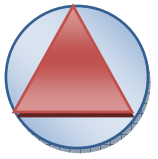




PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

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

MARCH / APRIL 2009 ISSUE

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WOW! ...HAVE WE GROWN! *Written by Jackie M.*

April 10, 1983 almost 3 years sober, arriving in Flagler County in an old Chevy Nova, with my new husband, I wondered with optimism just what lay in store for me.

I felt comforted by the fact that AA was alive and kicking in Daytona Beach. A friend in Baton Rouge had told me he used to live there, and that his group compiled the black meditation book "24 Hours a Day." So, standing at the phone booth at The Jiffy Store, where the Citgo stands today, on the corner of US1 and 100, I placed my quarter in the slot and called AA in Daytona. Lo and behold, there were meetings right here in Flagler! I WAS HOME!

That was a Friday and by Sunday night I attended my first Florida AA meeting. It was a speaker meeting held

at Santa Maria Del Mar's Catholic Church. I met several people that night, Kathy and Guy L, Martha S., Barbara S., Chuck A. Randa and George S. to name a few. Others came from Ormond Beach.

There was a Tuesday night discussion meeting that floated from one home to another Wednesday night step meeting held at the Wickline building. And a Friday noon meeting held at the St. Thomas Episcopal Church, that is now a plumbing business south of the airport.

We exchanged phone numbers and we would carpool. A meeting before and after the meeting. During my first year here, houses continued to be built and I believe we had about 9-12 solid members. We were in the Daytona district. We soon joined the St. Augustine District.

The Thursday night Coffee Cuppers RV Traveling Group, met during the winter in Beverly Beach soon became the Men's Group! We women started Thursday Night women's group. Heck, Friday noon group was so good, lets go for Monday too. How about Saturday Morning and Monday night? Let's have one then... And so on.

Sober Alcoholics kept arriving bringing with them their experience strength and hope! Newcomers came in. Being good Alcoholics we became restless, irritable and discontent, so came the birth of DISTRICT 22. We became our own district and almost every one of us a GSR. Guy L was our DCM. We were on the map now!!!

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Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

In the year 2005 I made a decision that I was going to take a trip to Alaska. In order to act on this decision I had to make an inventory of my finances and so it was a while before I could act on my decision. When my finances improved I inventoried my luggage and clothing needs and proceeded to purchase what I would need. Next I conferred with others who had visited Alaska to get their opinion of the best way to travel and what to see and do. I made the decision, I took an inventory, I discussed my plan with another person, and then I was ready to actually take the trip. The airlines, trains, and bush pilots took good care of my transportation needs. This occurred in 2007, two years after my decision to go to Alaska. In the case of most decisions, there is a time lapse between the making of the decision and the taking the action upon that decision.

The third step is similar. One first makes a decision that he or she is going to turn their will over to the care of God. The next nine steps are designed to teach one how to achieve a spiritual awakening (a profound personality change). When arriving at the 12th step, one actually turns his or her life over to God's care. So

make the decision and get on with your inventory and the rest of the steps so that you will be equipped to turn your will and your life over to the care of God.

Care is a beautiful concept. Think of people who have cared for you; your parents, your favorite teacher, various health-care professionals, etc. Caring is a very positive action word. The ultimate caregiver is God. He (or she) will take good care of you if you get out of his (or her) way and let him (or her) do the job.

This is of course only my opinion, but it is one that is shared by a number of sober, recovering alcoholics whom I admire.

The last phrase of step three is "as we understood him." It is my opinion that it is impossible to understand infinity, the extent of the Universe, or God. For this reason the best I can do is to believe that there is a God and that it not me. A belief in God or a higher power is a leap of faith. One can not prove the existence of God, so we either make the leap of faith or we sink back to the hell which we created for ourselves. My belief in a caring, loving God keeps me from returning to that hell of alcohol. *Submitted by Howie B*



