

A.A. News and Events

General Service Office Closure

As a result of Coronavirus (COVID-19), New York State has shut down 100% of operations of “nonessential” businesses/organizations. The General Service Office of Alcoholics Anonymous World Services, Inc. located at 475 Riverside Drive, New York, NY is closed, effective March 20, 2020, until further notice.

A.A.W.S. and A.A. Grapevine staff are “teleworking” until further notice as we continue our commitment to serving the A.A. Fellowship. Although we are available to support our membership and groups, these circumstances limit our abilities to be as effective as we would like. *We ask that you please limit your communication with G.S.O. to email or Contact Us: <https://www.aa.org/contactus>*

We also have limited ability to access and process regular mail. Once again, it would be helpful, if possible, to email your correspondence. If you are a member and are considering sending a contribution, doing so online would be most helpful. [Make a contribution.](https://contribution.aa.org) <https://contribution.aa.org>

Drawdown from the AAWS Reserve Fund

Though Seventh Tradition contributions increased from May through September for A.A. World Services, Inc., the General Service Board authorized in October, a drawdown of \$1.5 million from the Reserve Fund to cover cash flow requirements in the 4th quarter of 2020. As stated in the [October 7 letter](#), in May, A.A.W.S. drew down \$3 million to address the sudden emergency situation related to the severe drop in revenue in March and April. Also, over the summer they refunded nearly \$4 million for 2020 International Convention registrations.

Hi, my name is Jinty and I am an alcoholic serving as your Grapevine representative in District 22. In this time of COVID, as an alcoholic, I find myself needing the tools of the AA program even more than usual. One of those tools is meetings and I am grateful for all the Zoom meetings that I have been attending as at the moment I choose not to go to meetings in person. Apart from Zoom and in person meetings AA has a “meeting in print” and online - The Grapevine. Reading the stories people share in The Grapevine every month is like listening at a meeting. I have found The Grapevine to be another great tool in my AA toolbox. Subscribe online to either a print copy or online version at AA-Grapevine.org.

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

October, November, December 2020

Thank you all for allowing me the privilege of doing service as your newsletter editor. I moved to Flagler County a little over 2 years ago and I needed a commitment to help me feel connected here. It has been my pleasure and I enjoyed researching articles and topics. It has enhanced my recovery and I enjoyed getting to know you all better too.

This past year with all the challenges and changes with COVID, I really had to work my program. Practice these principals all areas of my life.

I have to admit, I was pretty scared when this all started. AA has taught me to not to run from my problems. Accept those things I cannot change. As long as I don't drink or drug, I'll have a chance. Living in the solution not the problem. Be grateful during trying times. What is the lesson in this situation? How can I learn and grow from it? So I'm choosing to find the good and make the best of this situation. I'm reading more. I get to go to many different meetings now on zoom. I get to see my friends from my old homegroup up north. I still get to see people face to face if I choose to. I'm reading more.

I appreciate those who started the zoom meetings. Many thanks to Rob who made the web page very user friendly. Even my 89 year old mother can use it! Lol

I used to hear a saying when I first got sober, Change or Die. It sounds a bit dramatic but it is true. If I don't change my way of living and thinking I'll just go back to my old destructive ways. So I adapted to the zoom meetings, and it has enriched my recovery.

We will intuitively know how to handle situations which used to baffle us. And “we” did together ,as a fellowship.

Thank you again for the time as editor. I am grateful that Jill B has taken on the commitment. I would like you to welcome Jill B. as your new editor. She will have the same address PromisesFlagler@gmail.com. I hope she enjoys this commitment it as much as I did.

Thank You Robert!

What a Year! 2020 has been unique in the pages of AA history. COVID-19 has changed our world abruptly and radically. We could fill the pages of the Promises with stories of how meetings, sponsorship, dealing with newcomers, financial support have all changed.

Today I think we ought to take a moment to thank all the people who have seen a need and stepped up to help AA cope with all the changes.

One person who stands out is Robert, M. the Flagler AA Webmaster. Many individuals enabled their groups to acquire and implement Zoom for on line meetings and we are grateful to all of them. Robert, M. facilitated the use of Zoom in Flagler AA. Newcomers and old-timers alike who come to “aaflagler.org” are instantly presented with a click to display an up to date list of on line meetings. Select a meeting and in a matter of seconds there's an invitation to join it. Robert made it easy for those who are less than cyber whizzes to easily get to an on line AA meeting.

That is truly AA service at its best. Thank you Robert!

Oh, and don.t forget, Robert has made it easy to continue to support AA financially. It's easy to donate on “aaflagler.org”.

From: Lee M.

