



# PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

JULY / AUGUST 2015

DRINKING WAS NEVER MY PROBLEM, IT WAS MY SOLUTION

*I always knew I was different ever since I was very young. As I heard in these rooms, I always felt a part from, not a part of. I used to think it was solely because of the things that were going on in my family not anything that was going on inside of me. When I turned eighteen I had my last boyfriend, moved out on my own, had my first female relationship, came out to my mom, became a full time college student, got a full time job, and had a complete breakdown.*

*Depression and anxiety completely consumed me and I no longer wanted to live. At eighteen years old I sought professional help for the first time and took my first antidepressant. My using had not progressed too much by this time, but I had already experimented with other substances and had a black out from alcohol.*

*I was always afraid of drugs because of my family history, but alcohol seemed safe. I was always so afraid of becoming the addict I grew up knowing that I became hyper-vigilant. I controlled everything that I could to make me feel safe. I was jealous, controlling, possessive, angry, passionate, resentful, smart, dumb, spiteful, loving, hateful, insecure, nervous, anxious, creative, compassionate, fearful, emotional, numb, emphatic, pretty, ugly, funny, curious, shy, outgoing, less than and better than all at the SAME time. I felt completely crazy and was convinced if anyone knew the things I thought they would want nothing to do with me. I did the only thing I knew how to do which was, tried to be who you wanted me to be.*

*As I ignored and denied so much of how I truly felt the crazier, more anxious, fearful, and more depressed I became. In my twenties my anxiety and depression was at an all-time high. I went to every kind of doctor I could think of to "fix" me. I tried several different medications and nothing worked. Still I was afraid of using the "wrong" kinds of things to make me feel "normal." What would it mean if I NEEDED them? I felt lost and wanted to die.*

*Because God always has a plan, I ended up dating a recovering meth addict, something of course I swore I'd never do. Now, when I say recovering I mean she got sober the DAY we started dating! I was full of fear, so I attempted to control the uncontrollable. I made it clear that if she relapsed I would leave her. I refused to relive my childhood as an adult. Of course, this all made perfect sense to me and at the time I felt safe and in control. That year was one of the hardest times of my life. In support of her I quit drinking, which I had been doing a lot of since I was single and it was the only way I could socialize. My anxiety sky rocketed out of control and I had to take a leave of absence from work. I sought professional help, was put on medication, and once again in an all-consuming depression. Of course it was all her fault, why did SHE have to be so sick! She relapsed and I left her.*

*Back to the bars I went and my drinking continued. This time instead of just going out on Fridays I started going out other days of the week too. The days I didn't go out and even the hours before I was able to, I was depressed curled up on my bed or in a full blown anxiety attack isolated in my apartment afraid of life. I was afraid of people, and my body's reactions to my emotions and my inability to cope with them. I decided to move back home, my second geographical move. I quickly started using other substances every single day and justified it because it was free. I had it in my head that if I didn't pay for things or actively go out and buy alcohol or substances then I didn't have a problem. So, I quickly learned how to have drinks bought for me and/or buy the strongest thing I could that got me drunk the fastest so my spending and drinking didn't seem out of control.*

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Helpline: 445-HELP (386-445-4357)

[www.AAflagler.org](http://www.AAflagler.org)

P.O. Box 351814, Palm Coast, FL 32135

Beverly Beach Bunnell Daytona North Espanola Flagler Beach Hammock Marineland Palm Coast Painters Hill

# Flagler County Anniversaries

## MESSAGE GROUP:

**JULY:**  
Melanie S. 1 year

**AUGUST:**  
Tonya B. 29 years  
Pat D. 2 years  
Annie D 1 year

**BELATED MAY:**  
Maura M. 39 years  
Billy W. 25 years  
Richard C. 8 years  
Kathy T. 1 year

**BELATED JUNE:**  
Al K. 4 years  
Meg P. 3 years

## DECLARATION OF UNITY:

**JUNE BELATED:**  
Sandy C. 29 years

**WOMEN TO WOMEN:**  
**MAY BELATED:**  
Mirella M. 11 years  
Erica B. 4 years

**JUNE BELATED:**  
Virginia M. 19 years

**JULY:**  
Joan D. 31 years  
Dora W. 4 years  
Karen R. 17 years  
Pat P. 28 years  
Marianne W. 1 year

**AUGUST:**  
Barb O. 34 years  
Pat P. 2 years

## MONDAY NIGHT LIVE:

**AUGUST:**  
Steve H. 52 years

## LIVING SOBER:

**JULY:**  
Dave H. 21 years  
Pat P. 28 years

**AUGUST:**  
Ian R. 1 year  
Mike B. 14 years

## THE HAPPY WANDERERS:

**JUNE:**  
Darren M. 8 Years

**JULY:**  
Everitt O. 26 Years

**AUGUST:**  
Peter F. 26 Years

## STEPS TO SERENITY:

**AUGUST:**  
Joe C. 28 years  
Karen I. 27 years  
Karen B. 9 years  
Steve H. 52 years  
Rick M. 6 years  
Richard L. 23 years

