to hearing from you.

Bill K., Journal Editor

RECOVERY IS NOT ABOUT
REPLACING DRUGS WITH SOMETHING BETTER. IT'S ABOUT REPLACING FEAR, SHAME, GUILT, AND RESENTMENT- WITH FAITH, TRUST, LOVE, AND PATIENCE.

THE ADDICT INSIDE



EVENTS

AUGUST

Join Us on the Broad Highway, 66th Florida State Convention, August 10-13 – Saddlebrook Resort and Spa, Tampa, FL. <https://66.floridastateconvention.com> has all the details.

OCTOBER

IN THE SPIRIT OF ...



JOE AND CHARLIE

...A Journey through the steps

Sponsored by Dist. 21, with Pat R. and Brian H.

October 6, 7, & 8
\$40 advance/\$50

at the door. Hours are Fri. 6-9; Sat. 9-5, Sun. 2-6. Lunch on Sat. and coffee provided if you pre-register.

St. James Episcopal Church, 44 S. Halifax Dr., Ormond Beach, FL

<https://www.tix.com/ticket-sales/joeandcharlie21/7227/event/1325828>

NOVEMBER

Inspire and Attract!
SSAASA7
SSAASA7.ORG

**Southern States
A. A.
Service Assembly
Orlando Florida
Sheraton Orlando North
November 17-19, 2023**

Questions?
Chair.ssaasa7@gmail.com

Heard



at a

Meeting

Sometimes you can create gratitude by remembering you no longer have to live the life you used to live.

Yes, I have actually heard (or heard OF) these things at a meeting of Alcoholics Anonymous.)

..... ABOUT HIDING BOTTLES

Dr. Bob has some nice thoughts on “bottle obfuscation” in his story in the Big Book.

“You fill the little guys from the big one, the half-gallon jug. You save money by buying the big one and you can easily carry and hide the little guy.”

One of the lady AAs stashed her empty half-gallon vodka bottle in the clothes dryer. She threw wet clothes on top for a little extra cover. She went off to bed but one of the family saw the wet clothes and started the dryer. Her cover was broken as well as the bottle and it woke the whole house as it clanked through the cycle!

Sobriety is not about giving something up. It’s about taking everything back.

..... ACTIVE DRINKING THOUGHTS

Remember it is a thinking disease, not a drinking disease

Watering the vodka and the colored liquor bottles was easy.

I would always have a morning drink and there were usually three mornings every day.

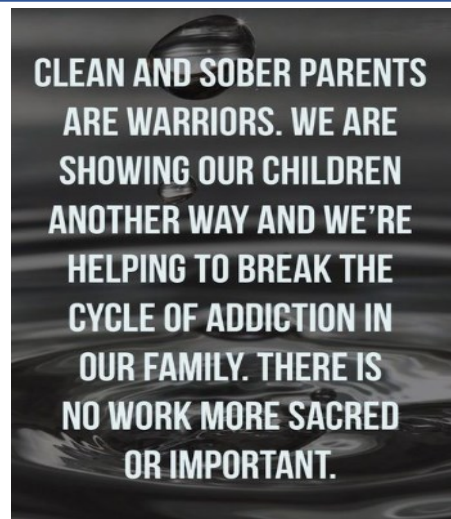
..... SOME MALPAPROPISMS

Sought through prayer and medication.

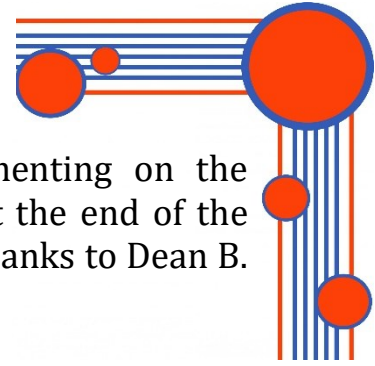
Animosity is the spiritual foundation of all our traditions.

AND THE FROSTING ON THE CAKE

What is it that you blow and then make a wish? A breathalyzer!



HISTORY



Here is a transcript of a recording of Bill W. commenting on the situation that he eventually described in the 12 & 12 at the end of the Forth Tradition Chapter. It is dated sometime in 1948. Thanks to Dean B. for this submission.

