



345 Beville Road, Suite 102, South Daytona, FL 32119 - (386) 756-2930 - Fax (386) 756-3573 - Website: aadaytona.org
“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.”

Sunlight of the Spirit

“But with alcoholics, whose hope is the maintenance and growth of a spiritual experience, this business of resentment is infinitely grave. We found that it is fatal. For when harboring such feelings we shut ourselves off from the sunlight of the Spirit. The insanity of alcohol returns and we drink again. And with us, to drink is to die.” Alcoholics Anonymous, pg. 66

When I first came into AA, I had no clue what “Sunlight of the Spirit” meant and even less understanding of how to achieve it. After working through the steps and emerging on the other side of steps 4 through 9, I saw many promises taking shape and form in my life. They became tangible factors that I could see, feel, touch and come to rely on. I started to realize that the sunlight of the spirit, or my connection with my higher power, had been with me since the very first day that I came into an AA meeting. My sponsor showed me positive methods of reflection and meditation that became a part of my daily routine and eventually an active connection throughout each day.

Then as with many of us, life appeared and fears began to crop up that I didn't think I was going to be prepared to deal with. I was consumed with many doctors' appointments, medications, unsure diagnosis, rapidly declining physical condition and FEAR. Lots and lots of new fears! I desperately and frantically reached out to my sponsor and many people from my network. I received so much support and a lot of suggestions, but I was so ill, “Can't you people see it????”, “You don't understand.....” Sound familiar? I had to learn another lesson about this “Sunlight of the Spirit” that did not apply to just early sobriety. I was headed for dangerous ground and I was relying more on the physician's guidance than my connection with my higher power. I had forgotten another passage from that wise book....*“It is easy to let up on the spiritual program of action and rest on our laurels. We are headed for trouble if we do, for alcohol is a subtle foe.”* (Alcoholics Anonymous Pg 85)

I had to change my ways of thinking and I had to become willing to listen to the wisdom and suggestions of my sponsor and others. I had to travel back from an almost certain spiritual relapse that had severed my connection with my higher power. By reconnecting with the Sunlight of the Spirit and getting outside of myself, I began to see rays of hope even though I was still in the midst of medical darkness. My higher power will always guide me if I am willing to open my mind. In doing so, I found a remarkable piece of “new stuff” to carry me through the darkness. As with everything in creation, my spiritual condition requires nourishment to grow. That nourishment comes from the learning experiences of life that teach me exactly what I can endure and still remain sober. I must remember to trust and have faith that my higher power is in charge and there is a purpose for every event in my life. Knowing this today, I can see the “Sunlight of the Spirit” no matter what darkness I am walking through. It is just on the other side.

Intergroup News

Prices on Conference-Approved Literature are going up beginning August 1, 2009!!

Old Timers Dinner • August 22 • Brannon Center • 105 S. Riverside Dr. • New Smyrna Beach

Service Positions Open at Intergroup: Vice Chairperson, Trustees, Finance Committee members.

Intergroup Representatives Meeting - 6:30 p.m., on the 3rd Thursday of each month at the Central Baptist Church, 142 Fairview Avenue (just north of International Speedway Blvd off US 1).

Intergroup Steering Committee Meeting - 6:30 p.m., on the 2nd Thursday of each month at Intergroup Office.

Monthly District Meetings

District 8: Last Tuesday 6:30 p.m., Lakeview Estates, 819 Reed Canal Rd • South Daytona

District 19: 3rd Tuesday 7:00 p.m., First Cong. Church, 201 W. University, Orange City

District 20: 3rd Sunday 7:30 p.m., Rebos Club, 2120 S Ridgewood Ave # 8, Edgewater

District 21: 2nd Monday 6:00 p.m., First United Methodist Church, 336 South Halifax, OB

District 32: 1st Tuesday 6:30 p.m., Ormond Beach Presb. Church, 105 Amsden Rd, OB

District 19: Westside Intergroup Picnic • Saturday September 12th • 11am -3pm

District 19 Special Needs Coordinator is Dick R.

