



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."

Talk Talk Talk

Me a talker? Naw...I'm a quiet person. Well, that's a lie. I have an inner conversation going on with myself throughout the day. Talk Talk Talk. In fact I talk more to myself than I do to anyone else. During my drinking days, I would talk to myself about the mistakes I've made, how I'd never overcome my past, that I'm a bad parent, that I blew it and will never have another chance. I'm just a Bad Bad Bad Bad Boy (not really, that song just popped up into my head). Anyway, that kind of self-talk in my mind gave me good reason to drink. Wouldn't it do that to you?

Through working our program, I've learned that if I allow this negative self-talk to take root, it not only saddens my spirit, but limits the upside of what I can achieve in my new sober life. During early sobriety, I was living in mediocrity because my mind was playing that negative recording day after day.

I found that through working our Steps and with practice, I was reprogramming my mind, going through a personality change, shaking off those negative messages and experiences, developing a new recording, and reminding myself that I have a power greater than myself. He is pleased with me. I am creative. I am talented. I have what it takes. This is the self-talk I want to hear in a quiet confidence in my mind throughout the day and it is happening. Words are like seeds. They can take root and grow in our mind. I know that many seeds planted in my mind by others that were negative grew in me during my early years. But they don't have a hold on me now. Seeds of gratitude are assurance that I'm on the right track.

I am determined to keep my self-talk positive. I will reject any negative thoughts toward myself and others, and I will meditate on thoughts such as, "I am valuable and I am well able to do what God's will is for me to do." The program is working and it will keep working for me as long as I keep working it and do not take a drink.

D.

Intergroup News

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.

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 7:30 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 7:30 p.m., Ormond Beach Presb. Church, 105 Amsden Rd, OB

District 32: Founder's Day Dinner • Saturday June 6th • 5pm -10pm • Dress for an Exciting Night of AA History • Entertainment and Fun! • Limited seating of 125 for sit down dinner • Ormond Beach Presbyterian Church • 105 Amsden Rd, OB at the corner of Halifax and Amsden • Tickets \$12 available at Meetings or call 386-295-4782 • Please bring a desert to share.

(Piano Players needed to take a turn on the keys during the Night. Free Ticket for volunteers!)

Groups represented at IGR Meeting, April 2009: (14) • Attitude Adjustment • Four Towers • Friday Night Men's • Friday Noon Men's • High Noon • Lest We Forget • Lunch Bunch • New Dawn • New Smyrna Beach • Pass It On • Primary Purpose • Saturday Night Alive • Saturday Night Matinee • Steps for Life
Was your Group represented? ♦ District representation: Districts 8(3), 19(1), 20(5), 21(4), 32(1)

♦ **MAL's present:** Districts 8, 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: Cheryl M. \$10 for 1 Year!

Anonymous Donations: \$38. • \$60. • \$500. !

In Memory of: Lloyd Prestidge \$20. • Richard McAllistair \$20. We appreciate your support.

Tribute to Jean Godwin:

As many of you know, Jean was very active in service work and in particular at Intergroup. She answered the hotline during off-hours and was on the 12th-Step call list for many years. She will be missed by her friends in the AA community. Thank you to those who chose to remember her with donations to your Intergroup.

Meeting Information:

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

Young at Heart: New time • 6:30pm Saturday & Sunday at Yana

Location Changes:

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

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

Local Event Flyers - Part 1 of 2

I have just finished putting together a notebook with duplicates of some of the event flyers that are part of our Archives. This notebook will be part of the Archives display that goes to Intergroup events and to the state conventions. In the next two months, I will share some of the items in this collection that caught my eye, such as:

1. The earliest flyer, dated June 12-13, 1976, is the notice and program for the "3rd Quarterly Assembly of the Northern Florida Area" held at the Voyager Beach Hotel on North Atlantic Avenue in Daytona Beach.
2. Another flyer from February 1977 is for "The Oldtimers Celebration" sponsored by the Daytona Beach Groups and held at the Almous Club. It contains a five-verse poem to the Oldtimers titled "To Show You That We Care" (author not listed).
3. Another historical item is a card that was given out at the "2nd Gratitude Dinner" on November 22, 1986 in New Smyrna Beach.
4. Another flyer records a workshop on service in September 1988 that was hosted by Districts 20 and 21 and held at Grace Episcopal Church in Port Orange. There was no admission charge and lunch was served.
5. The next flyer dated 1992, was for the "8th Annual District 20 Gratitude Dinner".

These are the earliest flyers. As the years have passed we have collected many more. A look through the book reminds us of the many memories we share of the events that make up our AA social history.

Carolyn C., Archives Committee

Words of Wisdom

"It may seem incredible that these men are to become happy, respected, and useful once more. How can they rise out of such misery, bad repute and hopelessness? The practical answer is that since these things have happened among us, they can happen with you. Should you wish them above all else, and be willing to make use of our experience, we are sure they will come."

-Alcoholics Anonymous, 4th Edition, A Vision For You, pg. 153-

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

Just One Day

Each of us has all the time there is, just one day. Swiftly it comes, quickly it goes. If we do not see it, seize it, live it, we do not live at all. No one can bring it back.

