

PROMISES

A New Freedom and a New Happiness

THE FIRST promise that comes after Step Nine in the Big Book is that "we are going to know a new freedom and a new happiness." To me, freedom used to mean that I was fortunate enough to be born in a free country, which allowed freedom of religion and freedom of the press. I knew people in other countries were not free to come and go as I was, and I felt sorry for them. But other than that, I didn't give it much thought.

Now, I know a new freedom: freedom from the bondage of self. I was so self-centered that all I really cared about was myself and my little family; I might pretend to show concern for others occasionally, but it certainly wasn't genuine. Now, I am free to reach out in love to others, and to be genuine and sincere in my concern. I had been living in a self-constructed prison, condemning myself. I heard a minister say once that we set up our own little courtrooms in our minds; we witness against ourselves, judge ourselves, and condemn ourselves, and won't let a single person come to our defense.

After I came to AA, they told me that God is a forgiving God, that he would forgive if I would only ask. That dislodged the plug that was in my pipeline to God. What freedom! Now, I know I can take all my problems to God and ask him to work them out. I am gradually learning that he doesn't always work them out the way I thought he would, but if I have asked for his guidance in something, I know it's going to turn out for the best in the long run.

Something that seems like a bad situation at the time may prove to be a benefit when we look back on it. How about our alcoholism? If I hadn't become an alcoholic, I would never have found this way of life. God gives this program to us when we are at the end of our rope. He can't get through to us until we are ready to surrender; then and only then are we ready to listen to another way. Thank God for Alcoholics Anonymous.

And we are going to know "a new happiness." If you had told me sixteen years ago that my happiest times were going to be spent sitting around an AA table talking with a bunch of ex-drunks, I would have thought you were crazy. But it's true--when I'm with my fellow AAs talking about this way of life, I am comfortable, relaxed, and happy. Happiness used to be a nice house, good little family, and money in the bank. Today, we have a smaller house than we had before, but it's warm and homey (God's presence is felt in our home today); our children love and respect us, and they do a pretty good job of working this program in their lives, too.

We have always had enough money to take care of our needs. Whenever we think we're building up a little nest egg and will have some extra, some need always comes up. Then, we're back to trusting God for our daily bread again, and maybe that's the way he wants it. I really want to do God's will today. If he wants us to have a surplus of money, I guess we'll learn how to handle it. He has already given us the best blessings: himself first; AA and a host of friends; a way of life that gives us peace and contentment; and the knowledge that no matter what lies ahead of us, he will be there to guide us through.

-- E. O.
Dallas, Texas

From the July 1985 Grapevine Magazine.

Editors Note

Hi, My name is Barbara and I am an alcoholic. I would like to introduce myself as the new editor of the Promises Newsletter.

This newsletter will be published four times a year. January, April, July and October.

I am sorry all group anniversaries are not listed. I did not get the requests out quickly enough (Still working on procrastination). lol

If I do not have any stories from local groups, I will add stories from the Grapevine focusing on the Steps, Traditions and Promises. I will also include any notes from GSR meetings and any upcoming events.

Please submit all AA related content to:
PromisesFlagler@gmail.com.
Deadline for all submissions for the April issue is March 15 2019.

A Declaration of Unity This we owe to A.A.'s future: To place our common welfare first; To keep our fellowship united. For on A.A. unity depend our lives, And the lives of those to come.

I am responsible... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that: I am responsible

Helpline: 386-445-4357

GRATTITUDE CARDS FROM DINNER 2018

I am grateful for.....

My Wife Being Single A new way of life. Thanks fo AA. - Erica B.
 12 Step Program of AA For one more Day My spon-
 sor

Move my feel & my body with follow - Justin H. Grateful to be grateful
 For 29 Years - Bob

Friends in AA Freedom To be love by my family
 My God, AA & my brother Freedom from Sham Geri D. & my dog Spike

Stuffed Animal Collection
 5 Grandsons who have never seen their Grandpa drunk AA Grateful to have the hottest babe here.

Everything & my beautiful wife Suzie My health
 Banana bread Deb made - Laura God, my new husband, AA & my life
 Having a 2nd chance at living a better life
 For the sweet loving man sitting next to me
 The life I have today through my relationship with my Higher Power
 My husband & my AA family& friends

Every"thing", every"body", every "day" Sunshine, Ocean & Fresh Air
 Christina - Jim M. Jo Jo's health Freedom from the bondage of self
 God of my understanding, my husband, The opportunity to serve
 my Misty & My AA family

That I slept in a bed last night To be alive for another day & sober
 Palm coast Karen's health Christina, She covers me with laughter
 Sunshine & smiles Just happy to be alive My amazing husband

Having a new life on the right side of the grass
 To have my spouse back for the fellowship *never* giving up on him
 For the friends who have become family - Tara
 A full happy life with a wonderful husband who has been sober for 28 years
 Finding a power greater than myself to turn to & care for me
 The Palm Coast AA community where I have establish real & heartfelt friendships in
 whom I can cry with and belly laugh with!
 My health, family (4 sons), relationship with God, Sobriety, not smoking, boyfriend, busi-
 ness, Mom & sisters.
 For Christing U. who chaired and headed this beautiful dinner.

