



PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

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

JULY/AUGUST 2011 ISSUE

Helpline: 445-HELP (386-445-4357) - E-Mail: taragower@gmail.com Web Access: www.AAflagler.org - P.O. Box 352470, Palm Coast, FL 32135



Chosen Path



On the day we draw our first breath, released from the warmth and safety of the womb, our destiny is chosen. It is unclear then as to what path we may take because at each fork we have a choice. Some may choose wisely though the path may show rocks or obstacles, they tread it anyway. Some choose the path that appears smooth, unknowing that ahead lies a cliff from which they will surely tumble. Some will fall to their death, others clinging to a slight protrusion, and may painfully make their way back up. Some will reach for the lifeline that is tossed to them and clamber to safety.

The important thing is that there are always choices. We may not be able to change the fabric but the pattern we weave can change. I was one of the ones who thought the smooth road was the easy path. My journey began with a single step. Though the way seemed easier, little did I realize the gentle sloping downward of the path, would incline further, causing my steps to quicken and finally stumble. It would be like a snowball effect on a hill, by the time I reached the bottom, I would be a large frozen mass.

For we all reach bottom or are perhaps detained by a tree or some other protrusion. It is what we do at that time that becomes important. If we choose to hang on, melting slowly, layer by layer, we have a chance to stand tall again. We can slowly break our way through the cocoon we have tenaciously wrapped around ourselves, enabling us to emerge as the lovely butterfly we have become.

I guess that is how I would describe recovery to me. Yes, I chose the seemingly easier path, the one that spiraled ever downward, careening towards the bottom and certain death. The cocoon I thought that had sheltered me, allowing me to be cushioned from emotion, to remain numb, feeling nothing. I felt as the caterpillar does: worthless, ugly, unlovable. Little did I know, at that time, that there was something beautiful inside, longing to break free.

I came into the rooms, not really understanding but knowing that my path would lead me nowhere. The bubble around me had burst and I needed the safety of those in recovery to surround me. I listened to them all speaking at first and one day, a ray of light burst through, striking me and I actually heard. Blinders were lifted and I began the painful crawl back up the path. At first inch by inch, but as I grew stronger, I got to my knees and then my feet. My stride lengthened and at long last I arrived at the top.

There was a fork in the road and this time I chose the one less traveled, knowing now I carried the tools to help me cross over the ruts and boulders in my path. Where as I once saw ravines and mountains, I found that my eyes had acted as a magnifying glass. Once that was removed, I could see life in it's proper size.

Recovery is a journey, that once you truly embrace, opens the door to endless opportunities. You continue to grow, to be. Along the way you will meet other travelers. Some will merely pass you by, some reach out and will grasp your hand, allowing you to help them up, and still others will slightly brush your fingertips, never quite being able to grab hold. However you now have the chance to gaze around you, see the beauty and the ugliness from behind the veil. You can scamper along, leaping for joy as a child. For indeed you are a child, growing in the newness of who you are. You can walk somberly and slower, taking everything in. You have choices, make them wisely. The path to recovery is ever widening as many more begin to tread upon it.

Anybody tell you they love you today? I do and God.

—Deb Lighthart



FLAGLER COUNTY ANNIVERSARIES

<p><u>T.G.I.F</u></p> <p>JULY Eileen 29 Arnold 15 Shirley 5</p> <p>AUGUST Jean 25 Ronni 22 James 3 Mike 25</p> <p><u>Happy Wanderers</u></p> <p>AUGUST Suzy 3 Peter F. 22</p>	<p><u>Steps to Serenity</u></p> <p>AUGUST Steve H. 48 Art O`N 35 Joe Co 24 Karen I. 23 Karen B. 5 Rick M. 2</p> <p><u>Nomad Group</u></p> <p>JULY Barry G. 36 Robert S. 4 Tom H. 2</p> <p>AUGUST John S. 6 John M. 32</p>	<p><u>Silver Dollar II</u></p> <p>AUGUST Richey H. 22 Vic C. 23 George A. 27</p> <p><u>Women to Women</u></p> <p>JUNE (Belated) Susan D. 25</p> <p>JULY Joan D. 26 Pat P. 24 Dora W.</p>	<p><u>Women's Acc.</u></p> <p>JULY Joan M. 13 Robin H. 5 Karen D. 7 Jean M. 1</p> <p>AUGUST Linda S. 9 Theresa M. 1 Barbara O. 30 Virginia H. 1</p>	<p><u>Message Group</u></p> <p>JULY Amy P. 3 Brian S. 2</p> <p>AUGUST Odie L. 4 Tanya B. 25</p> <p><u>New Beginning</u></p> <p>JULY Joan D. 25 Gary C. 11</p> <p>AUGUST Sandra H. 11</p>	<p><u>Living Sober</u></p> <p>JULY Dave H. 17 Pat P. 24</p> <p>AUGUST Mike B. 10</p> <p><u>Jump Start</u></p> <p>JULY Andy B. 3 Joan M. 13 Will E. 4</p> <p>AUGUST Art O. 35 Jim R. 3</p>
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Announcements & Information