FLAGLER COUNTY ANNIVERSARIES



<p><u>BACK TO BASICS</u></p> <p>FEB Ellen O. 1 Randy P. 1</p> <p>MAR Boudie 6 Kathy K. 6</p> <p>APR Kevin H. 1 Patrick M. 1</p>	<p><u>LIFE'S A BEACH</u></p> <p>JAN Pat F. 2 Andrea M. 1</p> <p>FEB John Charles K. 6 Jessica B. 1 Dan S. 1</p> <p>MAR Dutch D. 6 Webb S. 4 David R. 3</p> <p>APR Janice N. 12 Tom P. 3 Kathy F. 1</p>	<p><u>HAPPY WANDERERS</u></p> <p>FEB Rich W. 5</p> <p>APR Johnny L. 31 Richard T. 27 Connie H. 25 Barb B. 12</p>	<p><u>JUMP START</u></p> <p>MAR Howie B. 24 Carol F. 4</p> <p>APR Jackie M. 29 Jimmy B. 5 Stacey P. 1</p>	<p><u>LIVING SOBER</u></p> <p>MAR Midge G. 34 Mike H. 26</p> <p>APR Denny N. 15</p> <p><u>T G I F</u></p> <p>MAR George S. 55 Rick G. 24 Raymond F. 2 Nell S. 1</p> <p>APR Grace K. 22 Fred A. 4</p>	<p><u>MESSAGE GROUP</u></p> <p>MAR Sharon M.B. 18 Cheryl S. 3</p> <p>APR Tom B. 34 Richard T. 17</p>	
<p><u>ACCEPTANCE</u></p> <p>MAR Cheryl S. 3</p> <p>APR Rosemary W. 19 Lori H. 2</p>	<p><u>MORNING MAGIC</u></p> <p>MAR Valerie J. 2</p>	<p><u>NOMAD GROUP</u></p> <p>MAR Kenny K. 42 Chuck A. 36 Jim O'C. 27 Rick G. 24 Howie B. 24 Zeek Z. 20 Dutch D. 6</p>	<p><u>FOOTPRINTS IN THE SAND</u></p> <p>MAR Tom B. 34 Sharon M.B. 18 Tom P. 3 Kelly 2 Charles M. 2 Danny R. 1</p> <p>APR Richard T. 27 Bill B. 25 Donna L. 7 Paul Z. 1</p>	<p><u>LUCKY TO BE HERE</u></p> <p>APR Pam H. 26 Jerry L. 12 Gladys H. 1</p>	<p><u>BUNNELL GROUP</u></p> <p>MAR Ralph L. 27 Howie B. 24</p> <p>APR Pam H. 25 Jerry L. 11</p>	
<p><u>WOMEN TO WOMEN</u></p> <p>MAR Midge G. 34</p> <p>APR Grace K. 22</p>	<p><u>CAME TO BELIEVE</u></p> <p>MAR Ken K. 42 Jim O'C. 27</p> <p>APR Sheila O'C. 26 Chuck W. 10</p>	<p><u>CONGRATULATIONS!</u></p>				<p><u>STEPS TO SERENITY</u></p> <p>MAR Tom H. 15</p> <p>APR Janice N. 12 John S. 2</p>

In Memory Of...

AA has lost another dinosaur, Joseph (Joe) C., left this life mid January of this year. He died in his East Northport, NY home after a four year battle with prostate cancer. Joe was 87 years old and had 55 years of sobriety. He was a great asset to our program anywhere he went. All who knew him loved to listen to his honest sharing, sprinkled with Irish wit and

humor. Joe was business manager of the International Brotherhood of Electrical Workers Local 25 from 1972-1978. From 1978 to 1987 he was IBEW's International Unions Legislature and Political Director in Washington, DC; where the Whitehouse Labor Leader was sometimes mistaken for the then House Speaker "Tip" O'Neill. O'Neill referred to him as "The Electrician" and the guys that make the big money

to which Joe said, "And we're worth every penny". He was born in the Bronx and served in the U.S. Army during WWII. On his twenty-third birthday he married "Peggy" McLoughlin, his wife of 64 years. They raised six children. Anyone who knew Joe has to miss him dearly. Goodbye Big Guy and keep those meetings going up there.

In Loving Service

WOW...continued from page 1

We brought speakers to Daytona, St. Augustine and Palatka and they came to us. Boy we were something!! One night as we traveled to Palatka where I was to be the speaker, I was informed that the local newspaper would be there. They would print my story and take my picture; I didn't think that was right! You see Tradition 11 states "Our public relations policy is based on attraction rather than promotion: we need always maintain personal anonymity at the level of press, radio, and films!" I reminded them. I was informed they were country bumpkins and didn't

know better so please don't insult them. Surely they had to be kidding. But when I arrived a jolly fellow named Dick asked me to come in the small room to have my picture taken. I reluctantly followed. Upon entering the room Dick turned and laughed. "Jokes on you Gal." and hugged me I quickly responded "you got me, you see I do what I'm told around AA because I was taught to be willing to go to any lengths to stay sober." So it was the trials, tribulations, camaraderie and shenanigans we had in our early days here. Wow! Have we grown! And for that..... I am grateful!

