



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."*

A Grateful Heart

"And finally, we of Alcoholics Anonymous believe that the principle of anonymity has an immense spiritual significance. It reminds us to place principles before personalities; that we are actually to practice a genuine humility. This to the end that our great blessings may never spoil us; that we shall forever live in thankful contemplation of Him who presides over us all." (Tradition 12 Long Form)

As a newly sober member, my sponsor challenged me to make a gratitude list. "A what...?" I had never heard of such a thing! But since I had decided to go to any lengths (at least that's the phrase that everyone kept saying at the meetings), I settled down for the long arduous task of writing and erasing.... "Sigh.... Hmmm, I'm grateful for....one, my car....two, my job.....three, my boyfriend....four, I have a great figure.....five, my gorgeous wedding ring.....mmmmmm."

That was my beginning. Over the years, I've heard neat things like, "if everything I wanted at the beginning had happened, I would have really shorted myself". It's true for me too. What's also true for me is that if my gratitude list today looks like my gratitude list of some years ago, then I'm still shorting myself. My journey has taught me that it's impossible to stay sober for many moons without growing that list in major proportions. I guess what I'm getting at is that I've really changed, and my idea of what grateful means has also really changed. For starters, the other day my world felt like it was imploding, but yet there remained a deep sense of gratitude deep inside of me. Despite all the pain and chaos, I still found it easy to come up with a very long list.

A long time ago, a wise member said, "A grateful heart will never drink." Does that mean I'll never drink? I think so - provided I remember that maintaining a grateful heart is full-time, 24/7 just like staying sober. It has to do with my attitude...the attitude of gratitude. I know from my sober life that when a bad thing happened, it often led to something better. No matter what I lost, I always gained something by staying sober. How do you write that down? How do you explain what it means to have a grateful heart? There aren't enough hours in the day to write or explain. Could I ever be grateful enough? Anon

November 2010 Theme:
"Gratitude"

IN THIS ISSUE

*Archives: Group History - Friday Sobriety

*Experience, Strength, and Hope: **GRATITUDE Basket**

*CALENDAR: Eastside Picnic, Sun, Dec 5th

*District 8 Chili Cook-off Braggers
...and much more!

Sobriety Countdown:

Total Years This Month: 1,213
Total Years Jan-Oct 2010: 14,811

Did You Know.....

Volusia County Intergroup

Vital to AA's and a part of Alcoholics Anonymous

ACCEPTING NOMINATIONS:

- Chairperson
- Vice-Chair
- Treasurer
- Trustee #1

VOTING MEETING: NOVEMBER 18th

*Intergroup Reps, plan to attend
so your groups can be represented.
Call 756-2930 for more information.*

Intergroup News

ATTENTION INTERGROUP REPS: Please plan to attend the November 18th IGR meeting - we will have a voting meeting for Chairperson, Vice-Chair, Treasurer & Trustee #1.

12 STEP COORDINATOR NEEDED: This position is critical and we need you now! Call 756-2930.

OPEN POSITIONS: Group Vital Statistics • Special Events Coordinator • 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 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 Monday 6:30 p.m., Ormond Beach Presb. Church, 105 Amsden Rd, OB

A SPECIAL "CUDOS" TO THE FOLLOWING GROUPS: YOU WERE ~~R-E~~PRESENTED!!!!

IGR'S represented at IGR Meeting, October 2010: (16) • Adventures in Sobriety • Aloha • Attitude Adjustment • Friday Night Men's • Lunch Bunch • Steps for Life • Big Book Study Holly Hill • Wednesday Women's • New Beginnings - Deland • Precisely How • Primary Purpose • Friday Noon Men's • Lest We Forget • Saturday Matinee • Women's New Beginnings • Last Call Group
Your Intergroup Rep is vital to our First Tradition. • Was your Group represented?

