

# PROMISES

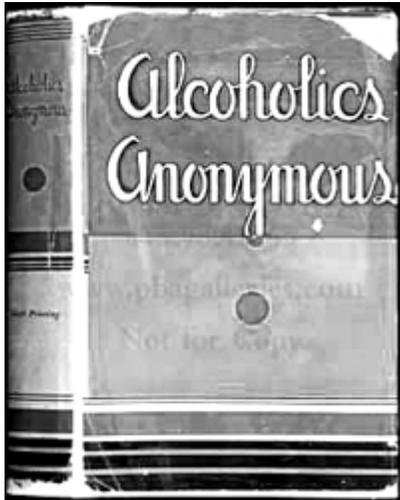


A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

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

## SEPTEMBER/OCTOBER 2011 ISSUE

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



### "103 MUSTS" in the Big Book

If you go to enough meetings, you'll hear it said that in AA, "there are no MUSTs, only suggestions". Well, like most half-truths in A.A., if you hear them long enough you begin to believe them. But what does the Program have to say about this? It says in the Big Book on page 19, "We have concluded to publish an anonymous volume setting forth the problem as we see it. We shall bring to task our combined experience and knowledge. This should suggest a useful program for anyone concerned with a drinking problem." Then, in "How It Works" it says, "Here are the steps we took, which are suggested as a Program of Recovery." So, it's the WHOLE Program that is suggested. It's sort of like making a pie. I once ate a really great pie at my Grandmother's house, and asked for the recipe. If I use the SAME ingredients, with the SAME proportions, in the SAME baking sequence, then AND ONLY THEN will I get the full, desired result. AA says that we have a way out that works very well for us.

There may be another method you might use that you think brings about recovery from alcoholism, and if you so choose, have at it. You don't have to take the A.A. Program, only "if you want what we have AND are willing to go to any length to get it." And if you DO want what we have, the Big Book is very clear that the Program has **some very definite requirements**. It says, "To show other alcoholics **PRECISELY HOW WE HAVE RECOVERED** is the main purpose of this book" (page xiii), "If you are an alcoholic who wants to get over it, you may already be asking - What do I have to do? It is the purpose of this book to answer such questions **SPECIFICALLY**. We shall tell you what we have done" (page 20), and "**CLEAR-CUT DIRECTIONS** are given showing how we recovered" (page 29).

AA's Big Book, by it's own admission, offers us specific instructions for recovery from alcoholism called "the Program of AA". Remember, half measures DO NOT avail us half results; "half measures avail us NOTHING" (and NO measures avail us less!). The suggestion we have to offer is our WHOLE Program, and the AA Program does include **MUSTs, have to's, and requirements** (if you want the full, desired result). But remember, the process is very much worth it because just one of the promises of working AA's Program **IN ITS ENTIRETY** is that we will "**know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes**" (page 8)!

Some of the phrases below don't contain the word **MUST**, but the wording indicates a **MUST** Condition. Well, excluding the stories, here's the list:

1. Convincing testimony **MUST** surely come from medical men who have had experience with the sufferings of our members and have witnessed our return to health. (xxiii)
2. "Doctor, I cannot go on like this! I have everything to live for! I **MUST** stop, but I cannot! You **MUST** help me!" (xxvii)
3. Faced with this problem, if a doctor is honest with himself, he **MUST** sometimes feel his own inadequacy. (xxvii)
4. Though the aggregate of recoveries resulting from psychiatric effort is considerable, we physicians **MUST** admit we have made little impression upon the problem as a whole. (xxvii)
5. In the course of his third treatment he acquired certain ideas concerning a possible means of recovery. As part of his rehabilitation he (Bill W.) commenced to present his conceptions to other alcoholics, impressing upon them that they **MUST** do likewise with still others. This has become the basis of a rapidly growing fellowship of these men and their families. This man and over one hundred others appear to have recovered. (xxiii)
6. In this statement he (Dr. Silkworth) confirms what we who have suffered alcoholic torture **MUST** believe that the body of the alcoholic is quite as abnormal as his mind. (xxiv)
7. More often than not, it is **IMPERATIVE** that a man's brain be cleared before he is approached, as he has then a better chance of understanding and accepting what we have to offer. (xxiv)
8. The message which can interest and hold these alcoholic people **MUST** have depth and weight. In nearly all cases, their ideals **MUST** be grounded in a power greater than themselves if they are to re-create their lives. (xxvi)

