

THE PROMISES



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

OCTOBER * NOVEMBER * DECEMBER 2024

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

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
- **GSR District 22 Meetings** are held on the last Monday of the month at 6:30 p.m. at
the Methodist Church 1520 S Daytona Ave., Flagler Beach

Halloween Party, October 19, Hammock Community Center



Thank you, Footprints in the Sand!



Tickets required



Gratitude Dinner, November 2, Italian-American Club

Thank you for hosting, Life's a Beach!

Tickets and business attire required



GET INVOLVED IN SERVICE

- **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 needed!** Ask about openings in your home group.
- **Intergroup Events Position opening, to coordinate events at the Intergroup level.** You do not have to be an Intergroup rep to fill this position but experience in running events is preferred. **Please email Glenn at: Chair@aaflagler.org**
- **The Spring Picnic needs a sponsoring group.** Can you help?

District 22 Flagler County will hold elections for District level position on Monday, Nov. 30, 2024 at 6:30 p.m. during the regular business meeting. Open positions include DCM, Alternate DCM, CPC/PI chair, Archives chair, Grapevine chair, Treatment and Corrections chair, Accessibilities chair. For more information including sobriety requirements please see the District 22 website under “Structures and Guidelines.” Thank you to the responsible volunteers who have given their time and their hearts to maintain AA Unity!

Upcoming Workshops

- 3rd quarter workshop, hosted by Free as a Bird! Oct. 19, 2024 11 a.m. – 2 pm Flagler Women’s Club, “Applying the Steps in Our Everyday Lives,” Lunch provided!
- 4th quarter workshop will be hosted by Rule 62, Sat., Nov 23, 2024 Flagler Women’s Club, 10 a.m. – noon. Speaker Peter from S. FL “Emotional Sobriety.” Snacks!
- 1st quarter 2025 will be hosted by Lucky to be Here.

**Check out the online version of the Grapevine at 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 to submit additions to the Share Corner, to honor members “In Memoriam” or to request Get Well Wishes. Submissions are edited as space allows.

Hi, I’m an alcoholic and an addict. I am 26 years old. I “quit” drinking when I turned 21 without a support system after nearly a decade of long, lonely nights with a bottle. I was hospitalized recently because I have a diagnosis of Bipolar and found solace in the AA meetings at the hospital. At one of the meetings I was gifted a copy of, The little Red Book. I read the entire thing during my stay. I don’t know if I am late or early to the “AA party” but I joined a home group and am learning what sobriety means with the help of a wonderful and wise sponsor. To me, a sponsor is like a mentor or a professor, an approachable non-professional who knows more than you and should be treated with respect. Since I joined AA I have found an amazing community of able people who are willing to make a better life for themselves and others. For that I am grateful.

-Anonymous

Every day I wake up and ask God for the gift of sobriety, just for today. I've been doing it for almost 42 years, and He's never failed me. Then I put on my **Suit of Armor**. I'm an alcoholic and heading into a dangerous world. "Are you kidding?" you might ask. Well, I don't literally wear Armor, especially not in Florida – too hot! My suit of Armor is the knowledge I learned from thousands of fellow travelers whom I have listened to at meetings and heard testify to this absolute truth. I cannot drink Alcohol. If I were to drink today, I would soon experience the phenomenon of craving. I'd shift into a state of mind that says, "Yeah, sure I'll have one more." From that mental obsession there is no escape, there is just one more. AA has worked for me. I brought my experience as a drunk, read the books and listened to all of you. Soon I was listening to myself. AA says these ideas must become "marrowized." They must become a part of our innermost being. When that happened for me, I had my daily armor. I got it by growing through the steps and asking for God's help. **Lee M., Jump Start**

I thought I would drink until the day I died and hoped that day would come sooner rather than later. I read the Big Book in jail and had a White Light spiritual experience. Then, I knew I was an alcoholic, that I was addicted to my behaviors and that I needed a drastic change! Later the thought came that I could manage to drink wine on the weekends with my meals. Alcoholism is just like that. Once I got a sponsor and consistently met with him, started taking action and working the steps, my life began to change. I realized, this is what I'd been looking for in the bottle, but never found. People in Alcoholics Anonymous are truly my brothers and sisters. I can lean on them and help them. In my 4th step, I saw I was the victimizer rather than the victim. What a perspective change! Talking to my loving and tolerant sponsor, a huge weight lifted off my shoulders. My sponsor and others in AA said that it was the obsession being removed from me. God as I understand Him did for me what I could not do for myself. I learned to communicate with my Higher Power, that I can get help with all my problems and be of help to others (inside and outside of AA), and to be passionate about life. I am but a student on the Highway of Life. I believe we are all just walking each other Home. Thank you.

Daniel D. 5/2/2020 Life's a Beach

Working the 4th step with my sponsor has given me the ability to examine my weaknesses that contributed to my drug and alcohol addiction. It has given me a better understanding as to who I truly am and where I've lost touch with reality. I am the common denominator in most of my resentments. I accept that today. Losing everything including my child and myself, I was sick and tired of being sick and tired. My family was dying of this disease, and I wanted to break the chain. My higher power is my father, friend, way-maker. My higher power is God who is patient and forgiving. He is the ONE who never leaves me behind. As I continue to work the steps my thinking patterns are changing. I have hope. I have faith.

Kate A. 1/31/2024

I came for my drinking and stayed for my thinking. I learned forgiveness, acceptance and gratitude. I live one day at a time and thank my Higher Power for being sober. I try to live by, "I accept the things I cannot change and change the things I can with the wisdom to know the difference." Every day I hope to be the best Evelyn I can be. 38 years in sobriety WKIS

The steps provide a simple blueprint for Living Live on Life's Terms, one day at a time. I am so grateful for this program and the fellowship. **Steph N. 3/23/2023 Life's a Beach**



Calling All Group Secretaries! To list celebrants for January, February, March 2025 please email: ThePromises@aaflagler.org by 12/15/2024

Flagler County Anniversaries

DTS

Ray G. 10/3/1983
Lanny H. 11/9/2010
Melissa L. 11/19/2018

Footprints in the Sand

Daniel F. 11/2010
Jewella M. 11/1988

Free as a Bird

Evelyn S. 10/06/1987
Tammy L. 10/22/2015
Trina S. 11/24/2017
David 11/24/2022

Jump Start

Barbara K. 10/01/1984
Lisa C. 10/3/2023
Bill R. 10/07/2015
John E. 10/16/1995
Lee M. 10/31/1982

Jump Start cont'd

Fred M. 11/07/2007
Agnes O. 11/07/2019
Jeff G. 11/20/2017
Gregg W. 11/22/2003
Bill D. 12/5/2016
Deb R. 12/10/2021
Debbie B. 12/25/2015
Elaine R. 12/26/2009

Lucky To Be Here

Dave S. 10/01/2022
Kate A. 10/13/2023
Lee B. 10/15/1984
Kate S. 10/29/2012
Kate M. 10/29/2012
Brenda W. 11/25/1985
Kate M. 12/13/2020

Message Group

Candice 11/19/2013

New Beginning

Eileen S. 12/27/2012

Nomad Group

Craig R. 10/02/1997
John E. 10/16/1995
Art T. 11/10/1989
Bob T. 11/14/2019
Jerry K. 12/12/1991
Josh H. 12/11/1990
Thomas P. 12/28/1993

Women's Keep it Simple

Evelyn 10/06/1987
Beverly J. 10/14/1972
Laura G. 10/14/2023
Nancy G. 10/27/1987
Megan S. 11/27/2022
Deb 12/10/2021
Cheryl T. 12/28/1989