District 20: Traditions Workshop & N. Florida Area 14 Delegate's Report • August 29th

District 8: Location Change: Lakeview Estates Clubhouse • 819 Reed Canal Rd • South Daytona

Groups represented at IGR Meeting, July 2009: (15) • Aloha • Any Lengths • Back to Basics-Del • Brighter Days • Friday Night Men's • Friday Noon Men's Discussion • Lest We Forget • Lifesavers • New Dawn • New Smyrna Beach • Pass It On • Primary Purpose • Steps for Life • Wednesday Women's • Young At Heart

Was your Group represented?

♦ District representation: Districts 8(2), 19(2), 20(5), 21(4), 32 (2) ♦ MAL's present: Districts 8, 21, 32

Celebrate your anniversary with an act of gratitude that will help your Volusia County Intergroup Office continue to carry the message to the still-suffering alcoholic. Make a commitment to send a dollar (or whatever amount you wish) on your anniversary for every year of sobriety.

Anniversary Donations: Joe \$34 for 34 Years! • Bob W. \$33 for 33 years! • Randy \$15 for 15 years!

Joeanna M. \$5 for 5 years! Gale R. \$4. for 4 years! Stacey M-B \$1 for 1 Year!

Anonymous Donations: \$430. • \$120

In Memory of: Tom Vallor \$25. & \$15. • Otto H. \$25. We appreciate your support.

Meeting Information:

Tomoka Groups' Saturday Night 8pm Open Speaker Meeting • **New Location:** Faith Lutheran Church • 2010 W. Granada Blvd at Tymber Creek Rd (1 mile West of I-95) Ormond Beach

Deland Blvd Group needs AA women's support at CORS Treatment Center Meeting Wed's 8pm, 245 Amelia Ave., Deland

Choice is Yours: 12:00 pm, Monday - Saturday at Club Yana

Never Too Young Deland: Canceled

New Meetings:

Never Had It so Good • 8am Mon & Fri (Open Disc) Wed (BB Study) • Club Yana, Port Orange

Fountain of Youth - 1st Methodist Church, Deland • New Time 7pm Saturdays

Free to Be-Candlelight • 10:00pm • Lambda Center • 320 Harvey St • Daytona Beach

Meeting Location Changes:

Road to Recovery - Deland Now at 179 Carpenter Ave, Osteen (Monday's 6pm)

Shores 11th Step Group Now at Frank Rendon Park, Tue 8pm on the beach, south of stairs

From The Archives

More bits of AA history from Dave W. which appeared in early "Hi 'n Dry's".

December 1997 - Bylaws of the first AA group in Jacksonville, Florida

In 1943 before the 12 Traditions.

"The membership shall be limited to men. New members shall be admitted by invitation only, extended by the secretary with the approval of all members.

New members may be sponsored by members of the group only.

A member may be "resigned" from the roster by the revolving committee if it appears to be for the best interest of the group."

July 1998-Excerpt from a letter to GSO from Dave W., secretary of the Daytona Beach Group, July 31, 1942.

"We have two new hopefuls since Bill W's meeting here Monday and we are listing them as members. However - anyone coming into this group now understands he is a "probationer" for 60 days and is only an associate member until he has been in eight meetings and dry at least for the above period. This takes care of "slippers" and if one slips while he holds onto one of our few minor offices, he automatically reverts to 60 days probation. The probation period is to prevent any aggressive person having a voice in the group until he has proven himself."

Thanks, Dave .

Carolyn C. Archives Committee



"All he keeps saying is, 'I should have called my sponsor.'"

Words of Wisdom

"We will want the good that is in us all, even in the worst of us, to flower and to grow. But first of all we shall want sunlight; nothing much can grow in the dark." 12x12, pg. 98

Experience, Strength, and Hope

“Believe more deeply. Hold your face up to the light, even though for the moment you do not see.” Bill W

When I first came into AA, my world was full of darkness. When I remembered the past, all I saw was the bad stuff that had happened. My present seemed so worthless - broken promises, driving on “privileges”, and a failing marriage. My future felt grey and bleak without hope or joy.

Today, I remember my past and recall good stuff like the cupcakes my Mum used to bake when we came home tired from school. I think about my present and notice the orange butterfly fluttering around my head as I weed my garden. I imagine my future and see endless possibilities and how great it will be to grow up sober.

What has made such a difference in my world? Quite simply - Sunlight - nine years and 355 days worth of the Sunlight of the Spirit. I have been “guided from a life of self-will to a life guided by the Sunlight of the Spirit.”

