



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

SEPTEMBER / OCTOBER 2009 ISSUE

Helpline: 445-HELP (386-445-4357) - E-Mail: aapromises@yahoo.com - Web Access: www.aflagler.org - P.O. Box 352470, Palm Coast, FL 32135

aaFlagler.org - Our New Website

Flagler County Intergroup has formed a new website committee directly responsible to our members. We would like to thank Bonnie R. for her long time commitment to the previous website which she designed and maintained all these years. In addition, we want to thank her for the smooth transition to the new website. Many alcoholics found our meetings because of her diligent service. Thank you.

We are just as pleased that Flagler County AA has developed an official website and want to thank all those members who worked so hard to make it happen. We are looking forward to watching this website grow as a tool to help as many alcoholics as possible. If you have any ideas or suggestions please let the committee know. The possibilities are limitless; from the Where and When to chat rooms.

Of course it will contain the usual Promises newsletter and basic information about Flagler County AA. But we are excited about enhancing the website to include much much more.

As you all know Flagler County AA has grown immensely over the last five years and in order to serve as many alcoholics as possible we need to use every tool available. Websites are the wave of the future. And it is wonderful that we are riding that wave. Once again, thank you to everyone who participated in this change. I have been taught that change is a good thing, especially when it comes from the heart. Please check it out; aaFlagler.org!

Thank you for allowing me to serve AA,
Valerie J.

Step Ten

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

The meaning of step 10 has changed for me over the years. When I first came to AA, I looked at it and thought to myself, "I ain't admitting anything to anybody". At that point in my sobriety I didn't know "you people" and certainly didn't trust you. So what makes you think that I'd admit anything to you? When people had asked me to admit anything in the past it seemed always to be associated with guilt and punishment. I wasn't understanding the step in the context it was written. I had NO Higher Power and was DEFENSIVE in capital letters. I also had not worked the first nine steps.

As time passed, I got a sponsor and started working with him; I saw and

understood a little more about step 10. I needed to take a daily look at my assets and liabilities, acknowledging what's good and right about me and what's bad and wrong. When I recognize character defects I need to work on and can humbly ask for help from my best friend and Higher Power to correct these defects on a daily basis, my life gets better and better. That doesn't mean I don't sustain set backs, short falls, and the infamous "poor me's", I do! But tomorrow's another day and if I take time to review with my God, I get to start all over.

At this point in my sobriety if I recognize that I am into "ME" and not into "YOU" or crawl into the "poor me's" as I did last

Thursday, I try to do something about it RIGHT AWAY. I woke up with a "half empty" attitude, thinking to myself what was wrong with the world and my family in particular (POOR ME)? A friend I'd not seen in a couple of months stopped by and I proceeded to do my best to ruin his day as well as mine. About 3 hours later, I finally admitted to myself that I was all problem and no solution. I called him and told him I was sorry for my negative attitude and thanked him for taking the time to stop. And the winner was me! You too can be the winner, if you'll utilize step 10. AA and the 12 Steps are the BEST things that have ever happened to me and I'm going to keep coming back!

Ron D.



FLAGLER COUNTY ANNIVERSARIES



JUMP START JUL Joan M. 1 Andy B. 1 AUG Jim R. 1 SEP JC 14 Kenny F. 7 John L. 4 Steve M. 4 OCT Lee M. 27 Barbara K. 25 Kristie L. 1	CAME TO BELIEVE SEP Ron D. 18 OCT Charlie C. 5 NOMAD GROUP SEP Fred G. 2 OCT Ron D. 18 Al H. 15	WOMEN TO WOMEN OCT Kathie W. 16 LIFE'S A BEACH SEP John M. 25 Joe C. 19 Keith H. 9 STEPS TO SERENITY SEP Art O. 33 OCT Steve H. 46	MESSAGE GROUP SEP Sally C. 31 Elaine R. 9 John D. 8 Jamie F. 2 Ray R. 2 Sara R. 2 Jennifer W. 1 Jules J. 1 OCT Bev J. 37 Jinty C. 17 Al K. 5 Lisa O. 2 Derek B. 2 Mary N. 2 Leanne P. 1	T G I F SEP Jamie F. 2 OCT Beverly C. 2 Evelyn 22 Pat A. 9 Wayne 1 LIVING SOBER SEP Jeff K. 4 OCT Lee M. 27 Bill W. 23	WOMEN'S ACCEPTANCE AUG Barbara 28 Linda 7 SEP Sally C. 31 Nita 27 Jamie F. 2 OCT Beverly C. 22 FOOTPRINTS IN THE SAND SEP Paul S. 7 Joe S. 6 Scott F. 2
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Due to the early release of the newsletter, member's anniversaries may not have been received. We apologize if your anniversary did not make this issue. We assure you that any missed groups will be included in our next publication.



