



---

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."*

### Spring Cleaning

It's Spring! What a perfect time to revisit the 10th Step. After going through the steps over and over after many years, it's easy for me to fall back into old habits and behavior. That's why Step 10 is so powerful...it reminds me that I can't rest on my laurels or focus on doing everyone else's inventory. Let's face it - isn't that called the easier softer way? It's easy to stay home watching TV when I'm tired instead of going to a meeting. It's easy to sit in a meeting and complain about how people are doing things wrong...why can't they do it like I remember back when I was a newcomer? Why? Why? Why? Let's face it - isn't that called a "dry drunk"?

So, I need to hone my skills of self observation and self-reflection, because that ensures self-preservation. Step 10 helps me maintain these skills on a daily basis. An earlier step taught me to "put aside what others have done" and instead look at myself and get to the truth of the part that I played. In a simpler language, my sponsor said, "If you have a finger pointing at someone, you have three fingers pointing back at you!" Yuck! I hate when he does that!!!

Over the years, members have shared how they make the 10th Step a working part of their lives. I've heard things like "getting current", "daily inventory" and "spotcheck". The Big Book tells me to "continue to watch for selfishness, dishonesty, resentment and fear" - that "when these crop up, we ask God at once to remove them".

So, fling open your windows, take the mattresses outside, get a brush and work on the knooks and crannies. It's spring. Time for some major spring cleaning.

Anon

## Intergroup News

**HELP!** We have not been able to find a place to rent for the Annual Pasta Dinner in April. Must have kitchen for cooking, seat around 350 & rent up to \$500 for entire day (Saturdays are desired). If you know of a location available, please call Intergroup office.

**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 3<sup>rd</sup> 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 2<sup>nd</sup> 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:** 3<sup>rd</sup> Tuesday 7:00 p.m., First Cong. Church, 201 W. University, Orange City  
**District 20:** 3<sup>rd</sup> Sunday 7:30 p.m., Rebos Club, 2120 S Ridgewood Ave # 8, Edgewater  
**District 21:** 2<sup>nd</sup> Monday 6:00 p.m., First United Methodist Church, 336 South Halifax, OB  
**District 32:** 1<sup>st</sup> Tuesday 7:30 p.m., Ormond Beach Presb. Church, 105 Amsden Rd, OB

**Groups represented at IGR Meeting, February 2009: (16)** • Attitude Adjustments • Back To Basics-Del • Big Book Study HH • Four Townes Noon • Free To Be, DB • Friday Night Men's • Friday Noon Men's • High Noon • Lest We Forget • Lunch Bunch • New Dawn • Ormond Beach Group • Primary Purpose • Saturday Matinee • Saturday Night Alive • Steps for Life

**Was your Group represented? ♦ District representation:** Districts 8(5), 19(2), 20(3), 21(5), 32(1)

♦ **MAL's present:** Districts 8, 19

**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: Fireman Jim \$30 for 15 Years!**

**Anonymous Donations: \$200. • \$60 • \$420!**

**In Memory of: Lyle Hemick, of Lest We Forget for 28 years \$22. We appreciate your support.**

### **Meeting Information:**

#### **Location Changes:**

**High Noon Group:** Bingo Hall • Riviera Recreation Hall • 300 N. Causeway • 2pm  
• New Smyrna Beach

#### **New Smyrna Beach Group**

**Mondays** 6:30pm • Women's Closed Dis. & 8pm • Open BB Meetings • Christ Community Church • 1210 Mission Dr.

**Tuesdays** 7pm • Open Beginners & 8pm • Closed Step Meeting

**Fridays** 8pm • Open Speaker Meetings • United Church of Christ • 204 Washington St.

**New Meetings: Line By Line Big Book Study** • Thursdays 7:00pm • Holy Child Church  
1225 West Granada Blvd, Ormond Beach

