



NEWSLETTER

In the Spirit of Rotation, the following **3 INTERGROUP POSITIONS ARE NOW OPEN!!**

Intergroup Chairperson

Qualifications, Responsibilities & Duties

- 4+ yrs. of continuous sobriety Previous service.
- Knowledge of the Steps, Traditions, and Concepts.
- Own a copy of the AA Service Manual and the *Structures and Guidelines of District 22*. Time and energy to effectively serve.
- Attend the monthly Intergroup Meeting.
- Obtain physical meeting space and manage on-time rent payments.
- Inform members of future dates of the monthly District Committee Meeting.
- Prepare and distribute agenda based on the previous month's minutes and new business proposals.

The **agenda** is to be distributed to

Secretary

Qualifications:

2+ years of continuous sobriety; a working knowledge of the Steps & Traditions, access to a computer and email.

Responsibilities:

- Regularly attend the monthly IG Meeting.
- Inform another IG member and turn over all necessary information if they will miss a meeting.
- Document attendance at monthly meetings, and eligible voters at each meeting (see paragraph 3 E "Voting).
- Record minutes of the meeting. *Minutes* should include topics discussed, names of parties making and seconding motions, and the

Website Administrator

Web admin for
aaflagler.org.

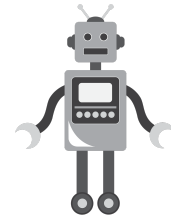
Requirements:

WordPress

HTML and CSS

contact us at:

admin@aaflagler.org



More detailed information on these three positions can be found at: <https://aaflagler.org/info/intergroup/Intergroup%202022%20Structures%20and%20Guidelines.pdf>



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2023 Anniversaries in Flagler County

<u>GROUP NAME</u>	<u>JULY</u>	<u>AUGUST</u>	<u>SEPTEMBER</u>
24 HOUR GROUP	Don U – 28 (July 6 th)		
CTB CAME TO BELIEVE	Bill B – 9 Chris W - 3 Chet S - 23 Tim M - 4	John N - 37 Mike B - 2 Patton E - 37	NO CELEBRANTS
CELEBRATION DATE:	<i>Last Wednesday</i>	<i>Last Wednesday</i>	<i>Last Wednesday</i>
FIVE O’CLOCK SOMEWHERE	Estelle - 3	David C - 6	Mike C - 1
CELEBRATION DAY:	<i>Last Sunday</i>	<i>Last Sunday</i>	<i>Last Sunday</i>
The FELLOWSHIP WE CRAVE	Tammy C – 24 Christina C – 2 Estelle L – 3 Patty S - 3	Barb O - 22 Stacey H - 1	Deanne S – 14 Dottie M - 26
CELEBRATION DAY:	<i>Last Tuesday</i>	<i>Last Tuesday</i>	<i>Last Tuesday</i>
FREE AS A BIRD	Maria F - 42	Connie F - 2.	Evelyn S - 36
CELEBRATION DAY	<i>Last Wednesday</i>	<i>Last Wednesday</i>	<i>Last Wednesday</i>
JUMPSTART	Don T - 28 Joan M - 25 Mackey H - 16 Nancy R - 44 William E - 16	Dave F. – 5 Scott W. – 13	David R. - 20 Kenny F – 21 Kerry S - 31



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CELEBRATION DAY:	<i>Last Friday</i>	<i>Last Friday</i>	<i>Last Friday</i>
KISS: KEEP IT SPIRITUALLY SIMPLE	Bon B - 5 years Carol S - 8 years Dora W - 13 years Lynn E - 34 years	Stacy C - 5 years	NO CELEBRANTS
CELEBRATION DAY:	<i>Last Thursday</i>	<i>Last Thursday</i>	<i>Last Thursday</i>
LIFE'S A BEACH	Kevin H. - 3 Kathy C. - 4 Rosie B. - 5 Christina C. - 2 Marissa W. - 1 Tammy C. - 24 Pasquale B. - 31 Bill B. - 9 Bill Mc. - 1 Robbie B. - 9 Mike I. - 1 William E. - 16 Rob W. - 4 Ty R. - 5 Mike C. - 21 Jason A. - 5	Angie Z. - 8 Tony G. - 2 Krish K. - 1 Zach K. - 4 Kenny L. - 5	Katie H. - 2 Rory M. - 4 Steve V. - 3 Rob O. - 20 Ridge A. - 2 Mikey P. - 4 Daniel T. - 1 Bob B. - 18 Joe C. - 33 Don E. - 29
CELEBRATION DAY:	<i>Last Sunday</i>	<i>Last Sunday</i>	<i>Last Sunday</i>
TGIF THANK GOD I'M FREE	Maria F - 41	Donna G - 5	NO CELEBRANTS
CELEBRATION DATE:	<i>Last Friday</i>	<i>Last Friday</i>	<i>Last Friday</i>
WOMEN'S ACCEPTANCE (OL)	Amy P - 15	NO CELEBRANTS	Jamie F - 11
CELEBRATION DAY:	<i>Last Monday</i>	<i>Last Monday</i>	<i>Last Monday</i>



