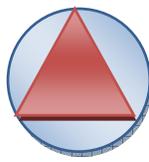


PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

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

MAY / JUNE 2009 ISSUE

Helpline: 445-HELP (386-445-4357) - E-Mail: aa-promises@yahoo.com - Web Access: www.ThePromises.info - P.O. Box 352470, Palm Coast, FL 32135

Willing To Go To Any Length

Written by: Pam H.

I got sober on April 18, 1983 in Decatur, GA. I belonged to Clarkston – we had three or more meetings a day, seven days a week. Besides Clarkston there were all kinds of other meetings I could go to that were close to my house. In March of 1986, I met Richard H. at an A.A. convention in Willingway, GA. Eight months later he asked me to marry him and in November 1986, I moved to Palm Coast. I was happy in my new marriage and grateful to be living in Florida. It was a dream come true. However, I was not too happy about A.A. First of all there were not enough A.A. meetings and I was used to having many to choose from in Georgia. There was a Monday night meeting at the old Flagler Hospital in Bunnell. The Happy Wanderers Group met on Tuesday night and a Friday noon meeting (T.G.I.F.) met at the St. Thomas Episcopal Church on Route 100. There was also a Sunday night speaker meeting at the old Saint Maria Del Mar's

Catholic Church.

Richard and I would have to go to Daytona when we needed more meetings, which we did. I told Richard and everybody else that I would never be able to stay sober in Palm Coast A.A. That went on for two years. We were at an A.A. convention in Georgia and out of the blue I said to Richard that I didn't want to run anymore and I wanted to go home.

There were five of us that decided we needed A.A. meetings in Flagler Beach. We needed a club where we could have lots of meetings in one place. Denver, Richard, Nancy S., Richie L., and myself met in front of City Hall on Central Avenue to vote on a name for the new club. We decided it should be Lemac,

(continued on page 3)

Step Five

"Admitted to God, to ourselves and to another human being the exact nature of our wrongs."

My Step-Sponsor had no hidden agenda...the Steps were what it was all about for us, worked for me. And Four and Five were magic. On the advice of one of God's Eskimos in AA, even before I could acknowledge being an alcoholic I was urged to write out my life story. Now years later Step Five comes along after a meticulous Fourth Step and it took about 3 ten hour days to achieve satisfaction. I believe in the Sponsor/sponsee relationship as the logical place to bring the step to air it out. We talked about a lot of things and the lists that came out of Step Five gave me a lot more research to prepare for Steps Six and Seven. Once we'd started on Step Four it was non stop for several months until life intervened and I had to leave and so did my Step Sponsor. The intensity of my

relationship with my step sponsor was due to our both leaving south Florida all too soon, so we just did it, as well as I could. Left a lot to be desired though.

Now, over a dozen years later I've started the steps again from a very different viewpoint. And maybe a few years down the road again with a whole new set of eyes. 'More will be revealed...' takes on new dimensions. I find that there was so much that I had to figure out about life: being a normally functioning adult, putting one foot in front of the other (rather always dancing) and just life on terms that can be understood and embraced.

Even a year into the program (the first time around) was really not enough exposure for

me to adequately embrace it (the program). I needed to be teachable. I needed to unlearn all that arrogant, insanity that ruled my life. The first thing I told my last 12th step was 'the war's over, you lost. Now start having fun'. I've always gone to 2-3 meetings a day, when I could, and I showed that boy what real fun is. He just celebrated 3 years. Those of you who fear steps Four and Five may have good reason for Honesty is the key and I've been told that Honesty may be the last gift you receive from the program. All I can advise is stay close to your sponsor and do as you're told-the only thing you have to fear is fear itself and together you and your sponsor can conquer that, fear not...

Written By: Jimmy B.



