

# promises

recovery . unity . service

## A New Freedom

*Tammy C.*

*Sober since 7/27/99*

The one thing I kept hearing over and over was that you had to do the first Step 100% perfectly. It took me 2 years to understand what they meant. I knew I was an alcoholic but to admit powerlessness over alcohol; and my life was unmanageable?

Today I understand that the first drink, not the tenth gets me drunk and I have to know beyond a shadow of a doubt that one drink leads me back to the insanity and all the chaos and life problems I walked in with. I didn't have to "come to believe" that a power greater than myself would restore me to sanity; I knew He would, which is why I would never ask.

I eventually got tired of everything always being so hard, of trying and trying on my own to quit. It was exhausting! So, I finally did the unthinkable! I got down on my knees and cried out to the God of my understanding for help to relieve the obsession and compulsion for alcohol. That was my third step.

I finally made a decision to turn my life and care over to God and I became willing to do the steps as they were outlined in the Big Book and right then, the miracle happened! The obsession and compulsion was lifted right then and there. I knew a new freedom for the first time in many years. I finally realized that AA really is the easier, softer way.

### service in action

Current open service positions:

Intergroup Treasurer  
Intergroup Secretary  
Promises Editor

Each position is a two year commitment. Contact [aanicolef@gmail.com](mailto:aanicolef@gmail.com) for more information on how you can get involved with your local Intergroup.

### 4,576 !!

Total years of sobriety reported in Flagler County in 2017

### literature & medallions

Call Brenda for requests on literature & medallions.  
386-283-0567

### helpline

Call Fred for details on how to get involved.  
386-334-0974

### accessibilities chair

Karen R. has a committee to take meetings to AA individuals who are home bound or institutionalized. If you would like to be a part of this service opportunity, please contact Karen by email [kxcourt1@gmail.com](mailto:kxcourt1@gmail.com). Also contact Karen if you know of someone who would like meetings brought to their residence.



### CONTACT US

386.445.HELP [4357]

[aaflagler.org](http://aaflagler.org)



### WRITE US

INTERGROUP

P.O. Box 352470  
Palm Coast 32135



### SUPPORT US

DISTRICT 22

P.O. Box 351814  
Palm Coast 32135

## Events

### Dinner Dance

Grand Haven Country Club

500 Riverfront Drive, Palm Coast

February 10th @ 5:30 pm

Tickets \$23

Social hour 5:30 pm, dinner 6:00 pm

Salad station, entrees, & dessert

Speaker, 50/50, DJ

Dress to impress :)

\*must show tix to guard at gate for entry

### Saturday Night Live Bowling

Palm Coast Lanes

11 Old Kings Road North

1st & 3rd Saturday, every month

6:30 pm - 8:30 pm

\$10 per person

### 2017 Belated Jump Start Celebrations

- ◆ 35 Lee M. [October]
- ◆ 33 Barbara K. [October]
- ◆ 14 Gregg W. [November]
- ◆ 12 Jerry T. [December]
- ◆ 11 Barbara M. [October]
- ◆ 10 Fred M. [November]
- ◆ 8 Elaine R. [December]
- ◆ 2 Bill R. [October]
- ◆ 1 Mary L. [November]
- ◆ 1 Bill D. [December]
- ◆ 1 Annie L. [December]

## Traditions Checklist

While the below were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion.

**Tradition One: Our common welfare should come first; personal recovery depends upon unity.**

- Am I in my group a healing, mending, integrating person, or am I divisive? What about gossip and taking other members' inventories?
- Am I a peacemaker? Or do I, with pious preludes such as "just for the sake of discussion," plunge into argument?
- Do I make competitive AA remarks, such as comparing one group with another or contrasting AA in one place with AA in another?

**Tradition Two: For our group purpose there is but one ultimate authority- a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**

- Do I criticize or do I trust and support my group officers, AA committees, and office workers? Newcomers? Old-timers?
- Do I look for credit in my AA jobs? Praise for my AA ideas?
- Although I have been sober a few years, am I still waiting to serve my turn at AA chores?

**Tradition Three: The only requirement for AA membership is a desire to stop drinking.**

- In my mind, do I prejudge some new AA members as losers?
- Do I set myself up as a judge of whether a newcomer is sincere or phony?
- Do I let my language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?

## *Celebrating 1,173 Years of Sobriety*

### January 343

- ✦ 47 Jim Mc. [monday night live]
- ✦ 39 Bill G. [tgif]
- ✦ 37 Clarice W. [tgif]
- ✦ 34 Dee K. [women's acceptance]
- ✦ 28 Kevin P. [another open door / mondex]
- ✦ 22 Jason C. [monday night live]
- ✦ 22 Debra H. [life's a beach]
- ✦ 20 John H. [message group]
- ✦ 18 Eileen [women's acceptance]
- ✦ 15 Mary L. [the fellowship we crave / women to women]
- ✦ 11 Pat F. [nomad]
- ✦ 8 Sue J. [the fellowship we crave / tgif]
- ✦ 8 Eddie A. [monday night live]
- ✦ 7 Dennis D. [life's a beach]
- ✦ 6 Mary G. [jump start]
- ✦ 5 Rudy S. [life's a beach]
- ✦ 5 Steve D. [life's a beach]
- ✦ 2 Chelsea M. [jump start]
- ✦ 2 Rose B. [tgif]
- ✦ 2 Chris P. [tgif]
- ✦ 2 Melissa R. [tgif]
- ✦ 2 Mike F. [life's a beach]
- ✦ 1 Patty S. [monday night live]

