

July/August 2005

P R O M I S E S

A PUBLICATION OF THE FLAGLER COUNTY INTERGROUP

Beverly Beach
Painter's Hill

Bunnell

Daytona North

Espanola

Flagler Beach

Hammock

Marineland
Palm Coast

Help Line: 445-HELP (386-445-4357)

Web access: WWW.ThePromises.info

PO Box 352470, Palm Coast, FL 32135

Quote of the Month

When, therefore, we AAs look to the future, we must always ask ourselves if the spirit which now binds us together in our common cause will always be stronger than those personal ambitions and desires which tend to drive us apart... Though the individual AA is under no human coercion, is at almost perfect personal liberty, we have, nevertheless achieved a wonderful unity on vital essentials.

For example, the Twelve Steps of our AA program are not crammed down anybody's throat. They are not sustained by any human authority. Yet we powerfully unite around them because the truth they contain has saved our lives, has opened the door to a new world.

(Bill W., Grapevine, September 1945) Grapevine, June 1988

CAN YOU HELP? Jump Start Friday AM meeting, at The Hospital, needs support. It is dangerously close to folding.

3rd Quarter WORKSHOP will be hosted by The Women to Women Group. Details to follow.

The **2nd Quarter Workshop** was a great presentation by Area Alt-Delegate Fred "H". Unfortunately only 21 people were present. Only 4 groups total were represented. Let's hope for better attendance at the next one.

*Interested in bringing a meeting to The Flagler Inmate Facility (The Jail)? please contact **Diana G. 439-9048***

*Interested in bringing a meeting to the Stewart Marchman Rehab Center? Please contact The Treatment Chairperson "Irish" **Annie at 503-7981***

For Conformity with each Group's Celebrants, so that no one is missed in the printing of the Promises; **Please, Please**, group secretaries - send the celebrants info into Peter F. **only**, the contributing editor at 446-8801 or (**new email address**) peterflaherty@bellsouth.net by the 15th of even months.

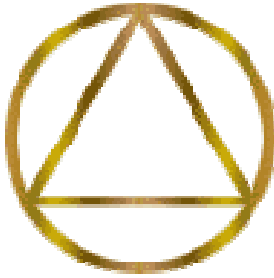
Also, I would like to go back to the old way of doing the celebrants. Give the date of when each member will be celebrating. Not their Sobriety date. That way every one in Flagler County can support their favorite AA members during celebration with their groups. And let **Peter F.** know when the group celebrates. For example: The last Monday of the month; the first Tuesday of the month; or maybe weekly. I feel there would be many more people supporting our groups that way.

Smitty from the Mondex, was asking me which group has the most total combined sobriety in Flagler County.

Interesting question. If you'd like, let Peter F. know when you give him your group's celebrants 446-8801 or peterflaherty@bellsouth.net and it will be published in the next edition of the promises

Let's find out how many AA members we have in Flagler County? Just a general census! That is the number beside your groups name for the anniversaries listed here on the promises. Would you let Peter F. know how many members are in your group, when you call in your group's anniversaries.

ANNIVERSARIES



A New Beginning Group

June - Belated - Dick S 25 Years

Bunnell Group

July Jennifer D. 6 years

The **Came to Believe** Group

July Barry G. 30 Years August Ron S. 7 Years

The **Fellow Travelers** Group - no celebrants

The **Footprints in the Sand** Group

<u>July</u>		<u>August</u>	
Michael	4 yrs	Dick	26 yrs
Mat	4 yrs	Marcia	10 yrs
Patrick	2 yrs	Ann B	1 yr

The **Guys and Dolls** Group (4) - no celebrants

The **Happy Wanderer's** Group

April Belated - Connie H 21 years
June Belated - Charlie H 29 years

<u>July</u>		<u>August</u>	
Tom C.	3 yrs	Peter F	16 yrs
Cathy L.	23 yrs	Karen I.	15 yrs
Dave H.	11 yrs		

Celebrates the last Tuesday of each month.

The Happy Wanderers Group is planning a celebration of their 25th Group Anniversary in November. They are the oldest Group in the county. Progress on their plans will be in the next "Promises".

The **Jumpstart** Group (9) - no celebrants

The **Lifes a Beach** Group - no celebrants

The **Living Sober** Group (22)

<u>July</u>		<u>August</u>	
Pat P	18 yrs	John S	39 yrs
		Mike B.	4 yrs

The **Lucky to be Here** Group - no celebrants

The **Message** Group (12)

<u>July</u>		<u>August</u>	
Jinx M	23 yrs	Tanya B	19 yrs
Linda V	5 yrs		

The **Mondex** Group (14)

<u>July</u>		<u>August</u>	
Jim P.	7/5 19 yrs	Smitty	8/30 27 yrs

Celebrates weekly on the dates given above.