Through the years, there were dark periods when the light that guided my steps was yours. I stayed sober during the darkness and learned as I got out the other side, that the light had become brighter. Over time, I learned that no matter what I was going through, no matter what happened, I would always be alright.

With all the good stuff going on, it is sometimes tempting to “rest on my laurels”, but the Big Book tells me that alcohol is a “subtle foe” and if I let up on my spiritual program, it will be hard to “survive the certain low spots ahead”. A speaker once said, “How will I know when the light is dimming if I don’t stay in the Sunlight of the Spirit?”

Anon

“A clear light seems to fall upon us all - when we open our eyes.” Letter, 1946

“As soon as you start trying to hide your darkness, you are bound to hide your light.” Unknown

“I must walk in darkness to find the light and walk into fear to find peace.” Daily Reflections, pg. 130

Committees, Coordinators and Intergroup Updates

PI/CPC Report by Bambi H., Chairperson

HH Police Dept. now has a literature rack for facility. Contact has been established with Memorial Hospital Oceanside and their new facility to get literature racks approved. We are working on flyers for hotel/motel distribution. Contact has been made for a table to be set up at Recovery Month Celebration at the Bandshell in September. Literature racks continue to be filled by volunteers. Sharon H. is the new PI/CPC contact for District 20

Treatment Center Report by Norma H., Coordinator: Announcing Grapevine Success!!! All of our area treatment centers are now receiving the Grapevine. Thanks for all your help! Norma H. - Treatment Center Coordinator

Corrections Report by Curly, Chairperson of "Bridge the Gap" Program

You can become part of the "Bridge the Gap" Program! All that is required is for you to become a "pen pal" to a Suffering Alcoholic inmate in prison. You will not use your full name and Intergroup will be the return address. For more Information; call Intergroup at 756-2930 and I will contact you.

Phone Army Report by Don G., Coordinator (when Intergroup is closed) for June: 34 calls; 32 for info; 3 for help. Volunteer needed to answer the hot line for Saturdays from 5pm to 10pm.

Desk volunteers needed for the 3rd and 5th Saturday of the month from 9am to 1pm. Thanks to all volunteers who continue to do great work in making 12-Step work possible.

Finance Committee: Volunteers needed with Business or Accounting experience to review Intergroup operations reports and statements and to provide suggestions. Only one meeting each month. Contact Intergroup for information.

Office Coordinator Report by Lee

245 calls and 221 visits to Intergroup during June. There were eight help calls, seven from women. Six were followed up by 12th steppers. One man called and a 12th Stepper met with him to help him out. Hotline calls indicate that our number was obtained from: 48% general websites; 19% from 411; 14% from yellow page; 10% from a friend; 5% from white pages; and 4% from schedules, literature, counselors, outreach program and other intergroup.

Intergroup Website (aadaytona.org) Report by Mike June visits: 654

This newsletter communicates the thoughts and feelings of its editor and contributors and reflects current A.A. experience with recovery, unity, and service.

Articles are not intended as statements of A.A. policy. Publication does not imply endorsement by either A.A. or this newsletter. Articles are invited, but the editor reserves the privilege of accepting, rejecting or editing all submissions.

Articles may be submitted in writing through the Volusia County Intergroup office, or via email at: editor@aadaytona.org. Are you interested in working on the High 'n Dry? Contact the editor to get involved.

ATTENTION

READERS OF THE HIGH 'N DRY
Please submit any A.A.-related:

- Articles
- Announcements
- Questions
- Complaints
- Suggestions

We will try to publish and respond where appropriate.