FLAGLER COUNTY ANNIVERSARIES



ACCEPTANCE MAY Sally W. 25 JUNE Lana R. 23 Sandy C. 23 Doreen 12	CAME TO BELIEVE JUN Judy K. 30 Mal F. 24 JUMP START MAY Debra B. 2 JUN Tara G. 3 HAPPY WANDERERS JUN Dennis M. 25 Darren M. 2	WOMEN TO WOMEN MAY Sandy P. 7 Mirella M. 5 JUN Susan L. 23 Virginia M. 13 LIFE'S A BEACH JUN Judy K. 30	FOOTPRINTS IN THE SAND MAY Maureen 22 Butch M. 20 Jeri S. 19 Diana G. 19 Bart 4 JUN Pat K. 32 Georgia P. 30 Sandi C. 23 Nat G. 15 Steve 4	LIVING SOBER JUN Wayne E. 4 TGIF MAY Sally W. 25 Dolores S. 22 Manny L. 13 JUN Lana R. 23	MESSAGE GROUP MAY Maura M. 33 Richard C. 2 Tracy M. 1 JUN Jim T. 3 BUNNELL GROUP MAY Flo G. 2
NOMAD GROUP JUN Pat G. 2					



HELPLINE CALLS From February—April 2009

AA Info—107

Alanon — 20

Others — 5

AA Help — 90

Alanon Help — 16

Total Calls — 238

The Spirit of Rotation

Rotating service positions should be encouraged by every home group. This ensures that all members have the opportunity to share in the group's tasks. Some of these jobs include making coffee, serving in a group leadership position or as an alternate for those positions, keeping the group supplied with chips, etc. or scheduling speakers for the meeting. Rotation also helps to keep the ego right sized and helps to prevent cliques and the "old boy's network". It keeps older

members on an even keel and allows the newcomers a chance to perform service work. Sometimes giving up a service position can be hard when there's no one else willing, qualified or has the sobriety for the commitment, or if you've been especially good at the job. But doing so can be a real step toward growth and humility.

In 1955 Bill Wilson and Dr. Bob Smith stepped back out of the spotlight and AA came of age. It was time for the home groups to take control of their

own affairs, getting involved and deciding among themselves issues such as how much sobriety was required for each service position. This is reinforced by the Fourth Tradition, "Each group should remain autonomous except in matters affecting other groups or AA as a whole."

Rotation helps to bring us spiritual rewards far more enduring than any fame—we have complete freedom to serve as we are needed.

Gregg W.

Don't Forget About the 53rd Florida State Convention in JACKSONVILLE—Jul 29-Aug 2, 2009

www.flstateconvention.com



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."



AA HISTORY & TRIVIA QUESTIONS
(questions on page 4)

1. Dr. Bob (pit bull mix) 2. Richard Nixon
3. San Antonio 4. 47,000 plus
5. Dr. Bob was AA's leading advocate of telephone therapy. His number in 1941 was "UN2436".

STEP SIX

“Were entirely ready to have God remove all these defects of character.”

As my sponsor would say, “Ponder that”! Well, o.k. There are more steps than one through five. Each has a principal of recovery. Number one is acceptance. Two is faith. Three: surrender! And, trust. Four is honesty. Five is courage. What an order! However, progressively in order, with guidelines from A.A. and faith in our Higher Power we can go through with it.

With Step Six, we must be “willing to go to any lengths” to stay aimed at real sobriety “one day at a time” with each day as a new beginning. There lies an honest and willing desire to deal with life in balance. That includes asking God to help us to acknowledge the “isms” (chronic responses) that

created our “defects of character” that were largely responsible for our problematic past. Lacing the “isms” with alcohol, we had full blown access to our self-centered reactions, rather than rational actions. “God can and will if He is sought”, remove our defects. “It works if you work it”. The “promises” will come true. Sometimes they are blessings in disguise.

Can a work in progress ever be honestly entirely ready? Remember: “progress, not perfection”. We can be entirely willing to be entirely ready to “Let go and let God” guide us in positive actions. “Thy will not mine be done”. Only then can we gain a foothold on the balance beam of life.

“Keep it simple”. “It works if you work it”. Then we can become willing to integrate the steps of A.A. with our recovery. In Step Six we make a conscious effort to acknowledge and change the old practical behavior and replace it with the dignity of acquiring more acceptable boundaries. We ask God to help us, through our program, to persevere in willingness to be ready for Him to remove our character defects. He can “do for us what we can’t do for ourselves” if we “turn it over” and strive to stay steady and alive without drinking alcohol. Step six has been a turning point in my sobriety.

Sincerely with love, Mary N.,
Flagler Beach, FL

Willing To Go To Any Length

(continued from page 1)

which is camel spelled backwards. A camel can be without a drink for 24 hours.

We had lots of meetings, lots of members and lots of controversy. The club moved four times. There were many that got sober at the Lemac Club. Some stayed sober and I still see them today. Some went back out and I never saw them again. Some died from this disease. Richard and Denver are gone, but they both died sober.

