

promises

recovery . unity . service

Back to Basics

Don H.

Sober since 11/10/1979

There are principles which correspond to each of the Twelve Steps of Alcoholics Anonymous. Part of Step Twelve is that *“we practice these principles in all of our affairs”*. Principles 1-2-3 form a foundation from which to obtain quality sobriety.

1 - **Honesty** : Admit to God, ourselves, and another that we are alcoholic.

2 - **Hope** : If there is no hope, why try? A way to instill hope is to realize recovery is *not a question of willpower*. Seeing others recover and live free of alcohol brings hope.

3 - **Faith** : This decision step to go on with the Twelve Steps of Alcoholics Anonymous ask that we step out on faith alone. We carry this faith into the rest of our program. The rest of the steps will help us develop a strong program and a sober life.

Meditation

How is God working in your life today?

How is it different than when you first entered the rooms of Alcoholics Anonymous?

Letter from the editor

Steps 1-2-3 are the cornerstone of my foundation in Alcoholics Anonymous. When I arrived here, I had a painful life which I could not stand.

When I drink alcohol it almost instantly changes my perception of life. How bittersweet it is to find out that I still have a perception problem even though I keep coming back!

I would like to be a little more comfortable, mostly because I hate pain, but I am certain that God fills me up today- and when God is filling me up, I feel safe and protected. I trust that God does for me what I cannot do for myself each day.

- Nicole F.

4,197 !!

Total years of sobriety reported in Flagler County in 2016

steps to sobriety

This 12 Step meeting, previously held on Monday at St. Thomas at 3pm, has changed their meeting time to 6:30pm.

literature & medallions

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



CONTACT US

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WRITE US

INTERGROUP

P.O. Box 352470
Palm Coast 32135



SUPPORT US

DISTRICT 22

P.O. Box 351814
Palm Coast 32135

18 out of 34

Groups Represented at the January & February 2017 Intergroup Meetings

*

- A New Beginning
- Another Open Door
- Came to Believe
- Declaration of Unity
- Footprints in the Sand
- Jump Start
- Keep it Spiritually Simple
- Life's a Beach
- Living Sober
- Message Group
- Mondex Group
- Monday Night Live
- A New Beginning
- Nomad Group
- Stepping Sisters
- TGIF
- Women to Women
- 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 for more information.

2016 Intergroup Donations

- A New Beginning 60.00 - Another Open Door 200.00
- Back to Basics 350.00 - Declaration of Unity 100.00
- Footprints in the Sand 135.00 - Heard it Thru the Grapevine 86.00
- Jump Start 312.30 - Life's a Beach 100.00
- Living Sober 129.80 - Lucky to be Here 322.15
- Message Group 225.00 - Monday Night Live 122.00
- Mondex Group 25.00 - No Pain No Gain 189.81
- Nomad Group 35.00 - Steps to Serenity 50.00
- Stepping Sisters 117.00 - TGIF 655.08

TOTAL

2016 Group Donations 3214.14 - Anonymous Contributions 1000.00

GRAND TOTAL \$ 4214.14

Thank you for contributing to your local Flagler County Intergroup!

hog roast & live music

March 12 from 12-5pm
2512 Orange Street, Bunnell
12 Step meeting at 11am
Games & prizes

13th soberstock

March 17, 18, 19
Camp Brorein
16901 Boy Scout Rd, Odessa
Tickets soberstock.com

annual picnic

May 7 @ 11:30am
Hammock Community Ctr
79 Malacompra Rd
Speaker & 50/50
Tickets \$5

