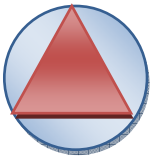




PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

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

MARCH / APRIL 2010 ISSUE

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

A Tribute To the Co-Founder of AA

William Griffith Wilson (November 26, 1895 – January 24, 1971), also known as **Bill Wilson** or **Bill W.**, was the co-founder of Alcoholics Anonymous (AA), a fellowship of 100,800 mutual aid groups world-wide of alcoholics helping other alcoholics achieve and maintain sobriety. In compliance with AA Twelfth Tradition of anonymity, Wilson is commonly known as "Bill W." or just "Bill."

Wilson achieved sobriety on December 11, 1934 and maintained it throughout his remaining 36 years. Despite the success and notoriety afforded him by the accomplishments and growth of AA under his leadership, he continued to suffer from episodes of depression, the most serious of these between 1944 and 1955. In 1955 Wilson turned over control of AA to a board of trustees. In the years before his death he changed the

makeup of the board, which was initially composed of a non-alcoholic majority, to trustees who were both recovered alcoholics and non-alcoholics, with the majority being recovered alcoholics. In keeping with his interest in spirituality, he experimented with other possible cures for alcoholism. These experiments included LSD, niacin (vitamin B3) and parapsychology as a means of inducing spiritual change. Wilson died of emphysema complicated by pneumonia in 1971. His wife, Lois Wilson, was the founder of Al-Anon, a group dedicated to helping the friends and relatives of alcoholics. In 1999 *Time Magazine* declared Wilson to be in the top 20 of the *Time 100: Heroes and Icons* who exemplified "courage, selflessness, exuberance, superhuman ability and amazing grace" in the 20th century.

(Wikipedia.org/wiki/bill_w)

The Wilson House is the Birthplace of Bill W., the co-founder of Alcoholics Anonymous. This charming Vermont Country Home was revitalized through the years by many volunteers. The restoration began October 1987. The Wilson House has been lovingly restored and is being maintained as a living memorial to Bill W. as a place of sanctuary where people come to give thanks to God for their lives.

The Wilson House



The Main Meeting Room

This information taken from <http://www.wilsonhouse.org>



FLAGLER COUNTY ANNIVERSARIES



<p><u>SUEVIVOR GROUP</u></p> <p>MAR Jobe P. 3 Betty C. 2</p> <p>APR Paul C. 24 Chuck O. 21 Michael W. 20 Henry T. 12 Jeff R. 9</p> <p><u>STEPS TO SERENITY</u></p> <p>APR Janice N. 13 John S. 3</p> <p><u>WOMEN TO WOMEN</u></p> <p>FEB Darlene G. 5</p> <p>MAR Midge G. 35</p>	<p><u>SURVIVOR GROUP</u></p> <p>JAN Jim McM. 39 Harold C. 32 Cliff P. 26 Matthew C. 22 Kevin P. 20 Tom D. 15 Will S. 13 Judy C. 5 Tim c. 5 Michael C. 2</p> <p>FEB Dewey M. 32 Duke E. 24 Peg V. 20 Tim A. 13 Ed P. 8 Shonda F. 3</p>	<p><u>NOMAD GROUP</u></p> <p>MAR Kenny K. 43 Chuck A. 37 Jim O'C. 28 Mike C. 27 Rick G. 25 Howie B. 25 Zeek Z. 21 Dutch D. 7</p> <p>APR Jim G. 17</p> <p><u>LIVING SOBER</u></p> <p>Mar Midge G. 35 Jim O'C. 28 Mike H. 27</p> <p>APR Sheila O'C. 27 Denny N. 16</p>	<p><u>LIFE'S A BEACH</u></p> <p>FEB Troy 1</p> <p>MAR Dutch D. 7 Webb S. 5</p> <p>APR Janice N. 13 Darren M. 2</p> <p><u>JUMP START</u></p> <p>MAR Howie B. 25 Carol F. 5 Dora H. 3</p> <p>APR Jackie M. 30 Jimmy B. 6 Stacey P. 2</p> <p><u>A NEW BEGINNING</u></p> <p>MAR Bob H. 12</p>	<p><u>T.G.I.F.</u></p> <p>JAN Bill G. 31 Clarice W. 29 Sue E. 16 John B. 4</p> <p>FEB Dan W. 35 Jeff J. 17 Kat F. 16 Alice D. 5</p> <p>MAR George S. 56 Rick G. 25 Raymond F. 3 Nell S. 2 Lavern 1 APR Grace K. 23 Fred F. 5 David B. 1</p>	<p><u>ACCEPTANCE</u></p> <p><u>Women's Group</u></p> <p>JAN Janet 30 Dee 26 Eileen 10 Lucy 6 Linda 6</p> <p>FEB Kat 16</p> <p>MAR Nina 25 Rita 25 Cheryl S. 4</p> <p>APR Rosemary W. 20 Virginia M. 17 Donna 12 Lori H. 3</p> <p><u>MESSAGE GROUP</u></p> <p>MAR Sharon B. 19 Cheryl S. 4</p> <p>APR Tom B. 35</p>
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42 Calls in January
29 Calls in February



HELPLINE CALLS

Alcoholics Anonymous Digital Delivery

Subscribe via e-mail to Newsletters from G.S.O. Subscribe electronically to Box 4-5-9, About AA, or Markings and have each issue delivered to you via e-mail. The service is free and is intended for the use of A.A. members and friends of Alcoholics Anonymous. Go To aa.org. for more information.



