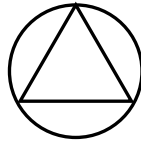


HIGH 'n DRY



January 2009

Volusia County Intergroup Services

Districts 8, 19, 20, 21 and 32

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."

HAPPY NEW YEAR

DESIDERATA ("desired things")

Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexations to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither is cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrounding the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace with your soul.

With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

written by Max Ehrmann
(Submitted by Judy C.)

Intergroup News

Service Positions Open at Intergroup: Vice Chairperson, 12 Step Coordinator, Trustees, Special Events Coordinator, 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.

Monthly District Meetings

District 8: Last Tuesday 6:30 p.m., Grace Episcopal Church, 4110 Ridgewood, Port Orange

District 19: 3rd Tuesday 7:00 p.m., First Cong. Church, 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, December, 2008: (10) • Back To Basics-Del • Four Townes • Free To Be,DB • Lunch Bunch • New Dawn • New Smyrna Beach • Riverbridge • Saturday Night Alive • Wednesday Women's • Women's New Beginnings

Was your Group represented? ♦ District representation: Districts 8(3), 19(2), 20(3), 21(1), 32(1)

♦ 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: These AA members celebrated their anniversaries with gratitude donations to Intergroup.

Anonymous Donations: \$700. • \$60. • \$160.

In Memory of Ron Carter \$15. We appreciate your support.

Meeting Information:

Location Changes:

Deltona/DeBary Group • First Congregational Church of Orange City • 210W.University • Fridays 8pm

The Only Alternative Group (BB) • 400 Clyde Morris, Halifax Atlantic Building - Rm 7 • Wed 2pm.

New Meetings: Choice Is Yours • Sunday at 11am • Speaker • 111 Howes St., Port Orange

Free to Be • Saturday at noon • Open discussion • Lambda Center • Daytona

We Are Alive • Sundays at 9am • Open discussion • Menard May Park, 413 S.

Riverside Dr., Edgewater • Bring your own coffee

Steps for Life • Women • 10am Saturdays • Step Meeting • Harbor Oaks Baptist Church • 5730 Ridgewood Ave • Port Orange

Way of Life • 12 noon Monday-Saturday • Almous Club

Saturday Night Candlelight • 8pm • Rebos - Edgewater

Canceled Meetings: Candlelight Meeting 10pm Friday & Saturday • East Does It Club

Women' Meeting • 8pm Mondays • Club Yana

For Sale at Intergroup: Big Books, Compact disks published by Grapevine, non-conference approved books. Also, AA pamphlets in Braille and many other items are available.

From the Archives

More about the Rich Walker Papers

This is a brief description of what Rich Walker wrote in “A Study of the Twelve Steps.”

Step 1 - Membership requirements

Step 2, 3, 11 - Spiritual part

Step 4, 5, 6, 7, 10 - Personal Inventory

Step 8, 9 - Restitution

Step 12 - Helping other alcoholics

There are essays included on each section:

- Surrender- reaching a low point and surrendering our lives to God.
- Our Wants Change in AA - From: acquiring money, seeking pleasure, recognition, security and comfort to; being grateful for what we have and finding happiness, doing the right thing, finding humility and doing something worthwhile with our lives.
- Changing Ourselves - By taking inventory and admitting the nature of our wrongs.
- The Inventory - The blocks which are keeping us from a new way of life.
- Resentment, Anger and Hate - Redirecting our emotions.
- Restitution - Making amends by living the AA way of life.

All of these essays are available in the Archives room and are included in the Archive exhibit at Intergroup functions.

Carolyn C. Archives Committee

Words of Wisdom

God,
Remove from me the fears and anxieties
concerning tomorrow.
Help me stay in this moment in this day.
Help me to realize that you are with me
through the good and the bad always.
I want you to know that I love you, I need
you, I want you, I trust you and I thank you
for all that I have, all that I am and all that I
can be with your help.

HB

Experience, **S**trength, and **H**ope

A New Light

The road goes on forever, with a canopy of green stretching over our time machine while our conversation grows to a higher plain of reason, within this summer season.