Now there are lots of meetings in Flagler County. If you don’t like a meeting, get a coffee pot and start another one. That is pretty much what happened. I have lived here twenty-three years and it has been an incredible journey. As Smitty would say “I love each and every one of you and there is not a damn thing you can do about it.”

My Greatest Gift...



When I came into the rooms of Alcoholics Anonymous, I was frightened, so full of fear and self-loathing, thinking that nothing or no one could help me, nor would they want to! I had reached that place where I no longer found comfort in the bottle. I desperately wanted to quit, but I found I was unable to stop. I had reached that darkest of places, I believe The Big Book calls it, “The jumping off place.” I was afraid to live and afraid to die. Where the hell did all the good times go; the dancing, the laughter, the parties, the tinkling of glasses, fun trips and more cocktail parties? All of this time my alcoholism was tightening its grip on me and I failed to realize it, or I chose not to see it. Then came my moment of reality – I surrendered, I begged God for help (between my shakes and sweats) as I detoxed. I am convinced it was Divine Intervention that brought me into the rooms of A.A. It ultimately changed my whole life. Not only my obsession to drink

alcohol was lifted, but it was the Greatest Gift I had ever received. It was the beginning of many gifts I would receive. Using the twelve steps of the program, I have learned forgiveness, compassion for my fellow man, understanding, honesty and above all acceptance of the things I cannot change and last but not least, gratitude for all of these things. I seem to have acquired an inner strength and peace that I never had before, which comes from the kind of life I should have been living all along. How great is that?!?

But mostly, I have a power greater than myself in my life now, who I call God. He watches over me and gives me the strength and courage when I need it the most. “Faith in a Power greater than ourselves and miraculous demonstrations of that power in human lives are facts as old as man himself.” Bill W. *Came to Believe*, pg. 77.

Gratefully, Peg T.

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

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.

Reminder:

- Literature Prices will be increased in July -
Need Literature and Medallions Contact
Don H. 386-986-3659 or
hoodyfour@aol.com



AA HISTORY & TRIVIA QUESTIONS



1. Which one of our co-founders had a dog named Roger?
2. Alcoholics Anonymous gave the one millionth copy of the Big Book to Who?
3. The 75th anniversary of AA will be celebrated in what city on 2010?
4. How many recovering alcoholics showed up in Minneapolis for the convention in 2000?
5. What was Dr. Bob's phone number in 1941?
(answers on page 2)

THE HOME GROUP

How

group

By David H.

do I choose a Home Group? I am truly grateful to A.A. for my sobriety. A debt I can never repay. So I want a group that shares that gratitude. Of course the group has to have a secretary, and treasurer, but it should also have an Intergroup Representative and a G.S.R. (Group Service Representative). If the treasurer doesn't do his job, the group's in trouble. The Intergroup Rep. and G.S.R. need to do their jobs. The G.S.R. is obliged to attend the District meeting once a month and attend the Area Assembly. Without a G.S.R., the group has no say in any District, Area or even General Service matters. Service is part of the triangle, serve to the best of your ability. What better way to repay A.A. for your sobriety, your life and be a part of A.A..

The group also has to have a monthly business meeting so

members are kept informed of group matters and can vote on new issues.

Also, what does the group do with my contribution? Of course there is rent, coffee, and books to buy. The group must also contribute to District, Intergroup, North Florida Area, and G.S.O. Even if it's only a dollar. We are self supporting by our own contributions and it is an A.A. Group's obligation to contribute to all of these offices. They are all a vital part of A.A., in helping the still suffering alcoholic and preserving the future of Alcoholics Anonymous..

In my opinion, this is what makes a structured A.A. group. The rest are just meetings. Choose a group that is active; your sobriety may depend on it.

FLAGLER INTERGROUP

24th Annual Picnic

Saturday June 13, 2009

12:00 noon—4:00 pm

Hammock Community Center

Malacompra Road, Palm Coast, FL

Donation: \$5.00

Please Bring Covered Dish or Dessert to Share
Food—Fun—Fellowship — Everyone is Welcome!

Contact Susan L. 864-0924

Volunteers are Needed

WE WOULD LOVE TO PUBLISH
YOUR WRITINGS...
PLEASE SUBMIT THEM!

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