— list continued on page 2

# FLAGLER COUNTY ANNIVERSARIES

<u>Jumpstart</u>	<u>TGIF</u>	<u>Nomad Group</u>	<u>Women's Acc.</u>	<u>Message Group</u>	<u>New Beginning</u>
<b>SEPTEMBER</b> April 10 Ed M. 5 JC 16 John L. 6 Tom M. 24 Kenny F. 9 Tank B. 27 Steve M. 6 Barb K. 27 Kelley L. 23 <b>OCTOBER</b> Lee M. 29 Jimmy E. 1	<b>SEPTEMBER</b> Jamie 4 John 1 Leanne 1 <b>OCTOBER</b> Beverly 39 Evelyn 26 Beverly C. 26 <b>Pat 11</b> Mike 1  <u>Lucky to Be Here</u> <b>SEPTEMBER</b> Sally C. 33	<b>SEPTEMBER</b> Fred G. 4 Ron D. 20 Tank B. 27 <b>OCTOBER</b> Al H. 17 Robert C. 3  <u>Women to Women</u> <b>SEPTEMBER</b> Kathy W. 18	<b>SEPTEMBER</b> April M. 10 Kelly L. 23 Linda S. 1 Jamie F. 4 Darlene T. 1 Anita G. 28 <b>OCTOBER</b> Jodie C. 12 Beverly C. 24 Beverly T. 39 Barbara P. 8 Tara G. 2	<b>SEPTEMBER</b> Teresa M. 1 Bob B. 25 Jayme F. 4 Sally C. 33 Elaine R. 11 <b>OCTOBER</b> Sara R. 2 Jinty C. 19 Bev J. 39 Al K. 7	<b>SEPTEMBER</b> Jayme F. 4 Dan C. 1  <u>Happy Hour</u> <b>SEPTEMBER</b> Bill L. 25  <u>Happy Wanderers</u> <b>SEPTEMBER</b> Ray L. 3 <b>OCTOBER</b> Mary S. 2

## "103 Musts" in the Big Book continued...

9. I SIMPLY HAD TO believe in a Spirit of the Universe, who knew neither time nor limitation (10)
10. I MUST turn in all things to the Father of Light who presides over us all.(14)
11. Particularly was it IMPERATIVE to work with others.(14)
12. Of NECESSITY there will have to be discussion of matters medical, psychiatric, social, and religious.(19)
13. Our very lives, as ex-problem drinkers, DEPEND upon our constant thought of others and how we may help meet their needs. (19)
14. Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process REQUIRES for its successful consummation.(25)
15. There was NOTHING LEFT FOR US but to pick up the simple kit of spiritual tools laid at our Feet. (25)
16. It is only by fully disclosing ourselves and our problems that they will be persuaded to say, "Yes, I am one of them too; I MUST have this thing." (29)
17. We learned that we had to FULLY CONCEDE to our innermost selves that we were alcoholics. This is the first step in recovery. The delusion that we are like other people, or presently may be, HAS TO BE smashed. (30)
18. If we are planning to stop drinking, there MUST be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol. (33)
19. But after a while we had to face the fact that we MUST find a spiritual basis of Life - or else.(44)
20. We HAD TO find a power by which we could live, and it HAD TO BE a Power greater than ourselves. (45)

—list continued page 4

## Announcements & Information

### \*Notice to all Group Treasurers\*

District 22 address has changed.

The new address is:

P.O. Box 351814 Palm Coast, FL 32135

### District 22 Archives

Anyone who may be in possession of literature, data, artifacts etc. concerning the following Groups: *Stormy Seas, As Bill Sees It, West Flagler, The Lemac, Calm Seas, Sunday Sober Women, Saturday Night Live, Sandiper, Early Riser, Message (Flagler Beach) or District 22/InterGroup related to it's affiliation w/Daytona & St Augustine InterGroups*, please consider contributing them to District 22 Archives.

Contact Peter Flaherty at (386) 446-8801 or [rebos7@bellsouth.net](mailto:rebos7@bellsouth.net)



### Reminder:

Need Literature and Medallions?

Contact: Don H.

386-986-3659

[hoodyfour@aol.com](mailto:hoodyfour@aol.com)

AA

**ANONYMITY—Please honor & respect it.**

AA

For many years now I have witnessed the passing of many members in our Fellowship. Folks who have gotten and remained sober until the time of their passing. I am very proud of the folks who have been able to do so & hope to count myself in their numbers when it is my time to go.

The reason for this item is what I see happening to these folk's anonymity when they do pass. Now these folks have sat at meetings with us, attended picnics, dances & other A.A. social events. The trend I am seeing is that as soon as they pass people in the rooms decide to break the deceased A.A.'s anonymity. Too many to mention so I will speak about the recent ones concerning people who were close to me.

My late sponsor Guy "L" was a very quiet, private man. He never used his last name at the meeting & group level. As a matter of fact, he was so private about his relationship with A.A. that he requested his wife insure no mention of A.A. be made at his memorial service. A.A. people were asked to speak but no mention of A.A. was made. In less than a week I was at a Saturday morning meeting when I heard a person say, "he is gone now & I know he won't mind if I use his last name" ...and did.

Last weekend we lost Janie "A" suddenly & tragically. My wife & I had known Janie for 15 year s. We have lots of great memories from the years we knew her. We attended many meetings with her at which she never revealed her last name. She passed last Saturday night & I

attended a Sunday morning meeting (less that 24 hours after her death) where she was referred to with the use of her last name.