MAL's present: District 19, 21, 32

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: Allan A. \$21 • Ron \$20 • Jan M. \$17 • Dick B. \$100 • Ken W. \$39 • John S. \$20 • Anonymous \$100

Anonymous Donations: \$370

In Memory of: John "Jed" S. \$30

Volusia County Annual Report 10/2009 - 9/2010: Total Contributions: \$26,249; Total Income: \$43,547; Net Loss: \$3903

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

Intergroup Contributions:

**Volusia County Intergroup
345 Beville Road, Ste. 102
South Daytona, FL 32119**

Area Contributions:

**NFACAA
P.O. Box 567
Melbourne, FL
32902**

GSO Contributions:

**General Services Office
Grand Central Station,
PO Box 459
New York, NY 10163**

From The Archives

As has been our custom in the past, when a group history is submitted to the Archives we publish it in the High 'n Dry. We are delighted to continue this custom.

Friday Sobriety

By Barbara W

Friday Sobriety was the idea of Bill S. and Eileen O'N. They wanted to have a speaker meeting in the community where they lived. A planning meeting was held at the North Clubhouse of Colonial Colony South in October 2002. Nine AA's and one special friend of the AA's attended that meeting. The first meeting of Friday Sobriety was November 1st of 2002. Two speakers were tried for a short while. It was then decided to go with one speaker with comments if time allowed.

Friday Sobriety has had between 2 and 9 active members. One member is Phil R. who when he moved here, said he felt right at home. Friday Sobriety meets each Friday at 8 P.M. The location is Colonial Colony South North clubhouse, 1275 Beville Road in Daytona Beach, FL.

We ALWAYS have room for more members, as well as visitors.

.....
See your group in print. Update your group history and submit it to
the Archives committee at the Intergroup Office.

Carolyn C., Archives Committee

Words of Wisdom

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, and confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." Melodie B.

"Bumper Sticker" Sobriety

Gratitude is an action word.

A grateful heart will never drink.

Take your gratitude and put it on your feet.

Experience, Strength, and Hope

Back to Thee

Awaking and gigglin'
Ten toes were all wigglin'
I knew all would be fine
I said "Your will not mine!"
And no more debating
He's there just awaiting
Now a wee less of me
So I'll give back to Thee!
Richard C (Peace of Mind) NSB

My Safe Place

For so many years my safe place has been existing in darkness. Separated for fear of living in the world. Being unhooked from things of the world. Finding ease only in alcohol, however it crippled me from my head to my toes, kept me shackled in mind and in soul. I look shyly from my dark place I can see brightness coming my way.
Denise S.

DISTRICT 8

2010 ANNUAL PICNIC & CHILI COOK OFF

The picnic started with the second annual Chili Cook-off. The 10 contestants were Veg-Head 3 Bean Chili (Nancy C), Devo's Muy Caliente (Dennis L), Kluck-Kluck Chili (Dick E), Bob's Secret Service (Bob S), Hard to Beat (Ken S), Kentucky's Surprise (Kevin), Real Deal (Dan M), Chili Dump (Dottie K), The Queen's Chili (Norma H) and Hunter's Honor (Yvonne N). The runner's up were Real Deal (64 pts) and Hunter's Honor (63 pts)... and our grand prize winner with 70 pts worth of braggin' rights (until the next cook off, that is) was...*literally*...

*** **Hard to Beat** ***

Susan L (College Park Triangle Group in Orlando) shared an awesome and inspiring message. Thanks to our judges Fran, Kat, Joe, Michelle and Amanda for toughing it out through 10 chili's and all the hardworking volunteers. Thanks to District 8 - a good time was had by all!

God grant me the
Serenity
to accept the things I
cannot change...
Courage to
change the things I can
and Wisdom to
know the difference...

A Basket Full of Gratitude
Drawing by Barbara W



The JOKE'S ON US!!!

A drunk was in front of a judge.
The judge says, "You've been brought here for drinking."
The drunk says "Okay, let's get started."

Committees, Coordinators and Intergroup Updates

Phone Army Report by Mark C: There were 31 info calls and 2 help calls. Both help calls were handed over to 12 step volunteers. Volunteers, please send in your log sheets to Intergroup as soon as possible to be included in the monthly report.

