



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

JULY/AUGUST 2012 Issue

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STEP SIX

Were entirely ready to have God remove all these defects of character.

What do we mean defects of character? On (pg 48) in the 12 & 12, is a list common problems most of us have. Pride, greed, lust, anger, gluttony, envy and sloth. All of us, in one form or another have had these defects of character. We used the seven deadly sins, to the extreme, using and justifying our behavior. Most of us were selfish, lied, cheated, hiding our stash, denying the amount of alcohol we drank, wanting more than others, envious of others. The list goes on and on.

As we approach this step, honesty and willingness, will be paramount. The purpose of this step is making a list. Reflecting back on our past, we can take stock of those times when we went to the extreme. When we were angry, lazy, prideful, envious, glutinous, greedy. All of these defects undermined their intended purpose.

TRADITION SIX

An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise, lest problem of money, property, and prestige divert us from our primary purpose.

Our recovery is based on one thing, keeping sober and helping others to achieve sobriety. Our literature show us what happens to organizations that stray from this tradition. We saw what happened to the Oxford Group when they strayed into other issues, They lost their effectiveness, collapsed and folded. Each of are the guardian of this fellowship.

CONCEPT SIX

The Conference recognizes that the chief initiative and active responsibility in most world service should be exercised by the trustee members of the Conference acting as the General Service Board.(pg 575, in the big book)

FLAGLER COUNTY ANNIVERSARIES

HAPPY WANDERS AUGUST Peter F 23 Suzy "R" 3	JUMP START JULY William E. 5 Chad 1 Susan S 1	LIVING SOBER GROUP Joan D. 28 Pat P. 25 Dave H. 18 AUGUST Mike B. 11	Dick G. 24 Rich 23 DT'S JULY Brian S 3 AUGUST Bob C. 3 Belated Tom 29	Ronni 23 Mike B 16 James D 4
MESSAGE GROUPE JULY Brian S 3 Amy P 4 AUGUST Tanya B 26	STEPS TO SERENITY AUGUST Steve 49 Art O 36 Joe C 25 Karen I 24 Karen B 6 Rick M 3	WOMEN'S ACCEPT JULY Joan 12 Karen D 8 Robin H 6 Peggy 1 AUGUST Barbara O. 31	TGIF GROUP JULY Eileen S 30 ArnoldW 16 Shirley N 6 Karen 2 AUGUST John M 33 Jean K 26	
LIFE IS A BEACH JULY Tammy c 13 William E. 5 Shelly L 5 AUGUST Dave J 11 Aaron S 2	WOMEN TO WOMEN JULY Joan R. 27 PAT p 25	24 HOUR GROUP AUGUST George A 28		

District 22 Archives

the follow-
ing 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**

Treatment Facility Coordinator:
Ray L. 941-879-6896
449Ray@Gmail.com
He needs help with people,
going into Vince Carter, for
meetings.

Need literature and medallions
Contact Don H. 386-986-3659
Hoodyfour@aol.com

Women to Women group

New address: Christ Lutheran Church
2323 N. State St.
Bunnell, Fl.

Announcements & Information

Notice to all Group Treasurers

District 22 address has changed.

The new address is:

P.O. Box 351814 Palm Coast, FL
32135

INTERGROUP FAMILY PICNIC

We had a good turnout for the Intergroup Family Picnic. First and foremost, We'd like to give thanks to our speaker, Dee, for sharing her experience, strength and hope and guiding us through the steps, and the role they played in her recovery. We'd also like to thank the following participants in the service the preformed: Ray, Christina, John R, Brian, Berkeley, Tom, Jodie, Suzie, Scott, Tyler, Anita, Karen, Kevin, John and Janet. Thank you, Helen L.

STEP SEVEN

Humbly asked Him to remove our shortcomings.

After making our list of defects of character, in step six, we were willing to have these taken away. Humility, is the watch word on this step. As in the Seven Deadly Sins, as talked about in step six, we can see how we behaved, and the underlying theme was lack of humility.

The basic principle of all of our steps is, humility. Most all AA's have found that without humility, they cannot stay sober. They needed to do the ego puncturing necessary to say sober and have a happy and productive life. The dictionary defines humility as: not proud or haughty, not pretentious and unassuming. We alcoholics can stand together, and see where we had our times of lack of humility. Now that we know what humility is, how do we achieve it.?

That is where our Higher Power comes to the rescue. Like the Knight on the white horse to save the day. By this time, from the past steps, we should have developed a personal relationship with a God as you understanding. This power is necessary to take these shortcomings away. It seems easy, but only with constant trying, on a daily basis, can we remove these shortcomings.

SEVEN TRADITION

Every AA group ought to be fully self-supporting declining outside contributions.

Why do we ask for self-supporting? It is time that we, sober, pull our own weight. Also, if we allow outside contributions, someone or thing have a say in how we do our affairs. Look at the Oxford Group., we must stand together on this step, or we will surely fail, and in failing, we will die. Every group needs a meeting place, that costs rent. Coffee, snacks, literature, books, medallions and chips, all of these things are necessary for a group to function. The amount you contribute is up to you, do what you can, no one will force payment.

SEVEN CONCEPTIONS

The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world services affairs. The Conference Charter is not a legal document; it relies upon tradition and the AA purse for final effectiveness. (pg 575, in the big book)

SPIRIT OF ROTATION

It's that time again. At the end of this year our District, Intergroup reps. and GSR terms are up. Time for someone new to step up, receive the benefits of service, and show our gratitude for AA. Service is the back bone of AA. After holding a service position for two years it's hard to step aside. We want to keep it because we enjoy it, or think no one will step up, do as good a job as us, or qualified. But stepping aside is a step forward in growth, a step into humility. Rotation helps to bring us spiritual rewards far more enduring than any fame. We are but trusted servants. Step aside and it has proven over the years that someone will step up and maybe have new and better ideas. Time now to look for your replacement. Thank you for serving. David H

I

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost.... I am helpless.
It isn't my fault.
It takes forever to find a way out.

II

I walk down the street.
There is a deep hole in the sidewalk,
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
It still take a long time to get out.

III

I walk down the same street.
There is a deep hole in the sidewalk,
I see it there, I still fall in
It's a habit... but my eyes are open.
I know where I am, it's my fault.
I get out immediately.

IV

I walk down the street,
There is deep hole in the sidewalk
I walk around it.

V

I walk down another street.

Thank you, Janet

GRAPEVINE CHALLENGE

Friends,

As was announced at the Area 14 Assembly, we are in the middle of a history making event!

Beginning March 31, 2012 and ending at 9:00 AM on 10/13/12 the Area 14 District that sells the MOST Grapevine and/or LaVina subscriptions will be given in a First Edition Big Book for their District Archive collection. Paula and I have asked for one person to represent each District; your GVR would be best, but any other willing point person will be great. If your District has not sent in contact info, you cannot be included in the Challenge, please get with your DCM asap,

Here are the rules:

For each subscription sold an e-mail needs to be sent to: grapevine@aanorthflorida.org.

The e-mail needs to include the last name and the date for that sold subscription.

Subscriptions must be paid in full when the e-mail is sent. The calculations will be kept and after the meeting on Sat. night, 10/31/12 the winning District will be announced and presented their Big Book.

Its up to each District to get the word out to their groups. Gift subscriptions will be included, as long as they are paid in full and have activated with New York.

Good luck to all and may the "grapes" be with you.
Thank you for this article-Ralph L

Flagler County Promises 2012

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

All material and information for the newsletter must be received by the 15th of the even months.

Submit any questions, articles, anniversaries

Jim H judpapabear@aol.com or Helen L— helenlopez42@yahoo.com