Notice to all Group Treasurers

The name and address for contributions to The North Florida Area Assembly has changed. Area Assembly is now called the N F Area Conference. ***All checks should include your Group's registration number & be addressed to: NFAC P.O. Box 8983 Jacksonville, FL 32239-8983.***

Notice to all Group Treasurers

District 22 address has changed.
The new address is:
P.O. Box 351814 Palm Coast, FL 32135

The Bunnell Group

has changed its name to "**Monday Night Live**". The meeting is still Open Discussion and is held at the Florida Hospital Flagler from 8 PM to 9 PM.

District 22 Archives

Anyone who may be in possession of literature, data, artifacts etc. concerning the following Groups: ***Stormy Seas, As Bill Sees It, West Flagler, The Lemac, Calm Seas, Sunday Sober Women, Saturday Night Live, Sandiper, Early Riser, Message (Flagler Beach) or District 22/InterGroup related to it's affiliation w/Daytona & St Augustine InterGroups***, please consider contributing them to District 22 Archives.

Contact Peter Flaherty at (386) 446-8801 or

***Important for all groups that meet at Florida Hospital Flagler**

The Hospital MUST provide a **contact name & phone number** for every group that meets at Florida Flagler Hospital in the Lind Education Center. The risk in not providing this information is potential loss of space and time slots. If your group meets here please submit your primary group contact information to Phil, schedule coordinator for the Lind Education Center at (386) 586-1617.

Reminder:

Need Literature and Medallions?

**Contact: Don H.
386-986-3659**

hoodyfour@aol.com

God runs my business and business is GOOD!

"I do what I need to do" has taken on a whole new meaning and direction since I got sober. I used to work for myself...I, I, I, me, me, me (and I was a very demanding boss). I did what I needed to do, to get the things in life that I wanted to have. I forced these demands for self by using any means necessary. Lying, stealing, cheating and manipulating were just a few of the tools I used to get the job done. Little did I know then, acting on selfish motives comes at a price. For every selfish act, I was paying by taking away a piece of my future.

By the time I ran my life into the ground, I had nothing left. I've heard it said that "the things that stick around the longest are the most meaningful" and perhaps that's true. The first thing I lost was money, then friends, family, but most important, I lost my self-respect, my dignity...myself. Without these things I was worthless.

No good to anyone let alone myself, I surrendered and reached out for help. The fellowship of Alcoholics Anonymous took me in with open arms and smiles. With the help of my sponsor and the 12 steps I was introduced to my new "boss". A loving God now cares for me. Every morning I ask for help to be a better person. Throughout the day opportunities arise that let me practice to become the person I always dreamed of being.

I'm comfortable in my own skin. Today, my job is to help others and to be of any service I can. When I work for others with Gods direction, I become richer. I love and care for the things in my life today...my friends, family and beautiful wife. No matter how much I give, God replaces it with more. Today, God runs my business...and business is GOOD !

Thank You Alcoholics Anonymous,

Gratefully Yours, *Ray L. Happy Wanderers*



AA Reaches Out

The growth of Alcohol Anonymous occurred because the founders of the program were willing to reach out from their home group in order to help the still suffering alcoholic. The fact that A.A. is now available worldwide is phenomenal. Reference to this is written in an effort to educate and inform members of the importance of participation outside the home group.

