

# THE PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS  
DISTRICT 22 OF THE NORTH FLORIDA CONFERENCE AREA 14

**January, February, March 2025**

WEBSITE: [HTTPS://aaflagler.org](https://aaflagler.org)

Please check the “EVENTS” section for last minute updates for event locations/times!

FLAGLER AA HELPLINE: 386-445-HELP (4537)

EMAIL: [ThePromises@aaflagler.org](mailto:ThePromises@aaflagler.org)

## **ANNOUNCEMENTS & INFORMATION**

- **Flagler County Intergroup District 22** meets the first Sunday of each month 5:00 p.m. Silver Dollar 2 Club at 2729 E Moody Blvd Ste 707, Bunnell  
Please email Glenn at: [Chair@aaflagler.org](mailto:Chair@aaflagler.org) for volunteer information!
- **GSR District 22 Meetings** meets the last Monday of each month at 6:30 p.m. at the Methodist Church, 1520 S Daytona Ave, Flagler Beach, FL 32136

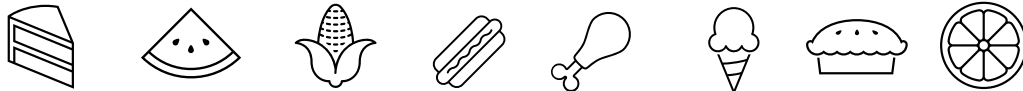
\*Open positions: DCM, committee chairs for CPC/PI, Archives, Grapevine, Treatment and Corrections, Accessibilities. For information check the website under “Structures and Guidelines.”

***Thank you to the volunteers who have given their time and their hearts to maintain AA Unity!***



**A Happy and Sober New Year to All!**

- **Are you willing to make a 12-Step Call? Contact the Help Line! 386-445-HELP**
- Meetings are needed at the **Flagler County Jail**. For more information, contact Heather F., District Chair Hospitals & Institutions, after 2:30 p.m. at 904-923-0943.
- **PROJECT WARM NEEDS YOU!** Speakers are needed for Friday nights from 6:30 – 7:30 Please text or call Eileen C. at 386 627 9570.
- **INTERGROUP REPS WANTED!** Ask about openings in your home group or email Glenn at: Chair@aaflagler.org
- **The Spring Picnic needs a sponsoring group April 12, 2025. Chair@aaflagler.org**



*Thank you, Jim, for 9 years of service spreading the message of sobriety in*

*Flagler County's "Where and When"*

## Upcoming Events

**Ask your Intergroup or GSR Rep for Details**

- 1<sup>st</sup> quarter workshop 2/15/2025 hosted by Lucky to be Here.
- 2nd quarter workshop hosted by Jump Start
- PICNIC April 12, 2025 Host Group Needed!
- Gratitude Dinner hosted by Jump Start

**Check out the online version of the Grapevine at [www.AAgrapevine.org](http://www.AAgrapevine.org)**

**Grapevine podcast at <https://www.aagrapevine.org/podcast>**

**For literature or coins, please contact Pat, Intergroup Literature Chair Cell: 301-807-5215**

### SHARE CORNER

**Email [ThePromises@aaflagler.org](mailto:ThePromises@aaflagler.org) to submit additions to the Share Corner, to honor members "In Memoriam" or to request Get Well Wishes. Submissions are edited as space allows.**

*This year I have learned many things. One being the art of meditation. In doing so, it helps me to alleviate silence. Silent meditation has enabled me to experience the wonderment of life and the many gifts it offers each and every day. I have also learned that for every inch of sadness lies a foot of happiness ahead and that the tough times reveal the true sincerity of people. I have learned through my home group, that a loving fellowship of people fosters a strong sense of belonging.*

*Kate, Jump Start*

Sobriety has given me the opportunity to have a personal, real-time relational journey with God without the need to understand God. For decades in my active alcoholism, and before, I had a well-defined perception of God and godly things to which I erroneously clung to and even defended. I was wrong in my misbeliefs and misperceptions. My sobriety has allowed me to discard all I thought I knew and learn about the offer and presence of God's care, love and direction given to me through my focus on God, prayer and meditation, a Godly sponsor and Godly AA friends and family. I no longer need to understand God in order to journey with "Him" daily and revel in the air "He" breathes into me. What rest, simplicity and assurance "He" gives to me for the receiving.