### February 477

- ✦ 39 Larry P. [another open door]
- ✦ 37 Gene McG. [life's a beach]
- ✦ 36 Edie G. [living sober / kiss]
- ✦ 33 Jim A. [nomad / came to believe]
- ✦ 32 Duke [nomad]
- ✦ 31 Berkeley C. [nomad]
- ✦ 30 Gerry [mondex]
- ✦ 29 Marty D. [tgif]
- ✦ 24 Kat F. [kiss]
- ✦ 21 Paul H. [monday night live]
- ✦ 20 Wayne M. [came to believe]
- ✦ 18 Michelle D. [message group]
- ✦ 16 Ed P. [mondex]
- ✦ 14 Bob B. [nomad]
- ✦ 14 Red O. [nomad]
- ✦ 14 Linda S. [the fellowship we crave / women to women]
- ✦ 13 Carol W. [jump start / message group]
- ✦ 12 John B. [tgif]
- ✦ 10 Ellen O. [the fellowship we crave]
- ✦ 9 Robert R. [nomad]
- ✦ 8 Mike M. [message group]
- ✦ 5 Karen B. [women's acceptance]
- ✦ 5 Claudia O. [message group]
- ✦ 3 Mike C. [life's a beach]
- ✦ 2 Beth B. [the fellowship we crave]
- ✦ 2 Donna G. [monday night live]

### March 353

- ✦ 51 Ken K. [came to believe]
- ✦ 43 Midge G. [tgif / living sober / kiss]
- ✦ 39 Jim A. [living sober]
- ✦ 35 Ed R. [monday night live]
- ✦ 33 Rita S. [life's a beach]
- ✦ 31 Marybeth J. [the fellowship we crave / life's a beach]
- ✦ 31 Berkeley C. [message group]
- ✦ 24 Tom H. [nomad]
- ✦ 15 Laura A. [monday night live]
- ✦ 13 Webb S. [life's a beach]
- ✦ 12 Cheryl S. [tgif]
- ✦ 11 Lauren C. [life's a beach]
- ✦ 5 Dawn E. [the fellowship we crave]
- ✦ 3 Steve W. [mondex / nomad]
- ✦ 3 David T. [life's a beach]
- ✦ 1 Steve R. [monday night live]
- ✦ 1 Jim A. [tgif]
- ✦ 1 Chris P. [tgif]
- ✦ 1 Debbie [women's acceptance]

## Remembering the “Sacred” Promise

As patients left St. Thomas Hospital, Sr. Ignatia would present them with a Sacred Heart of Jesus badge and ask for a promise. Before picking up another drink, they were to return the badge to Sr. Ignatia personally. The badge was a sacred pledge and symbol of the treasure of sobriety. Patients respected the trust Sr. Ignatia had in them and valued the gift as a commitment to stay sober.



### 123

#### One: Honesty

We admitted we were powerless over alcohol - that our lives had become unmanageable.

We are going to know a new freedom and a new happiness.

Our admissions of personal powerlessness finally turn out to be firm bedrock upon which happy and purposeful lives may be built. 12x12 p.1

#### Two: Hope

Came to believe that a power greater than ourselves could restore us to sanity.

We will not regret the past nor wish to shut the door on it.

True humility and an open-mind can lead us to faith, and every AA meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him. 12x12 p.33

#### Three: Faith

Made a decision to turn our will and our lives over to the care of God as we understood Him.

We will comprehend the word serenity and we will know peace.

We had a new employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow, and the hereafter. We were reborn. BB p.66

## An Old-Timers Observations on Sponsorship

A good sponsor has worked the twelve steps.

A sponsor's primary job is to coach me through actually working all twelve steps. Every good coach I have ever heard of was at some time on the field playing the game. Therefore, a good sponsor has actually worked the steps from the book Alcoholics Anonymous.

A good sponsor will tell me the truth I don't want to hear.

He can't be interested in what I think of him. He must be willing to risk the relationship by giving me the unvarnished truth. He must be willing to say things to me like: "You are not doing the following... and I don't think this is going to work." Or, "I am afraid for you because..."

A good sponsor is active in service work.

All of the winners I know are active carrying the message. They all go out of their way for the fellowship. For example they show up early at their home group and make coffee and make the newcomers welcome; answer phones at central office; take meetings into jails, prisons, detox, hospital rooms and the like, etc.

A good sponsor laughs a lot, enjoys life, and is not a complainer. A complainer is still in charge. Spiritually awakened people just seem to laugh a lot. It does not mean that they don't cry and have hard times. They do. It means that they are generally happy people.