Every home group should have a General Service Representative (G.S.R.) who is willing to participate at the District and Intergroup level. Currently there are 33 groups in District 22. Out of that number there are 6 groups that do not have a G.S.R., AND 23 groups that have a designated G.S.R. In attendance at the last District meeting, which is held the last Mon. of each month there were 8 G.S.R.'S present. This is not unusual. This meeting is poorly attended and the reason is not clearly understood. There are members with specific responsibility whose primary purpose is to represent a particular service that is provided in the community. Those are Public Information, Treatment Facilities, Correctional Facilities, CommunityProjects, Grapevine, Archives, Literature, Promises, and the reproduction of the Where and When pamphlets. The Intergroup membership supports the activities throughout the District. This meeting is held the first Mon. of the month. Support is not possible without people in the fellowship. Both of these groups need people with interest and willingness. Please join us.

Here is hoping that awareness of the need for

participation may increase the number of attendees at this one hour meeting once a month. It is very timely and interesting that the General Service Office Conference held the first week in May had for it's theme--"We Are Responsible for A.A.'S Future---Let it Begin With Us".

—Mardel

Flagler County Intergroup Picnic

Saturday, July 16th 2011



The Hammock Community Center

69 Malacompra Rd. from noon—3:00 pm.

Tickets are \$5.00. Please see your Intergroup rep for more information. See you there!

Coming Home

When I first got sober, coming back to my family was the toughest part. They are IRISH CATHOLIC and HEAVY drinkers. I try not to look at each one and wonder if they are or not one of us. I "try" not to do that because it is a waste of time. I missed family gatherings for 2 years because I did not want anyone to "say" anything. One Christmas when my boys were little (like 3 and 4) I was out and about with the cousins on Christmas Eve. I got so drug that they had to carry me out of the bar. I did not want to go back to my mom's house that night, I wanted to stay out and drink!

when I look back at that night I know that my two boys were waiting for Santa at a house they were not too familiar with, My mom, I am sure, was worried if I was coming back or not. My little guys were alone on Christmas Eve.

I cannot change the past and cannot shut the door on it. I wish I coulees have changed that night and been with them. I wish I never said " I don't want to go home!" to my cousins in the car. I cannot change the past but I continue to share my experience strength and hope with other members.

I am going home this Friday to help my childhood friend, Kathy with her daughter. She works for the airlines and just got sober two years ago. She has been waiting for a transfer to FL for a few years. At the same time she was granted this long awaited transfer, her daughter was accepted to college in the same town! My boys are both done with school and I cannot wait to help her out and have her down here! I will be in NY at her house with her car and can visit and come back to her sober house.

The promises are coming true, sometimes quickly sometimes slowly. They ALWAYS materialize if we wait for them!
—Eileen C.

*Get the most up to date meeting schedule for
Flagler county at:*

www.AAFlagler.org

55th Florida State Convention Orlando, FL July 20th-24th



Doubletree Hotel/Universal Orlando, FL.
For more information and hotel reservations contact
Double Tree/Universal
5780 Major Blvd. Orlando FL 32819
(407) 351-1000 (800) 327-2110
www.doubletreeorlando.com

AA Traditions?

Have you read them? Do you know what they are? Do you think they are unimportant or do you even care?

Sponsors: After taking your sponsees through all the steps, do you take them through the traditions? It is suggested that a member be familiar with the Traditions before sponsoring. I fear this is where the knowledge of the Traditions is failing.

A.A.'s Twelve Traditions apply to the life of the Fellowship itself. They outline the means by which A.A. maintains its unity and relates itself to the world about it, the way it lives and grows.

We must all understand and support A.A.'s Twelve Traditions. Our future depends on it.

—David H.

Flagler County Promises 2011

Submissions to the Promises is another way to be of service! Thank you to every one who helped create this issue.

**Next Promises Deadline is July 15th, 2011 (deadline change for next issue only)
for the September/October 2011 issue.**

All material and information for the newsletter must be received by the 1st of the even months.

2011 deadlines will be July 15th, October 1st, December 1st .

Submit any questions, articles, anniversaries & ideas to:
taragower@gmail.com or call Tara G. at 386-931-8129