The **Nomad** Group (20)

<u>July</u>		<u>August</u>	
Barry G	30 yrs	Gary G.	18 yrs
Tom C	2 yrs	John McE	26 yrs
Tony P	1 yr	Richard D	26 yrs

Celebrates on the last Thursday of each month.

Stepping in the Right Direction - no celebrants

The **Steps to Serenity** Group - no celebrants

The **TGIF** Group

<u>July</u>		<u>August</u>	
Kathy W	15 yrs	Danielle B	7 yrs
Jean K	19 yrs	Arnold W	9 yrs
Lee R	2 yrs	Eileen S	23 yrs

Celebrates on the last Monday of each month.

The **Survivors** Group - no celebrants

The **Traditional Recovery** Group - no celebrants

New Meeting time: 7:00 PM; Same format, location and days of the week.

The **Women to Women** Group - no celebrants

Does your group have an Intergroup Representative; a District Representative?
Is your groups voice being carried through the County? State?

Does your group get all the necessary info from Flagler County? State? National? International?

What is your group's voice?

District 22 Meeting: 6:30 PM, last Monday of the month

Intergroup Meeting: 7:00 PM, 1st Monday of the month.

Both meetings are at The Florida Hospital; Flagler (use YMCA entrance then turn right, through double doors

Is there no one in Flagler County that has a personal AA story for publication? Maybe you have no time, or think your story is uninteresting. 2 or 3 paragraphs is the suggestion, and nothing is uninteresting, if your story is alcohol related, it will definitely help someone stay sober and give some hope. FLAGLER COUNTY - Please give back!

Dr. Bob's Last Message



Delivered at the first international conference of Alcoholics Anonymous at Cleveland, Ohio in 1950

My good friends in AA and of AA. I feel I would be very remiss if I didn't take this opportunity to welcome you here to Cleveland not only to this meeting but those that have already transpired. I hope very much that the presence of so many people and the words that you have heard will prove an inspiration to you - not only to you, but may you be able to impart that inspiration to the boys and girls back home who were not fortunate enough to be able to come. In other words, we hope that your visit here has been both enjoyable and profitable.

I get a big thrill out of looking over a vast sea of faces like this with a feeling that possibly some small thing that I did a number of years ago, played an infinitely small part in making this meeting possible. I also get quite a thrill when I think that we all had the same problem. We all did the same things. We all get the same results in proportion to our zeal and enthusiasm and stick-to-itiveness. If you will pardon the injection of a personal note at this time, let me say that I have been in bed five of the last seven months and my strength hasn't

returned as I would like, so my remarks of necessity will be very brief.

But there are two or three things that flashed into my mind on which it would be fitting to lay a little emphasis; one is the simplicity of our Program. Let's not louse it all up with Freudian complexes and things that are interesting to the scientific mind, but have very little to do with our actual AA work. Our 12 Steps, when simmered down to the last, resolve themselves into the words love and service. We understand what love is and we understand what service is. So let's bear those two things in mind.

Let us also remember to guard that erring member - the tongue, and if we must use it, let's use it with kindness and consideration and tolerance.

And one more thing; none of us would be here today if somebody hadn't taken time to explain things to us, to give us a little pat on the back, to take us to a meeting or two, to have done numerous little kind and thoughtful acts in our behalf. So let us never get the degree of smug complacency so that we're not willing to extend or attempt to, that help which has been so beneficial to us, to our less fortunate brothers. Thank you very much.

The Twelve Concepts (Short Form)

Concept 2: The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

AA Service Manual - pg. 10

There are no musts in AA—for those who don't want to stay sober. The word "must" appears one or more times (the number in parentheses) on these pages of the Big Book. Please underline each "must" in red. *Pages xvi (1), xxiii (2), xxiv (1), xxvi (2), xxvii (4), 10 (1), 20 (1), 21 (1), 29 (1), 33 (1), 43 (1), 44 (1), 62 (2), 66 (1), 69 (2), 73 (1), 74 (2), 75 (1), 78 (1), 79 (1), 81 (1), 82 (1), 83 (2), 85 (3), 86 (1), 89 (1), 90 (1), 93 (1), 95 (2), 99 (3), 100(2), 101 (5), 111 (1), 113 (1), 114 (1), 115 (2), 117 (1), 118 (1), 120 (1), 127 (3), 130 (1), 135 (1), 141 (1), 144 (2), 152 (1), 153 (1), 159 (1), 164 (1), 293 (2), 311 (1)...*

There are More! Look for them.

