

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."*

Please Help Me

One of the most important, enduring constants in my sobriety has been sponsorship. When I think back, I know that each person was the perfect sponsor, although at the time, I didn't appreciate what that would really mean in my life. Today I know without a doubt, that God was doing for me what I couldn't do for myself when I learned to say, "Please Help Me."

My first sponsor taught me to make meetings a priority. In fact, if I wanted to see her or talk to her, I had to be sitting in a meeting next to her. As I continued to grow, I needed more than just meetings. God sent me a Big Book thumper. She was strict and I was in awe (and fear). I did whatever she told me and before I knew it, I had finished my first four steps! When strictness pinched like meanness, I fell into old habits of keeping secrets. Almost picking up woke me up to finally ask someone else, "Please Help Me." We finished the rest of the steps. I learned to love serving AA. Our relationship (and my sobriety) endures to this day. After moving to Daytona, I got a co-sponsor for "eye ball" benefits and learned a lot about relationships from this wise soul. Recently, while lagging in focus and drowning in commitments, I uttered the words, "Please Help Me", and immediately found myself being guided by person who challenges me to put it all together, keep it simple and stay in balance. I can tell already that I've started growing again.

Each sponsor lives forever in the layers of my sobriety, like threads woven into a tapestry. Twelve years later, I can close my eyes and see their faces and hear their voices. And I'm better off for each one of them. If you're new, keep it simple. Start with "Please Help Me."

Anon

August 2011 Theme:

"Sponsorship"

IN THIS ISSUE

*Committees forming for Oldtimers

Dinner: Details Inside.

*Archives: Westminster Group

*Experience, Strength, and Hope: **Good Sponsorship**

*Traditions": Tradition 8
...and much more!

Sobriety Countdown:

This Year August 2011: 1,358

Last Year August 2010: 1,243

Did You Know.....

Volusia County Intergroup

Vital to AA's and a part of Alcoholics Anonymous

NOMINATIONS BEING ACCEPTED:

- Secretary
- Trustee #1
- Trustee #2

Contact Intergroup and leave a message for a member of the nominating committee:

*Joe D., Jennifer L. or
Natalie Y.*

Call Intergroup at 756-2930 to serve.

Intergroup News

Editor needed for the High 'n Dry • Call Intergroup to serve (386) 756-2930.

Volunteers needed to help with Old Timer's Dinner • Call Intergroup to serve (386) 756-2930.

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

Intergroup Steering Committee Meeting - 6:30 pm, 2nd Thursday 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: 4th Monday 6:30 p.m., First Cong. Church (Annex), 201 W. University, Orange City
District 20: 3rd Sunday 7:00 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

Groups represented at IGR Meeting, June 2011: (17) • Aloha • Brighter Days • Choice is Yours • Back to Basics DeLand • Lest We Forget • Friday Night Men's • Primary Purpose • Road to Recovery DB • Steps for Life • Wednesdays Women's • Ormond Beach Group • Holly Hill Big Book Study • Precisely How • Tomoka Group • Turn the Page • Women's New Beginnings • Young at Heart • Was your Group represented?

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

DISTRICT NEWS:

District 19: "Traditions Information Sessions" by Bill S, CPC/PI Chair • 6:00-6:30pm before the District monthly meeting.

District 21: "Night at the Ballpark" • Jackie Robinson Stadium • Daytona Beach • \$6.00/person

District 32: Thinking about holding a garage sale.

Help Volusia County Intergroup carry the message to the still-suffering alcoholic. Commit a dollar for every year of your anniversary, donate in memory of, or make it anonymous. Do it today!

Anniversary Donations: Robbie \$10.95

Anonymous Donations: \$117

In Memory of: Dale W. \$155, \$20, \$50, \$40

YTD 6/2011: Total Contributions: \$19,915; Total Income: \$54,988; Net Income: (\$3,404)

Contributions help make Twelve Step activity possible. We appreciate your support.

