

Events



Intergroup Meeting

Where: Florida Flagler Hospital

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

District 22 Meeting

Where: Florida Flagler Hospital

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

Living Sober Group Brunch Celebration

Please join us to celebrate our 35 year group anniversary.
When: February 15, 2020 held at St. Thomas Church.
Food will be served at 10am. Meeting to follow at 1030am.
Please bring a dish to share.
Speaker TBA. We will have a 50/50 raffle



5th Annual Florida AA Archives Workshop

When: Feb 22, 2020, Time: 9am-4pm
Where: 3377 Aloma Ave. Winter Park FL

\$15 per person fee includes lunch.
Send registration check by Feb 1st to Kevin Gartland at 5433 Tierra Verde Lane Jacksonville FL 32258.
Put Annual AA Archives Workshop on check.
Contact kevin.gartland08@comcast.net with questions.

Drop the Rock Workshop

We will tackle many items in this workshop to help you take the 6th & 7th Step inventory, using an assortment of worksheets to help you with the process of:

- ◆ Uncovering your defects and shortcomings
- ◆ Discovering how to make an amends to yourself
- ◆ Discard unwanted defects.

When: Saturday January 25, 2020 Time: 9am—2pm

Where: The Silkworth Club
510 Outlet Mall Blvd #1055
St. Augustine FL 32084

\$8 Suggested Contribution includes lunch, snacks & water

- *Came*—we started showing up at meetings.
- *Came To*—we realized that we were living life in an unconscious fashion, not realizing how much damage we were doing to ourselves and others.
- And then *Came To Believe* —we saw that something outside of ourselves can help us, whether that "something" happens to be a Higher Power (however we define it) or even the program itself.

Southern States Women's Conference

January 24-26 2020

Where: Doubletree Hilton, 2101 Dixie Clipper Drive
Jacksonville FL

Registration: Jessica J-662-801-6222

www.southernstateswomensconference.org

Check out the Meeting Guide App for your Smart Phone.
Always find a meeting wherever you are!



Meeting Guide

Lifestyle
★★★★☆ 159

OPEN

CONTACT

PromisesFlagler@gmail.com
Helpline - 386-445-HELP
(4357)

SUPPORT

District 22
PO BOX 351814
Palm Coast FL 32135

WRITE US

Flagler Intergroup
PO BOX 352470
Palm Coast FL 32135

PROMISES

Flagler County Intergroup

aaflagler.org

January, February, March 2020

Editors Note

Hi, My name is Barbara Z. I am the editor of the Promises Newsletter.

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

I will add topics and stories focusing on the Steps, Traditions and Promises. I will also include any upcoming events.

Please submit all AA related content to:
PromisesFlagler@gmail.com.
Deadline for all submissions for the April issue is March 15 2020.

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

Literature and Coins

Contact Michelle
TEXT ONLY
352-283-9434

Keeping Crosstalk at Bay

A.A. has often been referred to as a "benign anarchy" — a world in which autonomy from group to group can seem like an invitation to chaos. Yet, unruly as some groups appear, when guided by the need for unity that underlies all A.A. activity and shaped by the recognition that the Fellowship is built on the connection that happens when one alcoholic shares his or her experience with another, a kind of order takes hold of almost every A.A. meeting. As Bill W. notes in the introduction to the long form of the Traditions in the Big Book, "We alcoholics see that we must work together and hang together, else most of us will finally die alone."

One thing many groups have discovered that can test that unity within meetings, however, is crosstalk — sharing that is often considered intrusive and generally disruptive. Crosstalk can mean different things to different people. Some groups define any comments, negative or positive, about another person's sharing beyond "Thank you for your share" as crosstalk or interference. Some outline crosstalk as engaging directly in conversation with another alcoholic during the meeting or providing commentary or feedback on what another has shared.

The Washington Heights Group in Upper Manhattan has a statement, born of the group conscience, which is read at every Thursday evening meeting: "Feedback and crosstalk are discouraged here. Crosstalk is giving advice to others who have already shared, speaking directly to another person rather than to the group and questioning or interrupting the person speaking at the time. If crosstalk occurs, the chair will remind you of this policy."

