

# promises

recovery . unity . service

## Why We Were Chosen

God in His wisdom selected this group of men and women to be purveyors of His goodness. In selecting them through whom to bring about this phenomenon, He went not to the proud, the mighty, the famous, or the brilliant. He went instead to the humble, to the sick, to the unfortunate. He went right to the drunkard, the so-called weakling of the world. Well, might He have said the following words to us:

“Unto your weak and feeble hands I have entrusted a power beyond estimate. To you has been given that which has been denied the most learned of your fellows. Not to scientists or statesmen, not to wives or mothers, not even to my priests or ministers have I given the gift of healing other alcoholics which I entrust to you.

It must be used unselfishly; it carries with it grave responsibility. No day can be too long; no demands upon your time can be too urgent; no case can be too pitiful; no task too hard; no effort too great. It must be used with tolerance for I have restricted its application to no race, no creed, and no denomination. Personal criticism you must expect; lack of appreciation will be common; ridicule will be your lot; your motives will be misjudged. You must be prepared for adversity, for what men call adversity is the ladder you must use to ascend the rungs toward spiritual perfection, and remember, in the exercise of this power I shall not exact from you beyond your capabilities.

If I had wanted eloquent men, there would have been many anxious for the assignment, for talk is the easiest used of all talents with which I have endowed mankind. If I had wanted scholarly men, the world is filled with better qualified men than you who would be available.

You were selected because you have been the outcasts of the world and your long experience as drunkards has made, or should make you, humbly alert to the cries of distress that come from the lonely hearts of alcoholics everywhere.

Keep ever in mind the admission you made on the day of your profession in AA - namely that you are powerless and that it was only with your willingness to turn your life and your will unto my keeping that relief came to you.”

## district 22 report

District 22's 3rd quarter workshop was a success.

The 4th quarter workshop will be hosted by the New Beginning group and is currently being planned.

The workshop group hosting list has been revitalized and is as follows:

### District 22 Quarterly Workshop Group List

Footprints in the Sand - 3rd  
Jul-Sept 2017

A New Beginning - 4th  
Oct-Dec 2017

TGIF - 1st  
Jan-Mar 2018

Jump Start - 2nd  
Apr-Jun 2018

Life's a Beach - 3rd  
Jul-Sept 2018

The Message Group- 4th  
Oct-Dec 2018

Living Sober - 1st  
Jan-Mar 2019

If any group wants to be added to or removed from the list please contact the District. The best way to contact the District is to come to the monthly meeting held on the last Monday of each month at the Flagler Hospital. We encourage all groups to have their GSR attend the District 22 meetings. All are welcome.



### CONTACT US

386.445.HELP [4357]

aaflagler.org  
aanicolef@gmail.com



### WRITE US

INTERGROUP

P.O. Box 352470  
Palm Coast 32135



### SUPPORT US

DISTRICT 22

P.O. Box 351814  
Palm Coast 32135

**23 out of 33**

**Groups Represented at the 2017 Intergroup Meetings**

\*

- A New Beginning
- Another Open Door
- Back to Basics
- Came to Believe
- Declaration of Unity
- Footprints in the Sand
- Jump Start
- Keep it Spiritually Simple
- Life's a Beach
- Living Sober
- Message Group
- Monday Night Live
- Mondex Group
- A New Beginning
- Nomad Group
- Stepping Sisters
- Steps to Serenity
- Survivor's Group
- The DT's Group
- The Fellowship We Crave
- 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.

**saturday night live bowling - \$10**

Hosted by Flagler County Intergroup  
1st & 3rd Saturdays every month

Palm Coast Lanes  
11 Old Kings Road North  
6:30 pm til 8:30 pm

**gratitude dinner - \$5**

Speaker Joanne S. - Gainesville  
November 11

St. Thomas Episcopal Church  
5400 Belle Terre Pkwy  
5:30 pm til 8:30 pm

If your sobriety month is odd, bring a side for turkey.  
If your sobriety month is even, bring a dessert.

**miami big book workshop - \$25**

Speaker Bob D. - Las Vegas  
November 17, 18, & 19

First Presbyterian Church of Miami  
609 Brickell Ave, Miami  
miamibigbook.ticketspice.com

**usual suspects workshop - free**

Speakers:  
Howard P. - Phoenix, AZ & Steve L. - Brentwood, TN

December 1 6:30 pm - 9pm  
December 2 9am - 5pm

Grace Lutheran Church  
338 Ocean Shore Blvd, Ormond Beach

**new years eve party - \$10**

December 31

St. Thomas Episcopal Church  
5400 Belle Terre Pkwy  
9:00 pm til 1:00 am

# Celebrating 992 Years of Sobriety

## October

- ✦ 45 Beverly J. [women's acceptance + tgif]
- ✦ 35 Lee M. [nomad]
- ✦ 33 Steve C. [life's a beach]
- ✦ 31 Bill W. [living sober]
- ✦ 30 Evelyn S. [tgif]
- ✦ 30 Beverly C. [tgif]
- ✦ 30 Paul E. [footprints in the sand]
- ✦ 30 Nancy G. [women's acceptance]
- ✦ 30 Keith P. [message group]
- ✦ 26 Jodie Vg. [women's acceptance]
- ✦ 26 Wendy F. [message group]
- ✦ 25 Jinty [footprints in the sand]
- ✦ 23 Al H. [mondex group + nomad]
- ✦ 14 Laureen S. [another open door]
- ✦ 8 Jim T. [life's a beach]
- ✦ 4 Maureen S. [women's acceptance]
- ✦ 3 Gayle E. [the fellowship we crave]
- ✦ 3 Marianne P. [tgif]
- ✦ 2 Ed H. [tgif]
- ✦ 2 Lorrie C. [women's acceptance + footprints in the sand + kiss]
- ✦ 2 Jane M. [monday night live]
- ✦ 1 Laura W. [footprints in the sand]