**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.

## Doc's Legacy

When I was sober eight months I had an argument with one of my sponsors and he said, "Find another sponsor". I went to a daytime meeting and met a 75 year old man who was sober 32 years. He was a widower with no children. I knew he needed someone to drive him to meetings, mow his lawn and help him do things. Over the next ten plus years, I drove the car and he took me to meetings. Here are some of the lessons I learned from him:

- ✚ It's great to be in AA.
- ✚ It's positive thinking.
- ✚ We have to face reality.
- ✚ Bend our knees before our elbows.
- ✚ Easy does it but do it.
- ✚ Keep coming back and stay in.
- ✚ You're going to get out of this program what you put into it.
- ✚ It's faith, hope and confidence.
- ✚ Keep trying until your dying day.

I was with him when he died on March 27th, 1986. He was 85 years old with more than 43 years of sobriety.

By Doc's Driver

## Singleness of Purpose

As I strive to grow in AA, I learn to meet my personal commitment to singleness of purpose by having a network of friends with whom I can share those non alcohol-related "life issues". The first word in our twelve steps is "We". Our Traditions and Concepts stress "Unity". Singleness of purpose insures unity. It allows me to discuss what is keeping me sober, the program of AA.

As a member, it is my responsibility to say something when the discussion is drifting. Step nine tells us "Let's not talk prudence while practicing evasion."

Carolyn Mc

## Woman to Woman

Keep it green with a way to give to others. These women are in a position that is out of their control. We are asking for AA women to volunteer to take meetings to the jail at 2:30 Saturdays and 6:30 Sundays. Requirements are at least 2 years sober. Jail clearance will be provided. Please call Intergroup to volunteer. Thank you.

Vivian O

## Words of Wisdom

**YOU DO!**

Other people don't judge you by what you say, but by what YOU DO.

Other people don't know what you are thinking - YOU DO.

Other people don't know how you behave away from meetings - YOU DO.

Other people don't know how you treat your fellow workers and neighbors - YOU DO.

**No Do Do**

**E**xperience, **S**trength, and **H**ope

## Soil Preparation

We've had some major freezes this winter....makes me wonder why I donated my old winter coat to charity! Well, it's too late to relocate back north so I might as well dream about what I'm going to do when it starts getting warm again. Lots of projects come to mind...that bathroom remodel that is still not done, the get together with some special people that I still haven't planned....but truly the project that has me most excited is outdoors with my plants. They took a beating this winter and I didn't cut off the dead stuff because I didn't want new growth that might get frozen with yet another freeze. Freeze, freeze, freeze! But even before I resurrect the plants, I have to realize that no matter what I do on the surface, it won't mean a hoot if I don't work in the soil first. If I want lush, happy plants starting in the Spring, then I better consider some soil preparation. Let's think about this another way...because for me the earth often gives me analogies that I can use for myself. All I have to do is pay attention to the Spirit of the Universe. I read a meditation once that said that my job is to prepare the soil and my Creator Spirit's job is to plant the seeds. As I look back, I can see how, by staying sober one day at a time (soil preparation), many old behaviors had simply slipped away gradually. So quietly in fact, that I didn't even notice until they were gone. ..that's what my Higher Power does for me.

The steps have taught me how to ask the right questions and focus on "first things first", while my Creator always makes sure that my heart and my stomach stay full. I've learned to embrace "one day at a time", while my Great Reality prepares my future for me. I've learned to "live and let live" as my Spirit of the Universe continues to give me lots of "me" to work on. It feels so good to know that my only job is to prepare the soil by digging out the weeds, breaking up the chunks, and adding some fertilizer to my soil. My God is working my life's purpose out as He plants seeds in soil that was once dry and uncared for. Today, I'm happy just to prepare the soil (or "soul preparation" as I prefer to say today). I'm even happier to leave the planting to Him.

Anon

## PI/CPC Service is a commitment to Carry the Message to Others

We are looking for volunteers from each District to sign up with us in order to help improve our literature and information coverage and circulation to the general public through pamphlet distribution and service fairs. We carry information about AA to doctors, nurses, clergy and other professionals. These people are able to carry the message of AA to suffering alcoholics that we may never be able to reach.

