



PROMISES

JANUARY & FEBRUARY 2016

Editor's note

I would like to take this opportunity to introduce myself as your new Promises Editor.

My goal is to provide Flagler County fellowship with tools to enhance individual recovery. I am beyond excited to build new friendships in our community with fellow alcoholics throughout my Promises journey!

I wish you all a happy, joyous, and free new year.

Love & Peace, Nicole F.

Giving back what was so freely given to us

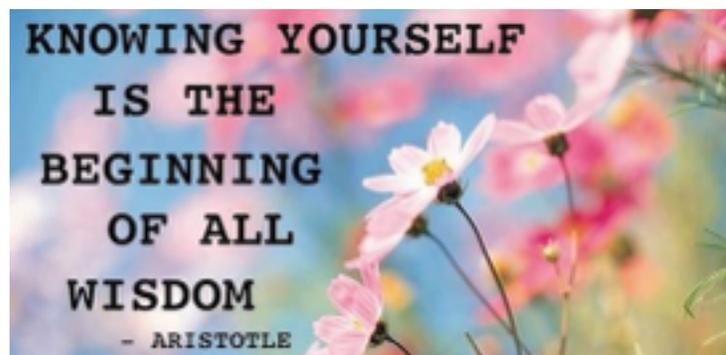
The Helpline is a great way to assist other alcoholics in need of support. Call Joan at 386-445-4357 to find out how you can be of service.

Literature & medallions

Don H. can be reached at 386-986-3659 or by email hoodyfour@aol.com

Just a Thought [Sonia Ricotti]

Surrender to what is. Let go of what was. Have faith in what will be.



“Thoroughly Follow Our Path...”

Don H. [November 10, 1979]

This simple, but very powerful statement was read to me at my first A.A. meeting by the man who became my sponsor.

The path I was on was taking me to a state of self-destruction. I had to change or lose everything.

I *surrendered* and admitted my management skills were not working. I worked on *finding a Power greater than ME* and made a decision to turn my life over to the God of my choice.

Honesty

Open-mindedness

Willingness

This program of twelve steps, meetings, and fellowship have given me 36 years of a life I didn't think was possible for me. It will do the same for you if you *thoroughly follow our path*.

Traditions: From Our Co-Founder

Bill Wilson

1. Our common welfare should come first; personal recovery depends upon A.A. unity.

"Unless A.A. continues to live, the greater part of us would surely die; and so would the countless alcoholics that we might have helped. This is why the general welfare must come first. Without unity and harmonious action we shall have nothing at all."

[Transcribed from tape. https://www.youtube.com/watch?v=kRN7_ScsAk4]

2. 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.

"We were deeply convinced for example, that the survival of the whole was far more important than the survival of any individual or group of individuals. This was a thing far bigger than any one of us. We began to suspect that once a mass of alcoholics were adhering even halfway to the Twelve Steps, that God could speak in their group conscience and up out of that group conscience could come a wisdom greater than any inspired leadership."

[Transcribed from tape. Chicago, IL, February 1951]

Spotlight on Steps

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

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

The Moment of Truth

Newcomers

Sheila J. [February 6, 2015]

When I made the decision to take Step One, it was both the hardest and easiest thing I ever did. Hard because my disease and experience told me it was impossible. Easy because once I did it I was finally released from the dark, lonely, and torturous existence that was my life.

Taking Step Two immediately following Step One was, for me, *the only way* Step One was going to stick. No person, place, or thing could have restored my sanity except my God. I was absolutely convinced: I couldn't- he could. So I let him, one day at a time.

30 Years Strong

Old-timers

Barbara M. [November 3, 1985]

Step One is and has been the most important step to me in my recovery from day one; that I took and have continued to take, every morning for the past thirty years. It is the only step that can be taken 100%, which confirms and guarantees I can never drink again one day at a time like a nonalcoholic!

Step Two also is equally important to my recovery which I also take each morning. It reminds me of the insanity of my drinking and that a Power greater than can and will restore my insane thinking/behavior to sober thinking/behavior in due time and order. "I came, came to, came to believe." Which, relieves me of my need to over think the process and progress of my recovery on a daily basis by realizing I cannot do this by myself with my old alcoholic mindset.

Prayer & Meditation [A prayer of surrender]

God, I come before you with a focused heart. How can I begin to express my gratitude for your great love for me? The depths of your love are so wide and so deep... and so long that I can only attempt to understand the vastness. While my mind can't comprehend Your Greatness in entirety, my heart's desire is to follow Your lead. Every step and every corner, I surrender to Your plan, no matter where it leads. While I haven't always been so willing, I'm renewing my vows to you, God. I beg you to take me and use me as only you can. No matter the time or place. It truly is my joy to say Your will, Your way. Amen.

January Celebrants

- ✦ Annie H. 1 year [Life's a Beach]
- ✦ Bill G. 37 years [TGIF]
- ✦ Carrie H. 3 years [TGIF]
- ✦ Charna D. 19 years [TGIF]
- ✦ Clarice W. 35 years [TGIF]
- ✦ Dee K. 32 years [Women's Acceptance]
- ✦ Dennis D. 5 years [Life's a Beach]
- ✦ Eileen C. 16 years [KISS]
- ✦ Jason C. 20 years [Monday Night Live]
- ✦ Jim M. 45 years [Monday Night Live]
- ✦ Jim M. 29 years [Steps to Serenity]
- ✦ Jimmy D. 35 years [Came to Believe]
- ✦ John B. 10 years [TGIF]
- ✦ John C. 51 years [Monday Night Live & Steps to Serenity]
- ✦ Kevin P. 26 years [Another Open Door]
- ✦ Marcin W. 6 years [Jump Start]
- ✦ Mary G. 5 years [Jump Start & Women's Acceptance]
- ✦ Mary L. 13 years [Women to Women]
- ✦ Matt K. 9 years [Life's a Beach]
- ✦ Pat F. 6 years [Women to Women]
- ✦ Pat F. 9 years [Nomad]
- ✦ Patrick S. 29 years [Came to Believe]
- ✦ Ray B. 2 years [Life's a Beach]
- ✦ Ron R. 31 years [Steps to Serenity]
- ✦ Steve D. 3 years [Life's a Beach]
- ✦ Sue J. 6 years [TGIF]