Of course, there can be a fine line between sharing and intrusion, as many groups have discovered, and what works in one location may not work in another. The main thing most groups can agree on, however, is that all sharing needs to be nonjudgmental. "From the very beginning, one drunk talking to another has made the A.A. program go round," says Anne T., of Rome, New York. "When someone shares in response to something I've said, that's okay, but only so long as there's not even a hint of censure, belittlement, scolding or preaching, all under the guise of sharing. Knowing there's no risk of judgment makes me feel safe."

J. P., of Spokane, Washington, has also found that crosstalk of a giving nature is "sort of a language of the heart. It occurs with familiarity and can be very helpful. If members know one another well, as they tend to in small groups, they feel comfortable about saying, 'I'd like to add something to what Jane said....' To me the key is comfort and the hope that sharing one's experience in recovery will help another alcoholic to stay sober and face life's challenges with greater ease."

Noting of crosstalk that "until the 1990s the word wasn't even in A.A. vocabulary," Susan U. of the 79th Street Workshop in New York City cautions against setting up too many rules and regulations in response to what — and how — people share in meetings: "There are no rules in A.A., just customs and the conscience of each autonomous group, and experience shows that for most groups attempts to control don't work very well. On the other hand, the nonjudgmental sharing we receive at meetings in response to something we have said can be beneficial to our recovery. It's how we learn to live sober, productive lives, and that's what sharing our experience and strength is about."

In general, then, when it comes to crosstalk, giving advice or disruptive sharing in meetings, keeping the focus on A.A. unity — and on our own personal experiences as they may be helpful to another recovering alcoholic — can provide a useful guideline to keep group sharing on track and resentments from creeping in.

As many groups have found, however, from time to time it may require a loving reminder from the group's chair.

Box 4-5-9, Spring 2017



AA's Roots in the Oxford Group

BY T. WILLARD HUNTER, Claremont, Calif. With Assistance from Mel B., Toledo, Ohio

(Mr. Hunter, a nonalcoholic friend of AA, was associated with Frank Buchman and the Oxford Group movement for many years. Mel B., an AA member and author of recovery-related books, is a student of AA's early history.)

Almost every AA member learns that two dramatic encounters in the mid-1930s were key events that helped bring Alcoholics Anonymous into existence.

The first of these encounters was Ebby T.'s visit to Bill W. in 1934, when the latter sat drinking in the kitchen of his Brooklyn home. The second great encounter came about six months later and helped spark the actual founding of the AA movement. That, of course, was Bill's famous meeting with Dr. Bob in Akron, Ohio on Mother's Day, 1935.

Today, both meetings are rightly regarded as the early seeding of AA. But in fact, they were also new plantings of work by the Oxford Group, the inspirational fellowship which nurtured many of the spiritual ideas and practices that became essential to Alcoholics Anonymous. What follows is a bit of history and a discussion of AA's links to the Oxford Group and its founder, Frank Buchman.

The Oxford Group was an evangelistic Christian movement that grew up in the 1920s under the leadership of Buchman, an extraordinary man who eventually became world-renowned for his work in promoting peace and reconciliation. In the 1950's he was twice nominated for the Nobel Peace Prize. Buchman, a Lutheran minister, was born on June 4, 1878, in Pennsburg in eastern Pennsylvania. He lived a long life that was marked by great accomplishments and some controversy. Such was his stature as a world figure that when he died in Freudenstadt, Germany, in 1961, his obituary was featured on page one in both The New York Times and The Los Angeles Times. He was eulogized on the floor of the U.S. House of Representatives by 11 members of Congress, while 20 heads of state sent messages to his funeral. His passing was also noted in news magazines and other periodicals.

