



# PROMISES



*A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS*

*July / August 2014*

## **“Don’t Leave Until the Miracle Happens”**

I am a grateful, recovering alcoholic; sober today because of the Mercy and Grace of a loving God. Mercy I was told was not getting what I do deserve and Grace was getting something I don’t deserve. My life has been filled with both.

My story is one of relapse; A lot of them. I’m not saying this is a good thing. It’s just my story.

I came into Alcoholics Anonymous when I was 26 years old. I had started using drugs at the age of 11; found alcohol at the age of 13. And knew I was a full blown alcoholic by the age of 18. I had just seen “The Days of Wine and Roses” with Jack Lemmon and was horrified to see me and my drinking right before my eyes. I had tried every imaginable experiment to run and hide from that fact but to no avail. The terrifying truth ran through my brain. I was an alcoholic.

I knew alcohol killed. It took my father at the age of 37. I watched him die. I watched him surrender his life over to “King Alcohol.” I was 17. I swore I would never be like that. Within the year, I was becoming him.

I was a daily, all day, into the evenings, in closets, in my car, on the side of the house drinker. There was never anything in my life I said I would give up alcohol for. I drank through 2 pregnancy’s feeling so much shame, fear and remorse, just not enough to stop.

After waking up one morning with the common terror that consumed my waking moments; realizing I could not remember the night before, I went to my very first meeting. I couldn’t stay sober because my shakes were so bad so I downed a bottle of cooking wine and went. I was terrified but was soon convinced that I was not nearly as “Bad” as them and if I could just figure out how to drink “the right way”, I could do this for another good 20 years or so. Within 6 months I entered my first treatment center. I knew it was getting bad. The mini blackouts turned into hours; the shakes turned into tremors; my liver was shot and I looked “old and worn out”. I was scared. My husband was going to take my kids and leave me. So I went. I didn’t learn much in those 28 days except that I could get drunk on vanilla extract but I really didn’t want to either.

So it began. In. Out. In. Out. Detox’s, one more treatment center, going to meetings, coming in late, leaving early, not getting too involved, just skirting around the edges, always looking desperately for the easier, softer way, the fairy dust that if sprinkled on me would take away the madness. Never could I get more than 4 months sober.

Then, one day, after 2 years of using the revolving AA doors, the miracle happened! On my knees, crying out to God, that if He wanted me to be sober, He was going to have to help me and “Poof” it happened! His Mercy and Grace again were given to me, which allowed me to stay sober as long as I did certain things.

I loved sobriety! I loved AA! I loved my life! I loved the fellowship! But all that is not enough to stay sober. At some point around 9 years sober, I had stopped asking God for His help. My meditation and prayer time had ceased because I was too busy. And then, one day, a few months shy of 10 years sobriety, I ended up drinking a half bottle of Listerine to relieve me from the “dis-ease” I felt. My life had become too hard; too painful to handle on my own. I didn’t mean to drink it! I only wanted relief!

What I found was that alcohol wasn’t the answer before and it still wasn’t the answer then.. God had been the only thing that could fill that big hole in me. But now the insanity was back,; the obsession and compulsion to drink was back too. I needed another miracle.

Badly! I knew this was the end.

On July 27<sup>th</sup>, 1999, I once again, on my knees, face to the floor, cried out to God to please save me from this insanity that had me in its grips again and slowly, day by day, He granted me the sobriety I asked for and I have been able to keep as long as I do certain things. Those certain things, like asking God for His help everyday to continue to remove the obsession and compulsion for alcohol and any other things that block me from Him; spending time in prayer and meditation; talking with my sponsor; going to meetings; helping others through the steps; and being Grateful, every day, for the miracle of sobriety; for His Grace and Mercy and for the wonderful freedom I have to be a sober woman in alcoholics anonymous. There were so many times I just wanted to give up. I am so very, very thankful that I never left before the miracle happened.

Tammy C.

Palm Coast, Fl.

