



# THE PROMISES NEWSLETTER



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## ANNUAL PICNIC

**DATE: Saturday, May 13, 2023**



**MUSIC: Vange D**

***Flyers and tickets are available through various members and groups.***

***We have more coolers this year.***

***Let us thank Michele F. for hosting this year's Spring Event and Jim S. for booking the location!***



LITERATURE & COINS:  
Pat E.



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### 2023 Anniversaries in Flagler County

<b>GROUP NAME</b>	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<b>CTB CAME TO BELIEVE</b>	NO CELEBRANTS	NO CELEBRANTS	Judy Kelly (44) Steve Ives (32)
<b>CELEBRATION DATE:</b>	<i>Last Wednesday</i>	<i>Last Wednesday</i>	<i>Last Wednesday</i>
<b>FIVE O'CLOCK SOMEWHERE</b>	Paul M. (6)	Pam E. (1) Michael F. (1) Josh S. (5) Nicole F. (8)	George V.F. (42)
<b>CELEBRATION DAY:</b>	<i>Last Sunday</i>	<i>Last Sunday</i>	<i>Last Sunday</i>
<b>The FELLOWSHIP WE CRAVE</b>	Heather F. (21) Tina D. (4)	Connie L. (8) Lois B. (14) Wendy D. (6)	Sandy W. (5) Jenny H. (2) Janet S. (2)
<b>CELEBRATION DAY:</b>	<i>Last Tuesday</i>	<i>Last Tuesday</i>	<i>Last Tuesday</i>
<b>JUMPSTART</b>	NO CELEBRANTS	Connie L. (8) Nicole F. (8) Richard H. (11)	Darren M. (16) Glenn F. (32)
<b>CELEBRATION DAY:</b>	<i>Last Friday</i>	<i>Last Friday</i>	<i>Last Friday</i>
<b>KISS: KEEP IT SPIRITUALLY SIMPLE</b>	NO CELEBRANTS	Renee W. (36)	NO CELEBRANTS
<b>CELEBRATION DAY:</b>	<i>Last Thursday</i>	<i>Last Thursday</i>	<i>Last Thursday</i>
<b>LIFE'S A BEACH</b>	Rose H. (6) Jamie N (2) Nick G. (1) Dustin B. (2) Eric H. (2) Harold V. (1) Lob P. (2) Joe P. (1) Sandy W. (4) Taylor S. (2) Jennie B. (6) Nic M. (9)	Daniel D. (3) Kelly K. (4) David J. (2) Becca M. (2) Garrett D. (2) Fritz S. (1) Spenser T. (1) Cody R. (1) Austin A. (1) Tony D. (2) Shawn L. (2) Chaz S. (2) Carson D. (4) Ricky M. (9) Wayne C. (3)	Patrick P. (3) Joel S. (3) Danny L. (2) Danielle M. (5) Javier (2) Robert F. (1) Mark (40) Matt B. (1) Aaron B. (2) Zach W. (3) Bobby F. (1) Matt T. (3) Mindy S. (3) Judy K (44) Mike B. (2) Christopher S. (15)
<b>CELEBRATION DAY:</b>	<i>Last Sunday</i>	<i>Last Sunday</i>	<i>Last Sunday</i>
<b>TGIF THANK GOD I'M FREE</b>	Grace K. (33)	Sally W. (39)	Barry C. (37) Lana R. (37) Annette Z. (42) Sandy C. (37)
<b>CELEBRATION DATE:</b>	<i>Last Friday</i>	<i>Last Friday</i>	<i>Last Friday</i>
<b>WOMEN'S ACCEPTANCE (OL)</b>	NO CELEBRANTS	NO CELEBRANTS	NO CELEBRANTS
<b>CELEBRATION DAY:</b>	<i>Last Monday</i>	<i>Last Monday</i>	<i>Last Monday</i>



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WOMEN TO WOMEN (ZOOM)	Dani L. (1)	Kathleen H. (33) Shannon M. (14)	NO CELEBRANTS
CELEBRATION DAY:	<i>Last Thursday</i>	<i>Last Thursday</i>	<i>Last Thursday</i>
WOMEN'S KEEP IT SIMPLE	Rosemary M. (33)	Sandy P. (21)	Lana R. (37) Roslyn S. (32)
CELEBRATION DAY:	<i>Last Monday</i>	<i>Last Monday</i>	<i>Last Monday</i>

### CORRECTION TO THE 1<sup>st</sup> QUARTER'S ANNIVERSARY ROSTER:

KISS Group: Sherri C. celebrated 3 years sober in January, not 1 year as was printed in the previous issue.

