

# promises

recovery . unity . service

## Sanskrit Proverb

Look to this day, For it is life,

The very life of life.

In its brief course lies all the realities and verities of existence,

The bliss of growth, The splendor of action,

The glory of Power —

For yesterday is but a dream and tomorrow is only a vision.

But today, well lived,

Makes every yesterday

A dream of happiness,

And every tomorrow, A vision of hope.

Look well, therefore, to this day.

*Don't take for granted the things closest to your heart. Cling to that as you would your life, for without them life is meaningless.*

*Don't let your life slip through your fingers by living in the past or the future. By living your life one day at a time, you live all the days of your life.*

*Don't run through life so fast that you forget where you've been, but also know where you're going. Life is not a race, but a journey to be savored every step of the way.*

## Letter from the editor

When I first came in, it baffled me how happy you were. I didn't believe you when you told me that you were living a life beyond your wildest dreams. But, you told me to keep coming back, & I was dying, so I listened to you. I didn't want to die & I didn't know how to live without drinking.

You held my hand, you gave me tissues when I cried, & you never judged me for drinking too much coffee (right?...). You told me you would love me until I could love myself. I was in so much pain, but I listened to you. I am happy today. I love myself today. I take care of myself one day at a time today. Thank you for loving me. I am eternally grateful to you for showing me how to live.  
- Nicole F. 5/4/15

## helpline

Fred R. recently assumed his new position as Helpline Chair! Should you care to volunteer or if you have any questions regarding the helpline, please call Fred at 386-334-0974. Thank you Fred for your service! Also, thank you to Joan D. who has graciously held this commitment for years on end. We are so appreciative of your kindness & service.



### CONTACT US

386.445.HELP [4357]

aaflagler.org  
aanicolef@gmail.com



### WRITE US

INTERGROUP

P.O. Box 352470  
Palm Coast 32135



### SUPPORT US

DISTRICT 22

P.O. Box 351814  
Palm Coast 32135

## literature & medallions

Call Don H. at 386-986-3659 or email him at hoodyfour@aol.com

17 out of 35

Groups Represented at the March & April 2017 Intergroup Meetings

\*

- A New Beginning
- Another Open Door
- Back to Basics
- Came to Believe
- Declaration of Unity
- Footprints in the Sand
- Jump Start
- Life's a Beach
- Living Sober
- Message Group
- Monday Night Live
- Mondex Group
- Nomad Group
- Stepping Sisters
- The Fellowship We Crave
- TGIF
- Women's Acceptance

\*

Please join us at Intergroup on the first Monday of every month at 6:30pm at Flagler Hospital.

Your group's voice deserves to be heard as we discuss & vote on future opportunities, services, funds, and events.

Email [aanicolef@gmail.com](mailto:aanicolef@gmail.com) for more information.

From the Desk of Tom M.

This past Easter, we lost a beloved friend of ours, Tom M. from the Jump Start group. Tom has been an admirable beckon of hope for me in early sobriety, and will forever be my A.A. hero.

November 15, 1939 - April 16, 2017

Sober 29 Years

Obsessions are like resentments and if you are trying to project an outcome, they are even worse. Both are tough to overcome so talk and keep talking with your sponsor or someone you can trust.

Keep on getting that medicine.

You will ALWAYS need your medicine. Humpty Dumpty is back up on the wall again.

God is using you for great things. Ya gotta always keep getting ur medicine. It all fit together soon enough.

Hope you enjoying what you are doing and have plenty of time to smell the roses. You have a great week! That's an order. Love ya kid.

When all seems pandemonium, STOP! Ask God to guide and calm you!

I am so happy for you! Just wonderful. I am heartened that MY SS money will be secure for years to come. Your just a little wellspring! That's what you are!

There is no such thing as a coincidence!

If you want to see funny, watch me meditate. It hilarious! Like a cat on a hot tin roof.

You have been through a whirlwind full of emotions. Life on life's terms. And you are feeling it all. Before you blanked it out with the bottle. You are going to be fine! Just keep trusting in the God of your understanding and talking to other AAs. Love ya buddy and I really am proud of you.

Keep smiling because that sunshine is good fur ur teeth.

Take care as God is taking care of both of us.

And watching you and the others recover is all the help I'll ever need for now. I'm so glad God put you in my life. Now go out there and have a ball with the life you got back. Love ya bunch.

You are my inspiration so keep it up! It only gets better. Love ya kid.

But the greatest experience ever was when I learned I was not scared to die; I simply turned it all over to God. And it worked. Wow! AA has taught me how to live without the bottle to solve my problems but most importantly it got me back to my God who became a loving, caring and forgiving God. I'm so grateful.

