



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

NOV/DEC 2012

Helpline: 445-HELP (386-445-4357) - E-Mail: hudpapabear@aol.com Web Access: www.AAflagler.org - P.O. Box 352470, Palm Coast, FL 32135

STEP 10

Continued to take personal inventory and when we were wrong promptly admitted it.

After working the first nine steps, we begin a new journey into living sober and living well. For me there are different ways of looking at this trek. Being sober, is the abstinence of alcohol. Sobriety, is the abstinence of alcohol and living well.

This personal inventory is different than the inventory we did on step four. On this step we look at our daily actions. Were we living well this day? Were we short with others, we angry toward others, were we helpful, did we take short cuts with our family, work, relationships? These are just a few of the things we look at during the day and at the end of the evening. What could we have done better, did we loose the chance to make someone's life nicer? Do we need to make amends? This is a spot check inventory, it can be done at anytime during the day.

If your are troubled with something, person or situation, we have to look at ourselves first. The 12&12(pg. 90) says that every time we are disturbed no matter what the cause, we are in the wrong. We could not accept things, people and situations as they are. At first it takes time do this inventory, but with a daily habit, it becomes second nature, and with it. living well.

TRADITION TEN

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

“Our primary purpose is to stay sober and help others to achieve sobriety,” is right out of preamble. We need to be careful not to have issues that would undermine the chance of the newcomers and as well of ourselves. If we start taking issues that, on the surface looks good, we can do damaging things to the fellowship. Not all will agree with this new issue. They could look for other meetings that would be to their liking, thus the primary purpose would be lost. The Oxford Group and the Washingtonians Society, were examples. By not be the primary purpose of staying sober, their efforts became muddled and because of it , their usefulness was their undoing.

CONCEPT TEN

Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

FLAGLER COUNTY ANNIVERSARIES

WOMENS ACCEPTANCE NOV. Jewella M 24 Rosie G 3 DEC. Missy Eileen S 1	NOMAD NOV. Arby D 16 Dave R 14 DEC. Jerry K 21 Jerry T 8	TGIF NOV. Bob H 10 Mardel A 5 Paul H 1 DEC. Gary O 29 Peg T 25 Cherisse G. 18 Dennis M 15 Craig G 2 Edward D 1	LIVING SOBER NOV. Suzanne G 24 Arnold P 27	STEPS TO SERENITY NOV. Jean H 23 Buzzy B 6 Mardel A 5
MESSAGE GROUP NOV. Loraine S 37 Gregg W 9 Chris B 3 Odie L 1 Steve L 1 DEC. Scott P 28 Kenny M 2	JUMP START NOV. Fred Mac F 5 Gregg W 9 DEC. Tom T 26	MONDAY NITE LIVE NOV. Jean H 23 DEC. Rob M 3	LIFE IS A BEACH NOV. Joseph T 3 DEC. Ed K. 8	HAPPY WANDERS DEC. Forest G 28 Debbie F 27

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, Mes-sage (Flagler Beach) or Dis-trict 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. 386-864-0715
449Ray@Gmail.com
He needs help with people,
going into Vince Carter, for
meetings.

Announcements & Information

Notice to all Group Treasurers

District 22 address has changed.

The new address is:

P.O. Box 351814 Palm Coast, FL
32135

Reminder:

Need Literature and
Medallions?

Contact: Don H.
386-986-3659

hoodyfour@aol.com

DISRIST 22, will be having the elections on Nov.26. Nominees will be selected on 10/29 at 6:30PM at the Flagler hospital, Lind education room.

THE REASONS FOR RELAPSE

OR

TEN STEP INVENTORY

A check list for symptoms leading to relapse.

