



PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

SEPTEMBER / OCTOBER 2015

I never had the ambition of becoming an alcoholic, but somehow through time I managed to find myself in deep in the gates of hell. I never thought that drinking would become a problem for me. It was a problem that those who couldn't manage their liquor had, but never me.

I'm the youngest of five girls on my Mother's side. Either my Mother or any of my siblings ever suffered any kind of addiction in any aspect. I started out by doing drugs and that brought me to my knees in no time. I was single, had a great job, my own apartment and money in the bank which I had saved for a rainy day. Little by slowly I gave everything up and wound up living inside a cardboard box. I decided at that point to do something about my life and admitted to myself into a rehabilitation center for 30 days. I came out clean and sober and moved in with my Mother, for I had nowhere else to go.

At this point I decided to start a new life and I never touched, to this day, the drugs again. However, I chose to drink a little here and there because I didn't have a problem with alcohol. I drank about three times a year. Strictly socially.

Then my Grandson was born and I had another new beginning to celebrate to and drank to celebrate this occasion. Something different occurred this time. I enjoyed the buzz so much that I drank again the next day. I woke up hungover one morning and decided to have a drink in order to feel better. This started a phenomenon of drinking morning, afternoon and night. When I finally decided that I wanted to stop that vicious circle it was too late. I was physically, mentally and emotionally addicted to alcohol. As much as I wanted to stop, I couldn't. I drank because I had to. Every time I tried to stop I became physically ill and would have anxiety at the highest level. I really thought I was going insane. I couldn't believe what I'd become. An alcoholic. When I finally faced this realization, I cried. I was in such despair that I overdrank to see if I could poison myself with the alcohol.

It took a fight with my son for me to relocate back to Palm Coast. For the first time I was addressing my little problem. My best friend drove me to my first meeting the very next day. That was January 10, 2010. That was my first day of sobriety. I managed to work through the anxiety during the meetings that followed that first one. Somehow being in this magical room helped me cope. I was introduced to a bunch of amazing women in this fellowship that helped guide me through my journey. I was told to attend daily meetings, find a sponsor that worked the steps and to do service. I had nothing left. I came into the rooms at rock bottom. I could only look up. I found a job to become self-supporting, got the sponsor who took me through the steps diligently, I did my share of giving back, what was given to me so freely.

I've reconnected with my family and we have a relationship beyond anything I could have imagined. I also went back to college to achieve my degree in psychology. I should be graduating in May of 2016. I married the man of my dreams who is gentle and understands me in recovery. I have so many friends in this program, both men and women not acquaintances. I'm talking good friends.

I could never have achieved any of those things had I continued drinking. I still go to meetings and I practice those steps in all of my affairs. I'm not perfect, but I don't have to be today and I can accept that. The only thing I have to do is NOT DRINK and GO TO MEETINGS and my life will get much better than it was. I do this One Day At a Time.

Helen

Helpline: 445-HELP (386-445-4357)

www.AAflagler.org

P.O. Box 351814, Palm Coast, FL 32135

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

Flagler County Anniversaries

KEEP IT SPIRITUALLY

SIMPLE LADIES:
JULY BELATED:
 Linda 28 years

MESSAGE GROUP

JULY BELATED:
 Melanie S. 1 year

AUGUST BELATED:

Tonya B. 29 years
 Annie D. 1 year

MESSAGE GROUP

SEPTEMBER:
 David D. 30 years
 Elaine R. 15 years

OCTOBER:

Bev J. 43 years
 Keith P. 28 years
 Nancy G. 28 years
 Jinty C. 23 years

STEPPING SISTERS

SEPTEMBER:
 Lena 3 years
 Pat M. 6 years
 Flonnie 2 years

HAPPY WANDERERS

AUGUST:
 Peter F. 26 years

MONDEX GROUP

BELATED JULY:
 Linda 28 years
 Jim P. 29 years

OCTOBER:

Al H. 21 years

LIFE'S A BEACH

SEPTEMBER:
 Joe C. 25 years
 Kathy C. 4 years
 Robert O. 12 years
 Michelle T. 2 years

OCTOBER:

Jim T. 6 years
 Darin C. 5 years
 Joe P. 4 years
 Steve L. 2 years
 Willie I. 2 years

WOMENS ACCEPTANCE

OCTOBER:
 Beverly J. 43 years
 Jodie VG 24 years

KISS

OCTOBER:
 Renée 3 years

NOMAD

SEPTEMBER:
 Fred G. 8 years



MONDAY NIGHT LIVE

SEPTEMBER:
 David G. 6 years

ANOTHER OPEN DOOR

OCTOBER:
 Renee' G. 3 years

NEW BEGINNINGS

SEPTEMBER:
 Deanna 6 years

JUMP START

SEPTEMBER:
 John L. 10 years
 John M. 2 years
 Kenny F. 13 years
 Meredith R. 1 year
 Mike S. 4 years
 Tom Mc. 28 years

OCTOBER:

Jimmie E. 5 years
 Laura P. 1 year
 Lee M. 33 years

A GRATITUDE LIST:

I am grateful to God because:

1. He has freed me from the craving to drink alcohol.
2. He has awakened me spiritually into a new life.
3. He has given me the ability to love unconditionally.
4. He helps free me from the bondage of SELF.
5. He guides me to carry a message of hope to others.
6. He has brought people who actually trust me into my life.
7. He has caused me to consider the needs of others.
8. He has taught me the power of forgiveness.
9. He has shown me the relief tolerance of others brings.
10. He gave me spiritual tools to fix myself and causes me to remember to use them.
11. He has me remember how bad my life was before AA led me to HIM.
12. He showed me how little value money, property and prestige actually offer.
13. He demonstrates that his peace is mine, if I am willing to follow his path.