Meeting Information:

New Meetings:

TBNL Meeting • 11th Step • 9:45 am • Thursdays • Open • Club Yana • Port Orange

Big Book Comes Alive • Big Book Meeting • 7:00 pm • Tuesdays • Open Meeting • Oasis Treatment Center, 612 N Ridgewood in Edgewater

Miracles Do Happen • Beginners Discussion • 5:45 pm • Wednesdays • Open Meeting • Ormond Beach Union Church, 56 N Beach Street in Ormond Beach

Meeting Changes:

High Noon • Location Change • 101 N. Orange St, New Smyrna Beach • 12:00 pm • Sun-Sat, Open

Candlelight • Daily Meeting • 10:00 pm • Various Formats • Easy Does It Club • Ormond Beach

Daytona AA Group History:

Westminster Group

September 1981 - May 2011

The Westminster Group has disbanded. The wooden AA sign that was put outside the door every Sunday night has been donated to the Archives. It is only fitting that we republish their group history as a tribute to their long service to AA and the Daytona Beach Shores community.

The Westminster Group started as the Wilbur by the Sea Group in September of 1981. It was started by Lamar B. and Jim B. in the Wilbur by the Sea Social Club, outside on the deck over the river, a beautiful spot to share a sunset and sobriety. Early members were Lamar B. Jim B. Jeanine B. and Ted C. They met at 6:30 pm on Sunday night. The first anniversary of this group was celebrated with a covered dish supper and Hal M. spoke.

In the spring of 1999, the social club burned and the group had to find a new meeting place. The first meeting at the Westminster Presbyterian Church on Peninsula Avenue in Daytona Beach Shores was in May of 1999.

After almost 30 years of service this group will certainly be missed.

This history was submitted in May of 2006 and published in the June 2006 issue of the Hi n' Dry.

Carolyn C. Archives committee

Words of Wisdom

"Outline the program of action, explaining how you made a self-appraisal, how you straightened out your past and why you are now endeavoring to be helpful to him. It is important for him to realize that your attempt to pass this on to him plays a vital part in your own recovery. Actually, he may be helping you more than you are helping him."

Alcoholics Anonymous, Chapter 7, Page 94.

"Bumper Sticker" Sobriety

A sponsor is a trusted servant.

Don't depend on me, depend on God!

Don't look for a sponsor, listen for one.

Experience, Strength, and Hope

“Let Go and Let God” Sponsorship

I will not force or manipulate or judge or attempt to control you, nor should you do those things to me.

It means we will keep on helping others to freedom by providing breathing holes.

It means we deliberately let go so each of us can grow and learn on our own; otherwise, we shall never enjoy the liberty of an open sea.

Because we care, it is our tendency to give people hints or advice. The thought of letting them fail or fall is extremely painful to us, but God treats us like that virtually every day of our lives. Let go and let God.

Anonymous

The A.A. Tradition

The Eighth Tradition

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

This tradition guides us on how to carry the message to others. It reminds us that our service for the fellowship is not done for money, material gain or to increase referrals to our businesses, but only to strengthen our sobriety and further our own spiritual growth. It guards against using our professions or expertise to become authority figures. Our Intergroup does pay service workers to make 12 Step work possible, but we do not charge for 12-step work. It teaches me to give with no strings attached and that if we are ever to recover, we must meet as equals.

Good Sponsorship

Lay out the facts. Encourage personal authenticity and strong commitment.

Respect their right to walk away. Not once do you pull rank and fall back on intimidation to get your way.

Let there be no question on where you stand. You have decided to stay sober, no question about it. Now it's their turn to decide for themselves.

Know where you are going, but give others the space they need to choose for themselves.

