



# PROMISES

MARCH & APRIL 2016

## Editor's Note

Sobriety has given me a new freedom and a new happiness. Through getting a sponsor, working the steps, attending meetings, and doing service work- I am blessed to sit back and watch the Promises unfold.

As I reflect on our First Tradition, I can't help but think that A.A. unity is a tremendous aspect of helping me to stay sober. Meditation: How does A.A. unity help you stay sober? How do service positions ensure your sobriety remain solid?

In fellowship,  
Nicole F.

## Not a Glum Lot

A man with severe drink-related health problems consulted with his doctor.

The doctor examined him and asked, "Have you ever thought about Alcoholics Anonymous?"

"I've thought about it," the patient said, "but I prefer to drink with people I know."

[Grapevine, January 2010]

## Just a Thought

*Faith is having the courage to let God have control.*

## Prints in the Sand

[Paddy O'Anonymus]

One night I had a wondrous dream, one set of footprints there was seen, the footprints of my precious Lord, but mine were not along the shore.

But then some stranger prints appeared, and I asked the Lord, "What have we here? Those prints are large and round and neat, but Lord, they are too big for feet."

"My child", he said in somber tones, "For miles I carried you alone. I challenged you to *walk in faith*, but you refused and made me wait. You disobeyed, you would not grow, the walk of faith, you would not know, so I got tired, I got fed up, and there I dropped you on your butt."

"Because in life, there comes a time, when must one fight, and one must climb, when one must rise and take a stand, or leave their butt prints in the sand."



## I am responsible...

There are current open positions for *Secretary & Treasurer* for both *Intergroup & District 22*. We must remember that our Responsibility Declaration states: "**I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA to be there. And for that: I am responsible.**" For our fellowship to remain strong for our county & district, it is pertinent to have trusted servants to step up and help carry the message. For responsibilities & qualifications please email Nicole F.

## Traditions: From Our Co-Founder

Bill W.

3. *The only requirement for A.A. membership is a desire to stop drinking.*

"Our membership ought to include all who suffer alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. group, provided that, as a group, they have no other affiliation."

[Grapevine, February 1948]

4. *Each group should be autonomous except in matters affecting other groups or A.A. as a whole.*

"With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of The Alcoholic Foundation.\* On such issues our common welfare is paramount."

[Grapevine, March 1948]

\*Now known as The General Service Board of A.A., Inc.

## Spotlight on Steps

3. *Made a decision to turn our will and our lives over to the care of God as we understood Him.*

4. *Made a searching and fearless moral inventory of ourselves.*

### A Glimpse of Growth

*Newcomers*

John H. [April 12, 2015]

Step Three works if you honestly do Step Three. This step is about the quality of letting my will go and giving it to God. When I find myself feeling restless, irritable, and discontent, it usually means that I have taken my will back. At that moment I say, "Hey God, oops! Here is my will again!"

Who am I really? Where have I stopped growing? That is what Step Four is all about. With the help of my sponsor, I learn how to diagnose myself and I find out what I need to work on. The only thing I can change is me.

### Hearing & Accepting God's Will

*Old-timers*

Mal F. [June 6, 1985]

Step Three was difficult for me. I had been raised a Catholic and my concept was a very punishing God, not the loving and forgiving God we learn in the Rooms. I took the Third Step with a small group my sponsor had arranged. We went around and they shared their experience with the Step. The best I could share at that time was I believed I had to do the best I could and accept the result. I realized that in my first thirty days of sobriety I had done just that.

I had taken a trip with a group I did not belong with, but had planned to go to meetings. When I tried to find the meeting I got lost and was giving up when I looked up and hanging in the window on the second floor was the Twelve Steps. God was there.

I had been procrastinating doing Step Four because of the fear and embarrassment involved. There were parts of my life I wanted hidden. In the past, people might know a part- but not all of it. Thank God the Steps are in order and I had learned to 'Turn it Over' in the last Step. On a quiet Christmas Day I sat down and wrote it, to the best of my ability at that time. Over the years as memories come up, I share it with my sponsor. When this step was finished, the relief was tremendous.