Buchman's program was at various times called "First Century Christian Fellowship," "The Groups" (1920s), the "Oxford Group" (1930s), "Moral Re-Armament" (1938), and, since 2002, Initiatives of Change. Buchman's friends and associates knew him as a genial, intuitive, intelligent, compassionate man—a true humanitarian. He had an extraordinary ability to motivate able men and women to dedicate all their time and money in fulfilling his global vision of world changing through life changing. His tools in effecting changes in people and situations were the guidance of God and the four standards (absolutes) of honesty, purity, unselfishness, and love. It could be said, with justification, that Buchman attempted to carry essential spiritual principles to the average person without getting sidetracked in religious or sectarian issues. He was certainly an early architect of the spiritual, mutual assistance movements which have grown up in many forms. John Drakeford writes in his People to People Therapy that the roots of modern mutual assistance renewal lies in John Wesley's group meetings, Frank Buchman's Oxford Group, and Bill W's Alcoholics Anonymous. Howard Clinebell, author of the classic textbook Understanding and Counseling the Alcoholic, says Buchman, as much as anyone, broke people out of the assumption that problem persons had to go to a professional. He demonstrated that they might get more help from other persons with the same problems.

From Flagler County AA Archives; also silkworth.net



Anniversaries include Celebrants for the months of January, February, March 2020

January

24 Hour Group
Janice S~1yr

Another Open Door
Kevin P~30yrs
Jim M~49yrs

Came to Believe
Pat S~33yrs

Footprints in The Sand
Michael O~3yrs
Steve B~39yrs
Annamarie B~1yr
Michelle H~19yrs

JumpStart
Mike S~1yr
Mitch M~2yrs
Mary G~9yrs

Life's a Beach
Steve L~2yrs
David J~2yrs
Roland L~3yrs
Leeann~3yrs
Dennis D~9yrs
Deborah H-C~24yrs

Living Sober
Jill B~28yrs

Lucky To Be Here
Mary L~17yrs

New Beginning
Pat F~10yrs
Eddie A~10yrs
Maureen M~29yrs
Ashley G~5yrs

Steps to Serenity
Jimmy M~33yrs
Ron R~35yrs
John C~55yrs

TGIF

Melissa R~4yrs
Chris P~4yrs
Sue J~10yrs
John B~14yrs
Deborah H-C~24yrs
Bill G~41yrs

The Fellowship We Crave
Sue J~10yrs
Jasmine T~2yrs

January

Woman's Acceptance
Greta M~1yr
Jill B~2yrs
Kimila M~2yrs
Chelsea M~4yrs
Eileen C~20yrs
Dee K~36yrs

Women to Women
Janet S~1yr

February

Another Open Door
Tim ~24yrs
Larry P~41yrs
Brian A~30yrs

Came To Believe
Ken M~20yrs

K.I.S.S.
Edie G~38yrs

Life's a Beach
Jason Mc~3yrs
Beth B~4yrs
Gene Mc~39yrs

Living Sober
Edie G~38yrs

New Beginning
Cindy G~2yrs
Ellen O'S~11yrs

The Fellowship We Crave
Debbie~6yrs
Ellen O~12yrs
Corin R~4yrs
Beth B~4yrs

Woman's Acceptance
Karen B~7yrs

Women to Women
Cathy J~1yr
Cindy~2yrs
Pam K~7yrs

March

Came to Believe
Ken K~53yrs
Tom H~26yrs

Footprints in The Sand
Lynn T~26yrs

JumpStart
Carol W~26yrs

K.I.S.S.
Midge G~45yrs

Life's a Beach
Luis C~1yr
Jenai~1yr
Rita S~35
Jimmy~39yrs

Living Sober
Jim A~3yrs
Midge G~45yrs

New Beginning
Jim A~3yrs

Nomad Group

Steps to Serenity
Robert H~3yrs

TGIF

Jim A~3yrs
Cheryl S~14yrs
Midge G~45yrs

The Fellowship We Crave

Janai~1yr
Pam L~1yr
Beth G~1yr
Dawn E~7yrs

Woman's Acceptance
Jenai M~1yr
Linda K~33yrs

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

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.