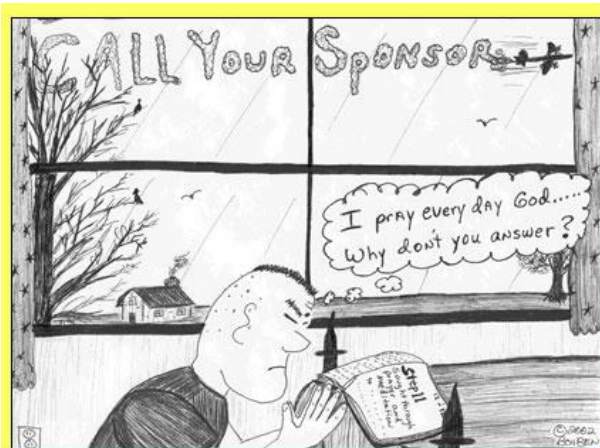
No threats. No name-calling. No public put-downs. No exploitation or manipulation or humiliation.

There will always be those who want you to make their decisions for them...to cosign for their lives. Don't do it.

Back off and say, "You decide." That's not only smart, it's an evidence of two admirable virtues: security in yourself and respect for the program of Alcoholics Anonymous.

If they don't wrestle with the issues on their own, the resulting decision might be a superficial commitment that might very well melt under the inevitable heat of difficulty and trial of life on life's terms. Anonymous

THE JOKE'S ON US



Call Your Sponsor

Committees, Coordinators and Intergroup Updates

Phone Army Coordinator by Mark C: There were 18 calls in June 2011: 16 calls for information; one man was contacted by a 12 Stepper and taken to a meeting. A second person wanted to talk and then asked for meeting information. Phone Army volunteers, please send in your log sheets to Intergroup via fax, mail or email for inclusion in the monthly report.

Corrections Committee Coordinator by George C: We need more volunteers to help with meetings in the prisons. Please be prepared to complete a 7-page clearance form. Once you're approved, you can go into any facility. Contact George C. at (386) 789-6109 or gedeco40@hotmail.com.

12 Step Coordinator by Jan M: New volunteers can be added at any time so if you are interested in 12 Step work, please let us know. We still need 12 step volunteers for every area. Please announce this when you go to meetings. Contact Jan M. at (386) 847-7154.

Archives Committee by Carolyn C: Central Florida Intergroup donated a 4th Edition Big Book in which pagination has been done incorrectly (collectors item). We rescued books and laminated readings from the Westminster by the Sea group. We finally have a special storage container for very old, valuable books, which is weather resistant and acid free.

High 'n Dry Editor: The September 2011 issue will be available for pickup on August 26th.

Office Coordinator Report by Mike D: 123 calls, 217 visits to Intergroup during June 2011. 9 help calls were received. 12 Steppers responded to three calls to talk to someone. Four calls were received for hospital or rehab information. 12 Steppers responded to two requests for rides to meetings.

Intergroup Website Report by Mike D, Webmaster: June website visits 1,003

Special Thanks

to the following Groups for their contributions in
June 2011

Any Lengths-Deltona, Attitude Adjustment, Back To Basics-Del, Brighter Days, Friday Noon Men's, How It Works-OB, Just Do It BB Study, Lest We Forget, Lifesavers, Love and Service, Never Had It So Good, New Beginnings-DeL, New Dawn, NSB Group, Pass It On, Road to Recovery-DB, Sunday Morning Sober, Three Legacies, Way of Life, Women's New Beginnings, Young at Heart

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:

- Announcements
- Stories, Poems, Songs, Jokes, Bumper Stickers, Words of Wisdom
- History
- Suggestions
- Corrections

