



PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

May / June 2014

It is only by the grace of God, Alcoholics Anonymous and sponsorship I haven't had to take a drink since June 8, 1986 and for that I am very grateful. I have been taught how important it is to be in the middle of Alcoholics Anonymous not on the edge. If I am on the edge of AA I can disappear and no one would notice. I have a home group that if for some reason I can't be there I let someone know, that is insurance for me. I don't want to be one of those people who disappear and no one notices. I have a sponsor I call at the same time every week, she expects my call, again insurance. She has a sponsor that she calls on a weekly basis. She has lead me by example, more than words, she has never asked me to do something she has not done.

I have no horror story about my youth, good family and loving parents. Got married had two kids, no real drinking at that point. I started drinking socially after my last child started school. I don't have to go into detail what happened. Somewhere I crossed that line of choosing to drink to having to drink. I was a housewife, so my bar was my home. At the end I was drinking all day, first thing in the morning to stop the shakes, then drink all day. Vodka was my drink of choice because it took me where I wanted to go. After a suicide attempt I was put into a treatment center where I was introduced to Alcoholics Anonymous. After a short relapse I hit that point of desperation and surrendered to the fact I was an alcoholic. That is when my recovery really started. I have been so blessed that God has put the right people in my life at the right time. Not all of them are sober and not all of them are alive, but they were what I need at the time. I have had the same sponsor for 24 of my 28 years of sobriety. This lady wanted more for me than I wanted for myself. She loved me enough to not worry about hurting my feelings, she was more interested in saving my life. My road in recovery hasn't always been easy, life happens all the time, but I have the tools today to live life on life's terms. The greatest gift my sponsor has given me is telling me it was time I sponsored other ladies, not something I wanted to do but did it anyway. Sponsoring other ladies has shown me God doing what no one else could do. Through the years I have watched a lot of people get sober, I have watched a lot of people go back out, some of them made it back and some of them died out there. I want to always remember that my sobriety is a gift from God. I best be taking care of this gift or I have a chance of losing it. Today I have so much more to lose than in the beginning. I have been blessed that I didn't lose my family, my husband stayed with me, why I don't know, but we have a marriage today that is beyond anything I thought I could ever have. We have been married 50 years, this is a gift, I did nothing to deserve it. My kids are in my life today and they love me unconditionally, I have grandkids that have never seen their grandmother drunk. I have a circle of friends that I know will be there for me if I ever need them. I have a circle of friends outside of Alcoholics Anonymous that respect me for who I am, most of them know I am an alcoholic and respect that. I have a full and blessed life today. I am a grateful alcoholic today, because I wouldn't have what I have today without it. ~Lana

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

THE MESSAGE GROUP:

MARCH BELATED:

Cheryl S. 8 years
Ross R. 1 year

APRIL BELATED:

Tom B. 39 years
Richard T. 32 years
Tom Z. 18 years
Jim H. 13 years

MAY:

Richard C. 7 years
Maura McH. 38 years

LIFES A BEACH:

APRIL BELATED:

Janet J. 27 years

MAY:

Laura R. 2 years

JUNE:

Judy K. 35 years
Ed B. 1 year

CAME TO BELIEVE:

MAY:

Bill M. 24 years

JUNE:

Bill S. 4 years
Judy K. 36 years

NOMAD GROUP:

MAY:

Larry G. 5 years

MONDAY NIGHT LIVE:

JUNE:

Mal F. 29 years

WOMEN TO WOMEN:

APRIL BELATED :

Angela M. 12 years
Donna H. 16 years
Denny L. 25 years

MAY:

Erica B. 3 years
Mirella M. 10 years

ANOTHER OPEN DOOR:

MAY:

John C. 4 Years
Art J. 3 Years

JUNE:

Kathy K. 14 Years

JUMP START:

MAY:

Janet R. 5 years
Richard H. 2 years
Ronnie A. 2 years

JUNE:

Darren M. 7 years

FOOT PRINTS IN THE SAND:

APRIL BELATED:

Mike O. 5 years

MONDEX GROUP:

MAY:

Beth F. 27 years

JUNE:

Kathy K. 14 years

T.G.I.F.

MAY:

Manny L. 18 years
Sally W. 30 years

JUNE:

Lana R. 28 years
Bill B. 30 years
Wayne E. 9 years

BACK TO BASICS:

APRIL BELATED:

Justin H. 4 years

MAY:

Sarah F. 3years

WOMEN'S ACCEPTANCE:

MAY:

Sandy P. 12 years

JUNE:

Lana R. 28 years

Just for Today I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime. ~A.A.