THE LITTLE KNOWN MAN WHO MADE A GREAT CONTRIBUTION TO AA

We all know about how Bill Wilson and Doctor Bob Smith started AA. I have another hero I discovered recently, he is an early member who started AA in Philadelphia . He was a "theological rebel" and, when the Big Book was being written, insisted that the word *God* should be qualified with the phrase "as we understand him." (Page 229)

I feel that this is what makes AA work for all people. On page 43 we find the reference to a Higher Power. "The alcoholic at certain times has no defense against the first drink . . . neither he nor any other human power can provide such a defense. The only defense must come from a Higher Power."

The "as we understand him" concept is brought out on page 47: "When we speak to you of God, we mean your own conception of God. This applies to other spiritual expression which you find in this book. Do not let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. . . if we wished to grow we had to begin somewhere. So we used our own conception of God.

The continued use of our spirituality is emphasized on page

85. "It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."

On page 93 in the chapter 'Working with Others' we again find a reference to a "God of our understanding" "If the man be agnostic or atheist, make it emphatic that he does not have to agree with your conception of God. He can choose any conception he likes, provided it makes sense to him. The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles."

My conception of G.O.D. has evolved over my years in AA. At first it was a "Gift Of Desperation." Later when I accepted a power greater than myself it became a "Group of Drunks" because the group with its collective wisdom had much more spiritual power than I. Finally, after incorporating the 12 steps into my life, 'G.O.D.' stands for "Good Orderly Direction."

Submitted by Howie B.



Responsibility Declaration:
"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that I am responsible."

Third Tradition

"The only requirement for membership is a desire to stop drinking."

"Our membership ought to include all who suffer from alcoholism. Hence we may refuse none who wish to recover. Nor ought A.A. membership ever depend upon money or conformity. Any two or three alcoholics gathered together for sobriety may call themselves an A.A. Group, provided that, as a group, they have no other affiliation."

When I first entered AA, I was unaware of the steps, traditions. I did notice the posters displaying the written words at the front of most AA rooms I entered. I had no interest, as I was not staying, hence no need to investigate.

After six months I asked a woman to sponsor me. She agreed. However, she had certain criteria the newcomer must meet. I had to call her everyday, etc. After my first anniversary in AA, I was told I had to get serious. What? I am serious. Why do you think I make coffee, clean ashtrays, attend meetings, etc. Now I was "asked" to do service on a

speaking committee. I was expected to speak anywhere, anytime I was asked. No matter the topic - steps, traditions, open meeting, big book, etc. I was to never, ever say NO to AA.



I now had to read the traditions and be able to speak on them knowledgeably. This was not why I had signed on. But it really was. I was a member of a group. I was not to be excluded for ANY reason, as long as I had the desire to not drink. I HAD THAT DESIRE. Once I read the traditions, I began to see the wisdom of our founders and the members who had come before me.

To this day, the third tradition is my favorite. Imagine that, me, with a FAVORITE tradition.

Submitted By—Peggy Y.

Step Nine

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

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

This step, as all the others, is for me, whether my amends are accepted or not. I do the right thing by owning up to my defects of behavior, verbal or physical.

This clears my conscience, eliminates any guilt, and allows me to continue growing in the program.

If any uncomfotability exists, it's time to talk to ones sponsor or spiritual advisor, and take the advice, or acquire the courage needed by asking God's help.

Hopefully, we always consider that no harm be done to the person we are making amends to, or involving other parties in our efforts.

This step is #9 for a reason. To attempt this too early on, could be a big mistake.

In Loving Service, John Mc.



