

promises

recovery . unity . service

Freedom + Forgiveness

with excerpts from

Ed + Charlie's 12 Step Workshop

Step 8 requires action and a decision. By taking action, we make a list; we write it all down. We made our start in Step 4. By making a decision, we become willing to make amends to them all. If we don't have the courage to make amends, we ask God for strength.

Step 9 requires we take action and demonstration. We must go out to those we have harmed and make amends. Forgiveness is also a form of amends. *Our real purpose for living is to be of maximum service to God and our fellow man.* It is hard to be of service to those we still have ill feelings toward. Anger and resentment stop our spiritual journey.

If we thought about freedom and brotherly love as much more than just principles behind Step 8, what would we learn about ourselves? What would we learn about freedom? What have we learned about freedom? Are we living in harmonious brotherly love with our fellow man? Are we willing to try harder, do better, or are we complacent?

When we think about self-discipline and forgiveness, what comes to mind? Have we received these gifts as a direct result of making our amends? Have the Ninth Step Promises come true for us? Has fear of people and of economic security left us? How can we continue to grow? Can we fully right our wrongs, and if not, can we learn to be gentle with ourselves and practice forgiveness?

Unity Prayer

I put my hand in yours and together we can do what we could never do alone. No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for a power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Letter from the editor

I will never forget the first amends I made. I was suggested to not say the words, "I'm sorry", and that if I took more than four breaths, I was most likely saying too much.

I did not like that I had to make restitution for my wrongs, mostly because I very much so enjoyed being right. But as I got sober, and continue to stay sober one day at a time, I learn that my amends have nothing to do with me.

My ego will tell me that I don't owe amends to certain people, places, and things. How contrary that the very thing stunting my spiritual growth is actually just my perception! If I want to keep reaping the benefits of my beautiful life in sobriety, I must remain willing to right all of my wrongs. Not just the ones that suit me well.
- Nicole F.

helpline

Please call Fred at
386-334-0974

literature & medallions

Brenda W. has recently taken on our local intergroup literature commitment! Don H. has held this service position for 10+ years! Thank you Don for your service to our local community. Brenda can be reached at home 386-263-9255 or on her cell 386-283-0567 for all orders + inquiries.



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WRITE US

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SUPPORT US

DISTRICT 22

P.O. Box 351814
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17 out of 35

Groups Represented at the May & June 2017 Intergroup Meetings

*

A New Beginning
 Another Open Door
 Came to Believe
 Declaration of Unity
 Footprints in the Sand
 Jump Start
 Keep it Spiritually Simple
 Life's a Beach
 Living Sober
 Message Group
 Mondex Group
 Nomad Group
 Stepping Sisters
 Survivor's Group
 TGIF
 Women to Women
 Women's Acceptance

*

Please join us at Intergroup on the first Monday of every month at 6:30pm at Flagler Hospital.

Your group's voice deserves to be heard as we discuss & vote on future opportunities, services, funds, and events.

Email aanicolef@gmail.com for more information.

Let's Crack Open that Big Blue Book

Step 8 - Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9 - Made direct amends to such people wherever possible, except when to do so would injure them or others.

Alcoholics Anonymous [pages 76 - 84]

- What does the statement, "Faith without works is dead" mean to you? [page 76, line 15]
- From where do we get the list of people we have harmed? [page 76, line 19]
- What should our attitude be as we approach Step 8? [page 76, lines 19-27]
- What is our real purpose at this time? [page 77, line 3]
- Is it wise to declare, "We have gone religious" when approaching those whom we have harmed? [page 77, lines 4-14]
- How do we make our approach? [page 77, line 15]
- How often do we fail to make satisfactory progress? [page 78, lines 5-13]
- What about money owed? [page 78, line 14]
- What about criminal offenses? [page 78, line 26]
- What about domestic trouble? [page 80, line 32]
- Why does the book say, "We feel a man is unthinking when he says that sobriety is enough"? [page 82, line 24]
- How do we take the lead in the long period of reconstruction that lies ahead? [page 83, line 1]
- Is the spiritual life just a theory? Explain. [page 83, lines 11-18]
- What about certain wrongs that we can never fully right? [page 83, line 19]
- Do we ever act servile or crawl before anyone? [page 83, line 25]
- What happens if we are painstaking about this phase of our development? [page 83, line 29]
- What do we finally realize? [page 84, line 10]
- Are these extravagant promises? [page 84, line 12]
- What do we do to make them materialize? [page 84, line 14]

Celebrating 1,041 Years of Sobriety

July

- ✦ 36 Maria F. [tgif]
- ✦ 33 Joan D. [living sober + women to women]
- ✦ 31 Jim P. [mondex group]
- ✦ 30 Pat P. [living sober]
- ✦ 30 Linda H. [kiss]
- ✦ 25 Carlos T. [tgif]
- ✦ 23 Dave H. [living sober]
- ✦ 21 Rosie H. [kiss]
- ✦ 21 Michelle R. [women to women]
- ✦ 19 Karen R. [women to women]
- ✦ 19 Joan M. [kiss]
- ✦ 18 Tammy C. [life's a beach + the fellowship we crave]
- ✦ 13 Karen D. [women's acceptance]
- ✦ 12 Robin H. [women's acceptance]
- ✦ 10 Robert S. [jump start]
- ✦ 10 William E. [life's a beach + jump start]
- ✦ 9 Amy P. [stepping sisters]
- ✦ 8 Tom H. [nomad]
- ✦ 8 Brian S. [jump start]
- ✦ 7 Dora [footprints in the sand]
- ✦ 6 Dora W. [women to women]
- ✦ 2 Robbie B. [life's a beach]
- ✦ 2 Carol S. [kiss]
- ✦ 2 Lori S. [tgif]
- ✦ 2 Joanne P. [the fellowship we crave]