## TGIF:

**JULY:**  
Donna R. 1 year  
Jane D. 1 year  
Melanie S. 1 year  
Brian S. 6 years  
Maria F. 34 years

**AUGUST:**  
David S. 2 years  
James D. 7 years  
Joe C. 28 years  
John M. 36 years

## STEPPING SISTERS:

**JUNE:**  
Virginia 19 years  
Sue 31 years  
Judy 36 years

**JULY:**  
Amy 7 years  
Nancy R. 36 years  
Bridget 1 year

**MARCH BELATED:**  
Alice 34 years

## LIFE'S A BEACH:

**JUNE BELATED:**  
Judy K. 36 years

**JULY:**  
William E. 8 years  
Tammy C. 16 years

**AUGUST:**  
Aaron S. 5 years  
David J. 14 years

## JUMP START:

**JULY:**  
Kris K. 1 year  
William E. 8 years

**AUGUST:**  
George A. 31 years

## HEALING

*I came.  
I came to.  
I came to believe.*

Recovery is a daily reprieve  
based upon your  
maintenance of your spiritual  
self.

Listening is love in action.

A problem shared is a  
problem halved.

There are no shortcuts.

We don't always get what we  
want, but we always get what  
we need.

When the student is ready,  
the teacher appears.

God speaks through other  
people.

It's a twenty-four-hour  
reprieve.

God does for us what we  
can't do for ourselves.

Live in the solution, not the  
problem.

Don't drink, clean house, and  
help another alcoholic.

No God, no peace.  
Know God, Know Peace.

The shortest prayers are  
"Thank you" and "Help"

If you're obsessing about  
something, try praying  
instead. It's impossible to  
concentrate on two things at  
once.

The greatest gift I can give  
anyone is my full attention.

Stay sober is simple, but it's  
not easy.

Live life on life's terms.



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The best thing that came out of that relationship was that I was introduced to Al-Anon, AA and NA which eventually introduced me to a very loving God of my understanding. Even though I didn't stay in the rooms then, I ran to them when I was as willing as only the dying can be. These programs saved my life! I was a prisoner in a shell that was myself. I was desperately trying to claw my way out, but nothing worked. I sought a God that would love me for me and I couldn't find one that fit. I tried medication, meditation, counseling, and self-help books with only moments of sanity and relief. I talked for hours to professionals, friends, family, and still I felt numb. I was in countless relationships looking for someone to fill the holes. I heard a speaker the other day say that they believe that Alcoholism is also a disease of loneliness, I agree 100%. My codependency could have and WOULD have taken me out even if I put down the drink had I not started working the steps and surrendered to my loving God and this program.

Today I know that alcohol, other substances, and people were my solution. They were my solution, until they weren't. I have a lot of "not yet's" which kept me in denial and made me feel like I wasn't "that bad" and didn't belong. Today I know that this disease is one of mind AND body. I came crawling into the rooms wanting to die not from a physical bottom, but an emotional one. Alcohol had become my answer and that scared me enough to keep me coming back. My alcoholism wants me dead. There is NOTHING that I can do that my alcoholism will ever say, "Good job."

I attended a Big Book Step Study workshop on the Fourth Step and found someone I could relate to, an Alcoholic. I knew that this particular group sponsored not only Alcoholics through the Big Book, but other addictions as well. I asked her to sponsor me (with no intention of quitting my drinking) not as an Alcoholic, but as an Al-Anonic. She quickly asked me about MY drinking and that conversation forever changed my entire life. Because my God is loving, gentle, and kind I was back in the rooms of Al-anon for almost a year to the date before having my drinking questioned. My Higher Power knew exactly how long I needed to be in Al-anon, attending open AA speaker meetings to hear the truth in my OWN voice when I answered her.

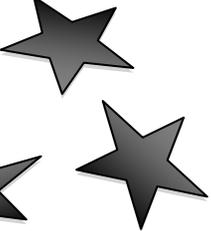
This disease left me beaten and broken; these programs are healing, strengthening, and rebuilding me one day at a time. The page, "They stopped in time," old timers, young people, newcomers, conventions (FCYPAA~a MUST for young people!!), workshops, speaker meetings and cds, answered phone calls, hugs, tissues, encouraging words, and so much more kept and keep me coming back. In sobriety I lost my marriage, home, changed careers, resigned from my job, had to sell my car, and went back to school. This process has shown me humility, taught me gratitude, opened my eyes to some harsh truths about myself, and introduced me to a very loving Higher Power.

