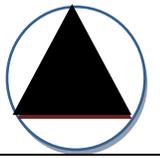




PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS

Beverly Beach Bunnell Daytona North Espanola Flagler Beach Hammock Marineland Palm

March/April 2012 Issue

Helpline: 445-HELP (386-445-4357) - E-Mail: hudpapabear@aol.com Web Access: www.AAflagler.org - P.O. Box

Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood Him".

In AA we learn that God can be called, Divine Being, Buddha, Being, Nature, Divine Presence, Great Spirit, Goddess, Holy Spirit, Brahma, Christ, Allah, love.... The name we use for this higher Power, in our lives, is not important, as the belief in an ever present force or God. We are all created in the image of this Power.

In the 12&12 (pg34), they use the example of electricity. Most of us have no knowledge how it works, but it works anyway. We depend on it for all of our basic needs, shelter, warmth and security. The same can be used for our Higher Power. We don't know how it works, but it does. We have a saying, HOW, it means honesty, openness, willingness. Are we willing and open to the possibility of this Higher Power?

Tradition Three

"The only requirement of AA membership is a desire to stop drinking".

"You are an AA member if you say so." (pg 39, 12&12). Nobody can keep you out. Even if you are still drinking, you are welcomed. But it works so much better when you are not.

Conception Three

To insure effective leadership, we should endow each element of AA—the Conference, the General Services Board, and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision".

The term of Right Decision, is telling the different boards, that the individuals of AA give them permission to run these matters on our behalf. They can only make decisions as the group (AA members) as a whole.

Thank you,

Jim H.

FLAGLER COUNTY ANNIVERSARIES

TGIF	RICHARD T 30	<u>LIFE IS A BEACH</u>	APRIL	BELATED	MARY ANN S 40	APRIL
MARCH	JIM H 11	MARCH	JIM G 19	FORREST G 29	FRANK M 31	ANDY B 1
GGEORGE S 58	<u>WOMENS</u>	RITA S 27	<u>WOMEN TO</u>	DEBBIE 26	LAURIE 17	JACKIE McM 32
CHUCH A 39	<u>ACCETPANCE</u>	DUTCH D 9	<u>WOMEN</u>	RICH 8	AL S 3	JIMMIE B 8
NELL S 4	MARCH	MIKE S 2	MARCH	ROBERT T 6	<u>MONDAY NITE LIVE</u>	
APRIL	NINA 27	JIMMY D 1	MIDGE G 37	<u>FOOT PRINTS</u>	MARCH	
GRACE K 25	RITA 27	MIKE M 1	ELLEN S 2	MARCH	JANE M 1	
DAVID B 5	LAURA 9	APRIL	APRIL	JIM S 30	APRIL	
EDIS 2	ELLEN S 2	JANICE N 15	DONNA H 14	SHARON BM 21	DAN S 8	
RICKI 2	APRIL	DARRIN M 3	BELATED	DAN R 4	ROBERT J 1	
<u>MESSAGE GROUP</u>	DONNA 24	<u>NOMAD GROUP</u>	SUE J 2	APRIL	<u>JUMP START</u>	
MARCH	ROSEMARY 22	MARCH	EDIE D 30	BILL B 28	MARCH	
JIM S 30	VIRGINA 19	KENNY K 45	ELLEN D 26	MICHAEL O 3	HOWIE B 27	
SHARON BM 21	LORI 5	CHUCH A 39	<u>HAPPY WANDERS</u>	BELATED	DUTCH D 9	
CHERYL S 6	JEAN 1	JIM O 30	APRIL	JERI E 27	CAROL F 7	
APRIL	MAVY 1	HOWIE B 27	JOHNNY 34	ANNE B 25	WEBB T	
TOM B 37		ZEKE Z 23	AMANDA G 3	RAY B 3	DORA H 5	

ANNOUNCEMENTS & INFORMATION

LEARN/ PLAY BRIDGE

WANT TO GET TOGETHER FOR CARDS
FELLOWSHIP & SNACKS. CONTACT
BOB H 237-4479 TIGF GROUP

TREATMENT FACILITY COORDINATOR

RAY L. 941-879-6896 499RAY@GMAIL.COM

HE NEEDS HELP WITH PEOPLE

GOING INTO VINCE CARTER, FOR
MEETINGS.

