



# PROMISES



Beverly Beach Bunnell Daytona North Espanola Flagler Beach Hammock Marineland Palm Coast Painters Hill

## March/April 2013 Issue

HELP LINE 445-HELP (386-445-4357)

Web Access: [www.AAflagler.org](http://www.AAflagler.org)

Flagler County Intergroup P.O. Box 52470, Palm Coast, FL 32135

### STEP TWELVE

**Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all affairs.**

In this step there are three distinct themes, spirituality, the message of recovery and practice all of the 12 steps, traditions and concepts. By combining all of these themes, we can live our lives as useful and helpful beings.

Looking at the first part of twelve, the spiritual aspect. In our Big Book it is described it as a power greater than of ourselves. That means we can choose what that power is and how it works in our lives. Which concept you choose is totally up to each person. In our literature, it states that every man, woman and child has a basic concept of this power. Some use the group, some use formal religion etc. From myself, I believe we all have multiple spiritual experiences. The problem is, that we fail to recognize them as such. If we reflect over our pasts, we can see these experiences. The DWI you got, the job you didn't get, the person you didn't marry, etc., all of these as it is, was for the better. On page 567 in our Big Book, is a section called the spiritual experience. If you are having a problem with spirituality this may be helpful.

Now we come to spreading the message. We all need to carry this wonderful program to the newcomer. We have to return what was given, when we first came into the rooms. It does no good to keep it to ourselves. Without the newcomer we would soon die out or if not, drink again. The newcomer is the life line of AA. How wonderful it is to help another person to recover. Not only does the newcomer will be whole again, but you can enhance your own sobriety. What a gift it is to give a newcomer the same chance that we were given when we first came around.

Practice these principles in all of our affairs. What a tall order! Using all of the steps, traditions and concepts seems impossible. Fortunately, we can accept that we can do the best we can on a daily basis. As we say in our literature "we are not saints." Remember, we are humans, we do not expect our higher power to adhere to all of these perfectly, in our principles. We can only do our best. Practice not perfection, if our claim. When we are confronted with situations during our daily affairs, we can take time out and ask for our higher power to help us.

These themes are just a few of the items I talked about. Everyone has their own way of looking at step twelve. But it gives a basic idea of what its about. Spirituality, the message and practicing of these principles.

# FLAGLER COUNTY ANNIVERSARIES

MESSAGE GROUP	Jerry L. 16	Amanda R. 4	LIVING SOBER	NOMAD GROUP
Belated	KEEPING IT GREEN	STEPS TO SERENITY	MARCH	MARCH
JANUARY	Belated	APRIL	Midge G. 38	Jim O 31
John H. 15	JANUARY	Janice M 16	Jim O' C. 31	Zeke 24
FEBRUARY	Helen L. 3	John S. 6	Nina D. 28	APRIL
Carol W. 9	Wayne 29	TGIF	Ellen S. 3	Jim G. 20
Berkeley C. 26	APRIL	MARCH	APRIL	WOMEN TO WOMEN
MARCH	Richard T. 31	George S. 59	Sheila O' C. 30	MARCH
Cheryl S. 7	Tom B. 38	Chuck A. 40	Denny N. 19	Midge G. 38
Jim S. 31	Jim H. 12	Cheryl S. 7	Coach C. 2	Marybeth J, 26
APRIL	JUMP START	Nell S. 5	MONDAY NIGHT LIVE	Ellen S, 3
Tom B. 38	MARCH	Mary M. 3	MARCH	APRIL
Richard T. 31	Dutch De. 10	APRIL	Jane M. 2	Donna H. 15
Jim H. 12	Webb. S. 8	Grace. K. 26	APRIL	
LUCKY TO BE HERE	APRIL	Jim H. 12	Dan S. 9	
APRIL	Jackie McG. 33	Edi S. 3	Robert J. 2	
Pam H. 30	Jimmy B. 9	Ricki 3		

## Announcements & Information

Flagler County Intergroup meets the first Monday of the month.

District 22 Flagler meets the last Monday of the month.

Both groups meet at the Florida Hospital Flagler, Lind Educational Center, Room C on the first floor.