I came to a meeting, all sad and alone,
So sick and tired, of the life I had
known,
Aching and dying, deep down inside,
And feeling the pain, from things I
must hide.
They told me they loved me, and were
glad I was there.
Who are these people, and why should
they care?
But the more that I listened, the more
I could see,
This room full of alcoholics, were just
like me.
I started to share, trying hard not to
cry,
And no longer felt like I wanted to
die.
I wanted to live, but hadn't a clue,
Of what to say, feel, or do.
These spoke of a God, and just for one
day.
So I thought, what the hell, and
started to pray.
They said, get a sponsor, and keep
coming back.
They said a program was all I did lack.
They said, work the steps, or you are
going to die.
So I got me a sponsor and I started to
try.
I shared with my sponsor who I had
become,
The people I had hurt, the things I had
done.
She told me she loved me and then
shared with me,
The things she had done, and who she
used to be.
That's when I knew, and could finally
see,
That if I worked the steps, that I
could too be free.
Free from the booze, and feeling that
way,
Free from obsession, just for today.
So I still try to listen to what you
have to share,
Tell you that I love you, let you know
that I care.
Let you know I have found a much better
way

MEETING ETIQUETTE

I bet all of us have whispered something to the person next to us at a meeting. How about the person or persons that keep talking continually? This is very disrespectful of the person reading or sharing and very disruptive. I guess cross talking could go along with this category. A new comer doesn't know that if you talk to him that he is not to respond, so we need patience. Other than that, we should all be aware. Members throwing out comments to get a laugh is also cross talk and disruptive. Members should raise their hand and be recognized to speak.

We all have heard to watch your language. There should be no exceptions! If you can't find appropriate words in your vocabulary then maybe you shouldn't share.

We read at every meeting to keep your sharing to your problems with alcohol. If drugs are part of your story, it's the part we don't need to hear. Respect the rooms you are in.

As members of A.A., we are to show we are responsible. A meeting should start on time and end on time. Stop sharing 10 minutes before time to leave.

This is not my opinion, it is something I've learned at meetings.

Dave H.

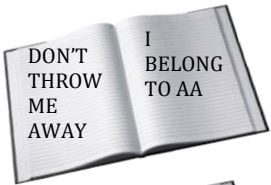
The Bumblebee Cannot Fly

According to laws of aerodynamics the bumblebee cannot fly; its body is too heavy for its wings and that's the simple reason why.

But the bumblebee doesn't know this fact, and so it flies away for all to see. Remember this when you're losing faith or hope God's proof that the impossible can be.

~ A.S. Waldron ~

Announcements & Information



This document/item could become part of the living history of A.A. and will be shared by many members in this area. Please call Helpline 445-4357 for Archivist's number, or write your Archives Committee at P.O. Box 351814, Palm Coast, FL 32135 or GSO Archives; Box 459 Grand Central Station, New York, NY 10163



Please pass this document/item to my sponsor/sponsee. Please call Helpline 445-4357 for Archivist's number.



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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

SAVE THE DATE:
AA PICNIC
SUNDAY, JUNE 8, 2014
12 PM - 3 PM

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

The Happy Wanderers Group has moved from The Bible Church to St. Thomas Church. The meeting time has changed from 7:00 P.M. to 5:30 P.M.
The format remains the same, Topic & Discussion.

District 22 Archives

Ellen O. is helping with getting the District 22 minutes preserved & ready for presentation. A big thank you to Ellen for her continued service. Please consider contributing any archives to District 22.

Contact Peter F. at 386-446-8801 or rebos7@bellsouth.net

Acronym for March and April: H O P E
Hearing Other People's Experiences

The Fellowship We Crave

X	Y	H	O	N	E	S	T	Y	N	E	P	Q	R	J
J	G	B	L	E	A	R	N	A	X	B	R	J	U	O
E	B	R	H	O	F	O	R	G	I	V	E	H	F	U
R	Y	N	B	V	P	S	L	X	F	H	A	D	P	R
L	Y	N	M	F	A	B	E	S	P	L	E	S	O	N
I	U	M	E	C	H	Q	P	S	A	S	E	W	L	E
S	O	F	T	J	T	E	Z	D	I	D	O	T	S	Y
T	S	I	E	E	L	C	A	R	I	M	P	S	B	D
E	O	V	P	T	D	C	E	D	I	X	O	B	F	B
N	S	X	Z	P	A	Y	Z	A	B	L	Z	R	E	D
A	A	L	L	Z	N	R	C	D	U	N	G	P	P	V
U	T	G	S	C	D	X	G	T	U	E	W	P	K	V
A	U	M	C	T	A	B	I	Z	G	R	P	R	M	L
D	K	Y	Q	X	Q	O	X	T	E	M	H	X	V	U
G	J	J	F	V	N	Z	G	J	P	X	D	D	S	H

JOURNEY

LISTEN

ACTION

FORGIVE

SOLUTION

LEARN

GRATEFUL

HONESTY

MIRACLE

PROMISES

DESIRE

"My ability to conquer my challenges is limitless; my potential to succeed is infinite."

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 June 15, 2014

Submit any questions, articles or anniversaries to:

susanrae43@gmail.com

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