## PROMISES FROM STEPS FOUR THROUGH SIX

### Four

**BB, pg. 68, line 15:** “Just to the extent that we do as we think He would have us, and humbly rely on Him, does *He enable us to match calamity with serenity.*”

**BB, pg. 68, line 24:** “We ask Him to remove our fear and direct our attention to what He would have us be. *At once we begin to outgrow fear.*”

**BB, pg. 69, line 18:** “*In this way we tried to shape a sane and sound ideal for our future sex life.*”

**BB, pg. 69, line 30:** “... we ask God what we should do about each specific matter. *The right answer will come, if we want it.*”

**BB, pg. 70, line 10:** “If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe *we will be forgiven and will have learned our lesson.*”

**BB, pg. 70, line 27:** “*We have begun to learn tolerance, patience, and good will toward all men ...*”



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### Five

**BB, pg. 75, line 27:** *“Once we have taken this step, withholding nothing, we are delighted. We can look the world in the eye. We can be alone in perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the broad highway, walking hand in hand with the Spirit of the Universe.”*

**Six** *“Were entirely ready to have God remove all these defects of character.”*

**Twelve & Twelve, pg. 63:** (A conditional promise with a directive).

*““This is the Step that separates the men from the boys.” So declares a well-loved clergyman who happens to be one of A.A.’s greatest friends. He goes on to explain that any person capable of enough willingness and honesty to try repeatedly Step Six on all his faults-**without any reservations whatever**-has indeed come a long way spiritually, and is therefore entitled to be called a man who is sincerely trying to grow in the image and likeness of his own Creator.”*

**BB, pg. 76, line 3:** (A conditional promise with a directive).

*“Are we **now ready to have God remove from us all the things which we have admitted are objectionable?** Can He now take them all-every one? If we still cling to something we will not let go, we ask God to **help us be willing.**”*



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### PROMISES FROM STEPS ONE THROUGH THREE (OMITTED FROM PREVIOUS ISSUE)

## One

#### BB, pg. 30, line 11:

*“We learned that we had to fully concede to our innermost selves that we were alcoholics. This is the first step in recovery.”*

#### Twelve & Twelve, pg. 24:

“Under the lash of alcoholism, we are driven to A.A., and there we discover the fatal nature of our situation. Then and only then, do we become as open-minded to conviction and as willing to listen as the dying can be. We stand ready to do anything *which will lift the merciless obsession from us.*”

## Two

#### BB, pg. 50, line 18:

*“Every one of them has gained access to, and believes in, a Power greater than himself. This Power has in each case accomplished the miraculous, the humanly impossible.”*

## Three

#### BB, pg. 62, 3<sup>rd</sup> line from bottom to pg 63

*“Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom. When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow, and the hereafter. We were reborn.”*



## DISTRICT 22'S ARCHIVE CORNER

### DISTRICT ARCHIVES CORNER (2/7/2023)

By Mickey H., *District 22 Archivist*

The Area 14 Assembly met in January, 2023 with the theme of "Together In Service". The Archives workshop motto, "Together We Are Area 14" was hosted by Staci S. and Alternate, Beth, who provided resources for finding out more information on the Archives, for example: [aanorthflorida.org](http://aanorthflorida.org), [naaaw.org](http://naaaw.org) and others. At the district level, we were asked to bring 1 or 2 items to the next Assembly so together we can share our yesterdays and express our gratitude for Alcoholics Anonymous and continue to carry the message.

How does our District share the history of Flagler County AA? Are we collecting/keeping group and personal histories? Past Archivists have laid the groundwork and have done a great job with the help of GSR, Area 14 and many, many people in recovery who have been so generous in sharing information and offering suggestions.

Did you know that our District has the first 164 pages of the Big Book transcribed entirely in Braille? Where it came from, who it belonged to and who donated it are unknown to me but a unique and inclusive method of reading the Big Book is in our collection. Modern technology has mostly eliminated the need for this wonderful collection of large volumes and it is amazing (to me at least) to see how far a recovering alcoholic will go to help another suffering drunk who wants so badly to give up the booze and have some peace in their life.

The most recent "Where and When" lists over 30 active AA groups in Flagler County/ District 22. We have group histories for roughly 12 groups, some which no longer exist and none collected since 2016 (at least none that I've uncovered yet!)

If your group GSR or any individual in your group is interested in contributing to our shared history, I have a 1 page document with a few questions and room to tell a story or 2 about your group. I encourage ever group to participate. It's a wonderful, easy way to be part of our shared recovery in our Flagler community.