My life, family, HP, both our programs, my health, my dog (& all others), living in a gor-
 geous place & my program friends.
 For everyday, sons, sisters & brothers, great in laws, medical care, knee replacement, AA &
 NA friends and my wife. Left the street & bad life behind
 For people I have met in sobriety as they are honest - Al H.
 To be alive & have such wonderful sober people in my life - Tommy N.
 I want for nothing, Grateful for my sobriety, AA and my entire life which my HP has giv-
 en me! & my wife!
 Sunshine, lollipops rainbows, kitty cats, kisses & singing. Joy Joy Joy
 That I am happy feel much better, retired, in love with wife all over again
 My sober life, thanks to you and AA. And my country.
 To be alive and experience life in reality which turn out to be quite a trip!
 For my loving dogs, living in such a beautiful state, my AA friends & family, for being
 healthy & alive.

That this dinner was such a great success (I wrote this the night BEFORE the
 dinner). Enormous thanks to everyone for your service, support & love. Eternally
 grateful - Christina U.



GRADITUDE DINNER

The gratitude dinner was a great success. A good time had by all. Thanks to all who came out and supported this event. We are grateful to all who put this together. Our servers and clean up crew did an amazing job. Service in action!

Very Grateful for all of you!!

Someone left a very nice casserole dish. Stores in a aqua blue casing labeled Anchor and keeps food hot/cold. The dish had meat, cheese macaroni and pickles in it.

Please contact Christina U to retrieve property.

Anniversaries include Celebrants for the months of January, February, & March of 2019

January

Another Open Door

Kevin P 29 years

Footprints in the Sand

Patti 6 years

Jeri E 34 years

Steve B 38 years

Bill R 2 years

Jump Start

Chelsea M 3 years

Mary G 8 years

Mitch M 1 year

Lucky to Be Here Group

Mary L, 16 years

Message Group

John H 21 years

Stepping Sisters Group

Tina D 3 years

The Fellowship We Crave

Angela H 1 year

Sue J 9 years

Woman's Acceptance

Chelsea M 3 years

Dee K 35 years

Eileen 19 years

Jill B 1 year

February

Another Open Door

Larry P 40 years

K.I.S.S

Edie G 37 years

Kat F 25 years

Message Group

Berkeley C 31 years

Carol W 15 years

Mike M 9 years

Claudia O 6 years

Promises—Living Sober

Edie 37 years

Stepping Sisters Group

Cathy J 1 year

Cindy G 1 year

Kimila M 1 year

The Fellowship We Crave

Corin R 3 years

Ellen O 11 years

Beth B 3 years

Rita C 1 year

Woman's Acceptance

Karen B 6 years

Women to Women

Cathy J 1 year

Cindy G 1 year

Pam K 6 years

March

Footprints in the Sand

Allan 4 years

Jump Start

Carol W 15 year

K.I.S.S

Midge G 44 years

Promises—Living Sober

Jim A 2 years

Stepping Sisters Group

Christina U 7 years

The Fellowship We Crave

Dawn E 6 years

Woman's Acceptance

Linda K 32 years

We are going to know a new freedom and a new happiness.

We will not regret the past nor wish to shut the door on it.

We will comprehend the word serenity.



Local Events

Intergroup Meeting

Where: Florida Flagler Hospital

When: First Monday of Each month @6:30pm

Tradition One

"Our Common welfare should come first: personal recovery depends on AA Unity"

District 22 Meeting

Where: Florida Flagler Hospital

When: Last Monday of each month @6:30pm

Space Coast Round Up

Jan 17-20 2019

Rocketed into a Fourth dimension

Call Brevard Intergroup for more info 321-724-2247

www.aaspacecoast.org/roundup_2019.htm



39th Annual Hilton Head Mid-Winter Conference

"A Daily Reprieve..."

When: Jan 25-27th 2019

Where: Westin Hilton Head Resort and Spa,
2 Grass Lawn Ave
Hilton Head Island SC 29928

Contact: 888-584-9282
www.hiltonheadmidwinterconference.com

Saturday Night Live Bowling

Where: Palm Coast Lanes, 11 Old Kings Rd, N

When: 1st & 3rd Saturdays every month

Time: 6:30 pm to 8:30 pm

\$10 for 2 hours of bowling, includes shoes

Cartoon



"I don't know about spiritual awakenings but he's about to have a rude awakening!"

*Abandon yourself to God as you understand God.
Admit your faults to Him and to your fellows.
Clear away the wreckage of your past.
Give freely of what you find and join us.
We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.
May God bless you and keep you - until then.*

New Meeting!!

Conscious Contact Through the 11th Step

When: Weds 6:30pm
Where: St Thomas Church
No Coffee

Flagler County's District 22 2019 First Quarterly Workshop

Sponsored by

"The Fellowship We Crave"

When; March 9th, 1-4pm

Where: Trinity Presbyterian Church on Florida Park Drive

"California Rob from Orlando will be speaking on the 5 S's"

Pizza and drinks will be provided
Please bring a snack or dessert to share

5th Annual Florida AA Archives workshop

When: Feb 23 2019 9am-4pm

Where: Redeemer Lutheran Church
3377 Aloma Ave

Winter Park FL 32792

Contact: Kevin Jr at-
Kevin.gartland08@comcast.net

\$15 registration fee includes lunch
Please register by February 1, 2019

CONTACT

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SUPPORT

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