



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

JULY / AUGUST 2009 ISSUE

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WOW! HAS AA GROWN IN FLAGLER COUNTY!

I arrived in Flagler County in June 1979. At that time, there were two meetings – the courthouse in Bunnell on Wednesday night and a Sunday speakers meeting at Santa Maria Del Mar in Flagler Beach. In the latest Where and When (4/19/09), there are 54 meetings per week listed – an astonishing 30 year increase. I am honored to join Jackie M. and Pam H. in giving my take on this phenomenal growth.

In the early 1980's, we were under the administration of Daytona and then in 1984, St. Augustine. The only contact a newcomer had was to call these two Intergrups or the Bunnell Police Department who had our local numbers of AA

members. We appreciated the help of the three sources on the one hand, but longed to have our own Intergroup. So in 1985, we formed District 22. At that time, we got our own "445" Help Line and opened the LEMAC Club in Flagler Beach, as reported by Pam H. The club later became known as the Silver Dollar Club, where 17 meetings per week are held. Compton RV Resort came later with eight meetings per week and Florida Hospital with eight meetings per week. The chain reaction continued on the beach side and West Flagler County, with two meetings in Mondex in the Sheriff's Station, workshops going out to the AA community on diverse topics – similar to

AA's growth for the past seventy-four years.

There is diversification – three speaker meetings, five beginner meetings and many discussion meetings where topics are leader-generated or topics based on AA publications, ie Big Book, 12 & 12, As Bill Sees It, Grapevine, Big Book Joe and Charlie, Daily Reflections and lastly the 11th Step exclusively. Recently a traveling meeting for the homebound has been started.

We have established a community public relations information liaison with the medical profession in Flagler County and also provide speakers for Stewart Marchman Treatment Center. Socially, we have had many "Gratitude Dinners" and picnics in the last thirty years. We are grateful to the hard working Intergroup delegates, chairpersons who have graced us with their unselfish service keeping Flagler AA growing since 1985 and beyond.

George S. - TGIF



My First AA Meeting on January 19, 2009, is where my journey began. I was just out of detox when I arrived at the Monday night Bunnell Group meeting. I introduced myself and got a list of phone numbers. I sat through that meeting in a daze wondering why I was there.

At the end of the meeting, it was time to give out the chips and I stood up to get my 24 hour chip and they were out. This man (I still can't remember his name) came up to me and told me he had been sober since sometime in the '80s and took his bronze 24-hour chip out of his pocket and gave it to me and told me to keep coming. That was one of the first times in my life that anything like that has ever happened to me!

It was suggested to do 90 meetings in 90 days, get a sponsor, don't drink and go to meetings. 90 in 90, don't drink and going to meetings was fine, but the thought of getting a sponsor terrified me even though the people I met in the rooms of Flagler County AA were wonderful and for the most part very knowledgeable about the program. By listening to them speak I kept wanting to learn more and more about being sober. At about 45 days, after taking a suggestion from a friend, I asked someone to be my sponsor because if I was

to continue, I needed to start doing the steps. The reason I did this was because for me putting down the drink was the easy part, but I needed to learn how to live life, go through the steps, and having the guidance of another Alcoholic was the only way to accomplish that in my eyes.

By the time I got a sponsor, I really wanted what I was seeing in other sober people. People in recovery were dealing with all sorts of life situations, good and bad, and they were sober! The only way I knew how to deal with life was by getting drunk before I came to AA. With the help of my sponsor working me through the steps, I can now go through life situations in recovery—it is hard but I can do it.

I now go through my life one day at a time. I get up every day and ask for help to stay sober and go to bed at night saying thank you. In the middle I say the serenity prayer about 100 times. I need a lot of help figuring out what I can change and what I can't. I know that I can't do this alone. With the help of a Higher Power, a sponsor and the wonderful members of AA in this community, I have the faith that I can stay sober at least for today!

Cory J.—Jump Start

WHY IS THERE AN EIGHT STEP? *By Leon S.*

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

Why couldn't we just skip to a super 9th step that goes something like: “Go to your family, friends, and, if you bump into them, casual acquaintances. Ask if you have hurt them, and if you did apologize.” Doesn't sound so good does it? The importance of taking stock of who you have harmed in an orderly manner takes on a certain timeliness after the alternative just proposed. Yet even as we start to think about others in the 8th step the focus is still on ourselves. It is our responsibility to think about whom we have harmed. As in our 4th Step by making a list of who we have harmed and, just as importantly, how we have harmed them that we can again to start to

see patterns of how our behavior affects others. As an example: When you realize that you have been mean and spiteful to just about everyone you know (regardless of how well you know them) a light might start to shine in the ol' noggin that tolerance is a virtue that isn't your “long suit”. The concept of our shortcomings in the 7th step can be abstract. The reality of how our shortcomings hurt others is very real. The 7th step is the prism through which the light of willingness must shine if we are to make progress in our road to recovery. My question to you is: Are you willing to take this step?

