



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 2011 ISSUE

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

WE HEAR ABOUT "TOO FAST", BUT, WHAT ABOUT "TOO SLOW"?

Often heard mantras these days are "Take it Easy", "Easy Does It", "don't rush it", "take several weeks before starting", "take a few years, if needed" and more. We are talking about the speed, or lack thereof, that should be undertaken when a newcomer begins to work on the Twelve Steps. We are, in many cases, rightfully concerned about the newcomer's readiness to take on the steps.

But, can we go "too slow"? Offer me the opportunity to do tomorrow what I might do today, and I'll take it. Allow me to wait to perform a difficult task, and I'll wait all year!

While I am no historian, I have been told that in the old days of AA, alcoholics were taken through the steps in a matter of weeks, sometimes, as little as two. And, if you had two or three months sober, you might be encouraged to start a new group somewhere. Today, in some groups, you need several months of sobriety before you can chair a meeting. Admittedly, two weeks of work (even if around the clock) on steps must have been a mere introduction to a lifelong learning experience, but certainly more in-depth than a quick reading at the start of most AA meetings.

I walked into AA over 13 years ago, and have been in and out ever since. Hopefully, with God's grace, this will be my last return. I have had several sponsors, none of which pushed Step Work



upon me. They always said "take it slow". I looked around, and saw real solid long term sobriety, and heard wisdom born of the Twelve Steps, but heeded the advice of my sponsors. I thought "I'll start the work when I feel I am ready, or when they tell me I am ready". It almost killed me.

This time, I have a sponsor who prods, albeit gently, just enough to keep me working, and keep me reaching for more. I've progressed to Step Four for the first time in years, and look forward to continuing my work. If I appear to miss something, we re-read, review

and work some more.

The point is we work, continually, with rarely more than a few days going by without some more work. My sponsor tells me that the primary purpose of AA is to keep me and other alcoholics away from a drink. So, "let's get to work!" A new way of life will come, but let us plant the seed today. My sponsor pointed to several places in the "instructions" where Bill W. says, "and then, next, we...", "we then moved on to...." and more. The Big Book never says next week, next month, or next year.

Clearly, a sponsor's approach to the newcomer and the Twelve Steps should be a "custom design", with careful attention paid to the sponsee's readiness and progress. Perhaps a sponsor might conduct a quick review of all the Steps with his sponsee, pointing out the hope and change promised as we progress through the Steps. It worked for me! In any case, get started. An alcoholic like me will never start, so long as I am told "Easy Does It". I should have been told the whole quote... "Easy Does It, but Do It"!

—Michael W.

Get the most up to date meeting schedule for Flagler county at:
www.AAFlagler.org

AA Help Line

Total for February 2011—April 2011

AA Information 144 calls — AA Help 8 calls

Alanon Information 5 calls — Other 2 calls

Total of 159 calls!





FLAGLER COUNTY ANNIVERSARIES



<p><u>T.G.I.F</u></p> <p>MAY Sally W. 27 Manny L. 15 Ruth R. 1</p> <p>JUNE Lana R. 25 Bill B. 27 Chuck A. 1</p> <p><u>Open Door</u> MAY John C.</p>	<p><u>Life's a Beach</u></p> <p>BELATED Troy H. 2 Rick B. 6 Jackson R. 1 Mike S. 1 Dutch 8 Amanda G. 2 Darren M. 2 John R. 1 Janice N. 14</p> <p>JUNE Michael B. 1 Nate G. 17</p>	<p><u>Life's a Beach cont.</u></p> <p>Robert J. 1 Judy K. 32 Justin H. 1</p> <p><u>Lucky To Be Here</u></p> <p>BELATED Jerry L. 14</p> <p>MAY Mike H. 33</p> <p>JUNE Leon S. 16</p>	<p><u>Women's Acc.</u></p> <p>MAY Sally W. 27 Sandy P. 9 Jay W. 19 Kim 3</p> <p>JUNE Doreen M. 14 Sandy C. 25 Lana R. 25</p> <p><u>Nomad Group</u> MAY Larry G. 2</p>	<p><u>Happy Hour</u></p> <p>MAY Mike O. 2</p> <p>JUNE Missi 1</p> <p><u>Survivor's Group</u> JUNE Sue B. 6 Kathy 11 Rick K. 5</p>	<p><u>Living Sober</u></p> <p>BELATED Denny N. 17 Sheila, O'C. 28</p> <p>JUNE Michelle, L. 2 Wayne E. 6</p> <p><u>Jump Start</u> MAY Debra B. 4 Janet R. 2</p> <p>JUNE Darren M. 4</p>
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<p><u>Women to Women</u></p> <p>MAY Mirella M. 7 Jay W. 19</p> <p>JUNE Virginia M. 15</p> <p><u>Happy Wanderers</u></p> <p>BELATED Johnny L. 33 Amanda G. 2</p> <p>JUNE Darren M. 4</p>	<p><u>Message Group</u></p> <p>BELATED Cherly S. 5 Tom B. 36</p> <p>MAY Richard C. 4 Maura M. 35</p>
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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 rebos7@bellsouth.net

Service Group Meeting Schedules 2011

InterGroup: Meets the first Monday of the month at 6:30PM
District 22: Meets the last Monday of the month at 6:30PM.
 Meetings are held at the Florida Hospital Flagler, Classroom C, in the Lind Educational Center.

Attention AA New Comers

Flagler County InterGroup needs your help

A new page is being launched on www.aflagler.org devoted to answering questions that new comers have about AA and how the 12 step program of recovery works. Every new member of AA is asked to submit questions they have, or had, about the program of Alcoholics Anonymous.