Helpline: 445-HELP (386-445-4357)

[www.AAflagler.org](http://www.AAflagler.org)

P.O. Box 351814, Palm Coast, FL 32135

Beverly Beach Bunnell Daytona North Espanola Flagler Beach Hammock Marineland Palm Coast Painters Hill

# Flagler County Anniversaries

## T.G.I.F.:

### **JULY:**

Eileen S. 32 years  
Maria F. 33 years

### **AUGUST:**

David S. 1 year  
James D. 6 years  
Ronni K. 25 years  
John M. 35 years

### **BELATED JUNE:**

Barry C. 28 years

### **MESSAGE GROUP:**

#### **JUNE BELATED:**

Al K. 3 years  
Meg P. 2 years

### **AUGUST:**

Pat D. 1 year  
Tanya B. 28 years

### **NOMAD GROUP:**

#### **JULY:**

Tom H. 5 years

### **LIVING SOBER:**

#### **JULY:**

Dave H. 20 years  
Pat P. 27 years  
Joan D. 30 years

### **AUGUST:**

Mike B. 13 years

### **JUMP START:**

#### **JULY:**

William E. 7 years

### **AUGUST:**

Dan H. 1 year

### **MONDAY NIGHT LIVE:**

#### **AUGUST:**

Steve H. 51 years  
Gunny Mike 21 years  
Andy H. 2 years

## **WOMEN'S ACCEPTANCE:**

### **JULY:**

Joan Mc. 16 years  
Karen D. 10 years  
Robin H. 9 years

## **WOMEN TO WOMEN:**

### **JUNE BELATED:**

Virginia M. 18 years  
Tara C. 3 years

### **JULY:**

Joan D. 30 years  
Dora W. 3 years  
Karen R. 16 years  
Pat P. 17 years

### **AUGUST:**

Barb O. 33 years  
Pat P. 1 year

## **LIFE'S A BEACH:**

### **JULY:**

William E. 7 years  
Tammy C. 15 years  
Amy P. 6 years

### **AUGUST:**

Aaron S. 4 years  
David J. 13 years  
Brian H. 1 year

## **NEW BEGINNINGS:**

### **JULY:**

Joan D. 30 years  
Gary C. 14 years

### **AUGUST:**

Sandra H. 14 years

## SPONSORSHIP

A man in a hot air balloon realized that he was lost. He reduced altitude and spotted another man below. He descended a bit more and shouted, "Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The man below replied, "You're in a hot air ball hovering approximately 30 feet above the ground. You're between 40 and 41 degrees north latitude and between 59 and 60 degrees west longitude."

"You must be a sponsor," said the balloonist. "I am," replied the man, "how did you know?" "Well," answered the balloonists, "everything you told me is, technically correct, but I've no idea what to make of your information, and the fact is I'm still lost. Frankly, you've not been much help at all. If anything, you've delayed my trip."

The man below responded, "You must be a sponsee"

"I am," replied the balloonist, "but how did you know?"

"Well," said the man, "you don't know where you are or where you're going. You have risen to where you are due to a large quantity of hot air. You made a promise, which you've no idea how to keep, and you expect other people to solve your problems. The fact is you are in exactly the same position you were in before we met, but now, somehow, it's my fault."

## **In loving memory of Richard S. - (Dick S.)**

Sober for 34 years, member of the 24 Hour Group of AA

I just want to say I only was blessed to have known Dick for less than 1 yr. I'm a proud member of the 24 Hour Group. Attending meetings on a regular basis at the Silver Dollar Club I had the privilege of meeting Dick and some very nice people who I can now call friends.

Dick was involved in serving others at our meeting. He would be the 1st one there to open the door for us and he would do so much for our group before and after the meeting. An honest, trusted servant that will be missed by so many. I'm grateful for his advice in helping me get involved in service.

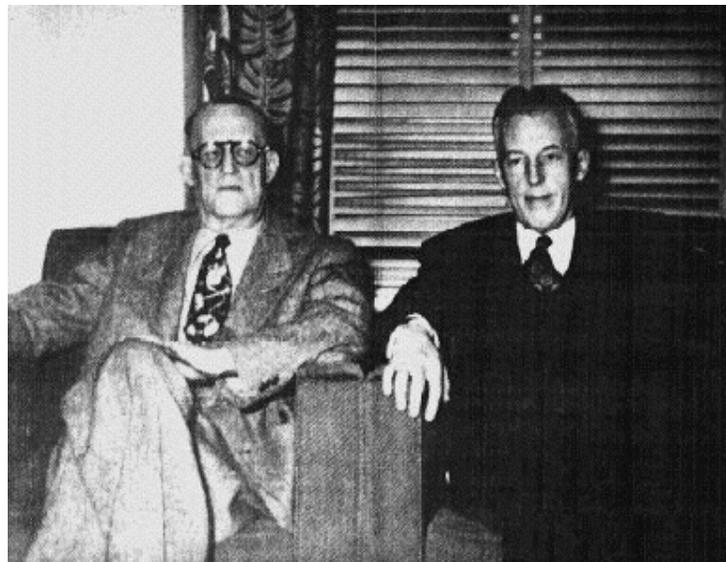
True freedom is when I can be of service to others.