Rod B, Jump Start

*Gratitude is serving a loving higher power for fun and for free, anonymously, regardless of whether or not I feel grateful. Gratitude is having a home group and a service commitment. Gratitude is getting to meetings early to help set up and looking for new and returning folks to welcome. Gratitude is calling people and seeing how they are doing and making sure they know they are welcomed and loved. There are plenty of opportunities outside of AA for my gratitude as well. Putting grocery carts away, letting folks in on the highway, holding doors, and including others in my prayers without judgment. Gratitude is helping God's kids and not talking about it. Today, I will see how many times I can be of service and not tell anyone about it so I can experience the reward of truly having gratitude. Love you guys!*

Kenny L.

Looking back on 2024 I have a great bit of serenity and gratitude. I have spent the last month in Palm Coast, reconnecting with my Florida AA family. In 2024 I celebrated my first year of sobriety. Every day is a beautiful day in sobriety, full of blessings. See you in the spring!

Love, Ali from Montanna

## **RULE# 62**

*#1 Three golf clubs walk into a bar. The putter says, "I'll have a vodka." The chipper says, "I'll have a beer." The bartender looks at the last one who says, "Just a 7-Up. I'm the driver tonight."*

*#2 AA is so great because anyone with a desire can join - unlike AlAnon, where you've got to know someone!*

*#3 A scientist runs into an AA meeting and exclaims, "We did it! We found a cure for alcoholism! All you have to do is take this one pill every day and you're cured!"*

*Slowly a hand goes up in the back, "What happens if you take two?"*

To list celebrants for April, May, June 2025 email: [ThePromises@aaflagler.org](mailto:ThePromises@aaflagler.org) by 3/15/2025



## *Flagler County Anniversaries*

### DTS

Country Mike 16 yrs Jan  
Jess M 3 yrs Feb  
Don W 2 yrs Feb  
Kathy E 2 yrs March  
Dave R 3 yrs March  
Don A 4 yrs March  
Tracy E 11 yrs March  
Germaine L 45 yrs

### Footprints in the Sand

Lori P. 1/1991 34 yrs  
Ellen D. 2/1986 39 yrs  
Beth B. 3/2022 3 yrs  
Linda K. 3/1987 38 yrs

### Free as a Bird

Penny O. 2-2-2023

### Jump Start

Mary L. 1/26/2003  
Vicki F. 1/23/2021  
Sue J. 1/15/2010  
Christina U. 3/26/2012

### Jump Start cont'd

Dave S. 3/1/2021  
Julie W. 3/26/2017  
Pam W. 3/17/2022

### Lucky To Be Here

Dave S. 1/25/2024  
Kelly S. 1/1/2023  
Demetrius R. 1/29/2022  
Deborah H-C 1/21/1996  
Kayla R. 2/18/2022  
Enzo P. 2/22/1992  
Beth B. 3/26/2021  
Gail R. 3/9/1989  
Midge G. 3/10/1975

### Message Group

Deborah 1/21/1996  
Paul H. 2/3/1995  
Mike P. 2/6/1981  
Carol W. 2/17/2004  
Missy 2/25/2022  
Beth 3/26/2021  
Patty H. 3/26/2000

### New Beginning

Steve D. 1/23/2013  
Eddie A. 1/1/2010  
Bryan 1/7/2017  
Cindy G. 2/3/2018  
Ellen O-S 2/10/2008

### Nomad Group

Pat F. 1/15/2007  
Eddie A. 1/20/2010  
Kelly S. 1/1/2023  
Demetrius R. 1/29/2022  
Red O. 2/25/2004  
Michael C. 3/6/1995  
Ken H. 3/23/2020  
Robert P. 3/23/1988

### Women's Keep it Simple

Deborah H-C 1/21/1996  
Dee K. 1/1/1984  
Valerie P. 2/29/1992  
Nancy M. 3/21/1990  
Beth S. 3/26/2022  
Stephanie N. 3/27/2023