SERVICE

Back in the day, when there was a draft system, males graduating from High School were faced with a decision. To go on with their education or join a branch of the Armed Forces. The latter being called “doing service for my country”. Parents would proudly tell folks “my son is in the service”.

Service was also something a mechanic performed on your car. This was called “getting the car serviced”. Or you could get a benefit provided from a civil group or organization and that would be called “getting a benefit or service”. Of course there are many other words that could describe what service means or meant to me at that time. Only after getting shoe-horned into Alcoholics Anonymous would my vernacular be expanded and amended to include some new definitions for the word service.

Tom, my first sponsor introduced me “to service” when he suggested I make coffee and set-up the room for our meetings. Me? That kind of work is for others, was my thought, but I wouldn't say that to him. However, with the help of the group secretary I was elected to my first service position. At the time this happened I thought I was the victim of a conspiracy. Very shortly, I would find out otherwise. This would be my introduction to Service Work---A.A. style. Getting to the

uncomfortable position. Without having a drink or two I was never able to socialize very well. I would find that this simple form of service was what I needed to get past my awkwardness. I would start to realize that the group required service. I would perform that service, the group got what it needed and I got a terrific reward for doing it. At the end of my second year, before leaving for a vacation, I asked the group secretary to get me an officer's position at our elections Biz Meet. On returning from vacation, I learned I had been elected to group secretary. UGH! This was not an office I wanted, but my sponsor said “take it, do it. It will help you grow”. Really!!! Of course he was right. I did grow and got to the point at our next election for officers, I didn't want to give it up.

I had gotten proficient at being secretary, I always thought that the title had a stigmatism tied to it. Only females could be secretaries, you know, so I used to introduce myself as Mr. Secretary. Over the next few years I was asked to fill that position a few times when folks couldn't finish their terms. When I had five years I ran for group chairperson and won. What a tumultuous year that was. So many stories to tell they wouldn't fit in this article.

Before leaving for Palm Coast,

Tom, my sponsor told me to quickly get a sponsor, get connected by joining a group and do service, which I did. I did a few turns as secretary and was then allowed to finish our GSR's term. This is where & when I learned about service past the group level. This is where I would realize that I truly love doing service work. The service needs to be done, I am in a position to do it and I get a personal reward for doing it. After my term as GSR I was elected DCM. Another enlightening experience. This District 22 service introduced me to the North Florida Area Assembly.

After attending many assemblies, I stood, unsuccessfully, for Area Registrar and I feel that is the way God wanted it. Once introduced to the Area Assembly I found I loved it and look forward to them. Today I make coffee for my group and chair it's meeting. I sponsor men and also take the Helpline, once a year. I am presently serving as District 22's Archivist. This is going to be an on-going, long haul. I have just received the needed archives materials for this service. I look forward to doing this needed service.

My feeling about service is “you are either in it, doing it or you are not” If you are not, you are missing a great connection to your home group and Alcoholics Anonymous.

Peter F., Happy Wanderers Group.

Step Seven continued from page 2...

In “Alcoholics Anonymous” page 76, when ready, I prayed the seventh step prayer: “My creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.” I believe that something greater than myself can and will remove my character flaws when I become aware of them, work on them, and release them. This is a life-long, daily process. The “God Box” concept is a tangible way of letting go and turning people, places and things over to my Higher Power. Other sugges-

tions include writing the defect, situations, or person on a balloon and releasing it (or popping it). Flushing it down the toilet is another option, being careful though, not to cause plumbing difficulties! Most important is to allow God to do with me as He will and once something is given to Him, let it stay there. Hear, here... As I honestly look at myself, with your help, patterns of thinking and behavior come into my conscious awareness. Gradual change occurs with effort. Prayer works.

In His Service, Karen B.

Announcements & Information

Service Group Meeting Schedules

Intergroup:

Meets the first Monday of the month at 7:00PM

District 22:

Meets the last Monday of the month at 6:30PM
(except for December)

The meetings are held at the
Florida Hospital Flagler, Classroom C,
in the Lind Educational Center.

Need Literature and Medallions

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WORD SEARCH

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

SERVICE
SURRENDER
RECOVERY
FREEDOM

STEPS
FEAR
SERVE
GOD

SPONSOR
EGO
SELF
CARE

MEETINGS THAT MOVED

The Message Group moved to
Wickline Center

800 S. Daytona Avenue—Flagler Beach

Life's A Beach Group moved to
Santa Maria Del Mar Catholic Church
915 N. Central Ave—Flagler Beach

Footprints In The Sand Group is moving to
2847 Oceanview Blvd. A1A—Beverly Beach

(Check the latest Where and When
for complete information)

HELPLINE CALLS FROM APRIL—JUNE 2009

AA Info—118 AA Helpline—4
Others—1 Total Calls—123



REMINDER:

**Please respect our meeting places—
without them we will die!**

AA HOTLINE

Are you willing to:
Make Twelve Step Calls
Provide Transportation
Sponsor a Newcomer...

We are also updating old info for the hotline
Please contact Grace K. 446-1052
Or e-mail
gkordek2004@gmail.com

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