Dick S. sobriety date is 6/2/80.

### *The Butterfly Story*

*A man found the cocoon of a butterfly. One day a small opening appeared. He sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and could go no further. So the man decided to help the butterfly. He took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small shriveled wings. The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body, which would contract in time. Neither happened! In fact the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly. What the man in his kindness and haste did not understand was that the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were God's of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.*

*Sometimes struggles are exactly what we need in life. If God allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as we could have been. And we would never fly. So have a nice day... and struggle a little.*

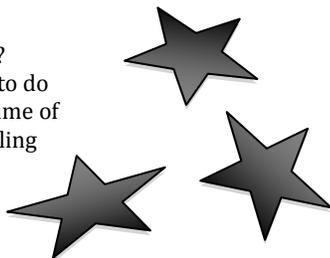


It was the 79<sup>th</sup> Anniversary of Alcoholics Anonymous Founders Day. On June 10, 1935, Bill Wilson and his friend Dr. Robert Smith (pictured above) set out to find the best way to recover alcoholics, and Alcoholics Anonymous was born.

## Announcements & Information



Looking to do "Service Work"?  
The Help Line is a wonderful way to do service work by helping others in time of need. It is very rewarding, humbling and a way to feel grateful.  
Call Joan at 445-4357



ANNOUNCING A WOMEN'S MEETING  
The Fellowship We Crave  
Big Book / 12 x 12 Study Group  
6:00 - 7:15 p.m. Tuesday's  
St. Mark's By The Sea Lutheran Church  
303 Palm Coast Parkway NE



**Reminder:**  
Need Medallions  
Or Literature?  
Contact Don H.  
386-986-3659  
hoodyfour@aol.com

Flagler County Intergroup meets the first Monday of the each month. District 22, Flagler County AA, meets the last Monday of each month. Both groups meet at the Florida Hospital Flagler, Lind Educational Center, Room C on the first floor. Both meetings start at 6:30 p.m.  
All AA members are welcome to attend.

### District 22 Archives

We would like information from the following groups: Stormy Seas, As Bill Sees It, West Flagler, The Lemac, Calm Seas, Sunday Sober Women, Saturday Night Live, Sandpiper, Early Riser, Message (Flagler Beach) or District 22/Intergroup related to it's affiliation with Daytona & St. Augustine Inter Groups. Please consider contributing them to District 22 Archives. Contact Peter Flaherty at 386-446-8801 or rebos7@bellsouth.net

## PROGRESS NOT PERFECTION

R P O K X T R A D I T I O N S  
S E A D S P O N S O R S H I P  
I Z V M I J E N Y G X N K H Q  
N H L O E Q D O T N I O R Y L  
C J S W C N Y I E I J I Q D Z  
E B E Z Z N D W I R Y T K R A  
R R Y C Y R U S R E M S I W N  
I P D Z W W O H B V A E Z J S  
T L R C O S P K O O W G M H G  
Y Y A K O Z N E S C X G E D D  
O O C N Z B P L S E A U J E S  
B I S P A B S C C R G S L Y A  
D A I N S K P V L A B P X J O  
R Z D O B R E V O C S I D Y D  
A F P U N L P K H E N R D R Q

TRADITIONS

SINCERITY

SOBRIETY

DISCARD

RECOVERING

AMENDS

DISCOVER

SPONSORSHIP

HOW

SUGGESTIONS

UNCOVER

*"All that I need will come to me at the right time and place in this life."*

*Submitting articles to the Promises is another way to be of service to Alcoholics Anonymous*

*Flagler County Promises 2014*

*Next deadline for the Promises will be August 15, 2014*

*Submit any questions, articles or anniversaries to:*

*susanrae43@gmail.com*

*Thanks to everyone who helped create this issue of the Promises!!!*