editor@aadaytona.org

AUGUST 2011 Anniversaries								
	Years	Date		Years	Date		Years	Date
BACK TO BASICS - DEL			FRIDAY SOBRIETY			NEW HOPE		
Lottie D.	26	08/13/85	Jackie M.	28	08/16/83	Bill B.	5	08/01/06
Joe L.	19	08/18/92						
Dot M.	14	08/22/97	GRATEFUL GROUP			OB BB STEP STUDY		
Eric D.	1	08/01/10	Ronnie H.	22	08/29/89	Elendea K.	1	08/22/10
			Shawn C.	2	08/06/09			
Basic Text			James B.	2	08/09/09	ORMOND BEACH GROUP		
Eileen W.	29	08/06/82				Kevin M.	8	08/14/03
			HEART TO HEART			Laura L.	3	08/04/08
BIG BOOK STUDY-HH			Lucky H.	29	08/02/82			
Dan M.	13	08/22/98				PEACE OF MIND		
Lona B.	2	08/17/09	HIGH NOON			Arthur	29	08/25/82
			Steve M.	28	08/30/83	Robin R.	9	08/14/02
BY THE SEA GROUP			Skip L.	23	08/22/88	Linda B.	7	08/14/04
Royce U.	6	08/29/05	Brenda S.	21	08/22/90	Ron F.	1	08/28/10
Charles K.	1	08/20/10				Sebastian W.	1	08/29/10
			HIGH NOONERS					
CANDLELIGHT-EDI			Santos J.	20	08/30/91	ROAD TO RECOVERY, DB		
Tim B.	20	08/31/91	Tim Best	20	08/31/91	Debbie O.	23	08/08/88
DELAND GROUP			JUST DO IT			ROAD TO RECOVERY, DELT		
Ginnie G.	31	08/16/80	Brian C.	25	08/28/86	Chuck S.	22	08/13/89
Henry A.	26	08/15/85	Peggy P.	14	08/06/97	Lil" Debbie	3	08/05/08
Debbie F.	24	08/15/87	Clara G.	1	08/01/10			
						SATURDAY NIGHT ALIVE		
DONUT GROUP			LEST WE FORGET GROUP			Nancy B.	21	
Mimi D.	19	07/08/92	Joan M.	49	08/08/62			
Dennis W.	4	07/16/07	Don L.	45	08/20/66	STEPS FOR LIFE		
Bill W.	36	08/18/75	Mary C.	15	08/08/96	Tania C.	37	08/03/74
Robyn C.	2	08/14/09	Patti W.	10	08/26/01	Linda T.	9	08/14/02
Joe M.	2	08/27/09	Rick S.	6	08/08/05	Robin M.	2	08/31/09
EARLY DUCKS			LOVE AND SERVICE			SUNRISE GROUP - DELAND		
Loreen	13	08/01/98	Tim	1	07/30/10	Sue G.	13	08/27/98
Rick S.	6	08/08/05	Patty W.	10	08/28/01	James B.	2	08/16/09
			Beverly C.	3	08/08/08	J.R. B.	1	08/03/10
						Julia R.	1	08/25/10
FOUR TOWNES								
Bill D.	45	08/15/66	NEW DAWN					
Sherry H.	5	08/30/06	Dick B.	43	08/10/68	WAY OF LIFE		
Todd J.	4	08/06/07	Dick C.	28	08/07/83	Jeannie B.	13	08/01/98
Alice C.	4	08/19/07	Steve R.	9	08/22/02	Pete P.	10	08/10/01
Juan R.	1	08/14/10	Rick N.	5	08/08/06	Amos N.	3	08/01/08
			Chet O.	5	08/29/06	Jen P.	3	08/08/08
			Mary B.	2	08/06/09			
FRIDAY NOON MEN'S			Mary B.	2	08/06/09	WOMEN'S NEW BEGINNINGS		
John S.	45	08/22/66	Nicole E.	2	08/16/09	June	33	08/31/78
Dick B.	43	08/10/68	Heather	1	08/11/10	Suzanne	23	08/08/88
Bob C.	26	08/26/85	Liz S.	1	08/24/10	Margaret	11	08/24/00
Tim B.	20	08/28/91				Nancy	7	08/18/04
Bob P.	16	08/28/95	NSB GROUP			Sandra	5	08/15/06
Scott H.	12	08/25/99	Jess S.	32	08/10/79	Nicole S.	2	08/16/09
			Sandy S.	20	08/08/91			
			Chuck R.	13	08/25/98			