July

- ✦ 2 Joanne P. [the fellowship we crave]
- ✦ 1 Mike R. [life's a beach]
- ✦ 1 Judy W. [jump start]
- ✦ 1 Bill R. [jump start]

August

- ✦ 51 John S. [came to believe]
- ✦ 36 Barb O. [the fellowship we crave + women to women]
- ✦ 33 George A. [jump start]
- ✦ 32 Ann D. [another open door]
- ✦ 31 John N. [came to believe]
- ✦ 30 Joe C. [tgif]
- ✦ 30 Gary G. [mondex group]
- ✦ 18 MaryAnn M. [life's a beach]
- ✦ 16 David J. [life's a beach]
- ✦ 16 Mike B. [came to believe]
- ✦ 9 James D. [tgif]
- ✦ 4 Dan H. [nomad]
- ✦ 2 Angie [life's a beach]
- ✦ 2 Lenny [jump start]
- ✦ 1 Brian K. [life's a beach]
- ✦ 1 Kathy C. [life's a beach]
- ✦ 1 Ashley M. [footprints in the sand]
- ✦ 1 Shonda R. [footprints in the sand]
- ✦ 1 Jordan H. [monday night live]
- ✦ 1 Rick S. [tgif]

September

- ✦ 39 Sally C. [lucky to be here + women's acceptance]
- ✦ 29 Kelly L. [lucky to be here]
- ✦ 29 Bonnie B. [footprints in the sand]
- ✦ 27 Joe C. [life's a beach]
- ✦ 27 Judy L. [tgif]
- ✦ 27 Joe S. [footprints in the sand]
- ✦ 23 Don E. [life's a beach]
- ✦ 15 Mike C. [life's a beach]
- ✦ 15 Kenny F. [jump start]
- ✦ 14 Robert O. [life's a beach + jump start]
- ✦ 12 John L. [jump start]
- ✦ 10 Fred G. [nomad]
- ✦ 8 Pat M. [stepping sisters]
- ✦ 8 David G. [another open door + monday night live]
- ✦ 8 Deanna S. [the fellowship we crave]
- ✦ 7 Michelle F. [women to women]
- ✦ 6 Mike S. [jump start]
- ✦ 6 George C. [monday night live]
- ✦ 5 Lena F. [the fellowship we crave + women to women]
- ✦ 3 Meredith R. [jump start]
- ✦ 2 Lenny T. [footprints in the sand]
- ✦ 1 Mike C. [monday night live]
- ✦ 1 Mary L. [tgif]
- ✦ 1 Chris P. [jump start]

Dropping the Rock

Ricky M.

05/05/14

The principal behind Step Seven for me was to stop trying to be somebody I'm not in order to please or gain acceptance from others. This is not something that comes easy for me. I find that I have to pray daily for this. When I ask God to remove my shortcomings, it's not so that I can be perfect. It's so that I can see outside of myself enough to be of service to others exactly the way I am in that moment. I am perfectly flawed in Gods eyes and I can help others just as I am, as long as I'm willing. If my relationship with God is right, then I usually find it's right with others.

As I continue to grow spiritually and get more sobriety, I find that more people come to mind that I need to make amends to. I have found that as I pray for willingness to make amends to these people, God has a funny way of putting them in my path.

A few weeks ago I was at the airport on the way to a spiritual retreat and I ran into a guy that I use to work for. It was such a coincidence because I haven't seen this guy in almost 5 years and last time I saw him we both lived in another state. After some small talk, I realized that I owed him an amends for not being the best employee due to my active alcoholism/addiction.

My sponsor was on the trip with me and I asked him if I should make amends. He told me that if I have to think about whether I owe someone an amends or not is usually indication that I owe an amends. During the retreat I prayed for willingness to make the amends. When I returned from the retreat I called the man ready to make amends. Although I was not able to get ahold of him I was willing and took action to clean my side of the street. I don't get to determine the outcome of my amends, only God does. I have found I must continue to stay willing to work all of these steps if I want to keep good quality sobriety.

Traditions Checklist

from the A.A. Grapevine

8 . Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

- Is my own behavior accurately described by the Traditions? If not, what needs changing?
- Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
- In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?

9 . AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those we serve.

- Do I exercise patience and humility in any AA job I take?
- Am I aware of all those whom I am responsible in any AA job?
- What has rotation to do with anonymity? With humility?

District 22

Meets the last Monday of the month at Florida Hospital-Flagler, Lind Educational Center, Room C at 6:30pm.

Along Spiritual Lines

"AA is no success story in the ordinary sense of the word. It is a story of suffering transmuted, under grace, into spiritual progress." [Bill W., 1959 letter, excerpted in As Bill Sees It]

"To cross all barriers, our channels of communication had to be broadened and deepened." [Bill W., The Language of the Heart, October 1959 Grapevine article]

"The truth has a way of changing every time you think you know it." [From the August 1981 Grapevine]

"The only thing worse than being unhappy is being happy and not knowing it." [From the March 1959 Grapevine]

"Success is not measured in days or numbers, but in every single hurdle that we jump and stay sober." [Grapevine, March 2009]

"Serenity is not the absence of conflict, but the ability to cope with it." [From the April 1984 Grapevine]

"I can't think of a color for freedom, but I know what it feels like, and it is glorious." [From the April 1980 Grapevine]

"Indeed, that was the essence of AA itself: trouble accepted, trouble squarely faced with calm courage, trouble lessened and often transcended." [Bill W., As Bill Sees It]