



**Nature Coast  
Intergroup and  
District 28 Business  
Meetings are usually  
held on the first  
Sunday of the Month  
at Shepherd of the  
Hills Episcopal  
Church, 2540 West  
Norvell Bryant  
Highway, Lecanto, FL**

***Intergroup meets at  
4:30pm and District  
meets at 5:45pm.***

### **All Are Welcome!!!**

#### **Intergroup & District 28 Business Meeting Dates**

Jan 12	Feb 2
Mar 2	Apr 13
May 4	<b>June 1</b>
July 6	Aug 3
Sept 7	Oct 12
Nov 2	Dec 1

# **NATURE COAST JOURNAL**

**JUNE 2025**

**[www.ncintergroup.com](http://www.ncintergroup.com)**

## **HOW AA WORKS**

I am hoping that this will be a regular item in the Journal. If you would like to contribute, please contact me by text at 847-338-9469 or by email at [news@ncintergroup.com](mailto:news@ncintergroup.com). Thanks!

*Bill K., Journal Editor.*

The 12 Concepts introduce us to the General Service Conference and the General Service Board. (At a personal level, it is only in the last few years of being sober that I can state with some confidence that I fully understand what the Concepts mean.) The Twelve Concepts for World Service were written by A.A.'s co-founder Bill W., and were adopted by the General Service Conference of Alcoholics Anonymous in 1962. The Concepts are an interpretation of A.A.'s world service structure as it emerged through A.A.'s early history and experience.

The primary organs of AA structure are the Conference and the Board. The General Service Conference meets in April and the General Service Board meets quarterly throughout the year.

Groups have a GSR (General Service Representative) that they elect. Periodically, all GSRs and DCMs from a given area get together in an area assembly to discuss matters of interest to the Fellowship as a whole and to elect an area delegate to attend A.A.'s annual General Service Conference, which serves as "the actual voice and the effective conscience for our whole Society." Often considered A.A.'s annual business meeting, the Conference comes closer to

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**HOTLINE: 352-621-0599**

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“government” than anything else in A.A., but as A.A. co-founder Bill W. put it, “The Conference represents us, but cannot rule us.” The General Service Conference (U.S. and Canada) is the link between A.A. groups and the General Service Office and Board. About 134 Conference members — area delegates, trustees, directors, GSO and Grapevine staffs — are active in Conference matters throughout the year, providing a forum for sharing A.A. experience and expressing the group conscience of the Fellowship.

Traditionally composed of nonalcoholics as well as A.A. members, the General Service Board was the first movement-wide service unit in A.A. It is responsible for safeguarding A.A. tradition and A.A.’s service funds. It oversees the General Service Office and the two operating service arms of A.A. World Services, Inc. and AA Grapevine, Inc. The board is comprised of 21 trustees, seven of whom are known as Class A (nonalcoholic) trustees who are selected principally for their business or professional backgrounds. The other 14, known as Class B (alcoholic) trustees, are a mix of regional, general service and at-large trustees who bring varying talents and backgrounds to their service responsibilities. The General Service Board is the chief service arm of the Conference and is essentially custodial in nature.

Inside AA (Pamphlet P-18) is available at the [aa](http://aa.org) web site.



## **HEARD AT A MEETING**

A member had a sponsee (let’s call him Ruff) who resisted writing out his 4<sup>th</sup> Step. Finally, while on a hunting trip, alone in a deer blind, the resistance fell away and Ruff had the uncontrollable urge to write out his 4<sup>th</sup> Step. Ruff had nothing to write on and so emptied the carton containing his 12 gauge slugs and spread it open to write on. His only writing tool was a permanent marker. He soon ran out of space on the carton and started in on his arm. When both arms were covered, he started in on his legs. On the return trip Ruff called his sponsor (let’s call him Tuff) and said that he wanted to do a 5<sup>th</sup> Step right away. Tuff said to come right over. With his 5<sup>th</sup> step done Ruff said he needed to get home and clean off before the wife saw him (and his 4<sup>th</sup> Step).

- Pick up the phone not the drink!
- Let go or be dragged! (Some of us have tried to hold on to our old ideas.)
- I am a good liar, hider, and sneaker.
- God runs you into here and whiskey runs you back.
- February is a good month to quit—it’s got fewer days.
- What is the price of alcohol? That last bit of pride? A job? The love of our children?
- It doesn’t matter if you’re from Yale or jail.