All AA members welcome.

Do you have literary talent? Submit your articles to be published in the *PROMISES*. Submit material to :

hudpapabear@aol.com or kip.durocher@gmail.com

Share your thoughts with the Flagler County AA Community

### \*Notice to all Group Treasurers\*

District 22 address has changed.

The new address is

P.O. Box 351814 Palm Coast, FL 32135 P.O. Box

### District 22 Archives

If you have any material that may be of interest to AA Flagler history please consider contributing them to District 22 Archives.

Contact **Peter Flaherty** at (386)

446-8801 or

rebos7@bellsouth.net

Institutional Committee Chair

**Ray L.** 386-864-0715

449Ray@Gmail.com

He needs assistance.

Do some 12 Step work ~ carry the message.

REMINDER

**Need medallions?**

**Contact Don H.**

**386-986-3659**

**hoodyfour@aol.com**

**He is the man with the plan!**

## TRADITON TWELVE

Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

## CONCEPT TWELVE

The Conference shall observe the spirit of AA tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.

### FOOTPRINTS IN THE SAND

One night I had a wonderful dream,  
One set of footprints there was seen,  
    Them footprints of my precious lord,  
    But mine were not along the shore.  
But then some stranger prints appeared,  
    And I asked the Lord, "What have we  
    here"?

Those prints are large and round and neat,  
    "But Lord, they are too big for feet."  
    "my child", he said in somber tones  
    "for miles I carried you alone,  
    I challenged you to walk in faith,  
    But you refuse and made me wait,  
    You disobeyed, you would not grow,  
    The walk of faith, you would not know,  
    So I got tired, I got fed up,  
    And there I dropped you on your butt".

    "Because in life, there come a time,  
When one must fight, and one must climb,  
    When one must rise and take a stand,  
    Or leave their butt prints in the sand".

Anonymous

## The principles of the Twelve Steps of AA

- |                   |                     |                           |                             |
|-------------------|---------------------|---------------------------|-----------------------------|
| 1. <i>Honesty</i> | 4. <i>Courage</i>   | 7. <i>Humility</i>        | 10. <i>Perseverance</i>     |
| 2. <i>Hope</i>    | 5. <i>Integrity</i> | 8. <i>Brotherly love</i>  | 11. <i>Awareness of God</i> |
| 3. <i>Faith</i>   | 6. <i>Williness</i> | 9. <i>Self-discipline</i> | 12. <i>Service</i>          |

1. We admitted we were powerless over alcohol and our lives had become unmanageable. We are going to know a new freedom and a new happiness. **Honesty**
2. Came to believe that a Power greater than ourselves could restore us to sanity. We will not regret the past nor wish to shut the door on it. **Hope**
3. Made a decision to turn our will and our lives over to the care of God as we understand Him. We will comprehend the word serenity and we will know peace. **Faith**
4. Made a searching and fearless moral inventory of ourselves. No matter how far down the scales we have gone, we will see how our experiences can benefit others. **Courage**
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs. That feeling of uselessness and self pity will disappear. **Integrity**
6. We were entirely ready to have God remove all of these defects of character. We will lose interest in selfish things and gain interest in our fellow. **Willingness**
7. Humbly asked Him to remove our shortcomings. Self seeking will slip away. **Humility**
8. Made a list of all persons we had harmed, and became willing to make amends to them all. Our whole attitude and outlook upon life will change. **Brotherly love**
9. Made direct amends to such people wherever possible, except when to do so would injure them or others. Fear of people and economic insecurity will leave us. **Self-discipline**
10. Continued to take personal inventory and when we were wrong promptly admitted it. We will intuitively know how to handle situations which used to baffle us. **Perseverance**
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will and the power to carry it out. We will suddenly realize that God is doing for us what we could not do for ourselves. **Awareness of God**
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. They will always materialize if we work for them. **Service.**

### FLAGLER COUNTY PROMISES 2013

Submissions to the Promises is another way to be of service. Thank you to everyone 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 and anniversaries to:

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Sue J. 386-931-7411 [susanrae115@gmail.com](mailto:susanrae115@gmail.com)