Only today is ours. Yesterday is gone beyond recall; tomorrow never arrives.. It is a hope, a dream, or a dread. One day is enough, if we are wise enough to take it and have the wit to live it.

“Live in day-tight compartments,” a great physician told us. Do not let yesterday becloud today with vain regrets, or tomorrow with futile forebodings. Live one day at a time. When the day is done, let it go, close the door, turn the page. Easy to say but hard to do? Yes, until we learn the trick of it. This is one of the finest arts of life, if we master it. “Give us this day our daily bread,” Jesus taught us to pray. As our days are, so will our strength be, provided we live a day at a time, and do not try to carry the past and the future.

Undress your soul at night, as you do your body. Drop your work, your worry, your weariness, your mistakes, your tears, as you do your garments; throw them off. Only so can we wake up a new spirit to face a new day. Shut off the future, too, as tightly as the past. Idle dreams, futile fears, empty castles built in the air, are a waste of time. “Why be tired tomorrow?” asks an old proverb of India. When we try to live tomorrow before it comes, we wake up tired unfit to face it. No, it is today lived intently, earnestly, without fear; that makes the future, and fulfills the past.

Each day is a little life, awaiting our faith, inviting our joy. Why mark it with morbid musings? It will never come again. Live it in courage and kindness, glad and grateful for its wonder.

Susan S
The Stuff Of Life

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.

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 Group's representative as soon as possible. You or your group can also help by putting the AA Grapevine (our meeting in print) into treatment facilities. Subscriptions are \$20/year. Just call Intergroup, leave your name and number, and I will call you back. Thank you.

Norma H. - Treatment Facilities Coordinator

Desk Volunteers Needed: We need Desk Volunteers for Monday, Tuesday and Thursday mornings, 9am to 1pm and on Tuesday afternoons, 1pm to 5pm.

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 their share 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 March: There were 268 calls and 250 visits to Intergroup. Eleven calls for help and all but three were followed up by 12th steppers. Five women called for rides to meetings. One was given an AA Club number when a 12th stepper could not be contacted, another decided to do on-line meetings and three were given rides by 12th steppers. One woman and One man wanted to talk and both were contacted by 12th steppers. One man came to the Office to get numbers for halfway houses. One man called needing Detox and a 12th stepper got him admitted to Halifax

May 2009 Anniversaries					
Years	Date	Years	Date	Years	Date
5:30 GROUP		FOUR TOWNES NOON		NEW SMYRNA BEACH GROUP	
Roland A.	35 05/12/74	Nick R.	36 05/15/73	Brooke H.	1 05/11/08
Gary G.	29 05/15/80	Rob B.	26 05/10/83	Tammy J.	1 05/26/08
Tom V.	24 05/18/85	Deborah B.	17 05/26/92	ORMOND BEACH GROUP	
Dawn P.	22 05/01/87	Jim C.	5 05/06/04	Edna A.	30 05/31/79
Mick L.	10 05/01/99	FREE TO BE --DAYTONA		Chris W.	29 05/01/80
Eric M.	7 05/24/02	Bruce G.	6 05/06/03	Judy C.	19 05/30/90
Roy W.	6 05/15/03	Wade P.	3 05/26/06	PASS IT ON	
Jan C.	6 05/22/03	FRIDAY NIGHT MEN'S		Rich C.	3 05/16/06
Blake G.	6 05/27/03	Gary M.	18 05/11/91	PEACE OF MIND	
Mary Lee G.	5 05/27/04	Roy W.	6 05/15/03	Tom C.	7 05/26/02
Al+A77 T.	2 05/01/07	Lee G.	3 05/20/06	Mike P.	2 05/25/07
Debbie H.	2 05/05/07	Allyn K.	1 05/07/08	PRIMARY PURPOSE	
ATTITUDE ADJUSTMENTS		FRIDAY NOON MEN'S DISCUSSION		Sue A.	2 05/07/07
Melinda P.	7 05/01/02	Tom Mac.	19 05/14/90	Katie R.	1 05/28/08
Mary E.	3 05/10/06	FRIDAY SOBRIETY		RIVERBRIDGE	
BACK TO BASICS - DEL		Dotty K.	20 05/10/89	Kathy M.	5 05/29/04
Deborah O.	21 05/15/88	GRATEFUL GROUP		SATURDAY NIGHT ALIVE	
Pat P.	21 05/17/88	Kathy M.	20 05/17/89	Michelle W.	3 05/20/06
Keith W.	17 05/28/92	Joan C.	11 05/05/98	Jeaneen	2 05/26/07
Rick B.	15 05/07/94	HIGH NOONERS		SHORT TIMERS	
Chuck V.	5 05/24/04	Stanley Y.	1 05/03/08	Gaskins I.	15 05/12/94
Charles K.	3 05/24/06	HIGH NOON		STEPS FOR LIFE	
BEACHSIDE - NSB		Mary Lee G.	5 05/02/04	Yvonne	14 05/12/95
Gwen D.	27 05/08/82	Alan H.	1 05/16/08	Lonnie	7 05/09/02
Blake G.	6 05/27/03	LAST CALL GROUP		SUNRISE	
BIG BOOK STUDY-HH		Dave B.	5 05/09/04	Pat D.	28 05/07/81
Cheryl M.	1 05/24/08	LEST WE FORGET GROUP		Rick O.	3 05/14/06
Sharon S.	17 05/30/92	Lonnie D.	7 05/09/02	WEDNESDAY CLOSED	
BRIGHTER DAYS		Barb L.	1 05/08/08	Marty H.	28 05/20/81
Tom McD.	45 05/01/64	Brandon S.	1 05/10/08	WEDNESDAY WOMEN'S	
Paul "Fritz" M.	43 05/07/66	LIFESAVERS		Judith R.	25 05/20/84
CAME TO BELIEVE		Jerry K.	28 05/13/81	Lynn F.	9 05/25/00
Tara R.	18 05/13/91	Gwen D.	27 05/08/82	Candice S.	6 05/17/03
CHOICE IS YOURS		Denny R.	18 05/23/91	WESTMINSTER BY-THE-SEA	
Jay A.	4 05/10/05	Mary Lee G.	5 05/02/04	Michelle W.	3 05/20/06
Steve C.	3 05/11/06	Brooke H.	1 05/12/08	WOMEN'S NEW BEGINNINGS	
DELTONA MEN'S GROUP		Tammy H.	1 05/26/08	Lynn	42 05/09/67
Mike J.	6 05/07/03	NEW DAWN		YOUNG AT HEART	
FOUNTAIN OF YOUTH		Tom P.	37 05/14/72	Pat D.	2 05/15/07
Susan T.	2 05/30/07	Terry W.	25 05/17/84	Jim W.	2 05/26/07

