

Intergroup Meeting

Where: Florida Flagler Hospital

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

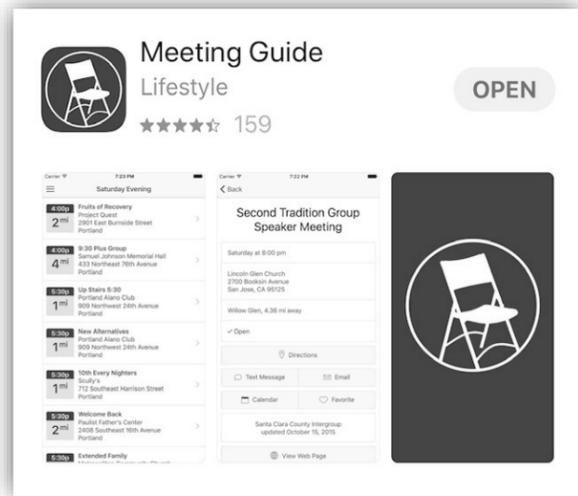


District 22 Meeting

Where: Florida Flagler Hospital

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

Check out this great App for your Smart Phone.
Always find a meeting wherever you are!



Hi Ladies!! Need to do service?

Project warm now has AA meetings Mondays and Wednesdays at 6:30pm. Right now we are partnering with Volusia County and splitting the chair responsibility.

Volusia AA has Mondays and the first Wednesdays of each month. Flagler AA has all the other Wednesdays at 6:30pm.

If you are able to attend, sponsor, speak or chair please contact Eileen at 386-627-9570.

Also if you have any recovery books to donate please call Eileen and she would be glad to pick them up.

PROMISES

Flagler County Intergroup

aaflagler.org

July, August, September 2019

From the July 2015 magazine.

The Ex-Mother-In-Law

STEP SEVEN: Humbly asked Him to remove our shortcomings.

At two years sober, I wrote down my Step Seven. I prayed with my pastor and my sponsor that my shortcomings be removed. I felt as if a burden were lifted after we prayed, as if I were on that "pink cloud" all over again. I tried to convince myself that I would no longer be selfish, judgmental and impatient, that I would be able to let all my resentments float away.

A year later I still resented the same people. My biggest resentment was for my former mother-in-law. She had taken care of my kids for 10 years while I was busy getting drunk. I hated her for everything she did right, and for everything she did wrong.

My kids had ended up with her when I went to jail and their father went to rehab. My phone calls from jail went unanswered. When I got out, I didn't call very often, because I knew she wouldn't answer. I got on with my life, which entailed two more rehabs, another visit to jail and a stay in a homeless shelter. In my mind, life was an uphill battle that I just could not win.

But I wanted my kids back. I knew I would have to get sober and stay sober. Instead, I drank to forget, and the resentment got bigger and bigger.

When I got into AA, it was tough just to get myself to meetings and hold down a job. I remember sitting in meetings crying, telling everyone I just wanted to be a mother. During those first years of sobriety, I prayed for my kids. Some nights I'd be jarred out of a deep sleep by nightmares. I dreamed my kids were drowning or lost or hurt.

I didn't get to hear their voices until I had 18 months sober. That was a long 18 months. But I put myself in the center of AA. I did service work. I made coffee for my home group. I worked the Steps. I talked to other alcoholics who had been through what I was going through, and that made the pain bearable.

Recovery brings massive rewards. At three years of sobriety, a judge awarded custody of my kids back to me. My joy was quickly overshadowed by hate and thoughts of revenge. I was going to punish this woman who kept my kids away from me. I would keep her from seeing them, just like she had kept them from me.

My resentment for this woman started as a snowball and became an avalanche. I hired a lawyer to keep her away. I complained to my sponsor about her on a daily basis. I reveled in the idea that she would be alone now, never to see the kids again.

Then a judge gave her visitation rights. I bristled with anger! I stood on the porch one day talking to my sponsor on the phone about it. Finally, she told me she was done listening to it. With no one to talk to, I just paced on the porch.

Suddenly, a feeling of remorse came over me. For some reason my mind replayed the things I had done and not done during all those years she was caring for my kids. I felt grateful that she had kept them all together and not let them become wards of the state. Having seen the situations of other alcoholic parents, I knew that my kids could have had it a lot worse.

Editors Note

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

The focus of this newsletter is on the Steps and Tradition 7.

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

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 upcoming events.

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

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

SOME THINGS TO THINK ABOUT

Some facts: • Currently about 43.7% of groups contribute to the General Service Office. • Costs of Services provided by G.S.O. (as of 2018) are approximately \$7.40 per member per year. • Gross profit from A.A. literature sales account for over 50% of G.S.O.'s revenue. • Your contributions help ensure the future of our Fellowship worldwide. Personal thoughts: • What is the value of your sobriety? • Does your group know that contributions may be made online at AA.org? • Gratitude, expressed through contributions, reaches the still-suffering alcoholic

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

As I paced the porch that day, I remembered the words of Step Seven: "Humbly asked Him to remove our shortcomings." I remembered my prayer. A tear formed in my eye as I realized God was answering it. I played a part in this hate. If I didn't change, nothing would change. Hatred was consuming me, stealing my serenity. I decided that I did not want to feel this way anymore. I called her and said that the judge was right, that she should see the kids. I apologized for everything I had done to her. She accepted my apology.

