

THE PROMISES



A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP OF ALCOHOLICS ANONYMOUS

JULY * AUGUST * SEPTEMBER 2024

TO CONTACT THE WEBMASTER: <https://aaflagler.org>

FLAGLER AA HELPLINE: 386-445-HELP (4537)

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
Come and learn more about how Intergroup works.
- **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
- **67th Florida State Convention "Be Amazed!"** Aug 1-4, 2024 — Hyatt Regency, Jacksonville Riverfront, 225 E. Coastline Dr., Jacksonville, FL 32202
Ph: 877-803-7534 <https://67.floridastateconvention.com/>
- **The 2025 International Convention** of Alcoholics Anonymous will be held in Vancouver, BC, Canada from July 3 - 6, 2025, marking the 90th anniversary of the beginning of the Fellowship's founding. The theme of the convention is "90 Years - Language of the Heart". General registration and housing information will be available on the International Convention webpage.
<https://www.aa.org/international-convention>

SAVE THE DATE!

See your Intergroup representative for details on these upcoming events!

Halloween Party

October 19, 2024

Hammock Community Center

Thank you, Footprints in the Sand!

Gratitude Dinner

November 2, 2024

Italian America Club

Thank you, Life's a Beach!

Get Involved in Service!

Service work gives us purpose, helps keep us sober and AA strong!

- **Are you willing to make a 12-Step Call? Contact the Help Line! 386-445-HELP**
- **Open Intergroup position: Events Chair**
- Members with one or more years of sobriety are needed to bring the message of AA to **Project Warm**. Men are welcome to participate if accompanied by a woman. Sponsors must be female and must have 2 years of sobriety. Contact Lindsey at 614-202-1318 for Fridays and Sara for Mondays at dcmdist22@gmail.com.
- Would you like to bring a meeting to the **Flagler County Jail**. There is an application process including a background check. Applicants who have not been incarcerated for the past 3 years are eligible to bring this needed service to those in need. For more information, please contact Heather F., District Chair Hospitals & Institutions, after 2:30 p.m. at 904-923-0943 or text Lindsey at 614-202-1318.

Upcoming Workshops

- 3rd quarter workshop, will be hosted by Rule 62!
- 4th quarter workshop will be hosted by Free as a Bird
- 1st quarter 2025 will be hosted by Lucky to be Here

To make suggestions for the next Promises Newsletter, to honor members for “In Memoriam” or to request Get Well Wishes, please submit to:

ThePromises@aaflagler.org

For literature or coins, please contact Pat, the Intergroup Literature

Representative: pattonewing@comcast.net Cell: 301-807-5215

Dr Bob's Prayer on Humility

SOURCE: Inscription on desk plaque of Dr. Bob's, September 1965

“Humility is perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Father in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.”

The AA Promises

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. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. 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. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises?

We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

HAPPY
joyous
FREE

BILL W.

Calling All Group Secretaries!

To list celebrants for October, November, December by September 15

email: ThePromises@aaflagler.org

Flagler County Anniversaries



24 Hour Group
Another Open Door
Bunnell Beginners Meeting
Dewey's World
Five O'clock Somewhere
Free as a Bird

Jump Start
Don 7/6/1995
Joan M. 7/20/1998
Nancy R. 7/23/1979
William E. 7/3/2007
Dave F. 8/6/2018
John W. 8/14/2023
Judy M. 8/21/2022
Mike K. 8/15/2022
Scott W. 8/11/2010
David R. 9/11/2003
Kenny F. 9/21/2002
Kerry S. 9/1/1992

Kryptonite Group
Learning to Live Life Sober
Life's A Beach
Lucky To Be Here

Message Group
Bill P. 7/1/1976
Lisa 7/3/2023
Vinny 7/15/2013
Jennifer W. 8/17/2017

Mondex Group

New Beginning
Pasquale B. 7/12/1992
Patty S. 7/17/2020
Joan D. 7/22/1985
Sandy H. 8/22/2000
Jean S. 9/1/2017

No Pain No Gain

Nomad Group
Pat E. 8/17/1986
Dan H. 8/31/2013
Fred G. 9/15/2007

Rule 62 Men's Big Book
Study Men
T.G.I.F.
The 5th Chapter
The Coming Home Group of
Alcoholics Anonymous

The DT's Group
The Fellowship We
Crave Women
The Message Group
The Reality Group
The Roundtable
The Women's Twelve Step
Study Women
The Vault
Wednesday Noon Men's
Message Group Men
Woman's Acceptance Women

Women's Keep it Simple
Group Women
Kim L. 7/19/1994
Lisa L. 7/20/2023
Karen D. 7/24/2004
Dottie M. 9/29/1997