editor@aadaytona.org

August 2009 Anniversaries

Years	Date	Years	Date	Years	Date			
5:30 GROUP			GRATEFUL GROUP			RIVERBRIDGE		
Linda B.	4	08/14/05	Kathy H.	21	07/27/88	Bob A.	13	08/29/96
Karen B.	3	08/21/06	HEART TO HEART			ROAD TO RECOVERY, DELTONA		
ADVENTURES IN SOBRIETY			Lucky H.	27	08/02/82	Chuck S.	20	08/13/89
Gerry H.	21	08/17/88	Pam M.	2	08/01/07	SATURDAY MATINEE		
ATTITUDE ADJUSTMENTS			HIGH NOON			Don L.	43	08/20/66
Keith S.	25	08/13/84	Steve M.	26	08/30/83	Millie L.	5	08/25/04
Bob C.	24	08/26/85	Skip L.	21	08/22/88	SHORT TIMERS		
BACK TO BASICS - DEL			Brenda S.	19	08/22/90	Phillip G.	6	08/10/03
John B.	32	08/12/77	JUST DO IT			Lee B.	4	08/05/05
Lottie D.	24	08/03/85	Brian C.	23	08/28/86	SOBRIETY FIRST		
Joe L.	17	08/18/92	LAST CALL GROUP			David F.	9	08/09/00
Pat M.	12	08/22/97	Marion C.	26	08/01/83	Scott H.	7	08/21/02
BOULEVARD GROUP			Bruce B.	21	08/11/88	STEPS FOR LIFE		
Mike W.	20	08/10/89	Janine B.	9	08/11/00	Linda T.	7	08/14/02
CHOICE IS YOURS			LEST WE FORGET GROUP			SUNRISE GROUP - DELAND		
Doug	27	08/04/82	Doug G.	27	08/04/82	Sue G.	11	08/27/98
DONUT GROUP			Dick B.	18	08/03/91	Grace P.	1	08/26/08
Bill W.	34	08/18/75	Patti G.	8	08/26/01	SUNRISE GROUP -HOLLY HILL		
Eddie G.	1	08/09/08	Rick S.	4	08/08/05	Joan M.	47	08/08/62
Kevin K.	1	08/21/08	NEW DAWN			Mary Jane	24	08/19/85
Sarah S.	1	08/24/08	Dick B.	41	08/10/68	Kevin M.	11	08/03/98
FOUR TOWNES NOON			Bob W.	29	08/18/80	Rob M.	3	08/04/06
Bill D.	43	08/15/66	Dick C.	26	08/07/83	THURSDAY NIGHT MEN'S		
Joe J.	18	08/28/91	Steve R.	7	08/22/02	Ed B.	6	08/25/03
Sherry H.	3	08/30/06	Rick N.	3	08/08/06	TURN THE PAGE		
Todd J.	2	08/06/07	Chet O.	3	08/29/06	Diana B.	6	08/18/03
Alice C.	2	08/19/07	NEW SMYRNA BEACH GROUP			WEDNESDAY WOMEN'S		
FREE TO BE --DAYTONA			Jess S.	30	08/10/79	Jackie McF	26	08/16/83
Mary S.	23	08/17/86	Sandy S.	18	08/08/91	Mary S.	23	08/17/86
Russ VA	16	08/17/93	Chuck R.	11	8/25/98	Nancy G.	5	08/18/04
Mike K.	13	08/07/96	ORMOND BEACH GROUP			WEDNESDAY CLOSED		
Margaret	9	08/01/00	Marion C.	26	08/01/83	Kim H.	8	08/04/01
John S.	9	08/05/00	Kevin M.	6	08/14/03	WESTMINSTER BY-THE-SEA		
Ty B.	8	08/01/01	Laura L.	1	08/04/08	Carol K.	9	08/25/00
Robert B.	7	08/20/02	PASS IT ON			WOMEN'S NEW BEGINNINGS		
FRIDAY NIGHT MEN'S			Sue G.	11	08/24/98	Suzanne	21	08/08/88
Warrior	31	08/07/78	Mary H.	5	08/04/04	Margaret W.	9	08/24/00
Buckeye	15	08/22/94	Erica W.	3	08/04/06	WOMEN'S WEEKEND		
FRIDAY NOON MEN'S DISCUSSION			Fred N.	2	08/20/07	Sue G.	10	08/01/99
Don L.	43	08/20/66	John G.	1	08/05/08	Dee M.	8	08/13/01
John S.	43	08/22/66	PEACE OF MIND			Debbie	1	08/05/08
Bob C.	24	08/26/85	Arthur S.	27	08/25/82	YOUNG AT HEART		
Tim B.	18	08/31/91	Susan L.	8	08/24/01	Don P.	9	08/18/00
Bob P.	14	08/28/95	Robin R.	7	08/14/02	Pat B.	2	08/08/07
Scott H.	10	08/25/99	Kelly B.	1	08/16/08			
FRIDAY SOBRIETY			PRIMARY PURPOSE					
Jackie M.	26	08/16/83	Marsha R.	1	08/24/08			

"Bumper Sticker" Sobriety

The ultimate truth is always light.

