



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

NOVEMBER/DECEMBER 2011 ISSUE

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Your Ticket to Etiquette On Sharing



The Meat and Potatoes of it

1. Part of sharing is sharing time. Give others a chance to share. Three minutes is all it should take to carry the message at meeting level. (Humility and Service – Steps 7 & 12)
2. If you share a problem, *also share the solution*. (Hope, Faith, Integrity and Service – Steps 2, 3, 5 and 12)
3. *Sharing IS* carrying the message and that means sharing about a spiritual principle or step. (Hope, Faith and Service – Steps 2, 3 & 12 and Traditions 1, 5 and 11)
4. If God wants you to share someone will call on you. (Faith, Integrity and Humility – Steps 3, 5 and 7)
5. When you have very little to say, then say very little. Do not start by saying, “I really don’t have much to say”, and then ramble for the next 15 minutes. It is selfish and it blocks others from sharing the real message by taking up valuable meeting time. Brevity is the hallmark of efficacy. (Courage, Integrity, Willingness, Humility and Service – Steps 4, 5, 6, 7 and 12)
6. A 12 Step meeting is not group therapy, counseling, church or a garbage dump. This is the place to carry the message of recovery, not spread your disease. *You are there to carry God’s message, not your own*. We are, at best, vessels for the message of a loving Higher Power. (Hope, Faith, Humility, Brotherly Love, Spirituality and Service – Steps 2, 3, 7, 8, 11 and 12 and Traditions 5 and 11)
7. After you share do not get up and walk right out. Set an example for the newcomers. (Willingness, Humility, Brotherly Love and Service – Steps 6, 7, 8 and 12)
8. If you can’t get to the meeting on time you have surrendered your right to share. (Willingness, Humility and Service – Steps 6, 7 and 12 and Tradition 11)
9. A step or topic meeting is about that step or topic. *It is not about you*. If you know little or nothing about the step or topic *then do not share*. (Honesty, Integrity, Humility – Steps 1, 5 and 7)
10. If you share you should also contribute to the 7th Tradition. (Integrity, Willingness, Humility, Brotherly Love, Spirituality and Service – Steps 5, 6, 7, 8, 11 and 12 and Traditions 1 and 7)
11. Do not call on yourself. This is rude. This is not recovery. If you feel powerfully moved to share then politely attract the attention of the chairperson and wait to be recognized. (Honesty, Faith, Integrity, Willingness, Humility, Brotherly Love, Spirituality and Service – Steps 1, 3, 5, 6, 7, 8, 11 and 12 and Traditions 1, 2, 5, 9, 11 and 12)
12. Do not work on any arts and crafts, read the paper, text or search the internet. This is very distracting to the group and you are not setting a good example for the newcomer.

—Anonymous Flagler County AA



FLAGLER COUNTY ANNIVERSARIES

<u>Jumpstart</u>	<u>TGIF</u>	<u>Nomad Group</u>	<u>Women's Acc.</u>	<u>Message Group</u>	<u>Women/Women</u>
NOVEMBER Fred M. 4 Greg W. 11 Michael. 1	NOVEMBER Bob H. 9 Mardel A. 4 Chris 2 Cheryl C. DECEMBER Peg T. 24 Dennis M. 14 Craig G. 1	NOVEMBER Andy D. 15 Dave R. 13 DECEMBER Ed K. 7 Jerry K. 20 Jerry T. 7	NOVEMBER Connie G. 18 Jewella M. 23	NOVEMBER Greg W. 8 Lorraine S. 36 DECEMBER Kenny M. 1 Teresa M. 1	Belated October Kathie W. 18 NOVEMBER Rosie G. 2

Announcements & Information

TGIF Group

will be hosting the Fall District 22 Workshop.
Location and Date to be decided sometime in November.

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

WANTED

New Editor needed for the Flagler County Promises.



I'm willing to assist the next editor to get up and running along with the help of Integroup. Computer access and email is required. Minimal experience in either Microsoft Word, Publisher, Photoshop or Mac Pages is all the experience you need. Please let your home groups know that this commitment is available.

This position is open immediately.

Contact me at taragower@gmail.com or
(386) 931-8129.

NEEDED

SERVICE

Reminder:

Need Literature and Medallions?

Contact: Don H.

386-986-3659

hoodyfour@aol.com



The Mondex Group

Hidden Trails Park, Mahogany blvd Daytona North, Bunnell, FL

Tuesday nights 7:00 pm

As of October 25th, this group will no longer be meeting . Please check your most current meeting schedule for other Tuesday night meetings.

