



PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

MARCH / APRIL 2015

MY JOURNEY SO FAR

My sister & best friend had an intervention with me describing from their viewpoint what was going on with me. At that point I was drinking if I was awake. 24 hours some days. I was a blackout drunk so when I drank I didn't remember a thing I did. I was proud of the things I should have been ashamed of & ashamed of things I should have been proud of, John M.. They knew if I didn't stop & seek help I would die. Anyway the intervention was on Saturday & by Thursday my sister had found me a rehab that offered every type of councilor I might need. So I agreed to stay 30 days. I must say I was scared in the beginning, but I gave it my all, ridding myself of a lot of suppressed shame. Most importantly I was educated on the disease of alcoholism, given a Big Book & introduced to AA.

I remember walking into my first AA meeting in Flagler County like it was yesterday. Sunday night 7 o'clock Life's a Beach meeting at Camptown Beverly Beach my sister went with me for moral support. We walked into a full house, every seat was taken except the two chairs God saved for us right up front. I don't remember the message but I do remember the chairperson was Dutch. After the meeting the ladies immediately surrounded me with so much love & gave me a meeting list with all their numbers on it & told me to call them anytime. One of them even offered to be my temporary sponsor. Debbie made sure I knew which number was hers & suggested I call her every day. Thus began my 90 in 90.

The AA fellowship knew exactly what I needed, keeping me busy with service work of all sorts. Don offered to meet me early at the Sunday morning meeting to show me how to make the coffee & set up the room for a meeting. This was the beginning of my coffee commitment. I joined a home group. Then I was ask to chair a meeting for the first time, then I took the Intergroup service commitment for my home group which lead to being nominated to be the Intergroup Chairperson for Flagler County & on to a lot of other service commitments. I know now that keeping me busy allowed me to get the program & have the Promises to come true in my sobriety.

Today I have a true relationship with my Higher Power, an amazing sponsor Grace, strong friendships within the AA Fellowship, a deep desire to give back to those who gave me so much thru service and the ability to stay sober ONE DAY AT A TIME.

I've shared enough for now...Cheryl S. 3/18/2006

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

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

LIFE'S A BEACH:

MARCH:

Marybeth J. 28 years
Rita S. 30 years
Dutch D. 12 years
Jackson R. 2 years
Webb 10 years

WOMEN'S ACCEPTANCE:

MARCH:

Dawn E. 2 years
Laura A. 6 years

TGIF:

MARCH:

Miguel B. 3 years
Cheryl S. 9 years
Midge G. 40 years

APRIL:

Edi S. 5 years
Grace K. 28 years
Mike S. 28 years

JUMP START:

MARCH:

Dave N. 1 year
Howie B. 40 years
Bod Van F. 23 years

APRIL:

Amanda R. 6 years

HAPPY WANDERERS:

BELATED FEBRUARY:

Rich W. 11 years
Robert T. 9 years
Mike M. 5 years

APRIL:

Johnny L. 37 years

MONDAY NIGHT LIVE:

MARCH:

WOMEN TO WOMEN:

MARCH:

Christina U. 3 years
Ellen S. 5 years
Midge G. 40 years

APRIL:

Angela M. 13 years
Donna H. 17 years
Denny N. 21 years
Rachel Q. 1 year

CORRECTION FEBRUARY:

Carolyn Q. 24 years

LIVING SOBER:

MARCH:

Ellen S. 5 years
Dutch D. 12 years
Nina D. 30 years
Jim O. 33 years

APRIL:

Denny H. 21 years
Mike S. 28 years
Sheila O. 30 years

MESSAGE GROUP:

MARCH:

Cheryl S. 9 years

APRIL:

Tom B. 40 years
Richard T. 33 years
Tom Z. 19 years
Jim H. 15 years

BELATED:

JANUARY:

John H. 17 years

FEBRUARY:

Carol W. 11 years

NOMAD GROUP:

MARCH:

Zeke Z. 27 years
Jim O. 34 years

APRIL:

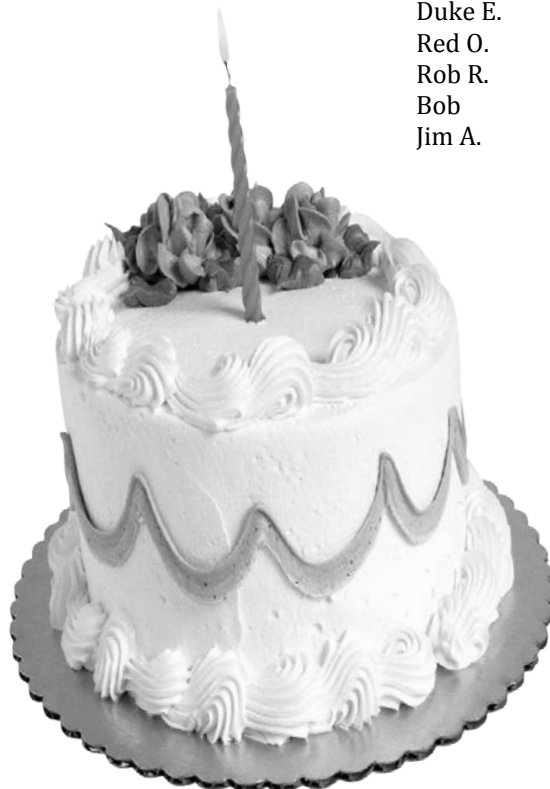
Jim G. 22 years

JANUARY BELATED:

Pat F. 8 years

FEBRUARY BELATED:

Duke E. 29 years
Red O. 11 years
Rob R. 6 years
Bob 11 years
Jim A. 30 years



"As finally expressed and offered, they, (the Twelve Steps) are simple in language, plain in meaning. They are workable by any person having a sincere desire to obtain and keep sobriety. The results are the proof. Their simplicity and workability are such that no special interpretations, and certainly no reservations, have ever been necessary. And it becomes increasingly clear that the degree of harmonious living which we achieve is in direct ratio to our earnest attempt to follow them literally under divine guidance to the best of our ability."

~ Dr. Bob Smith ~
~ 1947 ~

SERVICE POSITIONS AVAILABLE - DISTRICT 22

Archives Committee Chairperson

Qualifications: It is suggested that the archivist have 3 years continuous sobriety, a working knowledge of the Twelve Steps and Twelve Traditions. The archivist should be willing to serve for an extended period of time and have the capability to have safe storage and protect the archival material.

Responsibilities: The archivist may serve for an unlimited succession of terms, subject to review and approval every 2 years coincident with the District election process. The archivist serves as a committee member for the Area 14 archivist. The archivist considers the types of materials such as bulletins, minutes, fliers, correspondence that should be accumulated and the safe storage and protection of those items.

Cooperation with the professional community (CPC) Committee Chairperson

Qualifications: It is suggested the CPC committee chairperson have 2 years continuous sobriety and a working knowledge of the Twelve Steps and Twelve Traditions.

Responsibilities: The CPC chairperson will have a list of conference approved literature available for distribution to local professionals. The chairperson should initiate and coordinate distribution of AA literature, PSA's and information that is helpful to community professionals.

Grapevine Committee Chairperson

Qualifications: It is suggested the Grapevine committee chairperson have at least one year of continuous sobriety and a working knowledge of the Twelve Steps and Twelve Traditions.

Responsibilities: The chairperson should become familiar with the website www.aagrapevine.org and promote use and subscriptions by members and groups.

Public Information Committee Chairperson (PI)

Qualifications: It is suggested the PI committee chairperson have at least 2 years of continuous sobriety and a working knowledge of the Twelve Steps and Twelve Traditions.

Responsibilities: The PI chairperson will have a list of approved literature for distribution. The chairperson should participate in local health fairs and venues where information about alcoholism and recovery are warranted.

Service helps keep me sober and gives me an opportunity to see that AA is around for my generations yet to come.

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

A new group has started: Sisters in Sobriety, a women's meeting, Tuesdays and Thursdays at 7am at the Methodist Church, 1520 S Daytona Ave, Flagler Beach. Group meets in the room at the back of the church.

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.

For Group Treasurers
if you want to make a
donation.

NFAC
P. O Box 291634
Port Orange, Florida

Make checks payable to:
NFAC include
District 22 & Group Number

STEP 1... I Can't
STEP 2... He Can
STEP 3... So I'll Let Him

DISTRICT 22

QUARTERLY WORKSHOP

“Defining The Role Of Sponsorship!”

- Hosted by: The Happy Wanderers Group –
Facilitated by: Richard C. - Area 14 Registrar
Saturday, March 28th from 1:00 to 3:00 pm

Palm Coast Community Center

305 Palm Coast Parkway N.W.

Palm Coast, FL 32137

Coffee and soda provided, please bring a small dish or snack to share.

Archives Display / Grapevine Raffle / AA literature!

A Prayer to God,
The Spirit of All the World

O God, Great Spirit of all the world, whose voice I hear in the winds, and whose breath gives life to all living things, hear me! I am small and weak; I need your strength and wisdom. Let me walk in beauty, and make my eyes ever behold the setting sun. Make my hands respect the things you have made, and make my ears sharp to hear your voice. Make me wise so that I may understand the things you have taught your people. Let me learn the lesson you have hidden in every leaf and rock. I seek strength, not to be greater than my brothers and sisters, but to fight my greatest enemy: myself. Make me always ready to come to you with clean hands and straight eyes. And when life fades, as the fading sunset, may my spirit come before you without shame.

~Native American Prayer

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

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

Flagler County Promises 2014

Next deadline for the Promises will be April 15, 2015

Submit any questions, articles or anniversaries to:

susanrae43@gmail.com

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