Thoughts form into sounds, stirring an echo of absent words: forgotten ideas sifted from random chatter.

A storm is on the brink, heading upwind.

Then drifts off like a sailboat sailing into the horizon, making love to the sunset, relishing in its aura, basking in its rays.

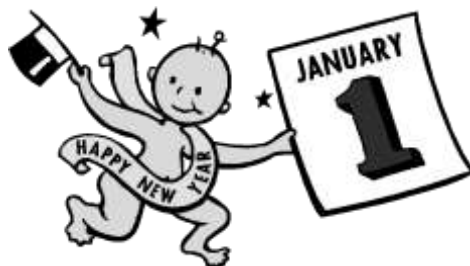
Sobriety seals the mouth of the devil that once hid behind my bright smile, trapping my inner child beneath his subliminal power.

We follow footsteps in the sand, leading us to a new life in hand. It's about the fellowship. It's about serenity, the gift of God's loving embrace from afar.

A gigantic kite like wind sail dances in the sky as sand crabs quickly scurry from our hands, trapping them from their aquatic marine land. A piece of palm driftwood outlines a jagged shape, resembling a great white's tooth. Discovering something new and inviting as though we were a group of youngsters, wide eyeing in interest of something different.

We agree it was time to turn back: seeing the same but a reflected shade of light.

David Rheuple



Compounding Sobriety

I first learned about compound problems in my fourth or fifth grade math class. The idea was easy to understand, and so I did very well in arithmetic in those years. I also discovered alcohol at that time in my life. It was presented different kinds of compound problems that weren't so easy to grasp. Adding $10 + 20 + 30$ did not compare to getting drunk plus getting sick plus getting into trouble. But after years of compounding problem on top of problem due to my drinking, the sum added up to 36 months of incarceration and subtracted everything I loved and worked for along with my self-esteem and self-worth. Then one day I arrived at the "Compound" of Tomoka Correctional Inst. Work Camp. Here is where I found sobriety at the Short Timers AA meeting on Wed nights. It's what I call "Compound Sobriety". It has multiple meanings for me. Being in this compound setting, I am able to compound the concept of the 12 Steps of Alcoholics Anonymous into daily living. For me, the insanity started in the 4th or fifth grade. I can feel it ending while working the 4th and 5th Steps. Yes, it's true; I am amazed before I am half way through.

Billy R. TCI '08

Open Position: Treatment Facilities Coordinator

Contact Intergroup for information on this position. Also if you wish to contribute your time to chairing meetings or wish to make donations for literature, please call Intergroup.

Desk Volunteers Needed: for Tuesday afternoons, 1:00pm to 5:00pm and Monday & Friday mornings, 9:00am to 1:00pm. We also need desk volunteers in the mornings from 9 am to 1 pm for the third and fifth Saturday of the month.

Thanks to all office volunteers who do great work in making 12-Step work possible.

Phone Army: We need a phone army volunteer for Sundays 5pm to 10pm. Call Intergroup to serve.

Finance Committee volunteers needed. Contact Intergroup for information.

Intergroup Office Update for November: There were 209 calls and 274 visitors. 6 calls for help and all were followed up by 12th Steppers. One called for ride to meeting and the 12th Stepper called and arranged for the ride. Others called just talk to someone about the program or their loved ones.