**March Celebrants**

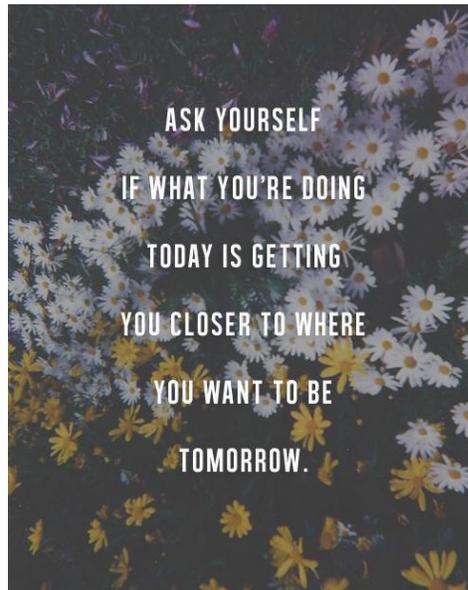
- ✦ Bob Van F. 24 years [Jump Start]
- ✦ Cheryl S. 10 years [TGIF]
- ✦ Christina U. 4 years [Stepping Sisters]
- ✦ Dave N. 2 years [Jump Start]
- ✦ David T. 2 years [Life's a Beach]
- ✦ Ed R. 33 years [Monday Night Live & Nomad]
- ✦ Ellen S. 6 years [Living Sober & Women's Acceptance]
- ✦ Howie B. 31 years [Jump Start]
- ✦ Jim O'C. 34 years [Living Sober]
- ✦ Marybeth J. 29 years [Life's a Beach]
- ✦ Midge G. 41 years [TGIF]
- ✦ Miguel B. 4 years [TGIF]
- ✦ Phil N. 35 years [Nomad]
- ✦ Rita S. 31 years [Life's a Beach]
- ✦ Roger 6 years [Mondex]
- ✦ Steve W. 1 year [Mondex & Nomad]
- ✦ Tom H. 22 years [Nomad]
- ✦ Wayne W. 1 year [TGIF]
- ✦ Webb S. 11 years [Jump Start & Life's a Beach]
- ✦ Zeke Z. 27 years [Nomad]

**Belated Jan & Feb Celebrants**

- ✦ Arlene A. 41 years [Stepping Sisters]
- ✦ Carolyn Q. 25 years [Stepping Sisters]
- ✦ Colleen F. 3 years [Stepping Sisters]
- ✦ Eddie 6 years [New Beginning]
- ✦ Ellen D. 30 years [Stepping Sisters]
- ✦ Karen 2 years [Stepping Sisters]
- ✦ Laura F. 28 years [Stepping Sisters]

**April Celebrants**

- ✦ Amanda R. 7 years [Rebellion Dogs, Steps to Serenity & Women's Acceptance]
- ✦ Angela M. 14 years [Stepping Sisters]
- ✦ Denny N. 22 years [Living Sober]
- ✦ Donna H. 15 years [Keep it Spiritually Simple]
- ✦ Edi S. 6 years [TGIF]
- ✦ Grace K. 29 years [TGIF]
- ✦ Jim G. 23 years [Nomad]
- ✦ Laura B. 1 year [Stepping Sisters]
- ✦ Leticia G. 2 years [TGIF]
- ✦ Mike S. 29 years [TGIF]
- ✦ Nic M. 2 years [Life's a Beach]
- ✦ Sheila O'C. 33 years [Living Sober]

**Meeting Makers Make It****As Bill Sees It**

Sundays 9:30am Open- Discussion at Silver Dollar Club II in Bunnell.

**Life's a Beach**

Saturdays 7pm BB Study needing support at Hammock First Baptist.