February Celebrants

- ✦ Berkley C. 29 years [Nomad]
- ✦ Betty R. 5 years [Women to Women]
- ✦ Bob B. 12 years [Nomad]
- ✦ Carol W. 12 years [Jump Start]
- ✦ Cathy J. 2 years [Women to Women]
- ✦ Charles M. 13 years [Steps to Serenity]
- ✦ Duke 30 years [Nomad]
- ✦ Ed P. 14 years [Mondex]
- ✦ Edie G. 34 years [KISS & Women to Women]
- ✦ Ellen O. 8 years [New Beginning]
- ✦ Ernie D. 2 years [Jump Start]
- ✦ Gerry W. 28 years [Mondex]
- ✦ Jim A. 31 years [Monday Night Live & Nomad]
- ✦ Ken M. 16 years [Came to Believe]
- ✦ Larry P. 37 years [Another Open Door]
- ✦ Linda S. 12 years [Women to Women]
- ✦ Mara M. 4 years [Women to Women]
- ✦ Marty D. 27 years [TGIF]
- ✦ Mike M. 6 years [Jump Start]
- ✦ Paul H. 19 years [Monday Night Live]
- ✦ Red O. 12 years [Nomad]
- ✦ Rob R. 7 years [Nomad]
- ✦ Robert R. 2 years [Living Sober]
- ✦ Sheila J. 1 year [TGIF & Women to Women]
- ✦ Wayne B. 17 years [Came to Believe]

EASY DOES IT

Happy Belated Anniversary to our December Celebrants!

Robert M. 6 years [Life's a Beach]

Hilton Head Mid-Winter Conference

Taking place January 22-24, 2016 at The Westin Hilton Head. Tickets \$30 & Rooms \$99/night. hiltonheadmidwinterconference.com

Not a Glum Lot

A drunk went to a police station wishing to speak with the burglar who had broken into his house the night before.

"You'll get your chance in court," said the desk sergeant.

"No, no, no!" said the man.

"I want to know how he got into the house without waking my wife. I've been trying to do that for years!"

[Source: Grapevine January 2012]

Local A.A. History

The very first A.A. meeting held in our county was in 1973 at the [old] Flagler County Courthouse.

The Art of Spiritual Principles:

Honesty & Hope

Amanda R. [April 12, 2009]

The principle behind the first step is honesty. For me, when thinking of honesty in the context of the first step, it means being honest with myself. I have to honestly look at myself everyday and realize that I am *100% powerless over alcohol*. If I take a drink or stop working my program, my life becomes very unmanageable.

There were so many times in my life where I was incapable of being honest with myself; until I was taken down to my bottom and the only choices were get honest or die. Today, not only is it imperative that I am honest with myself, but I also need to be honest with other people; which means speaking my truth. I need to make sure I "tell on myself" whenever I feel like I have not been practicing this principle.

The principle behind the second step is hope. The definition of hope is a feeling of expectation and desire for a certain thing to happen. When I became willing to believe that a Power greater than myself could restore me to sanity, there was *a desire to be restored to sanity*. That desire was hope. The paradoxical thing about this is that as I look back, I did not have any hope; until there was nowhere else to go for me. My choices were AA or jail, and I knew at that point that there was hope.

Passing of the Torch

Nicole F. [May 4, 2015]

This past October I came to Palm Coast for a week-long trip from California, where I had lived. I did not plan on staying for longer than a week, but then something happened. I started to feel a part of. So very much a part of that I had a wave of peace and serenity blow over me and I decided to stay. I attended many meetings and continued to work on my step work with my sponsor. I began to build relationships with members of AA in our community here in Flagler.

Upon my arrival, I was very fearful of what recovery would be like for me here. I dove right into service work because since the very beginning, I was told that it would keep me sober. I could not be more excited to have taken on the role as Promises Editor. I feel that this opportunity has arisen from a Power greater than myself. Today, I do not choose to live life on my terms, but rather on my Higher Power's terms. When I lived life on self will, I was *restless, irritable, and discontent*. By the grace of God, I do not have to live that way today.

When I came into the rooms of Alcoholics Anonymous, I did not think that my obsession to drink would be lifted so quickly. I am one of those members of AA who has indeed had it the easier, softer way. For this I am eternally grateful. I do not however, use this as leverage to become complacent in my recovery. I work very hard to maintain my sobriety and I do it one day at a time. That is the way I was taught.

Meeting Makers Make It: Flagler County Additions

Calling all ladies

Join sober women in our community at 'The Fellowship We Crave' (Step Study). Meets 6-7:15pm on Tuesday evenings at St. Mark's by the Sea Lutheran Church, located at 303 Palm Coast Pkwy NE.

Heard it thru the Grapevine

Meets Wednesday evenings at 6:30pm at St. Thomas Episcopal Church, located at 5400 Belle Terre Pkwy.

Get involved with intergroup

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

Check out what's happening in District 22

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

Please submit all A.A. related content to Nicole: aanicolef@gmail.com

Deadline for all submissions for March & April 2016 issue is **February 15, 2016**.