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WOMEN TO WOMEN (OL)	NO CELEBRANTS	NO CELEBRANTS	Lena F - 11
CELEBRATION DAY:	<i>Last Thursday</i>	<i>Last Thursday</i>	<i>Last Thursday</i>
WOMEN'S KEEP IT SIMPLE	Laura G - 1 Robin H - 18 Jackie B - 16 Karen D - 19	NO CELEBRANTS	Wendy - 19 Dottie M - 26
CELEBRATION DAY:	<i>Last Monday</i>	<i>Last Monday</i>	<i>Last Monday</i>



Happy Independence Day Everyone

PROMISES FROM STEPS SEVEN THROUGH NINE

SEVEN *“Humbly asked Him to remove our shortcomings.”*

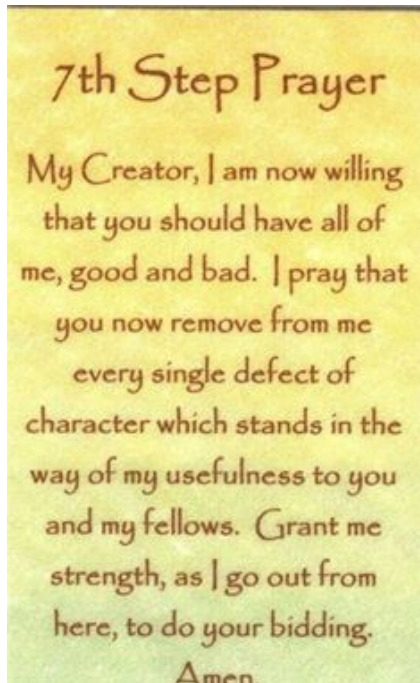
12 & 12 – pg. 70, lines. 4-12; pg. 58, ln. 11

(Please look for the implied promises in the following passage.)

“Indeed, ***the attainment of*** humility is the foundational principle of each of A.A.’s Twelve Steps. For without some degree of humility, no alcoholic can stay sober at all. Nearly all A.A.’s have found too, that unless they develop much more of this precious quality than may be required just for sobriety, they still haven’t much chance of becoming truly happy. Without it, they cannot live to much useful purpose, or, in adversity, be able to summon the faith that can meet any emergency.”

A.A.’s Definition(s) of Humility: (from Step 5)

“...humility – a word often misunderstood. To those who have made progress in A.A., it amounts to a clear recognition of what and who we really are, followed by a



Promise: (12&12, pg. 76, 3rd paragraph): “The Seventh Step is where we make the *change in our attitude* which permits us to move out from ourselves toward others and toward God.”

“That basic ingredient of all humility, a desire to seek and do God’s will...”

(12&12, pg. 72, 9 lines from the bottom.)

EIGHT “Made a list of all persons we had harmed, and became *willing* to make amends to them all.”

BB, pg. top of pg 77:

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“At the moment we are trying to put our lives in order. But this is not an end in itself. Our **real purpose** is to *fit ourselves to be of maximum service to God and the people about us.*”

12 & 12: pg 80, 1st full para, ln. 7:

“...no field of investigation could yield more satisfying and valuable rewards than this one.” “Calm thoughtful reflection upon personal relations *can deepen our insight. We can go far beyond those things which were superficially wrong with us, to see those flaws which were basic; flaws which were sometimes responsible for the whole pattern of our lives.*”





NINE “Made direct amends to such people wherever possible, except when to do so would injure them or others.”

BB, pg. 83, para 4 – pg 84, para 2

(A conditional promise, also known as):

The AA Promises

“If we are painstaking at this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.”

“Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.”



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, 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. 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



SOBRIETY isn't just about being sober because someone said you need help... It's about making a decision to have a deeper more profound life. It's about not running away from fear, but looking it straight in the eye...knowing you will get through it. It's about knowing you don't have to walk this road alone and trusting a power and love greater than you. It's about service and helping people instead of hurting them...including yourself. You are a warrior because you chose to feel every fiber of your being and that takes courage.

That is where **FREEDOM** is!

~ unknown

Submitted by Carol S. of KISS – Keep It Spiritually Simple group.



NEWSLETTER

**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=4Vp8CoeNNy0>

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 (or wherever you get your podcasts)

Follow us on Instagram!
@alcoholicsanonymous_gv

- 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 and click on store or call (800) 631-6025 US/Canada (847) 559-7237 International or fax us at (847) 564-9453.



NEWSLETTER



Please submit your comments, questions, ideas, and articles to: 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

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.