Anonymous-AA Grapevine-January 1978

Promises Editor: Sally S. email: bikersal@cfl.rr.com
Please have any and all announcements, articles, etc. into me by August 15th to be included in the

Sept/Oct. printing. **Reminder: ALL celebrant info in the text box on the first page goes to Peter F.** at 446-8801 or peterflaherty@bellsouth.net

Alcohol Always Lied to Me

submitted by Jerry K

I Drank for Courage... and woke up night after night horrified.
I Drank for Sophistication... and became crude.
I Drank to find Peace... and ignited a war within myself.
I Drank to be Friendly... and became argumentative and nasty.
I Drank to be Sexy... and turned people off. I Drank so that I could Relate to Others... and I babbled.
I Drank to put down Loneliness... and found myself retreating more and more into my shell.
I Drank to Relax... and woke up tense.
I Drank to be Entertaining... and became an obnoxious clown.
I Drank to Live More Fully... and contemplated suicide.
I Drank for Adventure... and discovered disaster.
I Drank to be more Honest... and insulted my friends.
I Drank to Quiet my Nerves... and woke up with hangover jangles.
I Drank to Feel Better... and ended up sick and throwing up.
I Drank to have Fun... and passed out in the middle of the party.
I Drank to Pep Myself Up... and ended up exhausted.
I Drank to feel Successful... a Big Shot... but ended up a failure.
I Drank for Security... and became afraid of my shadow.
I Drank to Feel Better about Myself... and ended up hating me.
I Drank to prove I could handle Alcohol... and ended up knowing it controlled me.

A Friend asked... "But surely, now that you've been Sober awhile, it would take a lot of alcohol to put you back in that condition."

Many Thanks! to the Flagler County's 20th Annual Picnic volunteers: **Chairperson:** Denny N. **Speaker:** Carman L. **Grill Persons:** Trish & Lucy; **Sports Organizer:** Eileen; **Sports for Kids:** Jennifer & Carol F. **50/50:** Peter, George, Annie & Bill; **Set Up:** Gladys, Mary, Richy, Trish, Denny Peter, Debi, Pat K, Dick, Rita; **Clean up:** Annie & Bill, Denny, Peter, Debi, Pat K., Dick, Rita; **Door Ticket Sales:** Judy K & her daughter Siobhan; **Microphone and Amp:** Rita; **Ticket sales & flyer distribution people for meetings:** Mary S., George, Carol, Pat & Arnold, Bill, John, Mike, Nathan, Gladys, Betty, Judy, Dick, Denny and of course, anyone I have not included.

"Just One Drink," I answered!

~Author Unknown~

An article that just made this editor smile:

Twelve Ways to Tell the Difference Between Your Sponsor and Your Therapist:

1. Your sponsor isn't all that interested in the 'reasons' you drank.
2. *Your therapist thinks your root problem is your lack of self-esteem and your negative self-image.*
Your sponsor thinks your problem is yourself.
3. *Your therapist wants to pamper your inner child.* Your sponsor thinks you should be spanked.
4. Your sponsor thinks your inventory should be about you, not your parents.
5. Speaking of your parents, your sponsor tells you not to confront them, but to make amends to them.
6. The only time your sponsor uses the word "closure" is before the word "mouth".
7. Your sponsor thinks 'boundaries' are things you need to take down, not build up.
8. *Your therapist wants you to love yourself first,*
Your sponsor wants you to love others first.
9. *Your therapist prescribes care-taking medication.*
Your sponsor prescribes prayer making and meditation.
10. Your sponsor thinks "anger management skills" are numbered 1 thru 12.
11. *Now that you haven't had a drink in 6 months, your therapist thinks you should make a list of all your goals and objectives for the next 5 years, starting with finishing up that college degree.*
Your sponsor thinks you should start today by cleaning coffee pots and help him/her carry a heavy box of literature to the jail
12. Your sponsor will not lose his/her license if he/she talks about God. *Anonymous*

"Expectations are premeditated resentments"

I would like to thank Peter F. as the contributing editor, And, of course, I always want to thank Howie B. For all his help, printing the promises,, etc., etc., etc. Sally S. Editor