GRATITUDE

The experiences that I have had on my journey to sobriety have made me grateful rather than feeling success and self satisfaction in achieving a goal that is on-going. The definition of gratitude according to the dictionary is "appreciation of the benefits/ thankful". There is no better way to explain what we have found in the fellowship of A.A. Using the steps, going to meetings, and sharing the message is a privilege. The problem I had of a life that was unmanageable for me resulted in a blessing and what better gift to receive and also to give to others. The communication between us is rare in a group of friends but it is there because we share a common problem. The spirituality that I have found is not only a reason to be grateful but a reason to celebrate. For

me, trying daily to improve my conscious contact with God and praying for the power to do His will has become the foundation on which to build a new and better life.

Not only am I grateful that I am on a pathway of recovery, but the knowledge gained from the experience of others, study, and discussion have added another dimension to my life. I have also learned that helping others, using time and talent is another reason to show gratitude. There are many ways in which we can show gratitude because there is a presence of a loving God who helps me everyday on my journey and I thank Him. When I say the word gratitude, it is all inclusive of the wonderful benefits of A.A.

Mardel A.—T.G.I.F.

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.

ANNUAL INTERGROUP GRATITUDE DINNER

St. Thomas Church
Saturday, October 17, 2009

Tickets Will Be Available

Want To Help...Call Mirella 386-237-2198

Need Literature and Medallions
Contact Don H. 386-986-3659 or
hoodyfour@aol.com

Promises Deadline

All material and Information for the newsletter must be received by the 20th of the even months of Feb, Apr, Jun, Aug, Oct, Dec.
Submit any questions, articles, anniversaries & ideas to:
aapromises@yahoo.com or call Valerie J. at 386-569-1499

*Are You Interested in the Workings
of Alcoholics Anonymous?
Come Join Us...*

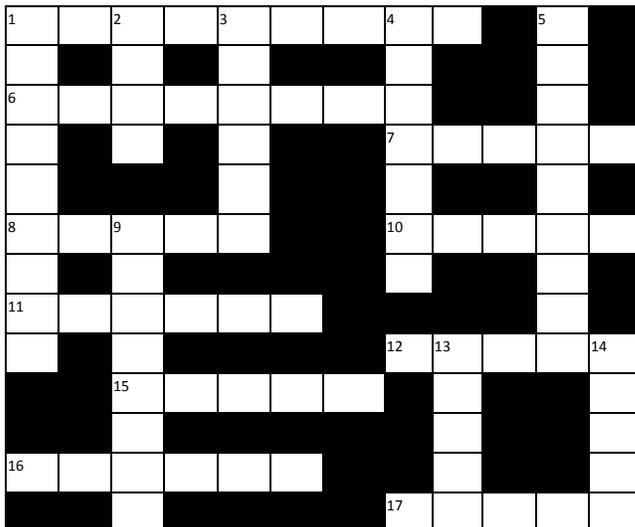
**North Florida Area Assembly
October 9, 10, 11, 2009**

Paramount Resort & Conference Center
2900 S.W. 13th Street
Gainesville, FL
Reservations: 877-992-9229

Workshops on Saturday & Assembly on Sunday
Everyone Is Welcome!

**" First we will wish to be reasonably certain that we
are on the AA beam. " 12 and 12—Step 9—Page 84**

ON THE BEAM	OFF THE BEAM
 HONEST	 DISHONEST
 FAITH	 FEAR
 COURAGEOUS	 COWARDOUS
 CONSIDERATE	 INCONSIDERATE
 HUMILITY	 PRIDE
 GENEROUS	 GREEDY
CALM	ANGRY
GRATEFUL	ENVOIOUS
PATIENT	IMPATIENT
TOLERANT	INTOLERANT
FORGIVENESS	RESENTMENT
LOVE	HATE



CROSSWORD PUZZLE

ACROSS

- 1 Faithful or firm
- 6 Delusion-delirium-irrationality
- 8 Entire - all - sum
- 10 To perceive, become conscious
- 11 Indifference, lack of interest
- 12 To carry to - to _____ to the table
- 15 Differing in an odd way
- 16 Transition - connection
- 17 To endure without yielding - withstand

DOWN

- 1 Of the spirit or soul
- 2 Not hard or difficult
- 3 Not a river in Egypt
- 4 Being timid, bashful
- 5 Fixation-compulsion
- 7 Never say _____
- 9 Being free from anxiety
- 13 A place to restore self back to normal
- 14 Unmerited divine intervention