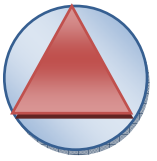




PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

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

MAY / JUNE 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

Dr. Bob's Home - - Where Alcoholics Anonymous Began

Dr. Bob's Home, in Akron Ohio, is where Alcoholics Anonymous (AA) all started in 1935. The purpose of AA is to help alcoholics gain and retain sobriety by sharing experiences, problems and hopes with one another. Dr. Bob and Bill W. worked with alcoholics one at a time to help them achieve sobriety in Dr. Bob's Home. Today the house is completely restored and welcomes visitors free of charge.

Welcome Home: "Welcome Home" is how you will be greeted as you walk through the doors of Dr. Bob's Home. This greeting is the ongoing mission of Dr. Bob's Home to help alcoholics feel accepted in the home where early members of AA achieved and maintained their sobriety. The majority of people that walk through the doors of this home are participants in the AA program and about a third of people break down and cry at the greeting. It is a sort of homage to go to the place where their source of help originated.

How Alcoholics Anonymous Began: Dr. Robert Smith and

his wife Ann joined the Oxford Group where they talked about their prayer needs. Dr. Bob confessed that he was a silent drinker and couldn't stop and asked for prayers. Henrietta Seiberling was in that religious group as well and committed to pray for him. A friend, Bill W, came into town for a business venture that fell through, wanted to get drunk, and asked Henrietta if there was another drunk that he could talk to. His theory was that only another drunk could understand what he was going through and would help him maintain his sobriety.

Ms. Seiberling got Dr. Bob and Bill together for a six hour meeting where they talked about the problems that they went through as a drunk. That meeting in 1935 led to Alcoholics Anonymous.
Cindy O. Website



IS ALCOHOLICS ANONYMOUS REALLY CHANGING?

Warren C., also an early Cleveland member, had a somewhat more optimistic view of A.A. when interviewed in 1977. "I think the program is just the same," he said. "The principles are there; the Steps are there; the practices are there; and the opportunities are there. If you do as the *Big Book* says, then it is the same program that existed when I came in, in 1939. "we have more people in and out of the program now," he said. "But that's understandable, because we have more people. The people who wanted to stay sober then were the ones who did what the program suggested. Today, the people who want to stay sober are the ones who do what the

program tells them to do. The only difference is that I don't know everyone in the program anymore.

I know for myself I think that A.A. is watered down, but after I heard Warren make this statement I realize that A.A. (if you do as the *Big Book* says) the program is the same as 1939. I know there are a lot more easier softer ways now (example: If I go to work and was offered to dig ditches all day or go sweep the shop.) I remember coming in and someone came to pick me up to take me to a meeting. He was driving a beautiful truck, was wearing gold bracelets and gold chains.

He looked sharp, and I wanted what he had. I was not guided through the *Big Book* and in about six months to a year I wanted to blow my brains out. It was not the guy I asked to be my sponsor's fault. He was only doing what was taught to him. I did get a sponsor that guided me through the *Big Book* and my life has changed and I am not thinking about you know what. It is my job to show the guys I sponsor the way I was taught through the A.A. program (through the *Big Book*).

Love and Service, Scott J.

RECOVERY I believe a steady strong stream flows through each of us. It started with the teardrops that brought us here, As we uncovered each pebble and stone of our wasteland, the drops became a trickle. Like the beginning of a cold mountain stream, clear and fresh; washing away the pain and hurt. It gained momentum as we surrendered each broken promise, each dark secret until now it flows within us, cleansing and filling each of us with hope and courage and perseverance. If we ever doubt our destination or strength to get there, if we ever have a day that we feel unlovable or think we are in this alone, we need to tap into that stream, that clear powerful stream of recovery that is in each of us.

Thanks, Jayme F.



FLAGLER COUNTY ANNIVERSARIES



<p><u>LIFE'S A BEACH</u></p> <p>MAY Grace W. 1</p> <p>JUN Judy K. 31</p> <p>JUL William E. 3 Tammie C. 11</p>	<p><u>LUCKY TO BE HERE</u></p> <p>FEB John k. 7 Bob B. 6</p> <p>APR Pam H. 27 Jerry C. 13</p> <p>MAY Mirella M. 6 Mike H. 32 Chris C. 2</p> <p>JUN Leon S. 15</p>	<p><u>NOMAD GROUP</u></p> <p>MAY Larry G. 1</p> <p>JUN Pat G. 3</p>	<p><u>WOMEN TO WOMEN</u></p> <p>MAY Sandy P. 8 Mirella M. 6</p> <p>JUN Susan D. 24 Virginia M. 14</p>	<p><u>HAPPY WANDERERS</u></p> <p>APR Johnny L. 32 Connie H. 26 Jim H. 9</p> <p>JUN Darren M. 3 Kathy F. 2</p>	<p><u>JUMP START</u></p> <p>MAY Debra B. 3 Ray B. 3 Janet R. 1</p> <p>JUN Michael 20 Darren 3</p>
<p><u>TGIF</u></p> <p>MAY Sally W. 26 Manny L. 14</p> <p>JUN Lana R. 24</p>		<p><u>SURVIVOR'S GROUP</u></p> <p>JUN Kathy 10 Sue E. 5 Ken M. 5 Paula G. 4</p>	<p><u>LIVING SOBER</u></p> <p>JUN Wayne E. 5 Michelle L. 1</p>		