To serve with us, please call our Intergroup (386) 756-2930, leave your name and number and we will contact you.

The District 32 commitment to provide this service needs help from each District in the eastern Volusia county area that includes: District 32 north of Granada to Flagler line; District 21 Granada Blvd to International Speedway Blvd; District 8 International Speedway blvd to Dunlawton Avenue; and, District 20 Dunlawton south to Edgewater area.

\*\*\*\*\*

### Our Commitment to carry the AA Message is enthusiasm and gratitude in action.

Treatment facilities need YOU to carry the message. I would like to build a group of TCR's (Treatment Committee Reps) from all our Groups to cover and keep our treatment facility meetings going. Let us not forget these words; freely ye have received: freely give. Please contact Intergroup with the name of your Groups representative as soon as possible. Thank you.

Norma H. - Your new Treatment Facilities Coordinator

**Desk Volunteers Needed:** Backup volunteers are needed to work the desk from 9AM to 1PM and from 1PM to 5PM Monday through Friday and from 9AM to 1PM on Saturdays. Thanks to all office volunteers who do great work in making 12-Step work possible.

**Phone Army:** We need backup phone army volunteers. Call Intergroup to serve.

**Finance Committee volunteers needed.** Contact Intergroup for information.

**Intergroup Office Update for January:** There were 278 calls and 260 visitors. 5 calls for help and all but one were followed up by 12th Steppers. Three called for rides to meetings and 12th Stepper's arranged for the rides.

*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](mailto: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](mailto:editor@aadaytona.org)