If you are interested, please email me at: [FlaglerAAArchives@gmail.com](mailto:FlaglerAAArchives@gmail.com). I will get back to you and really look forward to hearing from as many groups and individuals as possible.

As you probably know, being of service in AA is a gift that we give to ourselves so we can grow in the spirit and stay sober. THANK YOU!

*Mickey H., District 22 Archivist*



## CREATIVE CORNER

### ***No More Walls: The Equation of We Equals One.***

*I built a wall around myself to keep out hurt, to shut out pain. Before I knew it. My walls turned into a fortress that imprisoned me with shame. I was locked in my own mind in a delusional world of lies. I was blinded from the Truth.*

*Until that Blessed day. When scales fell from my eyes and for a split second, I awakened to the true image of myself, my ego had kept hidden from me. For the very first time, I saw the pitiful, helpless, hopeless creature I had become.*

*I saw my powerlessness, and at once I knew that as an alcoholic, I could depend on You. I could trust You to guide me to my highest good. With You in me and I in you, no more walls, cause now I'm free, and **"WE"** ARE ONE!*

*Debra T / 5-10-2021*



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## Who Writes the Grapevine? YOU DO!

All around the world, AAs are writing to share their experiences in achieving sobriety and living sober. Then, they mail their manuscripts to the AA Grapevine . . .

Soon, the manuscripts reach the Grapevine office, where they are welcomed warmly

The editors read every manuscript carefully, select those appropriate for publication, and send each writer a personal answer

If the editors have any doubts, they widen the group conscience by taking the manuscript to the Editorial Board for discussion

Your accepted manuscript is set in type galleys

Galleys are cut and pasted on pages with illustrations

The pages are printed on large sheets, which are cut, folded, and bound into the final product

**YOUR GRAPEVINE MAGAZINE**

Send manuscripts to: Editorial Department,  
PO Box 1980, Grand Central Station, New York, NY 10163-1980

Check out Big Book History at: <https://www.youtube.com/watch?v=4Vp8CoeNNv0>

You will absolutely love this series of YT video talks by William Schaberg, the author of "Writing the Big Book: The Creation of A.A."





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**Listen to Grapevine's New Weekly**  
**PODCAST!**

**AA Grapevine's** half-hour variety podcast features...

- powerful interviews with AA members on getting sober, meetings, service, Steps, sponsorship and more!
- current information about AA and AA Grapevine
- jokes, fun AA banter and surprise guests!

Each week, longtime AA members Don and Sam will interview sober alcoholics, writers of current Grapevine stories, general service reps and more about their experience, strength and hope in a casual "meeting after the meeting" manner. A new episode will be available in English each Monday at 9:00 a.m. EST.

To listen to new or past episodes, visit:  
[www.aagrapevine.org/podcast](http://www.aagrapevine.org/podcast)  
(or wherever you get your podcasts)

**Follow us on Instagram!**  
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- See the new magazine issues on release
- Learn about new and existing Grapevine books
- See clips from our YouTube Channel
- Get inspiration from our cofounders and more!

To order this item or any other product from our collection, visit us at [www.aagrapevine.org](http://www.aagrapevine.org) and click on store or call (800) 631-6025 US/Canada (847) 559-7237 International or fax us at (847) 564-9453.



## NEWSLETTER



**SATURDAY, APRIL 15th**  
**6 pm**

**Cost is \$10.00 + tax, includes shoe rental.**

**Bowling starts promptly at 6pm so come early to choose ball and shoes.**

**PALM COAST LANES, OLD KINGS RD. N, PALM COAST**

**RESERVATIONS ARE REQUIRED!**

**Text Carol at 386-341-9298  
by April 13th to reserve your spot.**

Please submit your comments, questions, ideas, and articles to: [thepromises@aaflagler.org](mailto:thepromises@aaflagler.org)

We are excited to print your thoughts, musings, and reflections right here in the Promises.

For a quicker response, please contact me, Debra T., at 386.569.4137 or [debra.timothy@gmail.com](mailto:debra.timothy@gmail.com)

There are many groups and celebrants missing from our Promises database and lists, I hope to and will try to correct this problem within this first quarter. I have reserved pages 3 and 4 for additional anniversaries and welcome all updates. My # is 386.569.4137.

Deb T./IG Promises Coordinator and member of the Women to Women Group

You may find some promises information redundant as our website contains all current, recurrent, and upcoming events. This newsletter will hopefully, add detail or graphic content when not included on our website:

<https://aaflagler.org>. However, there will be instances when you will be asked to use the website to find details, such as the locations of groups, etc.