



PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

NOVEMBER / DECEMBER 2014

I Wanted What They Had

At age 39 a friend sent me a book written by two doctors that described the phenomena of craving in medical terms. I read it, understood it, and at that point knew that I was afflicted with this bio-chemical genetic process. For years I joked that "My problem isn't the first drink, it's that I can't not have another."

Fast forward through 29 years of denial that resulted in losing two jobs, a heart condition brought on by alcohol, and a marriage that was barely surviving. I found myself driving down US 1 with a drink in my console at nine in the morning. I heard a radio ad for "behavior modification". That, I thought, is exactly what I need. So I made an appointment to see a professional therapist. Nine months later after some very helpful therapy, the therapist put me on a controlled drinking experiment. I failed and was trapped into going to AA.

I knew I wasn't "one of them", but I went anyway. On day one I wasn't convinced I was really an alcoholic, I was the Master of the Universe, and I thought God was something people lesser than me needed. But when I walked into the rooms I saw that these men and women had something, something wonderful and mysterious, and something I badly wanted. By week two I had a sponsor and I told him I wanted what he had. When he asked if I was willing to do anything to get it, I replied, "Yes!" And I was. And I did.

Now seven years later I ask myself, "What is it they have?" I must admit that I don't really have the answer. But I do know what AA, my sponsor, and my AA friends have given me.

First of all I am now a retired Master of the Universe. I no longer need to control everybody and everything. I am armed with a well-defined list of fears and character defects. They are not gone. But I recognize them when they appear, and, most times, using the tools I've been taught, I can dispatch them quickly. Without really trying, my relationships with others are immensely improved and I find myself able to get out of my own way.

In the tradition of AA I have reached out to help others and to be of service to both AA members and "normal" people. This started with a coffee pot at 6:30 a.m. at my home group, and continued with sponsorship, active participation in Intergroup and District 22, and little projects I do all the time just to help others. Without a doubt, and just like I was told, this gets me out of myself, and keeps me sober.

I have developed and am growing a relationship with a higher power of my own choosing. This has led me to an abiding faith in a simple, infinite power that I do not have to define because it is beyond my comprehension. Seven years ago I wrestled mightily with this fundamental concept of AA. In the beginning I promised to be willing. That willingness has led me to a peace I never thought I'd have. I believe the door to serenity has been opened for me. All I have to do is to keep it open and ask my higher power to show me the way.

So do I have what they have? Surely I have some of it. And just as surely, so can you.

Fred M., Jump Start

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

MONDAY NIGHT LIVE:

SEPTEMBER BELATED :

David G. 5 years
Rich C. 4 years

LIFE'S A BEACH:

SEPTEMBER BELATED:

Joe C. 24 years
Robert O. 11 years
Kathy C. 3 years
Michele T. 1 year

OCTOBER BELATED:

Jim T. 5 years
Darin C. 4 years
JoJo 3 years
Andrea M. 2 years

NOTE FROM EDITOR FOR ABOVE ANNIVERSARIES: I APOLOGIZE FOR NOT HAVING THESE IN THE LAST ISSUE IT WAS MY ERROR.

CAME TO BELIEVE:

NOVEMBER:

Tim M. 7 years

STEPS TO SERENITY:

NOVEMBER:

Jean H. 25 years
Buzzy 8 years
Mardel A. 7 years
Bryan P. 1 year

MESSAGE GROUP:

OCTOBER:

Nancy G. 27 years

NOVEMBER:

Mike J. 15 years
Odie L. 3 years

TGIF

NOVEMBER:

Bob H. 12 years
Mardel A. 7 years
Dan B. 1 year
Fred R. 1 year

DECEMBER:

Peg T. 27 years
Lance D. 25 years

WOMEN TO WOMEN:

NOVEMBER:

Suzanne G. 26 years

NOMAD MENS GROUP:

NOVEMBER:

Andy D. 18 years
Dave R. 16 years

DECEMBER:

Jerry K. 23 years
Jerry T. 10 years

MONDAY NIGHT LIVE:

NOVEMBER:

Jean H. 25 years

DECEMBER:

Rob M. 5 years
Dave C. 4 years
Jane M. 1 year

WOMENS ACCEPTANCE:

NOVEMBER:

Brenda W. 29 years
Jewella Mc. 26 years

JUMP START:

NOVEMBER:

Frank R. 2 years
Fred M. 7 Years
Gregg W. 11 years

DECEMBER:

Dennis M. 17 years
Elaine R. 5 years
Jerry T. 9 years
Jesse L. 1 year
Wendi M. 18 years

LIVING SOBER:

NOVEMBER:

Fred R. 1 year
Chris B. 5 years
Suzanne G. 26 years

DECEMBER:

Arnold P. 29 years

Doing The 4th & 5th Steps a Second Time

For me the first time around I didn't know exactly what I was trying to learn. I thought that I was trying to put together a list of people who I needed to make amends. I didn't understand that I should have been identifying character defects. Then one of my defects came into play and caused a lot of problems. I didn't realize I had this defect and wasn't even trying to work on it. This was when I decided to approach a man who I felt could help me. He recommended I read Joe and Charlie articles on the 4th step. I read the articles and used their forms. I took about a month to fill out the sheets mainly due to a lot of soul searching and a determination to be perfectly honest. The end results were that I learned a lot about my character defects and which ones I should be working on the most. My tally wound up being 9 Selfish, 4 Dishonesty, 13 Self-Seeking & Frightened and 8 Inconsiderate. The self-seeking and frightened were the ones I had no idea that were two of my defects. It was pointed out to me that being self-seeking and frightened was not necessarily a defect. Many people are starting a business of some kind and are hoping to supplement their income and get rich. This is self-seeking. They are also frightened that they might lose their investments and become worse off than they were before. As long as they are fair with everyone and don't hurt anyone along the way there is nothing wrong with this. When we look at it like this a lot of character defects could become assets if applied properly.

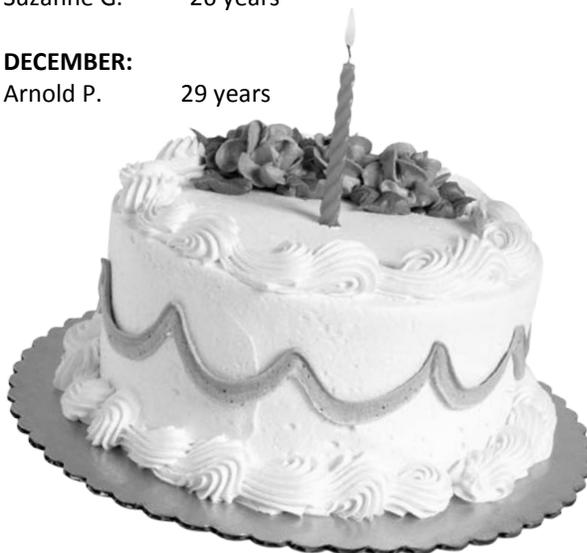
This process is one that I would recommend for new comers and people who have been around a while.

Al S.

A blessing from Alcoholics Anonymous:

12 Symptoms of a Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything in return.



Announcements & Information

Gene Bush wrote this morning that Sandy Beach died last night at a meeting while he was discussing the first step. I'm sure in that sense it was a happy death. Remarkably, I thought of Sandy only yesterday with the idea that I should call him just to say hello as one of the few survivors of those heady days in Washington AA in the 60's. Sandy and Ed Chandler were lobbyists on the Hill. We had another Chandler in Congress and a Senator in AA. The Yeas and Nays Group was formed by them together with the annual luncheon in the Sam Rayburn building to which a lot of the government luminaries were invited such as the Surgeon General. We still had the big WAIA banquet at the Wardman Park. We had two fall sections to the Thanksgiving Retreat. We had the so-called businessmen's luncheon with 75-85 guys. Bill Wilson was still alive in 1967 and came to DC for some kind of a world congress on disability and stayed at the Wardman Park. I was the delegate to New York at the time and was called to come help him as sort of a buffer when he received people in his suite. Everyone wanted to tell him their story and we had to move the folks along. Maybe better days are coming in AA but these are sweet poignant memories I have of my first decade in AA. Sandy became a circuit speaker early in his sobriety and combined humor and wisdom a lethal one-two punch that reached many hundreds of people. In my own travels I heard people all over the country refer to his "Drop the Rock" talk, especially in California. People when they found out I was from Washington asked if I knew Sandy or Hal Marley. With a straight face at first I'd say no. "We must go to different meetings" After they looked at me funny, I would tell them the truth. Sandy lived one of the slogans I like. "I cam here to get sober not somber" When he spoke last at Grace Episcopal Church in Alexandria, I bought two copies of his talk. From a tightwad like me, there is no higher compliment. Sandy will rest in peace at the goal the rest of us still seek, a place our book calls "Happy Destiny"

Love and service Ernie R.