Jackie M.

HOPE

At the Wednesday 11th step meeting, the editor of the promises, asked if I would prepare an article for an upcoming issue. I agreed and told her that my topic would be 'HOPE'. She indicated that 'HOPE' would be o.k. for a topic and asked for the text as soon as possible. So, here it is:

In the 11th step Prayer of St. Francis, one of the lines he prays is; "Where there is Despair, I may bring Hope. At the meeting one of the men said to me, that he comes to the AA meetings because it gives him HOPE. Since then I have spent a lot of time meditating on the many facets of the jewel named HOPE. Here are a few of the facets of HOPE I have found in my meditations:

Hope for sobriety	Hope for love	Hope for health	Hope for sharing	Hope for humor	Hope for wisdom
Hope for healing	Hope for forgiveness	Hope for renewal	Hope for recovery	Hope for clarity	Hope for gratitude
Hope for truth	Hope for peace	Hope for willingness	Hope for family	Hope for belief	Hope for contentment
Hope for faith	Hope for change	Hope for acceptance	Hope for support	Hope for balance	Hope for sharing
Hope for happiness	Hope for security	Hope for strength	Hope for safety	Hope for trust	
Hope for understanding	Hope for sanity	Hope for patience	Hope for kindness	Hope for progress	

I am sure there are many other facets to the jewel of HOPE. I am also sure that HOPE is the touchstone of the AA program. I have come to believe that God as I understand Him, gave me this opportunity to discover the complexity of HOPE. HOPE is a small word with a huge influence in our lives. Our AA literature has many references to HOPE, two of which I include here.

From "Daily Reflections, pg 70

"HOPE is the key that unlocks the door of discouragement. The program promises me that if I do not pick up the first drink today I will always have HOPE."

From "Daily Reflections, pg 167

"This is where long-term HOPE is born and perspective is gained both of the nature of my illness and the path of my recovery. The beauty of AA lies in knowing that my life with God's help will improve."

My HOPE for all of us is that we will experience the peace and love of God, as you understand Him, through the program of AA and the HOPE it provides for our future life. May you find serenity, acceptance, courage, and direction for your life through the HOPE provided by the AA program.

H= Honest, O= Open Minded, P= Productive, E= Earnest

Written by Joe C.

STEP FOUR

Facing The Fear with Courage

My head began to clear by the time I embraced Step 3 and had turned my will and life over to the care of God. With my sponsor's encouragement, I had begun to pray and meditate, felt peace and serenity, was more open-minded, and reliant upon others. I was finally looking honestly at who I really was. I wanted to know more. When I read the 4th Step, I thought the word "fearless" implied I had to have an absence of fear before I started. I intellectualized everything! I was told I needed to have the courage to do it, in spite of my fear. When I accepted that concept, I became willing, and began writing. My sponsor directed me to use the resentment chart on Page 65 in the Big Book. It showed me, in a simple way, how to list the people in my life I

harbored resentments toward. I briefly outlined what the causes of those resentments were, and how they affected me. I also wrote a sex inventory which gave me even more insight into my lack of self-respect and unpredictable boundaries, while I was an active alcoholic. I had the opportunity to elaborate more about each person and situation during Step 5, when I shared with my sponsor what I had written. The awareness I gained through this honest self-appraisal, proved to enlighten me about the character defects that were standing in the way of me forming healthy relationships with others. I began to see how drinking provoked justifiable anger and self-righteousness in me. It helped me understand how fear and pride had overwhelmed my life and had affected

my self-esteem, personality and conduct. Completing this step was a turning point in my sobriety. It made me feel like a part of A.A., closer to my higher power, and was the beginning of me taking responsibility for my attitude and actions. In helping me identify the motivational forces behind my behavior, this inventory helped me realize that the shortcomings in my character were blocking me from peace and happiness. Step 4 gave me the awareness that I can change myself and in doing so, can accept the people and situations I can't change. I'm humbled every day by this divinely inspired program. I encourage people who join A.A., to embrace the steps with enthusiasm. The rewards are well worth the effort of facing fear with courage!

