



# PROMISES

SEPTEMBER & OCTOBER 2016

## Editor's Note

When I first came into the rooms of Alcoholics Anonymous, I heard the Ninth Step promises & was immediately intrigued. My old way of thinking that I was sick & tired of being sick & tired, suddenly was smashed. The promises that are clearly written out in our BB & recited at every single meeting I have attended thus far, give me hope. They solidify that recovery for me is an ongoing process that will keep getting better if I continue to do the next right thing.

In fellowship,  
Nicole F.

## Not a Glum Lot

The man chairing the meeting called on a younger member to share. She said, "Oh, I've had a terrible day. I wasn't centered. I felt alienated. My child within was deprived. I wasn't self-actualized at all!"

An old-timer who was hard of hearing leaned over and whispered to a friend, "What did she say?"

The friend replied, "She says she's hungry, angry, lonely, & tired."

[Grapevine, March 2012]

## Just a Thought

*I am not what happened to me. I am what I choose to become.*

## Gratitude Dinner History

Here in Flagler County, members of Alcoholics Anonymous host a Gratitude Dinner yearly in the month of November. Gratitude Month was started by the General Service Office in the 1940's. GSO began hosting small Gratitude Dinners during this time, which were precursors to the much larger Gratitude Luncheons that were orchestrated during the 1960's. These were held at New York City's Roosevelt Hotel.

Below are excerpts from GSO Archives regarding the formation of Gratitude Month:

*The Conference approved a motion asking that the General Service Headquarters designate Thanksgiving week each year as 'A.A. Gratitude Week' and that this action be noted in the annual pre-Thanksgiving appeals to the groups for funds to help support A.A.'s worldwide services. [Sixth General Service Conference, 1956]*

*For many decades now, we in the Fellowship have formally carved out from the calendar the month of November as a time to express our collective gratitude for our individual sobriety. Interestingly, no one is exactly sure why that month was originally chosen, though its connection with Thanksgiving seems obvious. A.A. co-founder, Bill W. thought for a while that his sobriety had begun in November, but later calculations established the date of his new beginning as December 11. [Box 4-5-9 "In A.A. November is Gratitude Month", Oct - Nov 1994]*

Gratitude. We all know it serves us best when it's kept alive, in our individual lives & in our group conscience. Realizing this, countless A.A. groups over the years have used the month of November to open the door of gratitude even wider. It's a sure way of insuring a continued, healthier sobriety, group unity, & to avoid complacency & stagnation. Many groups observe Gratitude Month by holding Traditions meetings & taking up special contributions to GSO for A.A. services worldwide.

*This year, Jump Start will be hosting our annual Gratitude Dinner.*

Call us: (386) 445-HELP (4357)

Visit us: AAflagler.org

Intergroup: PO Box 352470, Palm Coast, FL 32135

District 22: PO Box 351814, Palm Coast, FL 32135

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

## Bill W. on Traditions

---

*9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

Each A.A. has been an individual who, because of his alcoholism, could seldom govern himself. Nor could any other human being govern the alcoholic's obsession to drink, his drive to have things his own way. Almost without exception the failure to accomplish anything by coercion has been complete. Yet we alcoholics can be led, we can be inspired: coming into A.A. we can, and we gladly do, yield to the will of God.

[Grapevine 1947]

*10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.*

As by some deep instinct, we A.A.'s have known from the very beginning that we must never, no matter what the provocation, publicly take sides in any fight, even a worthy one. That is the spiritual climate in which A.A. was born, and by God's grace has nevertheless flourished. Let us reemphasize that this reluctance to fight one another or anybody else is not counted as some special virtue which makes us feel superior to other people.

[12x12 pg 176-177]

## Spotlight on Steps

*9. Made direct amends to such people wherever possible, except when to do so would injure them or others.*

*10. Continued to take personal inventory and when we were wrong promptly admitted it.*

## A New Feeling of Freedom

---

Meredith R. [September 23, 2014]

Finally, I was at the point where I would clear away the wreckage of my past & be freed from guilt, shame, remorse, & old resentments. I had to remember I was not just doing the Ninth Step for these other people, I was doing it primarily for me. I had to look for what I could do to mend & repair the harm I had done. The process was slow & at times painful, but it left me with the beginning of a new feeling of freedom which has continued to grow within me as my recovery continues.