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**HONESTY + PURITY + UNSELFISHNESS + LOVE**



## Nature Coast Intergroup & District 28

co-sponsor



# Founders Day

AA Founders: Dr. Bob & Bill W.



**June 14th, 2025**

**11am - 2pm**

**First Baptist Church**

700 N. Citrus Avenue  
Crystal River, Florida 34428

Groups Please  
Donate Main Dish -  
Ham, Turkey (NO Bones!),  
or other Main Dish

Tickets  
Required  
**\$4.00**  
contribution

Archives  
★  
50/50  
★  
Speakers  
★  
Live Music

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- I come here every day to laugh, and laughter is a good healer.
- I do my best and higher power does the rest.
- I was reaching for rhinestones while God was trying to give me diamonds. (Get out of God's way.)
- Don't use the past as a hitching post—use it as a guidepost.
- I never drank too much I was just overserved.

I was getting to a wanderers' group meeting regularly. There was a young man in his mid-thirties who was newly sober and seemed to be getting the program. He had lost his job as a salesman because of his drinking and drugging, and when he had a year sober someone in the group suggested he might get a job where he worked. He recommended the young man and the young man was hired.

The young man found himself working as a sales representative for a very large engineering firm that did a great deal of architectural work for large buildings. My impression from what I heard at the meeting was that he seemed to be thriving in his new sobriety and his new career.

Several months later, the young man had disappeared from the meetings but had called his sponsor for help. He had relapsed and had gone into the city with a company vehicle during working hours into a bad neighborhood to score some drugs from an old dealer. He returned to the car to find that it had been broken into. Worse yet, his company laptop had been taken. Worse yet,

the laptop had the blueprints for the new FBI building on it.

The moral to the story—sobriety is the best policy.



## **MAY ANNIVERSARIES**

If you would like us to recognize the sober anniversaries in your group, please send them to [news@ncintergroup.com](mailto:news@ncintergroup.com).

The Crystal River Group that meets at Serenity House near St. Benedict's Catholic Church announces these anniversaries.

Jackie G.	6 years
Rebecca H.	9 years
Rebecca DelC	12 years
Carole J.	12 years
Meg L.	17 years
Mike A.	19 years
Mike F.	20 years
Dorcas W.	20 years
Jeremy B.	22 years
Jim M.	22 years
Pete D.	24 years
Bob K.	32 years
Tony S.	33 years
Joe G.	35 years
DeDe L.	39 years
Jim L.	39 years
Renee R.	40 years
Frani B.	43 years

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

Shirley W.	38 years
Joanne W.	39 years
Robie M.	52 years

## **HUMILITY**

**Perpetual quietness of the heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and pray to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about me is seeming trouble.**

This poem sat on Dr. Bob's desk in his office. When I first read this my first thought was that I wanted to be like this. This also was during some of the lowest periods of my sobriety. I proceeded to modify my behavior to act like others I respected in the rooms of AA. It worked for a while. I lost most of my earthly troubles, but I remained fretted, vexed, irritable, and sore, etc. After a time, I gave up because I believed I was too much of a knucklehead to come to anything that resembled this ideal. I had filed this idea as a bad idea and forgot about it.

Twenty years or so ago, I won this poem as part of an AA raffle and thought on it again. I had twenty more years of experience learning and practicing the steps and principles of AA. As I studied this again, I realized that at the time of the first reading I did not have the essential piece to make this poem

possible for me. I did not have a relationship with my Higher Power. I was still my own God. I'm a slow learner. Twenty years later I had developed a better understanding of my idea of my Higher Power. I understood my place in this universe. My place was to be His servant. He was my boss and that was okay with me. Not with just my head, but in my heart as well.

Since I adopted this attitude, my reaction to life has calmed down. The chaos in my mind has ebbed and I no longer feel like a slave to my emotions. The result is that the outside world is less scary, day by day. I also found, for me, that this is instructive as well as poetic. It states the objective "perpetual quietness of the heart". It states some of my problems being "fretted or vexed, irritable or sore; to wonder at nothing done to me or against me, to be at rest when nobody praises me or despises me." It then offers a solution. To have a quiet place where I can talk to God and mean it. I practice not letting my mind wonder. I concentrate on the words I'm praying "only for the knowledge of His will for me and the power to carry that out." That stills my heart. I work the Steps daily with His help, and dwell in His presence building my relationship with Him. One day at a time!