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

January 2009 Anniversaries					
Years		Date	Years		Date
5:30 GROUP			FRIDAY NIGHT MEN'S (Con'd)		
Andre S.	18	01/17/91	Steve W.	5	01/15/04
Deborah W.	16	01/23/93	George C.	2	01/01/07
Brenda G.	8	01/18/01	FRIDAY NOON MEN'S DISCUSSION		
Steve S.	1	01/15/08	Jim F.	28	01/02/81
Eric G.	1	01/28/08	Pat S.	28	01/24/81
Heidi P.	1	01/28/08	George M.	25	01/01/84
ALOHA			Sean K.	11	01/21/98
Chris D.	16	01/25/93	Per S.	6	01/20/03
ANY LENGTHS - ORMOND			GRATEFUL GROUP		
Joe McC.	19	01/01/90	Kristen K.	2	01/29/07
Ben W.	6	01/02/03	Doug K.	2	01/29/07
ATTITUDE ADJUSTMENTS			JUST DO IT		
Arlene C.	17	01/24/92	Glenna C.	13	01/16/96
BACK TO BASICS - DEL			Mark H.	8	01/20/01
David H.	2	01/27/07	Keith H.	5	01/02/04
Jim M.	1	01/15/08	Marcy A.	2	01/01/07
BIG BOOK STUDY-HH			LAST CALL GROUP		
Marsha	7	01/02/02	Tommy C.	17	01/21/92
Larry C.	2	01/21/07	Nancy F.	15	01/11/94
BOULEVARD GROUP			Joanie M.	2	01/01/07
Jim O.	27	01/17/82	Donald C.	2	01/13/07
Barbara P.	13	01/06/96	LEST WE FORGET GROUP		
Joyce N.	7	01/31/02	Gina H.	5	01/11/04
CHOICE IS YOURS			Linda R.	2	01/24/07
Herb W.	34	01/03/75	LIFESAVERS		
Don P.	31	01/04/78	Glenn D.	23	01/30/86
Nancy F.	15	01/11/94	Ed. J.	21	01/28/88
Debbie G.	7	01/08/02	Rick C.	18	01/06/91
Sally F.	1	01/01/08	Yvonne G.	18	01/20/91
DELTONA ENTERPRISE GROUP			Don K.	14	01/03/95
John R.	33	01/26/76	Tishia M.	8	01/01/01
DELTONA MENS GROUP			NEW BIRTH		
Frank O.	22	01/07/87	Joseph G.	23	01/03/86
Ollie W.	1	01/07/08	David W.	13	01/27/96
DONUT GROUP			Edward S.	9	01/01/00
Laura A.	12	01/08/97	Dennis H.	7	01/01/02
FOUNTAIN OF YOUTH			NEW DAWN		
Kevin D.	18	01/28/91	Dale W.	28	01/03/81
Henry F.	2	01/23/07	Ed. J.	21	01/28/88
FOUR TOWNES NOON			Mary F.	20	01/29/89
Ray A.	38	01/15/71	Sylvia	7	01/06/02
Clyde W.	27	01/11/82	Paula S.	1	01/08/08
Jackie B.	21	01/01/88	Dianne M.	1	01/09/08
Bob T.	21	01/25/88	Susan W.	1	01/10/08
Paul m.	19	01/01/90	Dennis	1	01/19/08
Kim C.	3	01/07/06	Kathy K.	1	01/20/08
Glenn R.	1	01/01/08	NEW SMYRNA BEACH GROUP		
Michelle F.	1	01/06/08	Carol C.	33	01/20/76
FRIDAY NIGHT MEN'S			Carolyn C.	29	01/14/80
Steve T.	28	01/01/81	Dawn	21	01/21/88
Buck	21	01/13/88	ORMOND BEACH GROUP		
			Chip H.	10	01/22/99
			ORMOND BEACH GROUP (Con'd)		
			Mary B.	1	01/10/08
			PASS IT ON		
			Louie O.	30	01/05/79
			Sandy P.	12	01/21/97
			PEACE OF MIND		
			Ed. J.	21	01/28/88
			Betsy S.	18	01/25/91
			Deborah W.	16	01/23/93
			Tom T.	14	01/09/95
			David F.	2	01/01/07
			Danny F.	2	01/02/07
			PRIMARY PURPOSE		
			April N.	5	01/27/04
			Mark C.	4	01/24/05
			Jackie T.	1	01/03/08
			RIVERBRIDGE		
			Pete	34	01/01/75
			Janet	29	01/27/80
			ROAD TO RECOVERY, DAYTONA		
			Joan C.	35	01/02/74
			Nancy C.	15	01/15/94
			SATURDAY NIGHT BEGINNERS		
			Andrea C.	2	01/11/07
			Kelly L.	1	01/16/08
			SHORT TIMERS		
			Richard L.	11	01/01/98
			Eddie S.	7	01/01/02
			Pedro C.	6	01/01/03
			Tyrone B.	4	01/01/05
			SOBRIETY FIRST		
			Jim L.	45	01/19/64
			Jackie B.	21	01/01/88
			Michel R.	6	01/24/03
			STEPS FOR LIFE		
			Debbie G.	7	01/08/02
			Joanne M.	2	01/09/07
			SUNRISE - HOLLY HILL		
			Missy H.	22	01/07/87
			Lainey D.	17	01/08/92
			Kevin F.	13	01/04/96
			Denise W.	10	01/25/99
			TURNING POINT		
			Jason L.	20	01/26/89
			Jon R.	11	01/01/98
			Michelle L.	9	01/18/00
			WEDNESDAY WOMEN'S		
			Shirley S.	44	01/10/65
			Scotti C.	22	01/08/87
			Tammy M.	19	01/07/90
			Shannon M.	18	01/13/91
			Glover B.	9	01/31/00
			Marsha M.	2	01/12/07