"103 MUSTS" in the Big Book

If you go to enough meetings, you'll hear it said that in AA, "there are no MUSTs, only suggestions". Well, like most half-truths in A.A., if you hear them long enough you begin to believe them. But what does the Program have to say about this? This is a continuation of the **MUST** list from our last (September/October) issue of *The Promises*.

Some of the phrases below don't contain the word **MUST**, but the wording indicates a **MUST** Condition. Well, excluding the stories, here's the list continued:

46. The spiritual life is not a theory. WE HAVE TO LIVE IT. (83)
47. We MUST remember that ten or twenty years of drunkenness would make a skeptic out of anyone. (83)
48. Every day is a day when we MUST carry the vision of God's will into all of our activities. (85)
49. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which MUST go with us constantly. (85)
50. If we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we MUST go further and that means more action. (85)
51. But we MUST be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others. (86)
52. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends-this is an experience you MUST not miss. (89)
53. The family MUST decide these things. (90)
54. To be vital, faith MUST be accompanied by self sacrifice and unselfish, constructive action. (93)
55. NEVER talk down to an alcoholic from any moral or spiritual hilltop; simply lay out the kit of spiritual tools for his inspection. (95)
56. If he is sincerely interested and wants to see you again, ask him to read this book in the interval. After doing that, he MUST decide for himself whether he wants to go on. (95)
57. He should not be pushed or prodded by you, his wife, or his friends. If he is to find God, the desire MUST come from within. (95)
58. NEVER avoid these responsibilities, but be sure you are doing the right thing if you assume them. (97)
59. A kindly act once in a while isn't enough. You HAVE TO act the Good Samaritan every day, if need be. (97)
60. Argument and fault-finding are to be avoided like the plague. In many homes this is a difficult thing to do, but it MUST be done if any results are to be expected. (98)
61. But we MUST try to repair the damage immediately lest we pay the penalty by a spree.(99)
62. If their old relationship is to be resumed it MUST be on a better basis, since the former did not work. (99)
63. Both you and the new man MUST walk day by day in the path of spiritual progress.(100)
64. People have said we MUST not go where liquor is served; we MUST not have it in our homes; we MUST shun friends who drink; we MUST avoid moving pictures which show drinking scenes; we MUST not go into bars; our friends MUST hide their bottles if we go to their houses; we MUSTn't think or be reminded about alcohol at all. Our experience shows that this is not necessarily so. (101)
65. But some of us think we should not serve liquor to anyone. We NEVER argue this question. (102)
66. We are careful NEVER to show intolerance or hatred of drinking as an institution. (103)
67. Besides, we have stopped fighting anybody or anything. We HAVE TO! (103)
68. Wait until repeated stumbling convinces him he MUST act, for the more you hurry him the longer his recovery may be delayed. (113)
69. But sometimes you MUST start life anew. (114)
70. While you need not discuss your husband at length, you can quietly let your friends know the nature of his illness. But you MUST be on guard not to embarrass or harm your husband. (115)
71. You will no longer be self-conscious or feel that you MUST apologize as though your husband were a weak character. (115)
72. These family dissensions are very dangerous, especially to your husband. Often you MUST carry the burden of avoiding them or keeping them under control. (117)
73. NEVER forget that resentment is a deadly hazard to an alcoholic. (117)
74. Your husband knows he owes you more than sobriety. He wants to make good. Yet you MUST not expect too much. (118)
75. Though it is infinitely better that he have no relapse at all, as has been true with many of our men, it is by no means a bad thing in some cases. Your husband will see at once that he MUST redouble his spiritual activities if he expects to survive.(120)
76. We NEVER, NEVER try to arrange a man's life so as to shield him from temptation; The slightest disposition on your part to guide his appointments or his affairs so he will not be tempted will be noticed. (120)
77. The family MUST realize that dad, though marvelously improved, is still convalescing. They should be thankful he is sober and able to be of this world once more. (127)
78. He can scarcely square the account in his lifetime. But he MUST see the danger of over-concentration on financial success. Although financial recovery is on the way for many of us, we found we could not place money first. For us, material well-being always followed spiritual progress; it never preceded. (127)
79. We know there are difficult wives and families, but the man who is getting over alcoholism MUST remember he did much to make them so. (127)
80. We have come to believe He would like us to keep our heads in the clouds with Him, but that our feet ought to be firmly planted on earth. That is where our fellow travelers are, and that is where our work MUST be done. These are the realities for us. We have found nothing incompatible between a powerful spiritual experience and a life of sane and happy usefulness. (130)

...Continued on page 4

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

"103 Musts" of the Big Book continued...