- 1.Exhaustion: Allowing yourself to become overly tired or in poor health.
2. Dishonesty: This begins with a pattern of unnecessary little lies (white lies) and deceits with fellow workers, friends and family.
- 3.Impatience: Things are not happening fast enough, or are not doing what they should or what you want them to do.
- 4.Argumentativeness: Arguing small and ridiculous points of view, trying to be right.
- 5.Depression: Unreasonable and unaccountable despair may occur, cycles and should be dealt with right away.
- 6.Frustrations: With people and also because things may not be going your way.
- 7.Self-pity: Why do these happen to me? “Why must I be an alcoholic?” “ Nobody appreciates all I am doing.”
- 8.Cockiness: I got it made, no longer do I fear of alcoholism.
- 9.Complacency: Drinking was the farthest thing from my mind.
- 10.Expecting too much from others: I’ve changed, why hasn’t everyone else?
- 11.Letting up on discipline: Prayer, meditation, daily inventory, not going to AA meetings.
- 12.Use of mood altering chemicals: May feel the need to change things with a pill or others substitution.
- 13.Wanting to much: Don’t set goals you cannot reach. Happiness is not having what you want, but wanting what you have.
- 14.Forgetting gratitude: You may be looking negatively on life or circumstances.
- 15.It can’t happen to me: This is dangerous thinking, anything can happen to you and is more likely to if you get over confident.
- 16.Ominpotence: This is a feeling that results from a combination of many of the above. You ignore suggestions and others.

This is not the only reasons, but these are usually the ones most people find in doing their inventory. Many issues are combine with each other. The acronym HALT (hungry, angry, lonely and tired) is another one. Trying to this inventory daily, can keep us in balance.

I came to a meeting, all sad and alone,
So sick and tired, of the life I had known,
Aching and dying, deep down inside,
And feeling the pain, from things I must hide.
They told me they loved me, and were glad I was there.
Who are these people, and why should they care?
But the more that I listened, the more I could see,
This room full of alcoholics, were just like me.
I started to share, trying hard not to cry,
And no longer felt like I wanted to die.
I wanted to live, but hadn't a clue,
Of what to say, feel, or do.
These spoke of a God, and just for one day.
So I thought, what the hell, and started to pray.
They said, get a sponsor, and keep coming back.
They said a program was all I did lack.
They said, work the steps, or you are going die.
So I got me a sponsor and I started to try.
I shared with my sponsor who I had become,
The people I had hurt, the things I had done.
She told me she loved me and then shared with me,
The things she had done, and who she used to be.
That's when I knew, and could finally see,
That if I worked the steps, that I could too be free.
Free from the booze, and feeling that way,
Free from obsession, just for today.
So I still try to listen to what you have to share,
Tell you that I love you, let you know that I care.
Let you know I have found a much better way
Its working a program, we call AA.
Its living a good live, and not holding a grudge.
Its sharing with newcomers, as they know they can win.
If we all truly listen to what's being said,
The things that we share and the book that is read,
If we listen and learn, we will surely see,
How truly amazing sobriety can be.

Anonymous

WHAT THE AREA ASSEMBLY DOES FOR US

The Area Assembly has been a big part of my sobriety. I've been attended almost every assembly for elevens. The main purpose of the Area Assembly is to elect a Delegate. The delegate is our voice at the General Service Conference in New York. The Assembly is a place where new GSR's learn about the whole service structure, from Group to GSO. They learn how important it is to be there so the Group has a voice in matters that effect AA as whole. How one member's idea on improving a way to help another alcoholic can be implemented though the processed starting at the Area Workshops for Treatment, Correction, Archives, Intergroup, C.P.C., Grapevine and more, there are Chairpersons for these committees, and they can learn how to better serve Flagler County.

Our ideas may not always be the best, so we can compare with members from other Districts form all over North Florida. We constantly have Past Delegates and Committee Chairs from North Florida facilitate our workshops. We keep our Groups information up to date through the Registrar at the Area Assembly. The Registrar updates GSO's database.

The Area Assembly Budget is some what big, but justified. Any-one can sit in on the Area Treasurers Workshop if they have doubts.

On an average 250-300 members attend each quarter, they know how important the Area purpose is. Without the Area Assembly we would just be a bunch of groups out of touch with GSO and stuck in our own stagnant ways.

Proud to serve, David H.

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. 603-702-1195 Hudpapabear@aol.com or Helenlopez42@yahoo.com