HAPPY WANDERS GROUP

LOCATION CHANGE: FROM FLAGLER HOSIPAL
TO THE BIBLE CHURCH, 94 WHITEWAY PKW,
PALM COAST 1/31/12 AT 7:00pm

THE LUTHERAN CHURCH, 2323 N STATE ST., BUNNELL(ATLANTIS
BUSINESS CENTER UNIT 212) HAS OPENINGS FOR MEETINGS. CON-
TACT PETE SEIBEL 338-2347, FOR FURTHER INFORMATION.

GET THE MOST UP DATE MEETING LISTS FOR FLAGLER COUNTY AT
AAFLAGLER.ORG, ALSO LATEST COPY OF THE PROMISES

LIVING SOBER GROUP 27TH ANNIVERSARY SATURDAY MARCH, 10,2012. 10:30AM ST. EPISCOPAL CHURCH.
THIS IS AN EATING MEETING. BREAKFAST/BRUNCH, FAVORITE ITEM YOUR WELCOME TO BRING IT ALONG.
WE WILL START SERVING FOOD AT 10:00AM, MEETING STARTS PROMPTLY AT 10:30AM. SPEAKER: LEE M,
50/50 RAFFLE. MEETING WILL BE HELD IN THE PARISH HALL

HELP LINE CALLS DEC. THRU FEB. 2012

AA

INFO HELP

77 10

ALNON

INFO HELP

6 0

OTHER

INFO HELP

5

AA

ANONYMITY—*Please honor & respect it.*

A letter from one of our members:

Thirty years ago I was addicted to hard drugs. Trying to get off the drugs and staying off the drugs was one of the hardest things I ever had to accomplish. I never drank alcohol because I didn't care for it. Occasionally, I would have a cocktail at a wedding to make a toast, or have a beer during a ball game. Since I didn't really like it and never had a problem with it, I never thought it would interfere with my sobriety time. I was in another twelve step program at that time and worked my program and went to meetings, did the step etc. After twenty four years, of what I conceived to be sobriety, I picked up alcohol, to toast the birth of my grandson. However, this time I didn't put it down. I developed a strong desire to drink on a daily basis. Because it was legal, I felt I discovered nirvana. Within five months I found myself having morning shakes. I realized at this time that I developed a physical addiction to the alcohol. The withdrawal was so awful, that I continued to drink progressively for an additional two months. At that point I had hit rock bottom. But only this time it was alcohol not drugs. The feelings were the same. The shame, remorse and guilt were eating at me away, to the point where I seriously considered suicide. I couldn't understand how this could happen so quickly in a matter of months. I slowly came to the realization that while I was in recovery, my disease was progressing as if I'd never stopped. It was like changing seats on the Titanic. I suffer from the disease of addiction. Now, being duly addicted, I find myself in a program where the old timers only recognize alcohol. Addiction is addiction. I also find after two years recovery that ninety percent of the people that walk into the rooms are duly addicted. There are also individuals, who take pills or smoke weed, and still consider themselves to be sober. Because they are in AA and or not drinking. Yet we can only discuss alcohol because this is AA. The cravings are just as equal. I find myself in many a debates with some of the old timers who never did drugs, which is why they cannot identify. I have the greatest respect for them.. For they laid the ground work which allowed me to have a place to go to when I got into trouble. So how am I suppose to listen to someone with years in the program, talk about sobriety when at home they're taking prescription drugs or smoking weed. I'm talking about the ones who are abusing their prescriptions. Where do we draw the line? I believe that abstinence is the key. Taking mind altering substances and not drinking does not make one sober, only when one can truly be honest with themselves and their peers, is when one achieves true sobriety. Helen L.

More than saying thank you.