## November

- ✦ 38 Don H. [footprints in the sand]
- ✦ 34 Robert D. [message group]
- ✦ 32 Brenda W. [tgif]
- ✦ 32 Kevin F. [mondex group]
- ✦ 29 Chet M. [life's a beach]
- ✦ 29 Suzanne G. [living sober]
- ✦ 29 Jewellean M. [footprints in the sand]
- ✦ 28 George L. [a new beginning]
- ✦ 24 Connie G. [mondex group]
- ✦ 19 Dave R. [nomad]
- ✦ 18 Mike J. [message group]
- ✦ 15 Bob H. [tgif]
- ✦ 13 Alyssa P. [life's a beach]
- ✦ 10 Mardel A. [tgif]
- ✦ 8 Chris B. [living sober]
- ✦ 4 Pat C. [the fellowship we crave]
- ✦ 4 Alfredo R. [living sober]
- ✦ 2 Debra M. [the fellowship we crave]
- ✦ 2 Barb C. [tgif]
- ✦ 2 Chuck [mondex group]
- ✦ 2 Yvonne G. [women's acceptance]
- ✦ 1 Eric P. [life's a beach]
- ✦ 1 Hannah W. [monday night live]

## December

- ✦ 38 Oakie O. [living sober]
- ✦ 32 Debbie F. [tgif]
- ✦ 32 Arnold P. [living sober]
- ✦ 26 Jerry K. [nomad]
- ✦ 12 Merrill S. [another open door + mondex group]
- ✦ 8 Robert M. [life's a beach]
- ✦ 8 Glen C. [life's a beach]
- ✦ 7 Dave C. [monday night live]
- ✦ 5 Eileen S. [the fellowship we crave]
- ✦ 3 Cindy S. [life's a beach]
- ✦ 2 Derek B. [life's a beach]
- ✦ 2 Jay S. [life's a beach]
- ✦ 2 Debra T. [tgif]
- ✦ 2 Larry H. [life's a beach]
- ✦ 2 Nichole H. [kiss]
- ✦ 1 Mitch [life's a beach]
- ✦ 1 Annie L. [women's acceptance]

**4,576**

Years of sobriety reported in Flagler County for 2017 !

## Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Nicole F.  
Sober Since 5/4/2015

When I first got to A.A. I was told I could not keep what I have unless I give it away. At fourteen days without a drink, my first sponsor asked if I was willing to go to any length to stay sober, and by the grace of God, I am still willing today. Since the moment I stepped out of treatment and arrived at my first home group, I have been an active member of Alcoholics Anonymous. To be active in A.A. for me means that I am never doing the bare minimum to stay sober. As a direct result, I am given the opportunity to actually enjoy my sobriety- happy, joyous, and free. Being an active member consists of much more than going to meetings and calling my sponsor.

It means that I am on the firing line, being a good example of A.A. to women that are scared, lonely, confused, and desperate to get this deal that was *freely given to me*. It means I **get** to go pick up girls that are newer than me from treatment centers and sober houses after working all day, when all I want to do is go home and sleep, and take them to meetings. It means that when I'm thinking about them, I'm not thinking about me. And when I'm not thinking about me, it's usually a pretty amazing day.

At one month sober, I was asked to be a greeter at my women's home group. It was my responsibility to show up early and say hello to women that I didn't know, and quite frankly, did not want to get to know better. They were all so kind to me, so I kept coming back. At three months sober, I was asked to speak at my old treatment center. I thought they dialed me by mistake! They said they heard I was doing the deal and that I could help the alcoholics newer than me, so I did it.

At six months sober, I took on the Promises newsletter commitment. I did not want to do this either, but I was new to Flagler and thought it would be a good way to get connected. At eight months sober, I started taking meetings into a women's treatment center. A lot of the women there also struggled with eating disorders like I did, so I started an outside meeting for us. At eleven months sober, I took on the Intergroup secretary position. At around a year sober, I became the Intergroup rep for my home group. This year, I took on the literature rep commitment for my home group.

I did not want to do to any of the service commitments I have taken on, but I also did not want to drink. It is my responsibility to carry a positive message of recovery to God's kids. It continues to baffle me that I am a living, breathing, productive member of society today, when all I wanted to do before I got here was drink myself to death. Twelfth Step work has been my saving grace many times since I arrived here. The obsession and compulsion to drink left me very quickly, but I'd be lying if I said I was an alcoholic who has not had thoughts of drinking since I got sober. My service commitments help me to stay accountable and *they make me want to show up*.

Taking on the Promises commitment two years ago has been very rewarding for me. It is the longest commitment I have ever kept! I am beyond excited to pass along this experience to a fellow alcoholic in our community. It has helped me immensely. There were times in my first year of sobriety that I wanted to take a drink, but I didn't want to let you all down. Thank you for keeping me sober.

### Love in Action

Denny N.  
Sober Since 4/1/1994

Service for me comes from the heart. I have been volunteering for working events, or program parties or whatever since I first got sober. I was taught, "If you do not give it away, you will not keep it". Following that statement is a job because I had to find out for myself what service I liked and would be able to do.

For three years I tried different service positions. I am excited about and happiest doing events. Getting programs organized or doing a start up on a new learning project. Those are my best service contributions.

Humility is knowing who we are. My serenity comes from doing my best at what I do. Rail Road Bob in Cobb County, GA. used to say at meetings, "In AA you have to do- to know what else to do".

### LITERATURE

Call Brenda for requests on literature & medallions.

386-283-0567

### HELPLINE

Call Fred for details on how to get involved.

386-334-0974