Nothing much can grow in the dark.

To keep a lamp burning, we have to keep putting oil in it.

JUNE 2009 CONTRIBUTIONS

GROUP	C *		JUN	YTD
5:30 Group	RBS	20		87.15
5th Tradition	SD	8		0.00
AA Way of Life	SD	8		0.00
A Believer's Choice		20		0.00
A Vision for You		19		0.00
Adventures in Sobriety		21	15.00	40.00
Aloha		21		0.00
Any Lengths (Deltona)		19		100.00
Any Lengths (Ormond)		32		102.00
As Bill Sees It	DLSP	19		0.00
Attitude Adjustment		21		130.00
Back to Basics DeL		19	25.00	150.00
Back to Basics PaC				0.00
Basic Text		21		565.00
Beachside, NSB		20		0.00
Beginner's Big Book Study	RBS	20		0.00
Better Way	VcE	19		0.00
Big Book Study DB	SD	8		0.00
Big Book Study HH		21		0.00
Boulevard Group	VcE	19		0.00
Brighter Days	ALM	8		30.00
By the Sea		32		50.00
Came to Believe OB		32		0.00
Candlelight DB	SD	8		0.00
Candlelight OB	EZY	32		0.00
Choice is Yours	YAN	20		0.00
Circle of Friends	SD	8		0.00
Cool to Be Sober	YAN	20		0.00
Daytona 24-Hour Group	SD	8		0.00
Daytona's Burning Desire		8		0.00
DeLand Group		19		41.60
Deltona Big Book		19		0.00
Deltona Men's		19		50.00
Deltona/Debary Group		19		0.00
Deltona/Enterprise		19		0.00
District 8		8		75.00
District 19		19		0.00
District 20		20		0.00
District 21		21		0.00
District 32		32		0.00
Donut Group	SD	8		0.00
Early Ducks	EZY	32		0.00
Edgewater BB/Step Study		20		0.00
Fortaleza		19		0.00
Fountain of Youth		19		40.00
Four Townes Noon Group		19		145.89
Free to Be, DB	LBD	8		265.73
Free to Be, DL	VcE	19		0.00
Fresh Start	ALM	8		0.00
Friday Night Men's	RBS	20		93.06
Friday Noon Men's Discussion		21	161.40	429.40
Friday Sobriety		8		0.00
Friday Women's Step				0.00
Good Orderly Direction		19		50.00
Grace Group				10.00
Grateful Group		19	25.00	50.00
Had Enough		32		100.00
Happy Destiny	YAN	20		0.00
Happy Hour DB	ALM	8		150.00
Happy Hour NSB		20		0.00
Heart to Heart		20		0.00
High Noon		20		25.00
High Nooners	SD	8		60.00
How it Works	EZY	32	150.00	150.00
Insane Today	EZY	32	125.00	125.00
It's a Burgh Thing		19		0.00
Just Do It BB Study-Debary		19	15.00	30.00
Keep it Simple	VcE	19		0.00
Ladies Only	RBS	20		0.00
Last Call	SD	8		0.00
Lest We Forget		21		242.97
Lifesavers		20	25.00	125.00

