



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 2010 ISSUE

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Today in my Recovery...

Today I look at recovery differently than I did when I first came to AA. I came to AA to quit drinking and yes that did occur, but I had to CHANGE or I would go back to the drink. Admitting, surrendering, letting go and letting GOD were the first three things I had to do. The rest has been taking action. Whether it has been cleaning up my past, working on my defects, growing up- becoming aware of the typical things I had done in the past that got me into the trouble I faced. Sure I want to handle and do things my old way, and still do sometimes, as it feels comfortable and familiar. No doubt, I can rationalize and justify myself for the wrong actions. As long as I do not pick up a drink and learn from it I continue to grow. GOD, my Sponsor, the support of a home group and personal friends within AA make it much harder for me to rationalize and



justify the wrong action—as long as I tell on myself, before I do it, just as I had to do when I felt like drinking. No secrets allowed.

Recovery is growing up and being part of my community, family, and the world. Giving back has been a gift, taking things one day at a time, doing what I can and then turning the rest over to GOD. So many good

things have come my way since I have put the drink down, for today I couldn't and wouldn't go back to drinking. My life is too good today and even with the not-so-nice things that happen in life I much rather have the support and love of others to get through it then to try to erase the feelings with alcohol and feel alone in my hurt. I am grateful for GOD, AA, my sponsor, and my family, thank you all.

—Carol F.

Step 8 & 9 Exhausting all of my Excuses

When I arrived at A.A. I was given some important suggestions. "Join a Home Group & get a Sponsor!" I took both of these suggestions. My Sponsor, Tom "S", would introduce me to The Program of Alcoholics Anonymous and guide & direct me through it over the next two years. I would start to see the correlation between Steps 1-2-3. Simply put he said they boiled down to I can't, He can so why not let Him? Step 4 was the preparation required to expose myself to Tom in my Fifth Step. He said Six & Seven were all about changing the person I had written about in Four. Giving my innermost secrets to him was not easy but proved to be very

valuable in understanding myself. Eight would be the preparation required for doing Nine. Ten Eleven & Twelve would be the maintenance Steps I would use to maintain any sobriety I was able to achieve.

Step Eight was difficult and caused me to procrastinate & I become stagnant in my recovery. I wanted what the members of my group had and I was determined to do what they did. Overcoming the procrastination would exhaust all my excuses and cause me to rely on prayer & asking my Higher Power for help. For months I had a pad and a dozen sharpened pencils on my desk, but they just sat there. Again the fear of confronting people, places and

things would keep me from achieving the list. It was at a Step Study at my Home Group where I would get some suggestions that helped me get over the fear. The constant question from Tom "where is the list" was also a motivator. The suggestion to look for the word AND in the Eight Step was most helpful. The group said do this Step in part A & B. Part A was to make the list. Part B was to become willing. Asking Him for help was what got me to put the pencil to the paper. I had been at my desk many nights after meetings. This night I decided to hit my knees and ask Him for help.

Story continued on last page...



FLAGLER COUNTY ANNIVERSARIES



T.G.I.F GROUP	T.G.I.F. cont...	MESSAGE cont...	JUMPSTART cont..	JUMPSTART cont..	WOM. ACCEPTANCE
BELATED AUGUST James D. 2 Mike 14 Ronni 21 Jean K. 24 John MC 31	Beverly 37 LIVING SOBER OCTOBER Bill W. 24 Lee M. 28 MORNING MAGIC OCTOBER Tara G. 1 MESSAGE GROUP SEPTEMBER Bob B. 24 Jayme F. 3 Ray R. 3	Sally C. 32 Elaine R. 10 Jennifer W. 2 OCTOBER Jinty C. 18 Bev J. 38 Al K. 6 Mary N. 3 JUMPSTART BELATED JULY Andy B. 2 BELATED AUGUST Jim R. 2	Art O. 34 SEPTEMBER April M. 9 Ed M. 4 JC 15 John F. 1 John L. 5 Kenny F. 8 Steve M. 5 Tank B. 26 Tom M. 23 OCTOBER Barb K. 26	Kristie L. 2 Lee M. 28 HAPPY WANDERER SEPTEMBER Liz W. 35 Tom M. 23 MENS NOMAD SEPTEMBER Fred G. 3 Ron D. 19 OCTOBER Al H. 16 Robert C. 2	SEPTEMBER Sally C. 32 Jamie 3 Nita 28 Deanah 1 OCTOBER Beverly C. 23 Beverly J. 38 Barbara P. 7 Carol 2 WOMEN/WOMEN Kathie 17