Editors Note

Hi, My name is Barbara Z. This is my last issue editing the promise. It has been my pleasure to have this commitment. But in the spirit of service it is being passed on to Jill B.

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

Topics and stories focus on the Steps, Traditions and Promises. All members are encouraged to submit a topic or story on recovery. I will also include any upcoming events.

Please submit all AA related content to:
PromisesFlagler@gmail.com.

Please see aaflagler.org for updated meeting schedules.

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





Important Information Pertaining to the Use of AA



- AA is an allergy relief program commonly used to treat and inhibit the use of alcohol and the common defects caused by alcoholism.
- AA is designed to reduce the symptoms commonly associated with alcoholism.
- When taken as directed AA is known to substantially reduce the negative side effects associated with alcoholism such as: misery, depression, despair, remorse, guilt, shame, physical, mental, and spiritual maladies, a mental obsession and a physical allergy commonly known as alcoholism.
- We do not recommend that you use AA unless you are capable of being honest and completely willing to give yourself to this simple program. AA is available for use by those who have a sincere desire to stop drinking.
- **CAUTION:** AA will impair your ability to consume alcohol. If you are on any other medications such as alcohol or any other mind-altering substance, we suggest that you discontinue use immediately as this will cause a substantial reduction in the effect caused by AA.
- Some of the most common side effects associated with AA are: Honesty, Hope, Faith, Courage, Integrity, Willingness, Humility, Brotherly love, Justice, Perseverance, Spirituality, and Service. A spiritual awakening and a psychic change have been reported in most cases.
- If you are experiencing a resurrection lasting more than four hours, you needn't seek medical attention, as you may be experiencing the initial effects of AA.
- AA has no negative side effects on pregnant women or women who are nursing.
- To reduce your risk of chronic relapse, a lifestyle change maybe recommended. In 9 out of 10 cases practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics.
- An increased risk of recovery and long-term spiritual affects have been associated with AA. Consult your sponsor immediately when changes do occur.
- AA should be taken with plenty of open-mindedness and willingness. Do not take AA alone. Independent studies have shown that AA is most effective when working with others.
- Always remember it is important that you use AA only as prescribed:
 1. Trust in God
 2. Clean House
 3. Help others
- **WARNING:** Do not skip doses or discontinue use as severe reoccurrence of fatal allergy symptoms may occur.
- AA is recommended for long term daily use. Prodigious results have been found in those who continue long term use of AA. As with all allergy relief medications some results may vary, sometimes quickly sometimes slowly.
- For more information and to learn more about the AA 12 step program of recovery and alcoholism we suggest you contact your local AA community directly, retain a sponsor and read the Big Book of Alcoholics Anonymous.

Gordon R.

Submitted by Christina U.

Anniversaries include Celebrants for the months of October, September, December 2020

October

The Fellowship We Crave

Judy M-2yrs

Jump Start

Barbara K-36yrs

Barbara M-14yrs

Barbara Z-30yrs

Jeff C-2yrs

Judy M-2yrs

Lee M-38yrs

Life's A Beach

Austym B-3yrs

Kevin o-1yr

Collin C-1yr

Jacob D-1yr

Weston H-1yr

Steve C-36yrs

Jim T-11yrs

TJ M-3yrs

Living Sober

Bill W-34yrs

Lucky to Be Here

Kate S-8yrs

Woman's Acceptance

Jodie vG-29yrs

Lorrie C-5yrs

Beverly J-48yrs

Maureen S-7yrs

Nancy G-33yrs

Women to Women

Beverly C-33yrs

Sandra W-2yrs

November

The Fellowship We Crave

Pat C -7yrs

JumpStart

Agnes O-1yr

Bob T - 1yr

Fred M-13yrs

Greg W-17yrs

Life's A Beach

Seth T-1yr

Eric P-4yrs

Alyssa P-16yrs

Chet M-32yrs

Living Sober

Suzanne G-32yrs

Lucky to Be Here

Jack W-23yrs

Ton T-34yrs

Bob H-13yrs

New Beginnings

George L-31yrs

Women to Women

Suzanne G-12yrs

Debra M-5yrs

Brenda W-35yrs

December

The Fellowship We Crave

Eileen S-8yrs

JumpStart

Annie L-4yrs

Bob T-1yr

Elaine R-11yrs

Jerry T-15yrs

Life's A Beach

Zach M-11yrs

Jason C-15yrs

Derek B-5yrs

Living Sober

Arnold P-35yrs

Oakie O-41yrs

Lucky to Be Here

Dennis M-23yrs

Scott C-3yrs

New Beginnings

Eileen S-8yrs

Woman's Acceptance

Annie L-4yrs

Cheryl T-31yrs

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.