GROUP	C *	DIST	JUN	YTD
Line-By-Line BB Study		32		20.00
Living Sober DB	SD	8		0.00
Living Sober PO	YAN	20		0.00
Love and Service		8		200.00
Lunch Bunch	SD	8	69.55	357.15
Main Street Irregulars	CAYA	8		10.00
Miracle Group	EZY	32		119.69
Morning Reflections	SD	8		0.00
Never Too Young	VcE	19		0.00
New Attitudes	SD	8		0.00
New Beginning	YAN	20		0.00
New Dawn Group		20	212.17	1,245.51
New Hope Group		8		50.00
New Smyrna Beach Group		20		232.73
No Name Meeting				0.00
Noon Group	VcE	19		0.00
Old Time NY AA		32		0.00
Only Alternative	Alm	8		25.00
Open Door	VcE	19		0.00
OB Big Book Step Study		32		33.87
Ormond Beach Group		21		200.00
Pass it On	VcE	19	50.46	293.99
Peace of Mind		20		460.00
Precisely How	ALM	8		0.00
Primary Purpose		32		53.20
Riverbridge		32	100.00	100.00
Road to Recovery S. Daytona		8		40.00
Road to Recovery Deltona		19		0.00
Sand and Sea	EZY	32		0.00
Saturday Matinee	SD	8		80.00
Saturday Morning Step		19		0.00
Saturday Night Alive		8		326.70
Saturday Night Beginners		19		200.00
Saturday Women's Group		19		0.00
Seaside Non-Smoking		20		0.00
Serious About Sobriety		19		0.00
Shores 11th Step		8		0.00
Sisters In Sobriety		19		0.00
Sobriety and Beyond		21		20.00
Sobriety First		19		75.00
Solutions Group	YAN	20		0.00
Steps for Life		8		91.81
Sunday Morning Sober	YAN	20		0.00
Sunday Night Connection				0.00
Sunrise Group - Holly Hill		21		100.00
Sunrise Group - Deland				84.00
The Weekly Reprieve,Lk Helen				0.00
Three Legacies		21		10.00
Thursday Night Men's		8		80.00
Tomoka Group		32		262.50
Turn the Page		8		0.00
Turning Point		21		0.00
Una Luz en el Camino,Pierson				0.00
Victory Group		19		0.00
Way of Life	ALM	8		0.00
Wednesday Closed		32		78.50
Wednesday Night Speaker		20		0.00
Wednesday Women's Group		21		312.00
Westminster By-the-Sea		20		0.00
Women In Recovery	Alm	8		0.00
Women's New Beginnings		20		100.00
Young at Heart		20		40.00
Young People's New Deal		20		0.00
TOTAL			973.58	\$8,814.45
Anniversary Club			92.00	161.00
Anonymous Contributions			442.00	4,053.00
Copier Contributions			15.20	52.92
Hi 'n Dry Mailings			0.00	84.00
In Memory of Donations			40.00	333.00
IGR meeting 7th tradition			20.00	107.00
Refunds and Book Sales			0.00	0.00
Grand Totals			1,582.78	\$13,605.37

A very special thank you goes out to all of you that have donated to Volusia County Intergroup, Inc.

The Volusia County Intergroup financial sheet is now available at the office. It is also available through your Volusia County Intergroup Representative

August 2009 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 District 32 Meeting 6:30 PM	5	6	7	8
9	10 District 21 Meeting 6:00 PM	11	12	13 Intergroup Steering Committee 6:30 PM	14	15
16 District 20 Meeting 7:30 PM	17	18 District 19 Meeting 7:00 PM	19	20 IGR Meeting 6:30 PM	21	22 Intergroup OLD TIMER DINNER (Details Below)
23	24	25 District 8 Meeting 6:30 PM	26	27	28	29 District 20 Traditions Workshop & Area 14 Delegate's Report (Details Below)
30	31					

- **August 13-16: 65th Southeastern Conference & Area 1 54th Convention:** Mobile, AL.
- **August 22: Old Timers Dinner:** Saturday • Brannon Center • 105 S. Riverside Drive • New Smyrna Beach Limited Seating • only 350 tickets • **NEED GROUPS to volunteer for:** Drinks Table • Desserts Table • Servers
- **August 29th: District 20: Traditions Workshop & N. Florida Area 14 Delegate's Report from Chet P.** United Church of Christ Annex • Corner of Washington & Faulkner • New Smyrna Beach • FREE Lunch!
- **Friday Night at the Movies** sponsored by Last Call Group begins on August 28th, 7:00pm • "My Name Is Bill W"
Big Screen TV-Free Popcorn • Silver Dollar Club, 223 Magnolia Ave.
- **Sept 26: 5p-8p Celebrating Recovery Month** at Daytona Bandshell
- **October 9, 10 and 11: North Florida Area Assembly, Gainesville, FL**
- **2010 February 11-14, : 46th International AA Women's Conference:**, Orlando, FL, www.internationalwomensconference.org
- **2010 International Convention:** July 1-4, 2010, San Antonio, Texas, www.aa.org