**Steps to Serenity**

Fridays 7pm Closed- Discussion Step Study at United Methodist Church in Palm Coast.

**UNK**

Fridays 5:30pm BB Study at Silver Dollar Club II in Bunnell.

**Intergroup & District 22**

Intergroup meets the first Monday of each month & District 22 meets the last Monday. Florida Hospital-Flagler, Lind Educational Center, Room C at 6:30pm.

**Literature & medallions**

Don H. can be reached at 386-986-3659 or by email [hoodyfour@aol.com](mailto:hoodyfour@aol.com)

**Having fun yet?**

If newcomers could see no joy or fun in our existence, they wouldn't want it. We absolutely insist on enjoying life. [BB p132]

Join us March 19th at the Dinner Dance [\$25] at the VFW!

## Strength in Faith

### *Faith & Courage*



Stacey B. [May 6, 2012]

My name is Stacey and I am an alcoholic. I was first introduced to AA in my teens through Alateen when my father got sober. I began drinking and using substances at a young age. At nineteen my parents helped me into a treatment center. I became a member of AA.

Over the next 12 years I went to college, got married twice, and had 4 children. My life was going well, so I stopped going to meetings. I became a chronic relapser. Over the years I lost jobs, friends, family and my children.

On my darkest day when I thought death was my only answer, I got on my knees and begged God to give me just one reason to live. I was given many. I found the courage through prayer to go back to meetings and ask for help. I got the courage to ask someone to sponsor me. I put my faith in God to lead me in the correct direction. I rediscovered relationships with my family. With courage, I learned how to have a friend and be a friend.

When I was asked to share my experience on courage and faith- it was an honor. I would never have found the peace I have now had I not found the courage to place my faith with God. Through prayer and by trusting and believing that God will continue to give me what I need as long as I am open-minded and willing— I will stay sober. Faith and courage allow me to stay sober one day at a time, attend meetings, use my sponsor and work the steps.

### **Original Third Step Prayer** *[as used by Dr. Bob]*

*Dear God, I'm sorry about the mess I've made of my life. I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. Please forgive me for it all.*

*I know You have the power to change my life and can turn me into a winner. Thank You, God for getting my attention long enough to interest me in trying it Your way.*

*God, please take over the management of my life and everything about me. I am making this conscious decision to turn my will and my life over to Your care and am asking You to please take over all parts of my life.*

*Please, God, move into my heart. However You do it is Your business, but make Yourself real inside me and fill my awful emptiness. Fill me with your love and Holy Spirit and make me know Your will for me.*

*And now, God, help Yourself to me and keep on doing it. I'm not sure I want You to, but do it anyhow. I rejoice that I am now a part of Your people, that my uncertainty is gone forever, and that You now have control of my will and my life. Thank You and I praise Your name. Amen.*

## Legacy of Service

Our Twelfth Step -carrying the message- is the basic service that the A.A. fellowship gives; this is our principal aim and the main reason for our existence. [Bill W.]

### **Reverend Hal Marchman**

Reverend Hal Marchman [1919-2009], a Baptist minister who, for over 40 years, was widely known as the chaplain of NASCAR. His ministry included the Daytona International Speedway, but extended far "beyond the oval". He was ahead of his time in his progressive church leadership and in his advocacy for "the community that lives on the streets".

Marchman established & nurtured church programs & community treatment centers for alcoholics & drug addicts. As a self-described "drunk in recovery" he "walked the talk" for nearly six decades. His ongoing healing legacy is represented in the Stewart-Marchman Treatment Centers in the Daytona Beach area. For over 35 years, the Stewart-Marchman programs & Hal's direct counsel have helped thousands of alcoholics & addicts to recover.

### **Local A.A. History**

For the first 11 years of existence, Flagler A.A. utilized St. John's Intergroup for their needs. After St. John's County became part of The Northeast Florida Intergroup, Flagler utilized Volusia Intergroup.