"Bumper Sticker" Sobriety

The happiness of your life depends on the quality of your thoughts.
Your mind is like a parachute...it functions only when open.
The pursuit of happiness is the chase of a lifetime!

ARCH 2009 CONTRIBUTIONS

GROUP	C *		MAR	YTD
5:30 Group	RBS	20	50.00	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		25.00
Aloha		21		0.00
Any Lengths (Deltona)		19	100.00	100.00
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	75.00
Back to Basics PaC				0.00
Basic Text		21		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		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	50.00
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
Free to Be, DL	VcE	19		0.00
Fresh Start	ALM	8		0.00
Friday Night Men's	RBS	20	93.06	93.06
Friday Noon Men's Discussion		21		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	25.00	25.00
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	30.00	45.00
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	15.00	15.00
Keep it Simple	VcE	19		0.00
Ladies Only	RBS	20		0.00
Last Call	SD	8		0.00
Lest We Forget		21	99.82	242.97
Lifesavers		20		0.00

GROUP	C *	DIST	MAR	YTD
Living Sober DB	SD	8		0.00
Living Sober PO	YAN	20		0.00
Love and Service		8		100.00
Lunch Bunch	SD	8	43.88	183.98
Main Street Irregulars	CAYA	8		0.00
Miracle Group	EZY	32	39.00	71.54
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	94.19	537.35
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		25.00
Open Door	VcE	19		0.00
OB Big Book Step Study		32		0.00
Ormond Beach Group		21	25.00	100.00
Pass it On	VcE	19		77.42
Peace of Mind		20		0.00
Precisely How	ALM	8		0.00
Primary Purpose		32	22.12	53.20
Riverbridge		32		0.00
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	60.00	80.00
Saturday Morning Step		19		0.00
Saturday Night Alive		8		140.40
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		0.00
Sobriety First		19		0.00
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				0.00
The Weekly Reprieve,Lk Helen				0.00
Three Legacies		21		10.00
Thursday Night Men's		8		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	100.00	100.00
Young at Heart		20	20.00	20.00
Young People's New Deal		20		0.00
TOTAL			892.07	\$3,581.21
Anniversary Club			0.00	37.00
Anonymous Contributions			718.00	2,048.00
Copier Contributions			9.61	20.61
Hi 'n Dry Mailings			36.00	48.00
In Memory of Donations			251.00	273.00
IGR meeting 7th tradition			20.00	54.00
Refunds and Book Sales			0.00	0.00
Grand Totals			1,926.68	\$6,061.82

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

May 2009 Calendar of Events

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

Coming Soon:

District 32: Founder's Day Dinner • Saturday June 6th • 5pm -10pm • Dress for an Exciting Night of AA History • Entertainment and Fun! • Limited seating of 125 for sit down dinner • Ormond Beach Presbyterian Church • 105 Amsden Rd, Ormond Beach, 1 mile North of Granada Blvd at the corner of Halifax and Amsden • Tickets \$12 available at Meetings or call 386-295-4782 • Please bring a desert to share. Piano Players needed to take a turn on the keys during the night. Call above number. Free Ticket for volunteers!

The 2010 International Convention will celebrate A.A.'s 75th Anniversary, July 1-4, in San Antonio, Texas. More information available on G.S.O.'s Web site, www.aa.org