My Tenth Step is kind of a safety valve. It is an ongoing opportunity to catch myself in the mistakes I used to make all the time. Now that I am sober & growing [emotionally] through the practice of the principles in all my affairs, I make fewer mistakes; however, progress not perfection leaves me with occasional moments of wishing I had not said or done something. When that happens the Tenth Step is something that can quickly get me right with others, myself & my God.

## Be Kind to Yourself & to Your Fellows

---

*Old-timers*

Laura F. [February 29, 1988]

Step Nine has evolved for me over the years. My first Ninth Step was of course all about those things I found most embarrassing when I was drinking. All the people, places & things, I thought I had harmed; and doing my best to make appropriate amends. The first go around (& dare I say probably for many years after that) I thought were about making good with people, was in fact ego-driven. I wanted to feel better about me. Now 28 years later the motivation & intention are much different. If I mess up & apologize I am usually really thinking about the other persons welfare & not just getting myself off the hook.

Step Ten of course is really a daily Step Nine in a manner of speaking. Reviewing honestly what your day has wrought, & contemplating how to be a better person tomorrow. A great revelation to me has been: I did not do what I did in the past because of my drinking, but those behaviors were inside of me, & the alcohol just made it easier for them to be acted out. It was a painful, but growth producing revelation. I try each day to note the progress on accepting others & myself & having a kind heart.

## September Celebrants

- ✦ Anita G. 25 years [Women's Acceptance]
- ✦ Bonnie B. 28 years [Footprints in the Sand]
- ✦ David D. 31 years [Message Group]
- ✦ Dave G. 7 years [Monday Night Live]
- ✦ Fred G. 9 years [Nomad]
- ✦ Jayme F. 9 years [TGIF]
- ✦ Joe A. 11 years [TGIF]
- ✦ John L. 11 years [Jump Start]
- ✦ Judy 26 years [TGIF]
- ✦ Kelly 28 years [Lucky to be Here]
- ✦ Kenny F. 14 years [Jump Start]
- ✦ Lenny T. 1 year [Footprints in the Sand]
- ✦ Meredith R. 2 years [Jump Start & TGIF]
- ✦ Mike S. 5 years [Jump Start]
- ✦ Pat M. 7 years [Stepping Sisters]
- ✦ Robert O. 13 years [Jump Start]
- ✦ Sally C. 38 years [Lucky to be Here & Women's Acceptance]
- ✦ Tom Mc. 29 years [Jump Start]

## Belated Celebrants

- ✦ Amy P. 8 years July [Stepping Sisters]
- ✦ Dave H. 22 years July [Living Sober]
- ✦ Judy K. 37 years June [Stepping Sisters]

## October Celebrants

- ✦ Al H. 22 years [Mondex & Nomad]
- ✦ Beverly C. 29 years [TGIF]
- ✦ Beverly J. 44 years [TGIF & Women's Acceptance]
- ✦ Bill R. 1 year [Jump Start]
- ✦ Bill W. 30 years [Living Sober]
- ✦ Ed 1 year [TGIF]
- ✦ Evelyn S. 29 years [TGIF]
- ✦ Heather C. 1 year [Message Group]
- ✦ Jane M. 1 year [Monday Night Live]
- ✦ Jimmie E. 6 years [Jump Start]
- ✦ Jinty 25 years [Footprints in the Sand]
- ✦ John M. 3 years [Jump Start]
- ✦ Kate S. 4 years [Lucky to be Here & Jump Start]
- ✦ Keith P. 29 years [Message Group]
- ✦ Laura P. 2 years [Jump Start]
- ✦ Laurene 13 years [Another Open Door]
- ✦ Lee M. 34 years [Jump Start & Nomad]
- ✦ Marianne 1 year [TGIF]
- ✦ Minty C. 24 years [Women's Acceptance]
- ✦ Nancy G. 29 years [Women's Acceptance]
- ✦ Paul E. 29 years [Footprints in the Sand]
- ✦ Susan M. 28 years [Footprints in the Sand]

## Celebrating Sobriety

### Women's Fall Conference

The 17th annual serenity weekend, Girlstock, is taking place September 9th-11th at 1300 N. Atlantic Ave in Cocoa Beach. Registration space still available!