NEW AL-ANON MEETING
THURSDAY 7:00PM
Palm Coast Bible Church
94 Whiteview Parkway, Palm Coast

Happy Hour Group
Holds A Newcomer Meeting
Monday—Saturday
5:30PM—6:30 PM
Silver Dollar II Club
109 North Central—Flagler Beach

ANCIENT CITY UNITY ROUNDUP

May 28–31, 2010
Memorial Day Weekend
Renaissance Resort at World Golf Village
500 South Legacy Trail—St. Augustine, FL 32092
Registration Fee \$35.00 per person (\$50.00 at the door)
Hotel Rates \$89.19 per night 800-266-9432

The Bear & Squire Golf Tournament on Saturday
Speakers—Workshops—Fellowship—Live Music
www.ancientcityaa.com

Joke of the Month From the May Grapevine:

Old habits die hard:

While sitting at the counter of our local recovery club, I was talking to a newcomer after he'd attended his second AA meeting there. Over a cup of coffee, I explained to him that it might be a while before his wife "comes around," since he'd established a pattern of drinking and was only newly sober. "She's going to have to see some change in you," I said. Just then his cell phone rang; it was his wife wondering when he'd be home. He very matter-of-factly said to her, "I'm at the club talking to someone, and will be home as soon as I finish my drink!"

Jason F.
West Mifflin, PA.

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."

THE COURAGE TO CHANGE *By Mark H.*

It takes great courage to change:

- Change our habits, our lives, relationships and our friendships when dealing with alcoholism.
- To face the past and go forward with commitments.
- To like ourselves in whatever process we are going through.

Here are but a few thoughts that help me on a daily basis —

- My mind must be steady in its conviction that my life is some part of God, and the spirit is incarnated in me.
- I did not create my nature, I cannot change its inherent reality; I am what I am and use my nature for better or worse.
- All I had to do was become the least bit willing to open my clenched fist a tiny, grudging bit and miracles happen. That 's God 's work as I understand Him today.
- I understand and examine myself and learn the affection and purpose of the heart, for in this way only can I learn what I am honestly.
- My God asks no man whether he will accept life. That is not the choice. I must take it. The only choice in how I live it.
- I believe we are a point in the universal consciousness, which is God, and God is our Life, Spirit and Mind, and intelligence.
- Gradually I accepted the fact that my "If only " prayers were not about to come true, but I also learned that I could be happy even if they didn ' t.
- No man need to prepare to meet his/her God, he/she is meeting Him every day, and each hour in the day.

May these statements keep us sober.

(you may want to cut out this portion of the newsletter and carry it with you as a daily reminder that our Higher Power will never fail us if we believe)

The Twelve Step Principles

Through the years I have heard of the "Twelve Step Principles." These are a word or phrase that various members have associated with each of the twelve steps. There is no official GSO list, but these lists may be helpful in associating each step with a basic principle that the step embodies. Various authors associated different words or phrases with the principles they saw in the step.

Submitted by Howie B. from lists provided by Jimmy B. and Art O.

STEP	PRINCIPLE
1	Honesty (acceptance)
2	Hope (faith)
3	Faith (surrender and trust) (commitment)
4	Honesty
5	Integrity (courage) (truth)
6	Willingness
7	Humility
8	Reflection (brotherly love) (forgiveness)
9	Amendment (discipline) (attunement)
10	Vigilance (perseverance)
11	Awareness of God (patience) (attunement)
12	Service (charity and love)

INTERNATIONAL CONVENTION **OPENING FLAG CEREMONY**

One of the highlights of each International Convention is the parade of flags of those countries represented at the Convention, which takes place at the opening meeting on Friday evening. At the last convention, In 2005, a limited broadcast of this event was shared with General Service Conference areas in the U.S. and Canada and with

General Service offices overseas. At their November 2009 meeting, the General Service Board agreed that over the 2010 Convention weekend, unlimited access to an encrypted, anonymity-protected internet broadcast of the 2010 International Convention Opening Flag Ceremony will be made available through G.S.O.'s A.A. web site (www.aa.org). Access to the broadcast will begin on Saturday, July 3, and end on Monday, July 5, 2010, at midnight Eastern Daylight Time.

(Box 459 News and notes from the General Service Office of A.A.)

Announcements & Information

Service Group Meeting Schedules

Intergroup:

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

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.

**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

Reminder:

Need Literature and Medallions
Contact: Don H. 386-986-3659 or
hoodyfour@aol.com

Let's Get Involved!!

District 22 Corrections Chair
Needs Volunteers to
Bring Meetings into the Flagler County Jail
Men and Women are Needed
Please call Marcia B. 702-403-4679



**International AA Convention 2010
July 1 - 4, 2010
San Antonio, Texas USA
Pre Registration—\$95.
On Site Registration \$110.**

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

WORD SEARCH

NOMAD	ACCEPTANCE
STEPS TO SERENITY	BACK TO BASICS
TGIF	BUNNELL GROUP
WOMEN TO WOMEN	CAME TO BELIEVE
SURVIVORS GROUP	FOOTPRINTS IN THE SAND
COURAGE TO CHANGE	HAPPY WANDERERS
SUNDAY SERENITY	JUMP START
HAPPY HOUR	LIFES A BEACH
INTERGROUP	LIVING SOBER
DISTRICT	MESSAGE GROUP
A NEW BEGINNING	MONDEX