



PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

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

November/ December 2013 Issue

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

E-Mail hudpapabear@aol.com

Web Access: www.AAflagler.org

Mailing Address - P.O. Box 352470, Palm Coast, FL 32135

Bill W. and the Formation of AA 78 years ago

Last Monday, June 10th, at 7AM, the Jump Start group of Flagler County AA put on a skit demonstrating the forming of the first group of AA with Bill W., Dr. Bob and another Bill (the third alcoholic).

Producer: Tank B.

Cast: Bill W. _____ Gregory W. Dr. Silkworth _____ Lee M.

Lois W. _____ Kelly L.

Dr. Bob _____ Fred M.

Ebby T. _____ Chad

Selberling Henrietta _____ Susan S.

Alcoholic #1 _____ Ronnie

The Jump Start Group of Flagler County AA should be very proud of the presentation depicting the formation of the first group of AA in Akron, Ohio, on June 10, 1935. The third alcoholic, also named Bill went on to start the group in Detroit, Mi.

It was performed with the correct balance of seriousness and humor. It featured the "White Light" scene depicted in Bill's sequence representing the Divine conversion by the Higher Power lending an air of reality to Bill's deliverance from the serious disease of alcoholism and has spread AA membership to over 2 million members.

I was asked to announce that a future meeting will be announced regarding a follow up presentation by the Jump Start Group.

Submitted by George S. (TGIF Group)

Daily Inspiration

If you are stressed, you are probably making things more important than they really are.

Lord, I pray for clarity of thought and calmness of spirit because I know that when my heart grows weary, You send me peace.

Joy does not depend on your circumstances, but rather on your triumph over your circumstance. Lord, my joy comes from within, where Your spirit fills my soul and You bless me with Your strength.

Anonymous

FLAGLER COUNTY ANNIVERSARIES

KEEPING IT GREEN NOVEMBER Belated Janet 2	JUMP START NOVEMBER Greg W. 10 Fred Mac F. 6 Bill M. 1 Frank R. 1 DECEMBER Elaine R. 4 Belated Mike S. 2	Craig G. 3 Edward D. 2	Cherisse G. 19
NOMAD GROUP NOVEMBER Andy D. 17 Dave R. 15 DECEMBER Jerry K. 22 Jerry T. 9	TGIF NOVEMBER Bob H.11 Mardel A. 6 DECEMBER Gary O. 30 Peg T. 26 Cherisse G. 19 Dennis M. 16	STEPS TO SERENITY NOVEMBER Jean H. 24 Buzzy 7 Mardel A. 6	LIFE'S A BEACH NOVEMBER Joe T. 4 Frank R. 1 DECEMBER Ed K.9 Anthony S. 3 Robert M. 4
MESSAGE GROUP NOVEMBER Mike J. 14 Lorraine S. 38 Odie L. 2		MONDAY NIGHT LIVE NOVEMBER Jean H. 24 DECEMBER Rob M. 4	WOMENS ACCEPTANCE NOVEMBER Jewella MC. 25
		LIVING SOBER NOVEMBER Chris B. 4 DECEMBER Arnold P. 28 Suzanne G. 25	24 HOUR GROUP Nancy S. 3

Announcements & Information

NEW EDITOR has been voted by the intergroup. Sue J. will be taking over starting 1/1/14. send all articles and anniversaries to susanrae115@gmail.com
Thank you for letting me of service for the last 2 years. It is time to rotate this service position. Thank you for let-

The Help Line is looking for persons to do service work. Please contact Joan at 445-4357

Notice to all Group Treasurers

District 22 address has changed.

The new address is:

P.O. Box 352470 Palm Coast, FL 32135

Flagler County Intergroup Workshop, hosted by TGIF. Saturday November 23. 1-3PM at Palm Coast Community Center.
Subject: Principles before Personalities

Reminder:

Need Literature and Medallions?

Contact: Don H.

386-986-3659

hoodyfour@aol.com

The man with the plan!

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

Women are needed for the Stuart Marchman Women's Treatment Facility "Project Warm" daily for a noon time meeting. This is at the old Vince Carter Sanctuary. If interested contact District 22 Treatment Facility Coordinator. Ray L. 386-964-0715 449Ray@gmail.com

My only crime was love
And here I am, torn, tattered
shaken and dejected
My heart's been shattered.

I've been seen as hard
Distant, angry, aloof,
Spent most of my life
Living as the lone wolf.

Safe in my solitude
Alone but unbreakable
My walls my sanctuary
Then you did the unthinkable.

I let my guard down
Laying my heart bare
You tossed it aside
You just didn't care.