In Loving Service—Ronni

DISCLAIMER - The Promises newsletter represents the experiences and opinions of individual members of Alcoholics Anonymous. The opinions expressed are not necessarily the opinions of Flagler County AA or AA as a whole. The Promises committee reserves the right to edit anything submitted. It is written for alcoholics by alcoholics.

Announcements & Information

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

DISTRICT 22 WORKSHOP

March 14, 2009 1PM-3PM
Palm Coast Community Center

"Working with the Wet Drunk"

Hosted By The Happy Wanderers Group
Call Darren at 338-5250
Please bring desserts or finger foods

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.

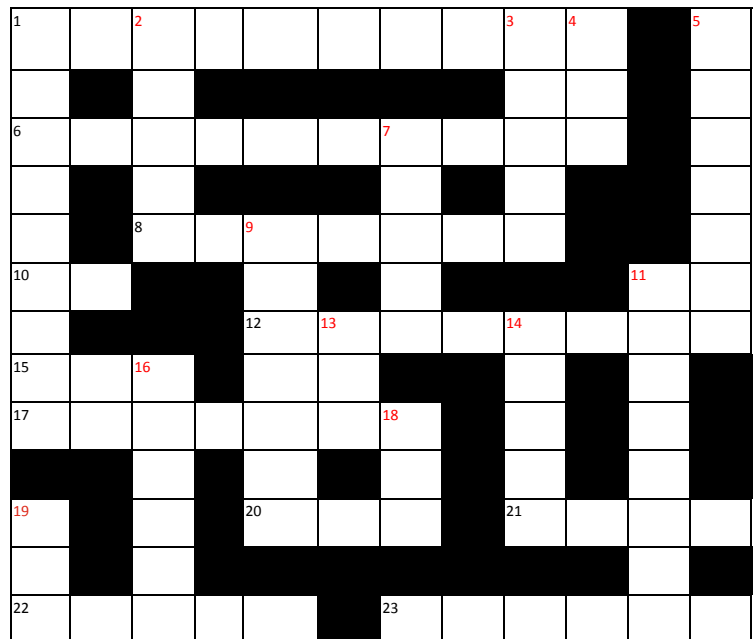
Crossword Puzzle

ACROSS

- 1 Condition of accepting
- 6 Being ready or willing to accept favorably
- 8 Bring back to normal condition
- 10 I..___..Mine
- 12 Ordinarily or regularly
- 15 ___ and Downs
- 17 Finding
- 20 Higher Power
- 21 Now and
- 22 To talk
- 23 Reject or to not accept

DOWN

- 1 Alcoholics _____
- 2 _____ Up!
- 3 _____ as a bell
- 4 To the bitter _____
- 5 Ethically
- 7 Never say _____
- 9 _____ Baffling and powerful
- 11 Those who scoff
- 13 To thine _____ self be true
- 14 Make suitable, fit to a situation
- 16 Peaceful
- 18 Group Of Drunks
- 19 Opposite of No



What An Event....our February Dinner/Dance gets two thumbs up!

As I entered the hall I felt an atmosphere of fun and fellowship. Everyone was milling around, giving hugs and kisses and there were lots of smiles and laughter, too. What a wonderful evening. The hall was dimly lit and even had a disco ball hanging from the ceiling. All the tables were nicely decorated with plenty of coffee and ice tea. The food was very good and not one person complained. The entire set up was near perfect. Imagine that! Our Speaker John from Orlando, Florida shared his experience, strength and hope as a very satisfied customer of AA. His gratitude was expressed through every word. And then came the music. We had a live band and they were fantastic. We were up and dancing after the first note was played. And they played all of our favorites, too. It was an evening to remember. Our hats are off to Kenny K. and his entire committee. Maybe we can twist their arm to do it again next year!!!

As I was leaving there were a bunch of folks doing the electric slide. They were really having a great time. This is what sobriety is all about. Enjoying each other's company sober. Once again thank you to everyone who helped make this function a winner!

By Valerie J.

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."

ARCHIVES COMMITTEE

Asks for any literature, data, or artifacts concerning our early groups such as: Calm Seas, Stormy Seas, Sandpiper, As Bill Sees It, Sunday Sober Women, Early Risers, West Flagler, Saturday Night Live, Message, The Lemac. Contact Peter F. at 386-446-8801 or e-mail to: rebos7@bellsouth.net

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 386-447-0731