March 2009 Anniversaries					
Years	Date	Years	Date	Years	Date
<b>5:30 GROUP</b>		<b>FREE TO BE --DAYTONA</b>		<b>ORMOND BEACH GROUP (Con'd)</b>	
Frank M.	13 03/18/96	Bert D.	43 03/02/66	Bob N.	33 03/20/76
Charlotte P.	2 03/25/07	Richard Q.	30 03/30/79	Don S.	26 03/01/83
<b>ADVENTURES IN SOBRIETY</b>		Marti S.	7	Fred J.	23 03/26/86
Tim B.	9 03/10/00	David B.	5 03/03/04	Neal	1 03/08/08
<b>ALOHA</b>		Clay S.	3	<b>PEACE OF MIND</b>	
Ed S.	42 03/17/67	<b>FRIDAY NIGHT MEN'S</b>		Bill S.	36 03/06/73
<b>ANY LENGTHS - ORMOND</b>		Steve H.	2 03/19/07	Tony S.	17 03/17/92
Jim N.	23 06/01/86	"Big John" D.	1 03/17/08	Chris W.	13 03/16/96
<b>BACK TO BASICS - DEL</b>		<b>FRIDAY NOON MEN'S DISCUSSION</b>		Laurie K.	11 03/08/98
Alan D.	36 Mar '73	Bert D.	43 03/21/66	Joe B.	7 03/06/02
Dave M.	32 03/14/77	Ken K.	42 03/08/67	Ray B.	5 03/15/04
Darlene T.	29 03/30/80	Jim O.	27 03/14/82	<b>RIVERBRIDGE</b>	
Greg C.	25 03/24/84	<b>GRATEFUL GROUP</b>		Gordon	20 03/27/89
Dee Z.	18 03/30/91	Phyllis P.	24 03/14/85	Kathy R.	19 03/27/90
Mama C.	10 03/21/99	Mark J.	1 03/07/08	Dick E.	8 03/27/01
Stephen R.	4 03/10/05	<b>JUST DO IT</b>		<b>SATURDAY NIGHT BEGINNERS</b>	
Greg T.	2 03/02/07	Ernie G.	19 03/31/90	Don D.	34 03/17/75
<b>BOULEVARD GROUP</b>		Jennifer R.	1 03/11/08	Bob M.	28 03/28/81
Natalie Y.	10 03/02/99	<b>LEST WE FORGET GROUP</b>		<b>STEPS FOR LIFE</b>	
Jennifer L.	8 03/12/01	Tracey W.	7 03/14/02	Barbara L.	33 03/24/76
<b>CHOICE IS YOURS</b>		Robbie R.	1 03/13/08	Kathy G.	3 03/20/06
John H.	21 03/20/88	Paul G.	1 03/18/08	<b>SUNRISE</b>	
Lynne K.	19 03/17/90	<b>LIFESAVERS</b>		Lynne K.	19 03/07/90
Larry	11 03/15/98	Debbie M.	24 03/10/85	Terry T.	7 03/02/02
Penny D.	11 03/30/98	Jim R.	23 03/10/86	Art H.	4 03/12/05
Walt F.	3 03/24/06	Richard I.	14 03/07/95	<b>TURN THE PAGE</b>	
Scott K.	1 03/06/08	<b>NEW BIRTH</b>		Jeff W.	4 03/31/05
Scott B.	1 03/31/08	Keith L.	1 03/01/08	<b>TURNING POINT</b>	
Cathy H.	1 03/31/08	<b>NEW DAWN</b>		Annie C.-W.	28 03/07/81
<b>DELTONA MENS</b>		John H.	34 03/01/75	<b>WEDNESDAY CLOSED</b>	
Gus B.	28 03/14/81	Jed S.	34 03/25/75	Eric H.	3 03/19/06
Bob M.	28 03/28/81	Mich. Mike	27 03/15/82	<b>WEDNESDAY WOMEN'S</b>	
<b>DELTONA ENTERPRISE GROUP</b>		Jeff H.	20 03/22/89	Jeannie Y.	27 03/13/82
Dora M.	31 03/23/78	Lee B.	18 03/09/91	Sandy S.	26 03/20/83
<b>DONUT GROUP</b>		Hank L.	6 03/13/02	Bonnie V.	22 03/29/87
C.J.	3 03/21/06	<b>NEW SMYRNA BEACH GROUP</b>		Marti S.	7 03/17/02
Jack P.	1 03/05/08	Bob K. "Tuna"	34 03/24/75	Kathleen P.	2 03/21/07
Frank S.	1 03/20/08	Eileen A.	18 03/04/91	<b>WESTMINSTER BY-THE-SEA</b>	
<b>FOUR TOWNES NOON</b>		<b>ORMOND BCH BB STEP STUDY</b>		Nancy M.	1 03/07/08
John C.	22 03/27/87	Melissa F.	9 03/25/00	Robbie R.	1 03/14/08
John M.	20 03/15/89	<b>ORMOND BEACH GROUP</b>		<b>WOMEN'S NEW BEGINNINGS</b>	
Jack H.	1 03/17/08	Richard S.	35 03/04/74	Sharon	8 03/17/01