You knew my past
Abandoned and abused
You took advantage
I'm hurt and confused.

I spoke the truth
I am not to blame
You did it yourself
You own the shame.

I stand in the storm
Rain lashing my face
Now lost and alone
Trying to find my place.

Who am I now
What am I feeling
Where shall I go
To find true healing.

Left to itself, nature takes ordinary garbage and transforms it into useful nutrients that help sustain life. It's usually poor human action that makes garbage a problem. Our mental and emotional garbage takes the forms of bad memories, festering resentments, and useless regrets. We waste time berating ourselves and others about bad decisions and experiences that are behind us.

The magic of the 12 Step program is that we can use it to transform this mental garbage into useful experience. A past mistake can become an asset when we share it with others. Pain and suffering can teach a lesson that helps all of us to grow. By forgiving others, a resentment can be turned into a friendship.

I'll resolve today not to worry about garbage any longer that it takes to identify and release it to my Higher Power for transformation.

Let it happen, easy does it

Student pilots learn a simple method for getting an airplane out of a stall; Release the stick forward, and the airplane rights itself. Continue to hold the stick back, and you cause a fatal spin. Many times, we cling too tightly to conditions that could simply right themselves if we would only let go. Situations often work themselves out when we stop pushing and pulling too hard.

If we're living on a spiritual basis and following our 12 Step program, most of unpleasant conditions will clear up without any strain or struggle on our part. The secret then is to do our part and act prudently, and also to be willing to let things happen.

I'll remember today not to push too hard to get my way. Things work themselves out if I simply let natural forces work properly in every situation.

AA Poem

You know who I am. You've called me your friend
Wishes of misery and heartache I send
I want only to see that you are brought to your knees
I am your disease.

I'll invade all of your thoughts, I'll take hostage your soul
I'll become your new master. I'll take total control
I'll maim your emotions, I'll run the whole game
Till your entire existence is crippled with shame.

When you call me I'll come, sometimes in disguise
quite often I'll take you by total surprise
but take you I will, and just as you've feared
I'll want only to hurt you, with no mercy spared.

If you have your own family, I'll see it's destroyed
I'll steal every pleasure in your life you've enjoyed
I'll not only hurt you, I'll kill if I please
I am your worst living nightmare, I am your disease.

I bring self destruction, but still you can't tell
I'll sweep you through heaven, then drop you in hell
I'll chase you forever, wherever you go
And then when I catch you, you won't even know.

I'll sometimes lay silent, just waiting to strike
What's yours becomes mine, cuz I take what I like
I'll take all you own, and I won't care who sees
I'm your constant companion, I am your disease.

If you have any honor, I will strip it away
You'll lose all your hopes, and forget how to pray
I'll leave you in darkness, while blindly you stare
I'll reduce you to nothing, and won't even care.

So don't take for granted my powers sublime
I'll blend in and I'll break you, time after time
I'll crumble your world with the greatest of ease
I'm that madman inside you, I am your disease.

But today I'm real angry... you want to know why?
I let this whole room full of drunks slip by
how did I lose you? Where did I go wrong?
One minute I had you, and the next you were gone.

You can't just dismiss all the good times we've shared
when you were alone, wasn't I who appeared?
when you sold all those possessions that you knew you
would need
Wasn't I the first one who stepped in and agreed?

Now look at you bastard, you're thinking all clear
you escaped with you're lives when you found your way
here.

Only fools think they're winners when admitting defeat
it's what you must say when your claiming the seat.

So go ahead and surrender, if that's what you choose
But I'm not giving up cuz, I can't stand to lose.
So stand in you're circles and pray hand and hand
for God to come save you, leaving me to be damned.

We'll be damned all your meetings each day of the week,
Be damned Higher Power, however unique
Be damned all your sayings, be damned your cliches
be damned every drunk, who backed to me strays.

I know it will happen, I've seen it before
Those who love misery, will crawl back for more
So take comfort in knowing I am waiting right here
but next time around, you just better beware.

So please don't forget me, I won't forget you
I'll stand by your side watching all that you do
I'm ready and waiting, so call if you please
I won't let you forget me, I am your disease.

Flagler County Promises 2013

Submissions to the Promises is another way to be of service! Thank you to every one who helped create this issue.

Next Dead Line For The Promises Is December 2013

All material and information for the newsletter must be received by the of the 15th of each even month

Submit any questions, articles, anniversaries

Jim H. 603-702-1195 Hudpapabear@aol.com

kip.durocher@gmail.com 386-503-5539

Susanrae115@gmail.com 386-931-7411