### Women's Luncheon

Women's Acceptance Group is hosting a lady's luncheon on Saturday, October 1st from 1-3pm at United Methodist Church in Flagler Beach [1520 S. Daytona Ave.]

Theme & speaker to be announced. Please bring a covered dish or dessert to share. All women are welcome to attend.

### Life's a Beach BB Study

LAB reported a ground-breaking number of 33 members attending the line-by-line BB study on Saturday nights at 7pm at Hammock First Baptist [5328 N. Oceanshore Blvd].

### 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).

## Hello, Is Anyone There?

Joan D. [July 26, 1985]

Each group is kindly being asked to step up to the plate & assign a person in the group to man the helpline. An option could be to have each group be responsible for this commitment. You need a landline & usually have the line one to three months. All you have to do is answer the phone & give out information as to where the meetings are. You do not have to sit by the phone- just listen to your answering machine & call the person back. It is very rewarding & easy Twelve Step work.

After we get our sobriety, we sometimes forget where we came from. I know for me, I called the helpline, & that is how I became a member of Alcoholics Anonymous. I have had it for too long. We need to share the wealth. The motto is, I want the hand of A.A. always to be there, for that I am responsible!

Peter F. [August 25, 1989]

The Flagler County helpline has been offering assistance to callers looking for help for over twenty years. A volunteer taking the helpline calls Lois at 386-445-1715 & requests that she forward all helpline calls to their personal landline. When a call is answered, it is recorded in The Book.

The Book is solely for Flagler County helpline purposes & pertains information such as: suggestions, guidelines, what to do, what not to do, 12 Step list of local volunteers who are willing to provide transportation, be a temp sponsor, or engage with another member on a 12 Step call.

*Please contact Joan D. at 386-446-2225 or Peter F. at 386-446-8801 with all questions regarding the helpline.*

### **Tenth Step Prayer**

*I pray I may continue:  
To grow in understanding &  
effectiveness;  
To take daily spot check inventories of  
myself;  
To correct mistakes when I make them;  
To take responsibility for my actions;  
To be ever aware of my negative &  
Self-defeating attitudes & behaviors;  
To keep my willfulness in check;  
To always remember I need Your help;  
To keep love & tolerance of others as my  
code; &  
To continue in daily prayer how I can  
best serve You,  
My Higher Power.*

### **District 22 Archives Corner**

The Archives Committee is gathering group histories. If you have a group history form & have not yet turned it in to us, please give it to your GSR to bring to the district meeting at 6:30 pm on the last Monday of every month at the hospital.

You can give it to Kate S. or Carol W. or you can email it: [flaglereaarchives@gmail.com](mailto:flaglereaarchives@gmail.com)

If you have any other material you'd like to donate to the Archives, please get in touch with Carol or Kate.

### **Working with Others**

Practical experience shows that *nothing will so much insure immunity from drinking as intensive work with other alcoholics.* It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can.

[BB pg 89]

### **The Dreaded Calendar**

More times than not, I am sitting in a meeting & a calendar is passed around with a bunch of empty boxes. The sole purpose of these calendars is to sign up for a *service commitment.*

Next time you are in a meeting & have a calendar in front of you with empty boxes, try something crazy- write your name in it! I was taught from the beginning that I cannot keep what I have unless I give it away.

Lately, I have been signing up to Chair meetings outside of my home group. This gives me the opportunity to help carry the message of recovery to others in different groups. When in doubt about making a commitment, think about the newcomer & how your service could greatly affect him or her.

Nicole F. [May 4, 2015]

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

District 22 & Intergroup initially began meeting as one entity for Flagler County.