- 81.** Whether the family goes on a spiritual basis or not, the alcoholic member has to if he would recover. The others **MUST** be convinced of his new status beyond the shadow of a doubt. Seeing is believing to most families who have lived with a drinker. (135)
- 82.** State that you know about his drinking, and that it **MUST** stop. You might say you appreciate his abilities, would like to keep him, but cannot if he continues to drink. (141)
- 83.** For most alcoholics who are drinking, or who are just getting over a spree, a certain amount of physical treatment is desirable, even **IMPERATIVE**. (142)
- 84.** Though you are providing him with the best possible medical attention, he should understand that he **MUST** undergo a change of heart. To get over drinking will **REQUIRE** a transformation of thought and attitude. We all **HAD TO PLACE RECOVERY ABOVE EVERYTHING**, for without recovery we would have lost both home and business. (143)
- 85.** While on the subject of confidence, can you adopt the attitude that so far as you are concerned this will be a **STRICTLY** personal matter, that his alcoholic derelictions, the treatment about to be undertaken, will **NEVER** be discussed without his consent? (143)
- 86.** When the man is presented with this volume it is best that no one tell him he must abide by its suggestions. The man **MUST** decide for himself. (144)
- 87.** An alcoholic who has recovered, but holds a relatively unimportant job, can talk to a man with a better position. Being on a radically different basis of life, he will **NEVER** take advantage of the situation. (146)
- 88.** For he knows he **MUST** be honest if he would live at all. (146)
- 89.** The old pleasures were gone. They were but memories. **NEVER** could we recapture the great moments of the past. (151)
- 90.** I know I **MUST** get along without liquor, but how can I? Have you a sufficient substitute?" Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. (152)
- 91.** They will approach still other sick ones and fellowships of Alcoholics Anonymous may spring up in each city and hamlet, havens for those who **MUST** find a way out. (153)
- 92.** But what about his responsibilities - his family and the men who would die because they would not know how to get well, ah -yes, those other alcoholics? There **MUST** be many such in this town. He would phone a clergyman. His sanity returned and he thanked God. (154)
- 93.** He saw that he would **HAVE TO** face his problems squarely that God might give him mastery. (155)
- 94.** Both saw that they **MUST** keep spiritually active. (156)
- 95.** Though they knew they **MUST** help other alcoholics if they would remain sober, that motive became secondary. It was transcended by the happiness they found in giving themselves for others. (159)
- 96.** God will determine that, so you **MUST** remember that your real reliance is always upon Him. He will show you how to create the fellowship you crave. (164)
- 97.** We alcoholics see that we **MUST** work together and hang together, else most of us will finally die alone. (563)
- 98.** A.A. **MUST** continue to live or most of us will surely die. (565)
- 99.** Yet it is true that our first printing gave many readers the impression that these personality changes, or religious experiences, **MUST** be in the nature of sudden and spectacular upheavals. (569)
- 100.** Though it was not our intention to create such an impression, many alcoholics have nevertheless concluded that in order to recover they **MUST** acquire an immediate and overwhelming "God-consciousness" followed at once by a vast change in feeling and outlook. (569)
- 101.** I think our profession **MUST** take appreciative cognizance of this great therapeutic weapon. (571)
- 102.** Any therapeutic or philosophic procedure which can prove a recovery rate of 50% to 60% **MUST** merit our consideration. (571)
- 103.** They know that they **MUST** never drink. (572)

As in so many things, especially with we alcoholics, **our History is our Greatest Asset!**.. We each arrived at the doors of AA with an intensive and lengthy "History of Things That **Do Not Work**" .. Today, In AA and In Recovery, Our History has added an intensive and lengthy "**History of Things That DO Work!!**" and We will not regret the past nor wish to shut the door on it!!

—Compiled by Dave F.

Notice to all Group Treasurers

District 22 address has changed.

The new address is:

P.O. Box 351814 Palm Coast, FL 32135

Flagler County Promises 2012

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 DECEMBER 1st for the JANUARY/FEBRUARY 2012 issue.

2012 Promises deadlines will be on the 1st of the following months:

February, April, June, August, October & December

Submit any questions, articles, anniversaries & ideas to:

taragower@gmail.com or call Tara G. at 386-931-8129