"Bumper Sticker" Sobriety

If your knees knock kneel

We Can't Help You - If You Aren't Here!

Seven days without a meeting makes one weak

The minute I take control that's when I lose control.

NOVEMBER 2008 CONTRIBUTIONS

GROUP	C *		NOV	YTD
5:30 Group	RBS	20		1,017.35
5th Tradition	SD	8		294.95
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	25.00	125.00
Aloha		21		0.00
Any Lengths (Deltona)		19		150.00
Any Lengths (Ormond)		32	50.00	400.00
As Bill Sees It	DLSP	19		50.00
Attitude Adjustment		21		234.00
Back to Basics DeL		19	25.00	225.00
Back to Basics PaC				25.00
Basic Text		21		230.00
Beachside, NSB		20		75.00
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		25.00
Boulevard Group	VcE	19		360.00
Brighter Days	ALM	8		30.00
By the Sea		32		0.00
Came to Believe OB		32		300.00
Candlelight DB	SD	8		0.00
Candlelight OB	EZY	32		0.00
Choice is Yours	YAN	20		0.00
Circle of Friends	SD	8		18.00
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		142.83
Deltona Big Book		19		0.00
Deltona Men's		19		50.00
Deltona/Debary Group		19		0.00
Deltona/Enterprise		19		40.00
District 8		8		0.00
District 19		19		150.00
District 20		20		0.00
District 21		21	50.00	50.00
District 32		32		400.00
Donut Group	SD	8		0.00
Early Ducks	EZY	32		50.00
Edgewater BB/Step Study		20		0.00
Fortaleza		19		0.00
Fountain of Youth		19	40.00	80.00
Four Townes Noon Group		19		500.00
Free to Be, DB	LBD	8		510.39
Free to Be, DL	VcE	19		0.00
Fresh Start	ALM	8		0.00
Friday Night Men's	RBS	20	143.47	617.47
Friday Noon Men's Discussion		21		250.00
Friday Sobriety		8		0.00
Friday Women's Step				0.00
Good Orderly Direction		19		50.00
Grace Group				10.00
Grateful Group		19		115.00
Had Enough		32		75.00
Happy Destiny	YAN	20		0.00
Happy Hour DB	ALM	8		0.00
Happy Hour NSB		20		0.00
Heart to Heart		20		60.00
High Noon		20		0.00
High Nooners	SD	8	20.00	120.00
How it Works	EZY	32		145.00
Insane Today	EZY	32		421.53
It's a Burgh Thing		19		0.00
Just Do It BB Study-Debary		19		50.00
Keep it Simple	VcE	19		0.00
Ladies Only	RBS	20		0.00
Last Call	SD	8		257.00
Lest We Forget		21	109.64	932.01
Lifesavers		20		200.00

