



PROMISES

MAY & JUNE 2016

Editor's Note

I was recently at a meeting where the topic for discussion was success. As I reflected on what success means for me today, I was baffled by how different my vision was.

Success is no longer measured by having my dream career, owning a luxury car, having expensive shoes—these are things that I thrived on during my drinking career! [Don't get me wrong, I still have a pretty extensive shoe collection!] Although these are nice accomplishments, they don't define who I am today.

Today, success for me is being able to show up for life. Success for me is having the ability to be fully present. Success for me is being able to walk into a room of Alcoholics Anonymous and feel comfort in knowing that I have seat here. I am not willing to give up my seat today.

Meditation: How do you measure success in your life? How has living a sober life changed your outlook on success?

In fellowship,
Nicole F.

Just a Thought

Success is not measured in days or numbers, but in every single hurdle that we jump and stay sober.

Our AA Buddies Keep Us Sober

Robert M. [December 21, 2009]

At the end of my drinking I drank by myself. I didn't bother with bars; I was either at home or on a street bench. I didn't have friends, and didn't feel that I really needed them. *Alcohol was my best friend.* Vodka allowed me to escape my situation, which became worse and worse as I continued to drink. I ultimately made my way to the program and had to relearn the ability to interact with other people. I had to break my isolation.

A large part of me still wants to isolate and to do the program on my own. However, I have recognized that I cannot do this on my own. I need interaction with people in the program that can be there for me, that can uplift me when I feel down. Conversely, I need to be able to help others as well. We go to dinner, we go to meetings, and we help each other when we are down. My A.A. buddies keep me sober.



People come into your life for a reason, season, or a lifetime. When you figure out which it is, you will know exactly what to do.

Some people come into our lives and quickly go... Some people become friends and stay awhile... leaving beautiful footprints on our hearts... and we are never quite the same because we have made a good friend!

Call us: (386) 445-HELP (4357)

Intergroup: PO Box 352470, Palm Coast, FL 32135

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

Visit us: AAflagler.com

District 22: PO Box 351814, Palm Coast, FL 32135

**Traditions:
From Our Co-Founder, Bill W.**

5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

Because it has now become plain enough that only a recovered alcoholic can do much for a sick alcoholic, a tremendous responsibility has descended upon us all, an obligation so great that it amounts to a sacred trust. For to our kind, those who suffer alcoholism, recovery is a matter of life or death.

So the Society of Alcoholics Anonymous cannot, it dare not, ever be diverted from its primary purpose.

[Grapevine, April 1948]

6. 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.

We explain that easily enough; we don't need money. The core of AA procedure is one alcoholic talking to another, whether that be sitting on a curbstone, in a home, or at a meeting.

It's the message, not the place; it's the talk, not the alms. That does our work. Just places to meet and talk, that's about all AA needs. Beyond these, a few small offices, a few secretaries at their desks, a few dollars apiece a year, easily met by voluntary contributions.

Trivial indeed, our expenses!

[Grapevine, May 1948]

Spotlight on Steps

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

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

A Clean Slate

Newcomers

Connie L. [May 1, 2015]

For me Step Five meant I could no longer live in denial. The lying to myself had to stop. I could no longer play the victim. I had to openly and honestly admit to the fact that I, alone, was responsible for the chaos in my life.

In working Step Six, I became willing to draw on my Higher Power's help to wipe the slate clean and keep it clean. With God's help, I could make a fresh start and begin living life on life's terms, as opposed to living life on my terms.

When the Rubber Hits the Road

Old-timers

Tom L. [September 13, 1987]

I'm Tom and I am an alcoholic! When I finished Step 4, which I refer to as "the rubber hits the road step!", I started to realize just how damaging alcohol was to me; what it did to me and how insane I was! You know! I would never have acted that way had I been sober: I was raised to be a God fearing, decent human being and after this step, I realized just how sick I was!

So I was anxious, in more ways than one, to proceed with Step 5. I chose to do this step with a priest because I was comfortable confessing my sins as a born and raised Catholic. It was hardly the easiest thing I ever did because a lot of my defects were an embarrassment due to the selfishness I developed during my drinking days. I was not a very nice person and I had to tell another person just how bad I had gotten.

When I finished my revelation I had a huge sense of relief. And I was ready for Step 6 immediately. Did I get rid of all my defects of character? No! But I could start to work on them because they were out in the open for me to see every day. I never wanted to go back to being that person I had become during my alcoholic days. Today I review my behavior constantly and step up when I wander back to some of those old ways. It's not easy but it's a "one day at a time" deal and that makes it so much easier. I can do it one day at a time. And I need the medicine of AA to keep me healthy.