JUNE 2011 CONTRIBUTIONS

GROUP	C *		JUN	YTD
5:30 Group	RBS	20		0.00
5th Tradition	SD	8		0.00
AA Way of Life	SD	8		0.00
A Vision for You		19		0.00
Adventures in Sobriety		21		50.00
Aloha		21		0.00
Any Lengths (Deltona)		19	100.00	100.00
Any Lengths (Ormond)		32		185.00
As Bill Sees It	DLSP	19		0.00
Attitude Adjustment		21	161.00	161.00
Back to Basics DeL		19	25.00	110.00
Back to Basics PaC				0.00
Basic Text		21		0.00
Beachside, NSB		20		50.00
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	125.00	250.00
By the Sea		32		50.00
Came to Believe OB		32		0.00
Candlelight DB	SD	8		0.00
Candlelight OB	EZY	32		98.05
Choice is Yours	YAN	8		25.00
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		65.44
Deltona Big Book		19		0.00
Deltona Men's		19		0.00
Deltona/Debary Group		19		60.00
Deltona/Enterprise		19		0.00
District 8		8		0.00
District 19		19		0.00
District 20		20		0.00
District 21		21		0.00
District 32		32		150.00
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		10.00
Four Townes Noon Group		19		117.00
Free to Be, DB	LBD	8		329.85
Fresh Start	ALM	8		0.00
Friday Night Men's	RBS	20		0.00
Friday Noon Men's Discussion		21	96.95	353.43
Friday Sobriety		8		150.00
Friday Women's Step				0.00
Good Orderly Direction		19		0.00
Grace Group				0.00
Grateful Group		19		200.00
Had Enough		32		0.00
Happy Destiny	YAN	20		0.00
Happy Hour DB	ALM	8		50.00
Happy Hour NSB		20		0.00
Heart to Heart		20		0.00
High Noon		20		0.00
High Nooners	SD	8		41.00
How it Works	EZY	32	50.00	150.00
Insane Today	EZY	32		0.00
Judge Not Group				0.00
Just Do It BB Study-Debary		19	15.00	45.00
Keep it Simple	VcE	19		0.00
Ladies Only	RBS	20		0.00
Last Call	SD	8		0.00
Lest We Forget		21	22.16	391.45
Lifesavers		20	25.00	25.00
Line-By-Line BB Study		32		0.00

GROUP	C *	DIST	JUN	YTD
Living Sober DB	SD	8		0.00
Living Sober PO	YAN	20		0.00
Love and Service		8	150.00	400.00
Lunch Bunch	SD	8		330.53
Miracle Group	EZY	32		0.00
Morning Reflections	SD	8		0.00
Never Had It So Good	YAN	20	31.00	89.00
Never Too Young	VcE	19		0.00
New Beginnings - Deland		19	20.00	120.00
New Dawn Group		20	509.00	1,708.00
New Hope Group		8		0.00
New Smyrna Beach Group		20	330.95	701.95
No Name Meeting				0.00
Noon Group	VcE	19		0.00
Noon Reflections	RBS	20		0.00
Old Time NY AA		32		0.00
Only Alternative	Alm	8		0.00
Open Door	VcE	19		0.00
OB Big Book Step Study		32		0.00
Ormond Beach Group		21		150.00
Pass it On	VcE	19	58.26	279.64
Peace of Mind		20		0.00
Precisely How	ALM	8		0.00
Primary Purpose		32		28.50
Riverbridge		32		0.00
Road to Recovery DB		8	35.00	135.00
Road to Recovery Deltona		19		0.00
Sand and Sea	EZY	32		60.00
Saturday Matinee	SD	8		0.00
Saturday Morning Step		19		0.00
Saturday Night Alive		8		255.08
Saturday Night Beginners		19		0.00
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		28.00
Sicker Than Others		8		20.00
Sobriety First		19		20.00
Sobriety & Beyond				10.00
Steps for Life		20		112.80
Sunday Morning Sober	YAN	20	65.06	367.47
Sunday Night Connection				0.00
Sunrise Group - Holly Hill		21		0.00
Sunrise Group - Deland		19		175.53
The Weekly Reprieve, Lk Helen				0.00
Three Legacies		21	10.00	10.00
Thursday Night Men's		8		0.00
Tomoka Group		32		190.92
Turn the Page		8		0.00
Turning Point		21		38.00
Una Luz en el Camino, Pierson				0.00
Usual Suspects		21		130.00
Way of Life	ALM	8	100.00	100.00
Wednesday Closed		32		0.00
Wednesday Night Speaker		20		0.00
Wed. Women's /Fri. Step Grps		21		429.00
Westminster By-the-Sea		20		0.00
Women In Recovery	Alm	8		0.00
Women's New Beginnings		20	75.00	75.00
Women's Weekend Group		19		104.00
Yes We Can		8		0.00
Young at Heart		20	20.00	120.00
TOTAL			2,024.38	\$9,405.64
Anniversary Club				151.95
Anonymous Contributions			117.00	2,305.95
Copier Contributions				34.90
Hi 'n Dry Mailings			24.00	60.00
In Memory of Donations			265.00	665.00
IGR meeting 7th tradition			33.43	160.38
Refunds and Book Sales				0.00
Grand Totals			2,463.81	\$12,783.82