# Celebrating 1,217 Years of Sobriety

## April

- ✦ 43 Sheila O. [living sober]
- ✦ 43 Jack St. [steps to sobriety]
- ✦ 42 Tom B. [message group]
- ✦ 39 Bob C. [tgif]
- ✦ 34 Pam H. [lucky to be here + women's acceptance]
- ✦ 30 Mike S. [message group]
- ✦ 30 Grace K. [tgif]
- ✦ 24 Virginia M. [message group]
- ✦ 24 Jim G. [nomad]
- ✦ 23 Denny N. [living sober + women to women]
- ✦ 21 Tom Z. [message group]
- ✦ 20 Jerry [lucky to be here]
- ✦ 19 Donna H. [k.i.s.s]
- ✦ 15 Heather F. [life's a beach + the fellowship we crave]
- ✦ 8 Michael O. [footprints in the sand]
- ✦ 7 Edi S. [tgif]
- ✦ 3 Leticia G. [tgif]
- ✦ 3 Nick M. [life's a beach]
- ✦ 2 John H. [footprints in the sand + monday night live]
- ✦ 2 John C. [another open door]
- ✦ 1 Janet R. [jump start]
- ✦ 1 Pam C. [footprints in the sand]

## May

- ✦ 41 Jack M. [tgif]
- ✦ 41 Maura M. [message group]
- ✦ 38 Jim A. [living sober + steps to sobriety]
- ✦ 38 Mike H. [lucky to be here]
- ✦ 35 John D. [message group]
- ✦ 33 Sally W. [tgif]
- ✦ 32 Mark M. [nomad]
- ✦ 30 Beth F. [mondex]
- ✦ 28 Butch Mc. [footprints in the sand]
- ✦ 27 Bill M. [came to believe]
- ✦ 25 Sandy P. [women's acceptance]
- ✦ 21 Manny L. [tgif]
- ✦ 16 Jim K. [lucky to be here]
- ✦ 13 Mirella C. [k.i.s.s]
- ✦ 10 Richard C. [message group]
- ✦ 8 Lois B. [the fellowship we crave]
- ✦ 6 Erica B. [the fellowship we crave]
- ✦ 6 Art J. [another open door]
- ✦ 5 Laura R. [life's a beach]
- ✦ 5 Richard H. [jump start]
- ✦ 5 Stacy B. [tgif + women's acceptance]
- ✦ 3 Bruce G. [tgif]
- ✦ 3 Ricky M. [life's a beach]
- ✦ 2 Nicole F. [life's a beach]
- ✦ 2 Connie L. [jump start + the fellowship we crave]
- ✦ 1 James [life's a beach]
- ✦ 1 Kerry V. [tgif]
- ✦ 1 Ian R. [living sober]

## June

- ✦ 40 Pokey E. [tgif]
- ✦ 39 Judy K. [came to believe]
- ✦ 33 Bill B. [tgif]
- ✦ 32 Mal F. [monday night live]
- ✦ 31 Barry C. [tgif]
- ✦ 31 Lana R. [tgif + women's acceptance]
- ✦ 27 Billy W. [message group]
- ✦ 27 Greg M. [living sober]
- ✦ 17 Kathy K. [another open door + mondex]
- ✦ 8 Richard F. [nomad]
- ✦ 7 Bill S. [came to believe]
- ✦ 5 Meg P. [k.i.s.s. + women's acceptance]
- ✦ 5 Meg [footprints in the sand]
- ✦ 4 Lee H. [jump start]
- ✦ 1 Kirk W. [message group]

## Step . Principle . Promise

*this is what we do*

*& this is what happens*

- 4 . Made a searching and fearless moral inventory of ourselves.
  - Courage
  - No matter how far down the scale we have gone, we will see how our experience can benefit others.
- 5 . Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
  - Integrity
  - That feeling of uselessness and self-pity will disappear.
- 6 . Were entirely ready to have God remove all these defects of character.
  - Willingness
  - We will lose interest in selfish things and gain interest in our fellows.
7. Humbly asked Him to remove our shortcomings.
  - Humility
  - Self-seeking will slip away.

## Traditions Checklist

*from the A.A. Grapevine*

- 4 . Each group should be autonomous except in matters affecting other groups or AA as a whole.
  - Am I willing to help a newcomer go to any lengths - his lengths, not mine - to stay sober?
- 5 . Each group has but one primary purpose- to carry its message to the alcoholic who still suffers.
  - Am I willing to twelfth-step the next newcomer without regard to who or what is in it for me?
- 6 . An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
  - Should my fellow group members and I go out and raise money to endow several AA beds at our local hospital?
7. Every AA group ought to be fully self-supporting, declining outside contributions.
  - Honestly now, do I do all I can to help AA (my group, my central office, my GSO) remain self-supporting? Could I put a little extra into the basket on behalf of the new guy who can't afford it yet? How generous was I when tanked in a barroom?

## District 22

Meets the last Monday of the month at Florida Hospital-Flagler, Lind Educational Center, Room C at 6:30pm.

## Report

We are looking for groups interested in hosting District 22 quarterly workshops. If your group is at all interested or even has a workshop topic please let us know.

There are still opportunities for alternate chairs and committee member positions if one is looking for service work at the District level. Please contact the DCM of District 22 if you are interested.

The second Area 14 Assembly took place April 7-9, 2017. District 22 was represented with 1 Alt. DCM, and 1 GSR for a total of 2 votes. Thank you to those who attended. The next Assembly will be held July 7-9, 2017 and we hope to have a stronger representation for District 22, so mark your calendars GSRs.

“Unity in AA is not when you agree with me, but when we hear all voices. We all win when we have broad discussion, listen to the minority voice, and find our collective group conscience” .....Keynote speaker, 2016 66th General Service Conference

## Unity Statement

This we owe to A.A.'s future: to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives and the lives of those to come.