## "Bumper Sticker" Sobriety

Beware of the GREFFS

Greed

Resentment

EnvY

Fear

Frustration

Self-Pity

**JANUARY 2009 CONTRIBUTIONS**

GROUP	C *		JAN	YTD
5:30 Group	RBS	20	37.15	37.15
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	25.00	25.00
Aloha		21		0.00
Any Lengths (Deltona)		19		0.00
Any Lengths (Ormond)		32		0.00
As Bill Sees It	DLSP	19		0.00
Attitude Adjustment		21		0.00
Back to Basics DeL		19	25.00	25.00
Back to Basics PaC				0.00
Basic Text		21	400.00	400.00
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		0.00
By the Sea		32	50.00	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	41.60
Deltona Big Book		19		0.00
Deltona Men's		19		0.00
Deltona/Debary Group		19		0.00
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		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		0.00
Four Townes Noon Group		19		0.00
Free to Be, DB	LBD	8	140.73	140.73
Free to Be, DL	VcE	19		0.00
Fresh Start	ALM	8		0.00
Friday Night Men's	RBS	20		0.00
Friday Noon Men's Discussion		21	150.00	150.00
Friday Sobriety		8		0.00
Friday Women's Step				0.00
Good Orderly Direction		19		0.00
Grace Group				0.00
Grateful Group		19		0.00
Had Enough		32		0.00
Happy Destiny	YAN	20		0.00
Happy Hour DB	ALM	8		0.00
Happy Hour NSB		20		0.00
Heart to Heart		20		0.00
High Noon		20		0.00
High Nooners	SD	8	15.00	15.00
How it Works	EZY	32		0.00
Insane Today	EZY	32		0.00
It's a Burgh Thing		19		0.00
Just Do It BB Study-Debary		19		0.00
Keep it Simple	VcE	19		0.00
Ladies Only	RBS	20		0.00
Last Call	SD	8		0.00
Lest We Forget		21	143.15	143.15
Lifesavers		20		0.00

GROUP	C *	DIST	JAN	YTD
Living Sober DB	SD	8		0.00
Living Sober PO	YAN	20		0.00
Love and Service		8	100.00	100.00
Lunch Bunch	SD	8	99.09	99.09
Main Street Irregulars	CAYA	8		0.00
Miracle Group	EZY	32	32.54	32.54
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	203.87	203.87
New Hope Group		8		0.00
New Smyrna Beach Group		20		0.00
No Name Meeting				0.00
Noon Group	VcE	19		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	50.00	50.00
Pass it On	VcE	19	77.42	77.42
Peace of Mind		20		0.00
Precisely How	ALM	8		0.00
Primary Purpose		32	31.08	31.08
Riverbridge		32		0.00
Road to Recovery S. Daytona		8		0.00
Road to Recovery Deltona		19		0.00
Sand and Sea	EZY	32		0.00
Saturday Matinee	SD	8		0.00
Saturday Morning Step		19		0.00
Saturday Night Alive		8	140.40	140.40
Saturday Night Beginners		19	200.00	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		0.00
Sobriety First		19		0.00
Solutions Group	YAN	20		0.00
Steps for Life		8	91.81	91.81
Sunday Morning Sober	YAN	20		0.00
Sunday Night Connection				0.00
Sunrise Group - Holly Hill		21	100.00	100.00
Sunrise Group - Deland				0.00
The Weekly Reprieve,Lk Helen				0.00
Three Legacies		21		0.00
Thursday Night Men's		8	80.00	80.00
Tomoka Group		21		0.00
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		0.00
Wednesday Night Speaker		20		0.00
Wednesday Women's		21		0.00
Westminster By-the-Sea		20		0.00
Women In Recovery	Alm	8		0.00
Women's New Beginnings		20		0.00
Young at Heart		20		0.00
Young People's New Deal		20		0.00
<b>TOTAL</b>			2,233.84	\$2,233.84
Anniversary Club			30.00	30.00
Anonymous Contributions			650.00	650.00
Copier Contributions			11.00	11.00
Hi 'n Dry Mailings			12.00	12.00
In Memory of Donations			22.00	22.00
IGR meeting 7th tradition			14.00	14.00
Refunds and Book Sales			0.00	0.00
<b>Grand Totals</b>			2,972.84	\$2,972.84

**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

## March 2009 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b> District 32 Meeting 7:30 pm	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b> District 21 Meeting 6:00 pm	<b>10</b>	<b>11</b>	<b>12</b> Intergroup Steering Committee 6:30 pm	<b>13</b>	<b>14</b>
<b>15</b> District 20 Meeting 7:30 pm Note Time Change	<b>16</b>	<b>17</b> District 19 Meeting 7:00 pm	<b>18</b>	<b>19</b> Intergroup Representatives Meeting 6:30 pm	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> District 8 Meeting 6:30 pm				

**March 7th • Sunrise Group's 2nd Anniversary • Pot Luck Breakfast • after 8am meeting Victor E Club, Deland.**



The AA Slimeball