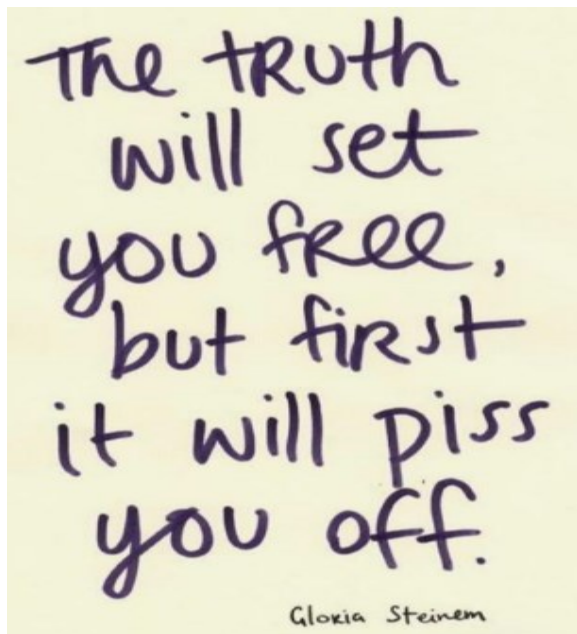
I must tell you the story of a group who went in for combined research, education, rehabilitation and doing good. It was the Charleston, West Virginia Group; they wouldn't mind because somebody down there has a very divine sense of humor and, uh, they wrote up to the office and said they were setting up one of these all-purpose foundations, and they had some dough aside and they were going to get themselves a big building and they were going to have in it a club and a hospital and a rehabilitation center and they were going to educate and they were going to research and they were really going to take in the waterfront. What did we think about it? Well of course there in New York we walk on a tightrope, you know, and so we wrote back and said well it isn't in line with the majority of experience. And, once upon a time we used to think we should do these things here, but now we think we know better and that's up to you however, you make up your mind. So, they made up their minds and wrote back and said, well things were really different down in Virginia and they had concluded they would set up the all-purpose foundation to cover the entire problem.

C O R N E R

And they got together some money, and they got them a building and they got all these activities all going right in the same building. They also, just to be sure it would work, set up a charter and wanted me to put a seal on it, in other words they wanted a kind of imprimatur. Well, I backed off on that one. Well, by and by we began to get very distressed mail from Charleston. It seems that a great number of factions had arisen there, and it wound up in a frightful din, awful mess, oh they had terrible times over there.

Well, out of it came a very great piece of wisdom. The fellow who had initiated all this, the inspired leader, had a sense of humor that was unusual even in AA. You know we drunks have a wonderful sense of humor but it's always about somebody else. But this guy's got some humor about himself. So, he gets a card
Continued on page seven

Continued from page six
 about this size, he folds it once and slips it in an envelope and on it he had printed a few little sentences. You take the card out of the envelope, and he mailed one to every A.A. group in America, and it says on the outside of the card "Charleston AA Group Rule # 62" - the implication being that they had 61 other rules, but this was Rule 62. So, wondering what Rule 62 is, you open the card and written straight across the card was one sentence "Don't take yourself so damn seriously!" And that was the end of the all-purpose foundation and now they are back on straight AA. So very clearly, I think we all see that each Alcoholics Anonymous group ought to be a spiritual entity having but one primary purpose, that of carrying its message to the alcoholic who still suffers.



JULY ANNIVERSARIES

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



Kim D.	1 year
Brad B.	4 years
Joe M.	7 years
Alene D.R.	9 years
Ray O.	9 years
Michael C	11 years
Joanne B.	13 years
Tom M.	15 years
Terry M.	22 years
George B.	23 years
Rick B.	24 years
Randy V.	25 years
Pete W.	35 years
Marcia M.	40 years
Curly A.	41 years
Jim N.	46 years
Vella K.	50 years

The Monday Nite Men's Step Group at Shepherd of the Hills Church celebrates this anniversary.

Shawn P. 1 year

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

Caitlin R.	4 years
Kathy D.	16 years
Anita T.	13 years

Remember who checks on you when you get a little quiet.

Those are your people.



Step Eight

“Made a list of all persons we had harmed, and became willing to make amends to them all.”



Tradition Eight

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”



Concept Eight

“The Trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.”

Visit www.ncintergroup.com for the latest meeting information, news and other resources.



Be patient with me
I'm somewhere between
losing my mind and
finding my soul.

SEVENTH 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

The regret of drinking alcohol
will last a lot longer than that
temporary craving you have.