Bob L. ~ 2010

5th Annual
The Usual Suspects Present
ROCKETED INTO THE
**FOURTH
DIMENSION**

With
Bob B. and Harold L.

St. Paul, MN

St. Louis, MO

Grace Lutheran Church
338 Ocean Shore Blvd. Ormond
Beach, FL 32176
At the corner of A1A and Neptune

Friday, September 11, 2015
6:30 pm—9 pm
Saturday September 12, 2015
9 am—5 pm

Refreshments and Light Snacks Will Be Provided
Lunch break on Saturday

Hotel Information
Best Western Castilla del Sol
205 South Atlantic Avenue
Ormond Beach, FL
386.672.6711

Don't Leave Before The Miracle
Happens!!
50 / 50 Raffle

This is a co-ed event!!

10 STEP PROMISE

And we have ceased fighting anything or anyone – even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame.

We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality-safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

On his desk, Dr. Bob had a plaque defining humility:
"Perpetual quietness of heart. It is to have no trouble.

It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, feel nothing done against me.

It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go I and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble."

Dr. Bob and the Good Oldtimers

The Promises Editor position will become available starting December 16, 2015. In the spirit of rotation my time is up. I have really enjoyed my work as Editor for the past 2 years it was a great way to stay involved in service. If interested in the position please see the Intergroup Chairperson or myself. Thank you again, Sue J.

Keep it simple

Announcements & Information

Looking to do "Service Work"?
The Help Line is a wonderful way to do service work by helping others in time of need. It is very rewarding, humbling and a way to feel grateful.
Call Joan at 445-4357

ANNOUNCING A WOMEN'S MEETING
The Fellowship We Crave
Big Book / 12 x 12 Study Group
6:00 - 7:15 p.m. Tuesday's
St. Mark's By The Sea Lutheran Church
303 Palm Coast Parkway NE

Reminder:
Need Medallions
Or Literature?
Contact Don H.
386-986-3659
hoodyfour@aol.com

Flagler County Intergroup meets the first Monday of the each month. District 22, Flagler County AA, meets the last Monday of each month. Both groups meet at the Florida Hospital Flagler, Lind Educational Center, Room C on the first floor. Both meetings start at 6:30 p.m.
All AA members are welcome to attend.

We presently are without an Archives Chairperson. Folks who wish to donate items to the Archives Committee are asked to hang onto them until a new Archives Chairperson can be elected.

The District is in need of an Alternate DCM.

Acronym for September and October: GOD
Gift of Desperation

We Are Not A
Glum Lot

Relate, Don't
Compare

The Fellowship
We Crave

Living In The
Now

Faith Without
Works Is Dead

We Claim
Progress, Not
Perfection

I.S.M. - I'm
Sponsoring
Myself

Staying In The
Moment

Gratitude - A
Full and
Grateful Heart

Service -
Gratitude Made
Visible

End Of Isolation

The Feeling Of
Joy For The
First Time

7/22/2015

One day at a time is now 14 years,
No vodka, no bacardi, not even a beer

As she looks back she cannot even imagine
For this lonely, sad soul a wholesale miracle has happened.

How did you do it, they will ask and wait
Her ego steps forward those words like a bait

I did it, I did it, look at me, look at me!!!
The steps, the traditions I did them all can't you see.

But in the depths of her heart she knows that's a lie
Because her life has been real, complete with pain and with cries

The truth is the Fellowship brightened the path to the light
The light pulled her close, no longer afraid of the fight

Dare to fly dear child, my loving arms are in place
His promise was true, she was flooded with His grace

The smile on her face at last reflecting the one in her heart
She finally found her peace, she would not come apart.

With gratitude and love, she has one story to tell
With Him alive in her heart, it is well - it is well.

Love,
Sharon

Moments Before
Hope Arrives

Emotional
Sobriety

What Has Been So
Freely Given

Why worry when
you can pray

Celebrating
Sobriety

Freedom Through
Acceptance

Humility - This
Precious Quality

Let It Begin
With Me

Living Amends

Prayer Under
Pressure

The Joy of
Helping Others

Sobriety in
Action

I.S.M. - I
Sabotage Myself

Higher Power
Relationships

Life Is Change, Growth Is

*"I'm attracting energy that allows
new, positive experiences to
blossom!"*

*Submitting articles to the Promises is
another way to be of service
to Alcoholics Anonymous*

Flagler County Promises 2015

Next deadline for the Promises will be October 15, 2015

Submit any questions, articles or anniversaries to:

susanrae43@gmail.com

Thanks to everyone who helped create this issue of the Promises!!!