We are urging all new members of AA to please participate in the creation of this page. This is one of the many ways to carry the AA message and to ensure the hand of AA to always be there.

Please submit your questions to: jfisher8@cfl.rr.com

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

Is Your Group Listed with GSO?

A.A. members sometimes joke that a resentment and a coffeepot are all you need to start a new A.A. group. But there's one additional ingredient that can appreciably increase a group's chance for success.

Listing a new group with the General Service Office can provide a vital connection to A.A. as a whole and link the new group to a wide network of resources. "No man is an island," said the poet John Donne, and the same could be said about an A.A. group.

New groups listed with G.S.O. are automatically an integral part of A.A.'s "group conscience" in the U.S. and Canada and are included in mailings of information and shared experience from the General Service Office that can help the group establish a firm foundation. And, over time, as the group grows a channel of communication can develop, providing G.S.O. and the local, district and area service structure with critical information about how A.A. is doing in the community.

When a new group forms, the members usually take time to decide on a name, elect trusted servants, plan the time and format of the group's meeting(s), and obtain A.A. literature from the nearby intergroup/central office. Then, the process of listing the group begins. By providing some basic information using the Alcoholics Anonymous New Group Form, and supplying contact information for the group's General Service Representative (G.S.R.) or mail contact, the group is assigned a unique service number that becomes part of the group's record. The New Group Form, as well as other forms for changing existing group information, are available online at G.S.O.'s A.A. Web site (www.aa.org) and can be returned to G.S.O., once completed, via postal mail, fax, or e-mail.

A big part of listing a new group is the linkage it provides with the wider general service structure, and once G.S.O. receives the New Group Form the information is shared via the area delegate with the area assembly where the group is located.

**Article continued on page 4*

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

It is stated "this is the step that separates the men from the boys"; for if any person is willing and honest enough to try this repeatedly on all his faults has come a long way spiritually.

All sober members of Alcoholics Anonymous have "become entirely ready" to have God remove our obsession for alcohol. Since He answered our plea to release our obsession for alcohol, there is no reason why he won't do the same with our other difficulties if only we ask and practice giving up the difficulty.

This step is only the beginning of a life-long job. God will not remove every single character defect from us as he did the drive to drink. Some of them may be; but most of them we will have to be patient and work at improving them. As long as we don't settle for what we can get by with. We must aim for spiritual and moral perfection as best we can.

God wants us to try our very best; he does not expect perfection. This, to me, means keeping it simple and is a lot less pressure; not to mention driving oneself mad by constantly trying to be perfect and beating oneself up trying to succeed at the impossible task of perfection.

The only step that calls for 100 percent perfection is Step One; where "We admitted we were powerless over alcohol -- that our lives had become unmanageable," we made 100 percent admission.

Most of us have some character defects that we love and cannot possibly imagine not possessing. In this

situation we should admit that we cannot give this up yet; but strive to do so. Absolutely none of us are perfect. If we are honest we will admit that there are some mild defects that we prefer to hang on to. Working Step Six is getting us closer to God's Will for us.

—Dora Heath

A Women's Recovery Day Presented by the Women's Acceptance Group



You are invited to an afternoon of caring and sharing

Speaker: Beverly J. of Palm Coast

Saturday, May 21st, 2011

12:30 pm—3:30pm

United Methodist Church

1520 S. Daytona Ave. Flagler Beach

Potluck please bring dish or drinks of your choice

RSVP is appreciated to help us prepare.

Please contact Sandy C. (386) 313-2718

**Continued from page 3*

Is Your Group Listed with GSO?

After allowing thirty days for the area to welcome the group the group receives its service ID number and a "Group Handbook" from G.S.O. with important information on how a group functions and how to get started.

A.A.'s Traditions suggest that a group not be named after a facility or member (living or deceased), and that the name not imply affiliation with any sect, religion, organization or institution. So, when information on the New Group Form is first received, the Records Department at G.S.O. reviews each group's proposed name, also checking through existing group records to ensure there is no other group in the same locality with the same name.

"If there's any problem with the group name," says Migdalia Ingenita, a nonalcoholic member of the Records Department, "we send it to the G.S.O. staff." A staff member responsible for correspondence with groups in that particular area will then work directly with the proposed new group, addressing any concerns there may be.

As noted in the pamphlet "The A.A. Group...Where It All Begins," "Each group is as unique as a thumbprint, and approaches to carrying the message of sobriety vary not just from group to group but from region to region. Acting autonomously, each group charts its own course. The better informed the members, the stronger and more cohesive the group—and the greater the assurance that when a newcomer reaches out for help, the hand of A.A. will always be there.

"Most of us cannot recover unless there is a group. As Bill said, 'Realization dawns on each member that he is but a small part of a great whole.... He learns that the clamor of desires and ambitions within him must be silenced whenever these could damage the group. It becomes plain that the group must survive or the individual will not.'"

It has often been said that the home group is the heartbeat of A.A. And while there are many reasons for starting a new group—it doesn't always have to involve a

resentment or even a coffeepot—listing a new group with G.S.O. can help to keep that heartbeat strong and to establish important connections with other groups throughout the AA world.

—Reprinted from box 459 Vol. 57, No.1/Spring 2011

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.

Ancient City Unity Roundup

Memorial Day Weekend 2011

May 27th - 30th



Renaissance Resort at World Golf Village St.
Augustine, Florida

Pre registration \$35.00 or \$40.00 at door.

Speakers Golf Tournament and more!

For more information visit www.ancientcityaa.com or
call (386) 677-6037

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 June 1st, 2011
for the JULY/AUGUST 2011 issue.**

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

2011 deadlines will be February, April, June, August, October, December .

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