May Celebrants

- ✦ Art J. 5 years [Another Open Door]
- ✦ Beth F. 29 years [Mondex]
- ✦ Bruce G. 2 years [TGIF]
- ✦ Butch M. 27 years [Footprints in the Sand]
- ✦ Connie L. 1 year [Jump Start & TGIF]
- ✦ Janet R. 7 years [Jump Start]
- ✦ Jim A. 37 years [Living Sober & Steps to Sobriety]
- ✦ Laura R. 4 years [Jump Start]
- ✦ Manny L. 20 years [TGIF]
- ✦ Mark M. 31 years [Nomad]
- ✦ Nicole F. 1 year [Stepping Sisters]
- ✦ Richard H. 4 years [Jump Start]
- ✦ Ricky M. 2 years [TGIF]
- ✦ Sally W. 32 years [TGIF]
- ✦ Sandy P. 14 years [Womens Acceptance]
- ✦ Tom N. 1 year [TGIF]

The Birthday Plan

The services that the General Service Office provides the A.A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety- others may give a penny or a nickel a day for each day of their sobriety.

Should you have an upcoming anniversary & have interest in contributing, please ask your group GSR for an envelope.

Keep in mind that your donation is helping GSO carry the message to the alcoholic that still suffers.



June Celebrants

- ✦ Barry C. 30 years [TGIF]
- ✦ Bill B. 32 years [TGIF]
- ✦ Dave S. 1 year [Steps to Sobriety]
- ✦ Greg M. 26 years [Living Sober]
- ✦ Kathy K. 16 years [Mondex]
- ✦ Lana R. 30 years [TGIF & Womens Acceptance]
- ✦ Lee H. 3 years [Jump Start]
- ✦ Mal F. 31 years [Monday Night Live]
- ✦ Michelle L. 7 years [Living Sober]
- ✦ Pokey E. 39 years [TGIF]
- ✦ Richard F. 7 years [Nomad]
- ✦ Wayne E. 11 years [TGIF]

Belated April Celebrants

- ✦ Janice N. 19 years [Steps to Serenity]
- ✦ Jack St. L. 42 years [Steps to Sobriety]
- ✦ John H. 1 year [Footprints in the Sand]
- ✦ John S. 9 years [Steps to Serenity]
- ✦ Mike O. 7 years [Footprints in the Sand]

Getting Involved

Morning Magic

Before you hit the beach this summer, be sure to stop by the Bookstore in Flagler for a Saturday morning dose of BB Study. 9:15am at 319 Moody Blvd. Open to all.

Intergroup & District 22

Intergroup meets the first Monday of each month & District 22 meets the last Monday. Florida Hospital-Flagler, Lind Educational Center, Room C at 6:30pm.

Literature & medallions

Don H. can be reached at 386-986-3659 or by email hoodyfour@aol.com

Fun in Fellowship

Thousands of us wondered what we would do, once we stopped drinking, with all that time on our hands. Sure enough, when we did stop, all those hours we had once spent planning, getting our drinks, drinking, and recovering from its immediate effects, suddenly turned into big, empty holes of time that had to be filled somehow. [Living Sober p13]

Join us for a picnic [\$5] on Saturday, May 7th 11am-5pm at the Hammock Community Center located at 79 Malacompra Rd.

Bring a side dish or dessert to share!

Touchstones of Spiritual Growth

Willingness & Integrity

Kate S. [October 29, 2012]

Willingness is a spiritual concept which does not always come easily to me. As I've worked my way through the 12 Steps, I have often been very willing to have more— more serenity, more peace, more happiness in my life. That is why I do my best to go to meetings, talk with my sponsor and other alcoholics, and try to incorporate the Steps into my everyday life.

To gain the willingness to have God remove my defects of character is a much tougher goal. I can *think* I am willing, but I have found that thinking is really not enough. Usually, I have to practice a character defect over and over again, until I am sick to death of it. Only when I have gotten to this point am I really willing, with God's help, to change the way I behave.

Integrity is defined as 1) the quality of being honest and having strong moral principles; moral uprightness; 2) the state of being whole and undivided. It is the spiritual concept associated with the Fifth Step. I have been sober for 3+ years now, and though I have completed Step 5, I am still learning who I am.

Since I started practicing the 12 Steps, I have done my best to be honest and principled. But as time goes on, I am discovering more and more about myself. One of my goals in recovery is to feel whole and undivided (and I do feel this way some days). Each day I try to remember "**progress, not perfection**". This keeps me working towards integrity.

prayer & meditation

[Fifth Step Prayer]

God I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last. Amen.

[Sixth Step Prayer]

God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all these defects, that Your will and purpose may take their place. Amen.

not a glum lot

A middle-aged fellow lamented that, although he'd been in AA for several months, he was still living in a sober group house and riding a girls bike to meetings.

An old-timer replied, "I truly believe that if you don't drink, work the Steps, and carry the message, in no time at all you'll be riding a boy's bike."

[Grapevine, March 2008]

Into Action

AA is more than a set of principles; it is a society of alcoholics in action. We must carry the message, else we ourselves can wither and those who haven't been given the truth may die. [Bill W.]

Service in Detox

Flagler County had a Stewart Marchman Detox Facility in Bunnell for a number of years. This detox has been moved to Palatka. Members of the Life's a Beach group carry the message of recovery to the current detox facility Monday mornings and Thursday evenings by bringing in meetings.

Keep it Simple

If you're new to service work, or are looking for a simple commitment, don't forget- we AA's LOVE coffee...



Local AA History

In 1984 an application to become a District was sent to GSO in NYC. District 22 was finally formed! We were welcomed into the Area 14 Assembly. This is now referred to as a Conference in the Southeast Region.