GROUP	C *	DIST	NOV	YTD
Living Sober DB	SD	8		0.00
Living Sober PO	YAN	20		0.00
Love and Service		8		300.00
Lunch Bunch	SD	8	48.80	610.49
Main Street Irregulars	CAYA	8		75.00
Miracle Group	EZY	32	33.66	206.99
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	342.65	2,137.81
New Hope Group		8		100.00
New Smyrna Beach Group		20	84.76	596.36
No Name Meeting				0.00
Noon Group	VcE	19		100.00
Old Time NY AA		32		4.00
Only Alternative	Alm	8		25.00
Open Door	VcE	19		75.00
OB Big Book Step Study		32		24.00
Ormond Beach Group		21	50.00	250.00
Pass it On	VcE	19		607.75
Peace of Mind		20		350.00
Precisely How	ALM	8		0.00
Primary Purpose		32		9.50
Riverbridge		32		100.00
Road to Recovery S. Daytona		8		340.00
Road to Recovery Deltona		19		0.00
Sand and Sea	EZY	32	25.00	280.00
Saturday Matinee	SD	8	20.00	100.00
Saturday Morning Step		19		0.00
Saturday Night Alive		8		557.00
Saturday Night Beginners		19		320.00
Saturday Women's Group		19		150.50
Seaside Non-Smoking		20	350.00	350.00
Serious About Sobriety		19		0.00
Shores 11th Step		8		0.00
Sisters In Sobriety		19		0.00
Sobriety and Beyond		21		50.00
Sobriety First		19		225.00
Solutions Group	YAN	20		0.00
Steps for Life		8	19.17	119.02
Sunday Morning Sober	YAN	20		0.00
Sunday Night Connection				0.00
Sunday Speaker	YAN	20		0.00
Sunrise Group - Holly Hill		21		300.00
Sunrise Group - Deland			25.00	50.00
The Weekly Reprieve, Lk Helen				0.00
Three Legacies		21		10.00
Thursday Night Men's		8		0.00
Tomoka Group		21		0.00
Turn the Page		8		0.00
Turning Point		21		40.00
Una Luz en el Camino, Pierson				0.00
Victory Group		19		0.00
Way of Life	ALM	8		51.00
Wednesday Closed		32		50.00
Wednesday Night Speaker		20		0.00
Wednesday Women's		21	500.00	1,082.00
Westminster By-the-Sea		20		0.00
Women In Recovery	Alm	8		0.00
Women's New Beginnings		20		200.00
Young at Heart		20		0.00
Young People's New Deal		20		0.00
TOTAL			1,962.15	\$18,681.95
Anniversary Club			16.00	630.00
Anonymous Contributions			235.00	4,631.37
Copier Contributions			55.12	234.78
Hi 'n Dry Mailings			12.00	156.00
In Memory of Donations			15.00	920.00
IGR meeting 7th tradition			16.00	205.06
Refunds and Book Sales			0.00	0.00
Grand Totals			2,311.27	\$25,459.16

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

January 2009 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Dec 31 District 32 New Years Eve Party 8:30pm Details Below	1 INTERGROUP OFFICE CLOSED	2	3
4	5	6 District 32 Meeting 6:30 PM	7	8 Intergroup Steering Committee 6:30 PM	9	10
11	12 District 21 Meeting 6:00 PM	13	14	15 IGR Meeting 6:30 PM	16	17
18 District 20 Meeting 7:00 PM	19	20 District 19 Meeting 7:00 PM	21	22	23	24
25	26	27 District 8 Meeting 6:30 PM	28	29	30	31

◆ **District 32 “Happy New Year’s Party & 1st Meeting of the New Year”**

- Wednesday, Dec 31st 8:30pm - 1:30am • Fun_Fellowship_DJ_Party Favors
- 50/50 • Bring snacks to share • Ormond Beach Presbyterian Church, 105 Amsden Rd (NE corner of Halifax Dr & Amsden Rd, 1.2 mile North of Granada)
- Tickets \$4.in Advance / \$5. at the Door.

◆ **District 20 Alcathon meetings from 6pm Dec 31st until 6pm Jan 1st at Rebos.**