Its been said he would want us to do 3 things: Be of service, love with all of your heart and continue seeking.

Sandy Beach from Tampa FL, died Sunday at a meeting. This is what was sent out about it:

Sunday, September 28th, 2014 Sandy Beach passed on while attending a local meeting here in Tampa. He passed in peace and the struggle he has had in the last several years is finally over and I believe he is with his God and all of God's children in Heaven. He had returned from the hospital this past Thursday after a 3 week stay, where he had recovered from a fall that caused pain but fortunately did not have any broken bones. He was attending the 7:30pm Sunday night Step meeting at Palma Ceia Presbyterian Church in Tampa FL, where at approximately 7:40pm while the group was reading the first two pages of Step One in the Twelve Steps and Twelve Traditions he leaned forward put his head on the table and went to God. Please pray for his family and his friends but keep his spirit, his love for AA and the people who participate in the program alive. There will be some form of AA memorial in Tampa FL at a time to be determined later. God Speed Sandy, say hello to Chuck C. and Bill W. for us, and Peace be with you all.

Chris & Christine

**24hr Group of AA is Moving
On Wednesday 10-01-2014**
To **1st United Methodist Church**
N.Church st. & E.Lambert st.
Bunnell,Fl.32110
please come and support
meeting time is 9:30 am Monday thru. Saturday
All Are Welcome

2015 International AA Convention
July 2-5, 2015 Atlanta, Georgia
Register now at www.aa.org

HELPLINE CALLS:

	June	July	August
AA	39	44	24
Help	2	5	8
Alanon	0	0	10
NA	0	0	3

ANNOUNCING A NEW MEETING THE MEETING RIDERS

Ride (motorcycle/car) to meetings in different areas and meet new people. Trying to organize 2 events a month. Spouses or significant others are welcome. If interested please contact Fred R. at 386-334-0974 or fredr1954@gmail.com

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.

Acronym for November and December: T G I F

Thank God I'm Free

To: My family, and friends:

Life is like a journey on a train... with its stations... with changes of routes... and with accidents! At birth, we boarded the train and met our parents. We believe they will always travel on our side. However, at some station, our parents will step down from the train, leaving us on this journey alone.

As time goes by, other people will board the train; and they will be significant: our siblings, friends, children, and maybe the love of our life. Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize that they vacated their seats!

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all the passengers...requiring that we give the best of ourselves.

The mystery to everyone is:

We do not know at which station we ourselves will step down. So, we must live in the best way - love, forgive, and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty - we should leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you a joyful journey on the train of life. Reap success and give lots of love. More importantly, thank God for the journey! Lastly, I thank you very much for being one of the passengers.

November is an exciting month for me. It brings me my 5th year in recovery. Recovery brings me the word "Rejoice". How could I not give thanks to my God and my fellow alcoholics who give me the energy of recovery, how could I not give thanks to meetings, how could I not honor the 12 Steps that saved my life. My November, my recovery, my program, my meetings, my friends in recovery All Sacred. Peace, love, sobriety.

Rosie G.

TWELVE STEPS OF A SPONSOR

1. I will not help you stay and wallow in limbo.
2. I will help you grow, to become more productive, by your own definition.
3. I will help you become more autonomous, more loving of yourself, more free to continue becoming the authority of your own living.
4. I cannot give you dreams or "fix you up," simply because I cannot.
5. I cannot give you growth, or grow for you. You must grow yourself, by facing reality, grim as it may be at times.
6. I cannot take away your loneliness or pain.
7. I cannot sense your world for you, evaluate your goals, or tell you what is best for you in your world; you have your own world.
8. I cannot convince you of the crucial choice of the scary uncertainty of growing over the safe misery of not growing.
9. I want to be with you and know you as a rich and growing friend, yet I cannot get close to you when you choose not to grow.
10. When I begin to care for you out of pity, when I begin to lose trust in you, then I am toxic, bad and inhibiting for, you and you for me.
11. You must know - my help is conditional. I will be with you, hang in there with you, as long as I continue to get even the slightest hints that you are trying to grow.
12. If you can accept all of this, then perhaps we can help each other to become what God meant us to be... mature adults leaving childishness forever to little children.

"The only difference between a good day and a bad day is your attitude!"

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 December 15, 2014

Submit any questions, articles or anniversaries to:

susanrae43@gmail.com

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