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

Calendar of Events

Activities that might be considered "AA related" but do not fall within the guidelines of the Twelve Traditions or activities outside Volusia County will not be listed.

AUGUST 2011

Aug 20: District 19 presents a free workshop led by the Area 14 Delegate, Cecilia. Three topics: "Is Service in AA Alive & Well?", "How 12 Step Works in 2011", and "Sponsorship - 76 Years Later". First Congregational Church, Orange City. 9 am - 3 pm; potluck lunch from 12-1p (bring a dish to share).

SEPTEMBER 2011

Sept 2: District 21 presents "Night at the Ballpark". Jackie Robinson Stadium, Daytona Beach. Tickets are \$6.00/person.

Sept 10: District 21 presents workshop: "Where Money & Spirituality Mix". 10am - Noon. Pancake Breakfast 9AM-10AM. \$2/ticket or two for \$5. Church of Christ on 1725 South Ridgewood, Holly Hill.

Sept 24: Volusia County Intergroup "Old Timers Dinner". Tickets are \$10/person. Tickets now on sale with your IGR Rep or at Intergroup. Bring a dessert to share. 5 pm Doors Open; 6pm Dinner Served; 7:30p Speakers. Prince of Peace Church on Nova Road in Ormond Beach.

OCTOBER 2011

Oct 15-16: NFL AREA ASSEMBLY. World Golf Village, St Augustine. www.aanorthflorida.org

Oct 29: District 21 5th Annual Whoopee Party. Schnebly Center in Daytona Beach. 8-11pm. More Details TBA

NOVEMBER 2011

Nov 12: District 19 Westside Gratitude Dinner, 5-10:30pm, Deland. Tickets are \$8/person (\$15 for two tickets). Location TBA.

MARK YOUR CALENDAR

******* OLD TIMERS DINNER *******

September 24, 2011

COMMITTEES FORMING!

Have you ever wanted to get involved with other AA's but held off because you didn't know how to? Well, here's your opportunity... the 10th Annual Oldtimers' Dinner benefitting Volusia County Intergroup. We are looking for groups and individuals to help out in all capacities: Setup, Cleanup, Decorating, Coffee & Tea Service, Dessert service, Dinner service, Greeting, Raffles, Sound Systems... everything!

The Oldtimers' Dinner is being help on Saturday, September 24, 2011 at Prince of Peace Church, 600 South Nova Road in Ormond Beach. To volunteer, call Bill S. at (386) 846-3326 or Megan S. at (386) 871-2898 or call Intergroup at (386) 756-2930 for more information.

► Email Event Announcements to webmaster@aadaytona.org, admin@aadaytona.org, or editor@aadaytona.org ◀