Please submit all anniversaries to: tattootara13@gmail.com (in subject line of email please put your group name)

Announcements & Information

"OUR FUTURE DEPENDS ON THE HOME GROUP"
AA District 22 Flagler County
Quarterly Workshop
Saturday, September 18, 2010
1pm - 3pm
Palm Coast Community Center
305 Palm Coast Parkway NE
(386) 986-2323
Hosted by The Message Group

North Florida 4th Quarter Area Assembly
October 22, 23, 24, 2010
Paramount Resort and Conference Center
2900 SW 13th St Gainesville, FL 32608-3015
Reservations: (877) 992-9229

Go to AANORTHFLORIDA.org and click on **Assembly Agenda** for activities and schedule prior to The Election.
Meeting on Sunday A.M. GSRs are reimbursed for lodging & mileage at the GSR Monthly Meeting on the last Monday of the month. (Subject to limitation--1st come 1st served.)

Sun Coast Round Up
October 22-24 2010
Dolphin Beach Resort,
4900 Gulf Boulevard
St Pete Beach, Florida 33706



Reservations
(800) 237-8916
Mention **Suncoast Roundup**
Group Code: **G/SUNC/2010**
www.suncoastroundup.org

Part 2: A Friend of A.A. Doctor Carl Jung

In the last issue of the Promises, Bill Wilson's note of appreciation to Carl Jung, written on January 23, 1961 was reprinted. Within seven days or receipt, Doctor Jung responded to Bill Wilson's letter of gratitude. Below is the letter that was received by Bill Wilson, reprinted from www.silkworth.net. Bill Wilson's experience with Jung can be found in any Big Book on pages 26 & 27.

Dear Mr. Wilson,

Your letter has been very welcome indeed. I had no news from Roland H. anymore and often wondered what has been his fate. Our conversation which he has adequately reported to you had an aspect of which he did not know. The reason, that I could not tell him everything, was that those days I had to be exceedingly careful of what I said, I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Roland H. but what I really thought about, was the result of many experiences with men of his kind.

His craving for alcohol was the equivalent on a low level of the spiritual thirst of our being for wholeness, expressed in mediaeval language: the union of God. (*1)

How could one formulate such an insight in a language that is not misunderstood in our days?

The only right and legitimate way to such an experience is, that it happens to you in reality and it can only happen to you when you walk on a path, which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through higher education of the mind beyond the confines of mere rationalism. I see from your letter that Roland H. has chosen the second way, which was, under the circumstances, obviously the best one.

I am strongly convinced that the evil principle prevailing in this world, leads the unrecognized spiritual need into perdition, if it is not counteracted either by a real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society cannot resist the power of evil, which is called very aptly the Devil, but the use of such words arouse so many mistakes that one can only keep aloof from them as much as possible.

There are reasons why I could not give a full and sufficient explanation to Roland H. but I am risking it with you because I conclude from your very decent and honest letter, that you have acquired a point of view above the misleading platitudes, one usually hears about alcoholism.



You see, Alcohol in Latin is "spiritus" and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: spiritus contra spiritum.

Thinking of you again for your kind letter.