Responsibility Declaration:

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

STEP THREE

“Made a decision to turn our will and our lives over to the care of God as we understood him”

Alcohol turned on me with a vengeance . I acquired hopelessness, indefinable fear, phobias, paranoia and the shakes . I could not stop drinking nor did I try because I knew I couldn't . I woke up one morning and decided I could not exist another day and that suicide was the only way out. What was suppose to be the last day of my life turned out to be the beginning of a new life that I never dreamed possible . I had cried out that I was sorry I had to do this and the miracle happened . I had been given hope and the will to live .

I called an Alcoholic treatment center where I conceded to my inner most self that I was an Alcoholic . I was in treatment for 24 days. I learned about Alcoholism and it was there that the compulsion to drink was lifted . I was introduced to Alcoholics Anonymous while in treatment . I had a home group but I was mostly just going through the motions . I was not really into the steps until a few months down the way when I put myself into a slippery situation . I came off the pink cloud and had myself an emotional dry

bender . I went into a rage . I then knew there was more to it than just putting down the drink . It was time to go into action . Going through a treatment center is just a stepping stone to AA . The first three steps are in place now and step three opens the door to the rest of the steps. Willingness is the key that opens that door . I used the suggested outline in our Big Book . My first attempt on the fourth step disclosed that I was the problem . I immediately took the fifth step followed by the sixth and seventh on what I had found out about myself . I was now able to look the world in the eye . At ten months sober I was in service . A few years later I redoubled my efforts on another fourth step and from that came my amends list. I continued on with the rest of the steps. On page 42 last paragraph of our Big Book “Quite as important was the discovery that Spiritual Principles would solve all my problems”. It works -- it really does .

Anonymous—Flagler County Member

STEP FOUR

“Made a searching and fearless moral inventory of ourselves”

BIG BOOK	From Page 63, Line 32: Next we launched
	Thru page 71, the end of Chapter 5
12 & 12	Step 4

Step 4 is considered to be the big written inventory step. And we have seen many, many ways in which it is recommended to be taken. A variant in the 12&12 uses the "seven deadly sins" as its basis. An early member of AA used a list of 20 defects of character as his outline. Many sponsors propose a life history be written. And, of course, there are a variety of guidance books out there. There is even a PC computer approach that asks all sorts of revealing questions about one's sex and family life. If you are reluctant to take this step, then you may want to procrastinate further by exploring all these alternatives in depth before you start—at some future date. If, on the other hand, you want to get on with the sober life,

then let's get on with the tried and true method in the Big Book. It consists of five lists. The words that follow here will then assist you, but don't forget that your reading, discussing and understanding the Big Book in depth is essential. Do not rely solely upon the document in hand.

A written inventory. Between pages 64 and 71 you will discover at least 10 clear statements that your inventory is to be *written*. Please look them up now. Unless you are physically handicapped, there are no exceptions to a *written* inventory. Put aside your tape recorder, and get out your pen and paper. If you type with a high level of expertise and think freely at a key-board, your sponsor, however,

might allow a typewriter or PC.

But, remember that you are not writing the great American novel here. To do so would be a gross imposition upon the person with whom you will take your fifth step. Moreover, the thought of setting forth your life history completely misses the point. You are to write an inventory—not a narrative. And, what is an inventory? In 1939 Webster said it was, "...an itemized list of goods and valuables [stock or a person's qualities], with their estimated worth;..." The preferred synonym is LIST, and that's exactly what you are to do—write the list(s) outlined by the Big Book.

(www.sober.org)

Announcements & Information

Service Group Meeting Schedules

Intergroup:

Meets the first Monday of the month at 7:00PM

District 22:

Meets the last Monday of the month at 6:30PM

(except for December)

The meetings are held at the

Florida Hospital Flagler, Classroom C,

in the Lind Educational Center.

Reminder:

Need Literature and Medallions

Contact: Don H. 386-986-3659 or

hoodyfour@aol.com

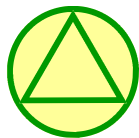
Answers To January Crossword Puzzle...

H	O	N	E	S	T	Y		C	A	L	M	
U		U			A			O		I		
M	O	R	A	L	S			U		G		
I		T			K			R		H		
L		U						F	A	I	T	H
I		R			W			G				A
T	W	E	L	V	E			N	E	W		R
Y					I			O				M
					C			U				O
S	A	N	I	T	Y			S				N
					O			A				Y
G	E	N	E	R	O	U	S					
					Y			K	I	N	D	

Word Search

AFFILIATE	ONE
ALTERNATIVE	PATIENCE
BENDER	PRAY
BIGBOOK	SELF
CONSCIENCE	SHORTCOMINGS
EARN	SMARTS
ENCOURAGE	TASK
FAITH	TEETOTALER
FORESITE	TUTOR
KEYSTONE	UNIQUE
LAURELS	WHEN
NOW	WILLPOWER
ME	YETS

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



The 2010 International Convention of Alcoholics Anonymous will be held July 1-4 in San Antonio, Texas with the theme "A Vision for You." A.A. members and guests from around the world will celebrate A.A.'s 75th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Alamodome. Other meetings, scheduled or informal, will take place throughout the weekend in the San Antonio Convention Center and local hotels.

WE WOULD LOVE TO PUBLISH YOUR WRITINGS... PLEASE SUBMIT THEM!

Promises Deadline

All material and Information for the newsletter must be received by the 20th of the even months of Feb, Apr, Jun, Aug, Oct, Dec.
Submit any questions, articles, anniversaries & ideas to: aapromises@yahoo.com or call Valerie J. at 386-569-1499