Celebrating 1,358 Years of Sobriety

- ✦ 52 John C. [monday night live]
- ✦ 50 Kenny K. [came to believe]
- ✦ 46 Jim Mc. [monday night live]
- ✦ 42 Midge G. [kiss & tgif]
- ✦ 38 Bill G. [tgif]
- ✦ 38 Larry P. [another open door]
- ✦ 37 Janet M. [womens acceptance]
- ✦ 36 Clarice W. [tgif]
- ✦ 36 Steve B. [footprints in the sand]
- ✦ 35 Edie G. [kiss]
- ✦ 34 Ed R. [monday night live]
- ✦ 33 Dee K. [womens acceptance]
- ✦ 32 Rita S. [life's a beach]
- ✦ 32 Jim A. [monday night live & nomad]
- ✦ 32 Nina D. [womens acceptance]
- ✦ 31 Duke [nomad]
- ✦ 31 Jeri E. [footprints in the sand]
- ✦ 30 Marybeth J. [the fellowship we crave]
- ✦ 30 Pat S. [came to believe]
- ✦ 30 Berkeley C. [nomad]
- ✦ 28 Marty D. [tgif]
- ✦ 28 Gerry W. [mondex]
- ✦ 27 Kevin P. [another open door]
- ✦ 27 Linda Q. [footprints in the sand]
- ✦ 25 Valerie [footprints in the sand]
- ✦ 25 Enzo [footprints in the sand]
- ✦ 25 Bob Van F. [jump start]
- ✦ 24 Peg Y. [lucky to be here]
- ✦ 23 Tom H. [nomad]
- ✦ 23 Denny N. [women to women]
- ✦ 21 Jason C. [monday night live]
- ✦ 20 Paul H. [monday night live]
- ✦ 17 Eileen [womens acceptance]
- ✦ 16 Michelle H. [the fellowship we crave]
- ✦ 14 Laura A. [womens acceptance & monday night live]
- ✦ 14 Ed P. [mondex]
- ✦ 14 Mary L. [women to women]
- ✦ 13 Linda S. [the fellowship we crave & women to women]
- ✦ 13 Bob B. [nomad]
- ✦ 13 Red O. [nomad]
- ✦ 11 John B. [tgif]
- ✦ 11 Cheryl S. [tgif]
- ✦ 10 Pat F. [nomad]
- ✦ 9 Ellen O. [a new beginning]
- ✦ 8 Rob R. [nomad]
- ✦ 8 Al S. [footprints in the sand]
- ✦ 7 Sue J. [tgif & the fellowship we crave]
- ✦ 7 Marcin [jump start]
- ✦ 7 Ellen S. [kiss]
- ✦ 6 Mary G. [jump start & womens acceptance]
- ✦ 5 Betty R. [women to women]
- ✦ 4 Patti D. [footprints in the sand]
- ✦ 4 Dawn S. [the fellowship we crave]
- ✦ 4 Kathie R. [footprints in the sand]
- ✦ 4 Julie M. [womens acceptance]
- ✦ 4 Karen B. [womens acceptance]
- ✦ 4 Mara M. [women to women]
- ✦ 4 Cory [footprints in the sand]
- ✦ 3 David T. [life's a beach]
- ✦ 2 Sheila J. [the fellowship we crave]
- ✦ 2 Steve W. [nomad & mondex]
- ✦ 2 Joshua D. [lucky to be here]
- ✦ 2 Cathy J. [women to women]
- ✦ 1 Mike F. [life's a beach]
- ✦ 1 Tina D. [women to women]
- ✦ 1 Chelsea M. [jump start]
- ✦ 1 Tiffany C. [kiss]
- ✦ 1 Jaffy L. [womens acceptance]
- ✦ 1 Melissa R. [tgif]
- ✦ 1 Beth B. [the fellowship we crave]
- ✦ 1 Tommy F. [monday night live]
- ✦ 1 Devin H. [monday night live]
- ✦ 1 Phil R. [tgif]
- ✦ 1 Igor Z. [tgif]
- ✦ 1 Christin [another open door]
- ✦ 1 Amanda P. [kiss]
- ✦ 1 Donna [monday night live]

Anniversaries include Celebrants for the months of January, February, & March of 2017

Don't Forget Your Medicine, Kid

Tom M.

Sober since 09/13/1987

Hi I'm Tom and I'm an alcoholic! I've often shared that God gave me one of the promises ahead of time: He did for me what I could not do for myself. I was too full of pride and arrogance to see the light. Anyway, after He nudged, more like booted, me into the Danbury Hospital, thinking I was going to pull the plug, and that little nurse who was in the AA program got me to admit that alcohol was my problem so I was admitted to Detox. The next day three guys came up to 12 Step the group: Andy, Ted and George. They all had very interesting stories but I took an instant like to Andy and that's who I want talk about. Andy was always there for me and he guided, cajoled and coddled me through my clinging on to losing my old buddy, John Barleycorn. But because I really did want to stop and have what you guys had, I finally got through the steps and learned what alcohol really did to me. I was not a very nice person who I never, ever wanted to return to.

To show you how this program works is amazing! I moved on to a new job and location and called Andy once in awhile and we had nice chats. But he never expressed an interest in my where about or telephone number; I did tell who I worked for and location. Anyway a little over a year into recovery I was heading up the Sales Department for our small company and we had to put on our first big Sales meeting for our countrywide Sales team. I was a nervous wreck and wondered how I was going to pull this off without my old friend, booze. I was sitting in my office with the door closed and the phone rings. Out of the blue, it's Andy. I said, Andy how the hell did you find me? He said never mind, I got word to call you! We chatted for some time and hung up promising to get together again soon. I went on with the Sales team and we had a very successful meeting.

Years later I was back in Danbury and went to a meeting and inquired about Andy and was told he was in a nursing home not expected to live. I went for a visit and found Andy full of anxiety and having difficulty breathing. We chatted for a few minutes but he was really agitated! I said to Andy, "Remember you always told me? *When you can't handle it anymore, you got turn it over to God.*" He acknowledged what I said but was still agitated. I said I would be back tomorrow and left. I returned and found Andy in a very peaceful mind set and we had a nice long chat. Andy died peacefully that after noon. There are no coincidences in the life, God is always there. Andy always told me *you have to get your medicine daily* either at a meeting, reaching out to someone, or just doing something nice for another. The other great saying I like was from Jack R who said of AA that he was a satisfied customer. Both Andy and Jack were great guys. I'll remember them fondly forever.

To the newcomer, *the miracle begins when we show willingness*, the miraculous transition starts with going through the steps and then the true miracle happens as The Promises all come true and you enter into a whole new life experience. It's incredible so don't quit until you are a top grade miracle.

District 22

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

Report

2017 is starting strong with all District 22 Chair positions being filled at this time. There are opportunities for Alternate Chairs & committee member positions if one is looking for service work at the District level.

The first Area 14 Assembly took place January 13-15 with brand new Panel 67. District 22 was represented with 1 DCM, 1 Alt. DCM, & 3 GSR's for a total of 4 votes. Thank you to those who attended. The next assembly will be held April 7-9 & we hope to have a strong representation for District 22, so mark your calendars GSR's.

District 22's first meeting of 2017 was held in January. the 2017 budget was discussed & approved. Thank you to all the groups contributing, in order to keep the hand of AA always available in our District. We encourage all GSR's to attend our next meeting. Thank you for letting us serve in District 22.

Accessibilities Chair

Karen R. is heading up an initiative to form 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. Also contact Karen if you know of someone who would like meetings brought to their residence.