Today we have a good working relationship. Sometimes resentment creeps back up on me. These are the days I call her and we talk. I see she is as human as I am. Knowing now how tough motherhood is on a daily basis makes me grateful that she stepped up and did my job for 10 years. If she needs something, I am there. If her car breaks down, I offer mine. When she calls, I answer the phone. Now she gets to be the grandmother she always wanted to be, and I am OK with it, thanks to God and Step Seven.

—April P., Monongabala, Pa.

Dewey's World

In 1984 Dewey M. started having meetings at his house and campfire meetings in his backyard. In 1994 he built an AA clubhouse next door from his property.

The Survivors Group was born and Dewey has helped many people in Recovery since then. He has passed away earlier this year (2019) But the clubhouse and the Survivors Group lives on.

The Dewey World Clubhouse is Located at 1885 Guava Lane Bunnell. In the Daytona North area in Western Flagler County.

The remaining Survivor Group members have over 100 years of combined sobriety and wish to continue passing it on one day at a time.

Meetings are Tuesdays and Thursdays at 7pm. With a pot luck eating meeting the last Tuesday of each Month starting at 6pm.

We look forward to your support.

Mike C
Survivors Group.

AAs can now make online donations

AAs are beginning to spread the word about Contributions Online, a new method of making contributions to GSO.

"We're catching up with the times," a General Service Office (GSO) staff member familiar with the approval process told Grapevine. "It was something that was discussed for a long time--members asked for it."

"It's the first time we've used e-technology in this manner," said GSO General Manager Phyllis H. She said that fully communicating throughout the development was a vital part of the process. Both boards and members of the General Service Conference were all included and very familiar by the time it went into operation. "In the AA way, we moved slowly and carefully to make sure we had listened well and were able to offer the best possible service to our Fellowship. It was very carefully reviewed many times, not only for technical changes but also in keeping with our Traditions."

Guidelines for using the system can be found by clicking on the blue laptop icon on the main page of www.aa.org, GSO's AA website. Contributions Online allows AAs to make contributions to the U.S./Canada General Service Board (GSB) of AA using either a credit card or an "e-check" (U.S. banks only), a form of payment in which funds are electronically transferred. Instructions are provided.

Anniversaries include Celebrants for the months of July, August and September of 2019

July

24 Hour Group
Jackie B—12 yrs

Another Open Door
Tony B—41 yrs

JumpStart
William E—12 yrs

K.I.S.S
Linda Lou H—32 yrs
Rosie H—23 yrs
Carol S—4 yrs
Bon B—1 yr

Living Sober
Pat P—32 yrs
Carlos—27 yrs
Dave H—25 yrs
Joan M—21 yrs

New Beginning
Joan D—33 yrs
Bob H—3 yrs

Survivors Group
Rick B—2 yrs

TGIF
Lori S—4yrs
Maria F—38yrs

The Fellowship We Crave
Tammy C—20 yrs
Joanne P—4 yrs
Cberi V—1 yr
Kathy H—1 yr

Women to Women
Joan D—33 yrs
Jeanne S—33 yrs
Karen R—21 yrs
Jackie B—12 yrs
Lesley M—5 yrs
Joanne P—4yrs

August

24 Hour Group
George A—35 yrs

Another Open Door
Erica A—3yrs
Renee—P—3 yrs

Came To Believe
John N—33 yrs
Mike B—18 yrs

JumpStart
Jackie B—11 yrs
Dave F—1 yr

K.I.S.S
Renee P—3 yrs
Stacy C—1 yr

Living Sober
Karen B—13 yrs

Message Group
Margo D—32 yrs

Monday Night Live
Jordan H—3yrs

New Beginning
Sandy H—19

Steps to Serenity
Rick M—10 yrs
Joe C—32 yrs
Art O—43yrs
Karen B—13yrs

Survivors Group
Jim A—16 yrs

TGIF
Rick S—3 yrs
James D—11 yrs
Donna G—1yr

The Fellowship We Crave
Barb O'C—38 yrs

September

24 Hour Group
Michelle F—9 yrs
Mike C—3 yrs

Another Open Door
George C—8 yrs
David G—10 yrs

Came To Believe
Tim M—1 yr
Micky P—1 yr

JumpStart
Kenny F—17 yrs
Meredith R—5 yrs

Living Sober
Karen D—1yr
Heidi T—2 yrs

Lucky To Be Here
Sally—45 yrs
Kelly—31 yrs
Fred G—12 yrs

Message Group
David D—34 yrs

Monday Night Live
David G—10yrs
Mike C—3yrs
Jason A—1 yr

TGIF
Judy L—9yrs

The Fellowship We Crave
Deanna S—10 yrs
Lene F—7 yrs

Women to Women
Lena F—7 yrs

We will lose interest in selfish things and gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude and outlook upon life will change