I am not sure where folks develop this idea that they can reveal the deceased A.A.'s name simply because they happen to know it or because "they can't be hurt by that now" or "it's OK to use their last name because they are deceased". Again I don't know how that opinion or idea gets generated but it needs to stop.

In my opinion this is not good A.A. Fellowship. Any A.A. who chooses not to reveal their last name at meetings or in the group, has a reasonable expectation that their anonymity will be respected & honored after their death. Please do not take this on my word alone. The General Service Office in NYC feels so strongly about this that they have addressed it in the pamphlet on ANONYMITY.

If you have not received the deceased A.A.s family's permission to use their last names at meetings please stop doing so. The pamphlet spells it all out better that I can. Please read it & mention it to those who are engaging in breaking the anonymity of our members who have gone to that big meeting in the sky.

Respectfully,  
*Peter Flaherty*

Get the most up to date meeting schedule for Flagler county at:

[www.AAFlagler.org](http://www.AAFlagler.org)



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**WANTED**

New Editor needed for the Flagler County Promises.



I'm willing to assist the next editor to get up and running along with the help of Integroup. Computer access and email is required. Minimal experience in either Microsoft Word, Publisher, Photoshop or Mac Pages is all the experience you need. Please let your home groups know that this commitment is available.

**This position is open immediately.**  
Contact me at [taragower@gmail.com](mailto:taragower@gmail.com) or  
(386) 931-8129.

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## **"103 Musts" in the Big Book continued...**

21. DO NOT let any prejudice you may have against spiritual terms deter you from honestly asking yourself what they mean to you. (47)
22. Many of us have been so touchy that even casual reference to spiritual things made us bristle with antagonism. This sort of thinking HAD TO BE abandoned. (48)
23. We HAD TO ask ourselves why we shouldn't apply to our human problems this same readiness to change our point of view. (52)
24. When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we HAD TO stop doubting the power of God. Our ideas did not work. But the God idea did. (52)
25. When we became alcoholics, crushed by a self-imposed crisis we could not postpone or evade, we HAD TO fearlessly face the proposition that either God is everything or else He is nothing. God either is, or He isn't. (53)
26. Sometimes we HAD TO search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us. (55)
27. The first requirement is that we BE CONVINCED that any life run on self-will can hardly be a success. (60)
28. Above everything, we alcoholics MUST be rid of this selfishness. We MUST, or it kills us! (62)
29. We HAD TO have God's help. (62)
30. First of all, we HAD TO quit playing God. (62)
31. Our liquor was but a symptom. We HAD TO get down to causes and conditions. (64)
32. If we were to live, we HAD TO be free of anger. (66)
33. We saw that these resentments MUST be mastered. (66)
34. Whatever our ideal turns out to be, we MUST be willing to grow toward it. We MUST be willing to make amends where we have done harm, provided that we do not bring about still more harm in so doing. (69)
35. We MUST be entirely honest with somebody if we expect to live long or happily in this world. (73)
36. Those of us belonging to a religious denomination which requires confession MUST, and of course, will want to go to the properly appointed authority whose duty it is to receive it. (74)
37. The rule is we MUST be hard on ourself, but always considerate of others. (74)
38. It is important that he be able to keep a confidence; that he fully understand and approve what we are driving at; that he will not try to change our plan. But we MUST not use this as a mere excuse to postpone. (75)

39. We have emphasized willingness as being INDISPENSABLE. (76)
40. UNDER NO CONDITION do we criticize such a person or argue. (77)
41. We MUST lose our fear of creditors no matter how far we have to go, for we are liable to drink if we are afraid to face them. (78)
42. We may lose our position or reputation or face jail, but we are willing. We have to be. We MUST not shrink at anything. (79)
43. Before taking drastic action which might implicate other people we secure their consent. If we have obtained permission, have consulted with others, asked God to help and the drastic step is indicated we MUST not shrink. (80)
44. Sometimes we hear an alcoholic say that the only thing he needs to do is to keep sober. Certainly he MUST keep sober, for there will be no home if he doesn't. But he is yet a long way from making good to the wife or parents whom for years he has so shockingly treated. (82)
45. Yes, there is a long period of reconstruction ahead. We MUST take the lead. (83)

—Compiled by Dave F., Barefoot Recovery Pages  
**Next issue will contain 46-103 stay tuned...**

## **Area 14 Assembly**

**Sponsored by NFAC**  
**October 15-16 201**



**500 S. Legacy Trail, St. Augustine, FL 32902**  
**Mae reservations on the Renaissance Resort Hotline**  
**(904) 940-8000**  
**Visit [aanorthflorida.org](http://aanorthflorida.org) for more info**

## **Flagler County Promises 2011**

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

**Next Promises Deadline is OCTOBER 1st**  
**for the NOVEMBER/DECEMBER 2011 issue.**

All material and information for the newsletter must be received by the 1st of the even months.

**2011 deadlines will be October 1st & December 1st .**

Submit any questions, articles, anniversaries & ideas to:  
**[taragower@gmail.com](mailto:taragower@gmail.com) or call Tara G. at 386-931-8129**