*By Alan M.*

*- Reprinted from the Akron Intergroup News May 2025*



# **HOTLINE** Training Event



## **Learn how to answer the AA Hotline**

**Saturday, July 26, 2025**

**doors open at 1:30**

**Training starts sharp at 2:00-3:00pm**

**Pizza at 3:00 pm**

**You can volunteer to talk to a new person on the phone, find them a meeting, take them to a meeting, help someone get into detox, or go on a 12 Step call if you join our team.**

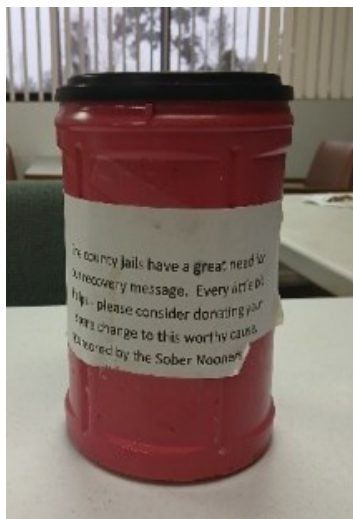
**Please call Renee R at 847-809-0547 to register your attendance so we know how many to prepare for.**

**Shepherd of the Hills Episcopal Church,  
2540 West Norvell Bryant Hwy., Lecanto, FL 34461**

**Pizza will be provided after the training session!**

## **DOES YOUR GROUP HAVE A PINK CAN?**

We AA's need to carry the message by our efforts and our funding. The Pink Can supports AA's prison work.



When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.

### **NATURE COAST INTERGROUP**

**EVENTS COMMITTEE**

## **EVENTS COMMITTEE MEETING**

**June 7<sup>th</sup> at 10:30 am**

**Cattle Dogs, 210B Thompkins  
Street, Inverness**

**For Info contact: Steve P. at  
727-243-5682 or  
[peterbonsls@yahoo.com](mailto:peterbonsls@yahoo.com)**



## **CRYSTAL RIVER 11TH STEP MEETING**

### ***Guided Meditation***



**Mondays and  
Wednesdays  
at 4 pm**

**Redrick House  
840 N Citrus Ave, Crystal River, FL**

**Next to Citrus Diagnostic Center.  
Enter off Citrus Avenue  
at the gravel path.**

**Handicapped Accessible**



## **HELP**

This is YOUR Journal. I would love for you to contribute to it.

Your input is welcome! Send your submissions to

[news@ncintergroup.com](mailto:news@ncintergroup.com) or text 847-338-9469.

*Bill K., Journal Editor*

### SEVENTH TRADITION

For **District** contributions,  
please **write your group name  
and number** on the check.

Make check payable to  
“**District 28**” and mail to:

**District 28,**  
PO Box 640914,  
Beverly Hills, FL 34464

For **Intergroup** contributions,  
please **write your group name  
and number** on the check.

Make check payable to  
“**Nature Coast Intergroup**”  
and mail to:

**Nature Coast Intergroup,**  
PO Box 2634,  
Crystal River, FL 34423

### SEVENTH TRADITION

For **Area** ([aanorthflorida.org](http://aanorthflorida.org)) and  
**GSO** ([aa.org](http://aa.org)) **online** contributions are  
preferred.

If paying **Area** by check, please write  
“**District 28**” and **your group  
name and number** on the check.

Make check payable to  
“**NFAC**” and mail to:

Area 14, Panel 75 Treasurer,  
PO Box 840066,  
St. Augustine, FL 32080

If paying **GSO** by check, please write  
“**District 28**” and **your group  
name and number** on the check.

Make check payable to  
“**General Service Board**” and mail to:  
GSO, PO Box 2407, James A. Farley  
Station, New York, NY 10116-2407



### Step Six

“Were entirely ready to have God remove all  
these defects of character.”



### Tradition Six

“An A.A. group ought never endorse,  
finance, or lend the A.A. name to any related  
facility or outside enterprise, lest problems of  
money, property, and prestige divert us from  
our primary purpose.”



### Concept Six

“The Conference recognizes that the  
chief initiative and active responsibility in most  
world service matters should be exercised by  
the trustee members of the Conference acting  
as the General Service Board.”

### CHANGE TO MEETING DAYS



Redrick House Noon AA  
840 N Citrus Ave  
Crystal River, FL

Next to Citrus Diagnostic Center

Enter off Citrus Avenue  
at the gravel path.

Noon meetings  
**Monday, Wednesday and Friday**

Handicapped Accessible