The recovering alcoholics are my miracle workers. Without their help, knowledge and their tender understanding of what my disease was doing to me. I couldn't be writing for "The Promises" sober. Clarity, that's what they brought in to my life. A sense of belonging. But its turned out to be my best action. I love AA, in sickness and in health. Rosie

I'm your disease

I hate meetings. I hate higher power. I hate anyone who has a program. To tell all who are in contact with me, I wish you death and I wish you suffering. Allow me introduce myself, I am the disease of alcoholism and drug addiction-cunning, baffling and powerful. That's me! I have killed millions, and I am pleased. I love to catch you with the element of surprise. I love pretending I am your friend and lover. I have given you comfort, have I not? Wasn't I there when you were lonely? When you wanted to die, didn't you call me? I love to make you happy. I love to make you cry. Better yet, I love when I make you so numb you can neither hurt nor cry. You can't feel anything at all. This is true glory. I will give you instant gratification, and all I ask of you is long-term suffering. I've been there for you always. When things were going right in your life, you invited me in. You said you didn't deserve these good things, and I was the only one who would agree with you. Together we were able to destroy all things in your life. People don't take me seriously. They take stroke seriously, hearth attacks a even diabetes. Fools that they are, they don't know that without my help these things would not be made possible. I am such a hated disease, and yet I don't come invited. You choose to have me. So many have chosen me over reality and peace. More than you hate me- I hate all of you who have a 12 step program. Your programs, your meetings, your Higher Power, all weaken me, and I can't function in the manner I am accustomed to. Now I must lie here quietly. You don't see me, but I am growing bigger than ever. But I am here..... And until we meet again—I wish you death and suffering.

Jerry

SERVICE, RCOVERY AND UNITY

ANYONE WHO WISHES TO HELP THE NEWSLETTER, IS WELCOMED. IT MIGHT JUST BE A LETTER, ARTICLE OR THOUGHT. IT WOULD BE HELPFUL. THIS IS YOUR NEWSLETTER, USE IT. PLEASE RESPOND TO ME AT HUDPAPA-BEAR@AOL.COM, OR HELENLOPEZ42@YAHOO.COM

A letter from our DCM (in her own words)

When I first came to the fellowship of AA, I felt some what timid and frighten, however I soon realized that if I continued to go to meetings and learn as much as I could about the program, I would feel very much a part of my journey in recovery. I made an effort to read as much as I could of the approved literature and references about the history, philosophy and overall purpose and active participation in the program, including the changes that were necessary to my every day life to be successful on day at a time.

After I had been in the program for almost two years I was asked if I would take responsibility of beings the General Service Representative(GSR). The current GSR was ready to be replaced. I was willing and agreed, not really knowing much about the role of the GSR, by attending the District meetings, held monthly, I learned a lot about the structure of AA, outside of the home group and the importance to the individual who attends but also AA , as a whole in the District, the North Florida Assembly and ultimately the General Service Office in New York.

In November of 2010, I was elected to serve as the District Committee Member(DCM) and began my term of service in January 2011. That month I attended the first quarterly conference and business mtg of the North Florida Assembly, held in St. Augustine, over a weekend. There I learned much more about AA. And I was able to see, hear and realize the overall importance that Participation is to the growth of individuals, groups and districts.

General Service Representatives have a vote at the business meeting held at the conferences which ultimately results in the opportunity to represents all of the North Florida Assembly at the conferences in New York at the GSO.

The reason I chose to write any thoughts is because participation at our District 22 level and the North Florida Assembly is very poor. This does not necessarily mean that our members are complacent, or not interested in what goes on outside the regular home group meetings. It could mean that there may be a lack of understanding of the role of the representatives in service.

At the recent North Florida Assembly conference and business meetings, there were only five voting members present from our District. The District currently has more that 25 groups. All GSR's are invited as well as anyone who would like to come as a visitor. The workshops that are held on the Saturday are very interesting and formative. Perhaps awareness of the important functions that are necessary for the continued growth may help others to want to participate. The District 22 Meetings are held on the last Monday of the month, at the Flagler Hospital at 6:30 PM. GSR , please join us.

When someone reaches out for help I want the hand of AA to be there, and for this I am responsible.

Mardel A.

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.

Next Promises Due MARCH 2012