

THE PROMISES



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

April/May/June 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

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 for volunteer information!

Intergroup Secretary Position is open. Thank you for your service, Michelle!

The Promises is looking for a new editor! Interested? Contact Chair@aaflagler.org

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

- **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** Speakers needed for 2nd and last Friday night of the month 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
- **HALLOWEEN PARTY** needs a hosting group
- **Dennis is looking for men to speak at the Tomoka Prison Mondays 1-3 pm main campus and Wednesday nights 6:30 – 7:30.**

Upcoming Events

ASK YOUR INTERGROUP OR CSR REP FOR DETAILS

April 12, Spring Picnic Saturday, hosted by A New Beginning Group

May 31, Quarter 2 Workshop hosted Jump Start St. Thomas Episcopal Church

Summer Bash – Keep it Spiritually Simple Group (no date set)

October 26 Halloween Party - Group needed to Host

3rd Quarter Workshop hosted by Free as a Bird (no date set)

November 15, Gratitude Dinner - Italian American Club, hosted by Jump Start

New Years Eve Party – will be hosted by Round Table

Accessibilities Chair – Eddie text/call 386-206-6196

Eddie is bi-lingual in Spanish and English and ready to help any member who may experience barriers to accessing the A.A. message, including the literature, meetings, Twelve Step work, and the service structure.

Check out the online version of the Grapevine at www.AAgrapevine.org

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

Thanks, Daniel for being our Grapevine Chair!

Literature Corner

As the new Literature Chair for the District, I want to introduce myself and let you know that I'm here to provide AA approved books, pamphlets and chips to your group. We just received 20 copies of the new publication, The Plain Language Big Book. We have multiple copies of The Language of the Heart, and Daily Reflections (large print). If your group needs books or pamphlets, please let me know. There are lots of different pamphlets on hand. **Reach me at: Literature@AAFlagler.org or by text at 845-702-3019.** Grateful for this opportunity to serve, Carol W.

NEW MONDAY NIGHT GROUP!

305 Survivors meet at 7 p.m.

Flagler West Community Church,

3740 County Road 305, Bunnell, FL Open discussion

SHARE CORNER

Email ThePromises@aafagler.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.

My Higher Power showed me my negative life patterns, showing me I was trying to control people, places, and/or things, using my will to force a solution to life issues, being drawn into conflict with someone else to get my own way, or trying to run away from reality. From showing me the many patterns and mindsets I had not been seeing, God started to reveal other ways of living. As I became aware, I saw new options such as taking time to stop and pray or meditate, asking for God's help, connecting with my AA Sponsor or other trusted people in the fellowship.

What a gift it is now to step away from my drinking career, of trying to control, fix and trying to manage the show. I'm learning how to stop reacting to life, living "live on life's terms." I am grateful for the fellowship of the program as I navigate the ups and downs of everyday life.

Anonymous

Life is a story in volumes three. The past, the present, and the yet to be. The past is written and laid away. The present, we're writing every day. And the last and best of Volumes Three, is locked from sight, God keeps the key.

Author Unknown

The steps keep us alive. The traditions keep the program alive.

R U L E # 62



My sponsor told me to stay away from places where I used to drink...so I sold my car.

*Sharing in an AA meeting: "Hi, I'm Bill and I've been sober for forty days.
"Not in a row or anything, just total."*

An alcoholic walks into a bar and orders two shots. He pours the first one all over the bar, downs the second and orders two more. He spills the first one, downs the second and orders two more.

Bartender: "Why are you wasting good liquor?"

Alcoholic: "My AA group said all I need to do is avoid that first drink!"

The express elevator to sobriety is broke. Please use the steps!

I'm allergic to alcohol. When I drink, I break out in handcuffs!

To list celebrants for July, August, September 2025 email: ThePromises@aaflagler.org by 6/15/2025

It works if you work it, one day at a time.

Happy Birthday Celebrants!

Flagler County Anniversaries

DTS/Kryptonite

Greg G 4/5/2024
Mark W 4/9/2022
Gary W 4/15/2000
Mike S 4/21/1987
Richard T 4/1/1982
Bob C 4/28/1978
Tom B. Sr. 4/16/1975
Max S 5/24/2024
Jamie M 5/28/2023
Bern 5/6/2015
Saule 5/28/1018
Kate B 6/16/2022
George 6/9/2024
Richard F. 6/16/2009

Footprints in the Sand

Barb W May 2003
Butch M May 1989
Donna F May 2023
Judy D May 1980
John S June 2017
Steve B June 2019

Free as a Bird

Grace K. 4/12/1987
Michelle E. 5/28/2019
Carmen 5/13/2011
Roslyn S. 6/29/1991

Jump Start

Rose H. 4/20/2017
Renee H. 4/9/2024
Kim L. 4/22/2024
Jackie Z. 4/21/1980
Ali M. 4/16/2023
Connie L. 5/1/2015
Nicole F. 5/4/2015
Richard H. 5/10/2012
Scott C. 6/10/2015
Simon B. 6/6/2008
Glenn F. 6/23/1991

Belated Good Wishes!

Rod 2/11/2021
John L. 1/21/2008
Dawn E. 3/4/2013
Midge G. 3/10/1975

Lucky To Be Here

Grace K. 4/12/1987
Billy Bob 4/17/2009
Frosty 4/21/1988
Mike S. 4/21/1987
Chris S. 4/23/2005
Theresa B. 6/8/2020
Steve B. 6/7/2019
Darren M. 6/22/2007
Jill R. 6/26/2022
Aidan S. 6/28/2022

Message Group

Lynette L. 4/15/1983
Leo 4/19/2008
Tom M. 4/22/2002
Maura 5/25/1976
Ruth K. 6/24/1983

New Beginning

Joe P. 4/28/2022
Bob H. 4/11/2019
Frank 5/31/1986
Jim S. 5/13/2009
Cheryl B. 6/11/1988

Nomad Group

Frosty 4/24/1988
Glenn F. 6/23/1991
Richard F. 6/16/2009

Women's Keep it Simple

Rosemary M. 4/12/1990
Donna H. 4/19/1998
Sherry C. 5/7/2024
Belinda M. 5/16/2012
Lana R. 6/8/1986
Roslyn S. 6/29/1991