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## Announcements & Information



Looking to do "Service Work"?  
The Help Line is a wonderful way to do service work by helping others in time of need. It is very rewarding, humbling and a way to feel grateful.  
Call Joan at 445-4357



ANNOUNCING A WOMEN'S MEETING  
The Fellowship We Crave  
Big Book / 12 x 12 Study Group  
6:00 - 7:15 p.m. Tuesday's  
St. Mark's By The Sea Lutheran Church  
303 Palm Coast Parkway NE

**Reminder:**  
Need Medallions  
Or Literature?  
Contact Don H.  
386-986-3659  
hoodyfour@aol.com

Flagler County Intergroup meets the first Monday of the each month. District 22, Flagler County AA, meets the last Monday of each month. Both groups meet at the Florida Hospital Flagler, Lind Educational Center, Room C on the first floor. Both meetings start at 6:30 p.m.  
All AA members are welcome to attend.

### District 22 Archives

We would like information from 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 with Daytona & St. Augustine Intergroups. Please consider contributing them to District 22 Archives. Contact Peter Flaherty at 386-446-8801 or rebos7@bellsouth.net

# Acronym for July and August: HELP

## His Ever Loving Presence

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I know that more will be revealed, until then I try to patiently wait (God grant me patience and hurry up about it!!). This program has given me the opportunity to work with other women just like me and trust other women with my truth as it is today. It has helped me to get out of self and realize that I am not a bad person trying to be good; I am a sick person trying to get well. I am so grateful for this year and all of the miracles that it has brought. "Please, don't quit before the miracle, which is YOU!" Today, I know I am EXACTLY where I am supposed to be, learning the exact lessons I am supposed to be learning, with the exact people God intended me to learn them with!

My favorite phrases that helped me get through some of the darkest times: "I am never alone again unless I choose to be" "Half measures availed NOTHING" "AA is not for people who need it, it's not for people who want it, it's for people who DO it" "Faith without works is dead" "Acceptance IS the answer to ALL of my problems" "Nothing happens in God's world by mistake" "Take it one SECOND at a time if you have to" "Bring the body and the mind WILL follow" "I can always start my day over" "I can take the elevator all the way to the bottom floor, but I have to take the STEPS to get back to the top. It's up to me how far down I go" "If God places you in AA gently...STAY" "God Grant me the willingness to be willing" "Thy will be done" "Thank you" "Help me" "Everyone has their own journey" "What other people think about me is NONE of my business" "Fear and Faith cannot live in the same house" "Don't let other people's actions affect your emotions" "I learned three things: I don't know what's best for someone, What someone else deserves, or the rest of their story" "Love people where they are, not where you want them to be...including YOURSELF" ..... and SO many more!!

"Alone we can do so little; TOGETHER we can do SO much!!" ~Helen Keller

Love and Light ~ L

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| <p>Put a little gratitude in your attitude.</p> <p>Pain is inevitable; suffering is optional.</p> <p>Feelings aren't facts</p> | <p>Things happen. It's what we do when they happen that's key.</p> <p>One drink = one drunk anything.</p> <p>There are no coincidences, only situations where God chooses to remain anonymous.</p> | <p>In early sobriety stay away from people, places, and things.</p> <p>A slip occurs when the desire to drink is stronger than the desire not to drink.</p> <p>When you don't know what to do, don't do anything.</p> <p>If you don't understand the concept of a Higher Power, go down to the ocean and try to hold back the waves.</p> | <p>Fear is the absence of faith.</p> <p>All fear is about either not getting what you want or losing what you already have.</p> <p>If I don't change I will drink. If I don't drink I will change.</p> <p>You're only as sick as your secrets.</p> | <p>Stay out of your head – there's no adult supervision in there.</p> <p>Bring the body and the mind will follow.</p> <p>No" is a complete sentence.</p> <p>Alcoholism is a disease of denial.</p> |
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*"When we practice loving kindness and compassion we are the first ones to profit."*

*Submitting articles to the Promises is another way to be of service to Alcoholics Anonymous*

Flagler County Promises 2015  
Next deadline for the Promises will be August 15, 2015  
 Submit any questions, articles or anniversaries to:  
[susanrae43@gmail.com](mailto:susanrae43@gmail.com)

*Thanks to everyone who helped create this issue of the Promises!!!*