I remain yours sincerely,

Carl Jung

(*1) "As the hart panteth after the water brooks, so panteth my soul after thee, O God." (Psalm 42,1)



Helpline Record

June 16th through August 15th
2010

AA INFO -82 ALANON
INFO -29

Reminder:

Need Literature and Medallions?

Contact: Don H.

386-986-3659

hoodyfour@aol.com

Step 8 & 9 Exhausting all of my Excuses continued...

That was the magic...I started the list. I had been to Eighth Step meetings, so I knew who didn't belong on the list and Tom also said write the names down with a short explanation. Don't be too concerned about do they or don't they belong on the list. He also said this Step can be "open ended" meaning anything left out could be added later. A most miraculous thing happened when I finished the list. I became willing which is not to be confused with anxious and raring to go start my amends. So I put a lot of unnecessary pressure on myself during this encounter with the Eighth Step, similiar to what I had done in Four. Only having done this & looking back am I able to see my fear was overcome by taking suggestions and finally succeeding in writing the list.

Over dinner, I gave my Eighth Step list to Tom. He prioritized it almost immediately. He said making amends to my dad, who was deceased, would be first. He said "write a letter, take it to his grave and read it to him". I never heard my dad say I love you to me, but I said it to him in the letter. Another miraculous thing happened. As a result of doing this, my thinking about him changed. We had been estranged for many years & all that animosity towards him just disappeared. Later Tom & I would meet again for dinner and we would review his direction for the next amends. This would be my second wife. I called her & asked for the opportunity to make the amends. This would prove to be a long drawn out three year period where I would call, we would make an arrangement to meet & then at the last minute one of us would have to cancel. When I finally got to do this with her, half way through it both of us were in tears. Without being too specific (not wanting to cause additional harm) Tom had said to allow her to input wherever & whenever she wanted. I offered an apology for the harms I had done to her. Our relationship got better from there on. For people, places and things for which I didn't have names or addresses, Tom suggested making a donation to a charity. A contribution would be required for each of the non-descript people on the list. When I asked "how much" he said "till it hurts". One thing he did not warn me about was sending a check with my name on it, in an envelope with my return address on it. I would find out these

charities share their info about their contributors. At this point there are charities to whom I still send contributions. I know the original charities got their pound of flesh but in the process I am now making small donations to other charities as an on-going amends. To tell the truth, I don't think I know who all the original charities are. My suggestion for doing this type of amends is to remain anonymous. For my present employer I was told to stop stealing. Not an easy thing to do when one is accustomed to taking something home almost every night. I was also told when my boss presented me with an assignment I was to accept it gladly and apply 110 % effort to getting it done. Another tough task because I had for years grumbled about my next assignment and had applied 60-75 % effort getting it accomplished. For my mom, Tom suggested, "Just continue to be the best son you can be. No need to stir up the past for her again."

Originally I thought I had affected half the people I came in contact with & then some. My list was small. Family, employers and nameless faces to who I had done harm. The list and the amends pursuant to it had a down-sizing effect on me. I was not the great I am. I had done harm to these people places & things and in owning what I had done, apologizing for my behavior I received the grace of being able to forgive myself. I would not do another Ninth Step without the guidance of a Sponsor. This Step is freeing for me. It is also on-going.

—Respectfully submitted by Peter Flaherty

Service Group Meeting Schedules

Intergroup:

Meets the first Monday of the month at 6:30PM

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.

Flagler County Promises Notice

Submissions to the Promises is another way to be of service! Thank you to every one who helped create this issue.

Promises Deadline and Contact Information has Changed

Promises Deadline

All material and Information for the newsletter must be received by the 1st of the even months. 2010 deadlines will be October 1st and December 1st. Submit any questions, articles, anniversaries & ideas to:

tattootara13@gmail.com or call Tara G. at 386-931-8129

Email contact and deadline has changed since previous issue. Reminders will be sent to all group secretaries, please update your address book, previous email address will no longer be in service.

Thank You! Tara G.