Public Information-PI and Cooperation with Professional Community

District 19 by Frank F., Chair: Interested in Service Work? We received a request to start a meeting on Sundays at 8p at Serenity House at 1251 North Stone Street in Deland. Call Frank at (386) 717-1013 or Intergroup at 756-2930.

District 32 by Tom H.: Volunteers are needed to staff events. Please call Tom H. at (386) 931-3363.

Archives Report by Carolyn C., Coordinator: We received a phone call from a member in Ft. Myers who is interested in the history and writings related to the Twenty Four Hours a Day book. He has a couple of very early editions and is making arrangements to leave them to Volusia County Intergroup in his will. There is also someone who he is corresponding with in Baton Rouge with several early books.

Corrections Committee (Westside) by George C: We need volunteers to help with meetings at the Branch jail. Also, the work camp group is now at 18 AA members from 45. Contact George C. at (386) 789-6109 or jedeco40@hotmail.com to volunteer.

Office Coordinator Report by Mike D.

132 calls and 203 visits to Intergroup during September 2010. There were two help calls logged in the office for this month. Both callers needed to talk and were contacted by 12 Step volunteers. We need a 12 Step Coordinator so that we can help the still sick and suffering alcoholic. Please call Intergroup to see if you can help us with this valuable service position.

The annual inventory was taken during regular office hours during the last 10 days of the month.

Intergroup Website (aadaytona.org) Report by Mike D, Webmaster: September website visits - 807

Special Thanks

to the following Groups for their contributions in
September, 2010

530 Group – Back to Basics Deland – BB Study Deltona – By The Sea OB – Choice is Yours – Fountain of Youth – Friday Noon Men’s – Judge Not Group – New Dawn – New Hope – Noon Reflections Rebos – Sunday Morning Sober – Sunrise Group Deland – Three Legacies – 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

NOVEMBER 2010 Anniversaries

Years	Date	Years	Date	Years	Date
5:30 GROUP		FOUR TOWNES NOON		NEW DAWN	
Bob P.	27 11/24/83	Dick R.	29 11/14/81	RJ	6 11/29/04
Winnie W.	10 11/15/00	Dick A.	18 11/22/92	Jacques	2 11/22/08
Lori W.	3 11/14/07	Nancy E.	6 11/30/04	Randy P.	1 11/21/09
Darla J.	3 11/23/07	Mike	5 11/27/05	Dennis T.	1 11/23/09
Randy S.	3 11/26/07	Bob M.	4 11/20/06		
Nick H.	2 11/10/08			NEW SMYRNA BEACH GROUP	
Jill B.	2 11/14/08	FRIDAY NIGHT MEN'S		Charlie T.	4 11/30/06
James O.	1 11/07/09	Brian L.	34 11/06/76	Maureen C.	2 11/16/08
Earlae F.	1 11/09/09	Harry K.	23 11/09/87		
		Chris B.	15 11/29/95	ORMOND BCH BB STEP STUDY	
BACK TO BASICS - DEL		James O.	1 11/07/09	Bill L.	9 11/19/01
Jay J.	40 11/12/70	Gary B.	1 11/22/09	Michael D.	3 11/01/07
Dave E.	30 11/13/80			ORMOND BEACH GROUP	
George L.	27 11/02/83	FRIDAY NOON MEN'S DISC.		Joseph T.	1 11/27/09
Brenda C.	21 11/05/89	Pete W.	33 11/25/77		
Sally F.	19 11/06/91	Jim S.	26 11/30/84	PRIMARY PURPOSE	
		Fred B.	23 11/10/87	Pat N.	43 11/19/67
BEACHSIDE - NSB		Bob M.	17 11/02/93	Stephen P.	14 11/04/96
James H.	35 11/30/76	FRIDAY SOBRIETY		Suzanne Mc	7 11/18/03
Angela G.	4 11/24/06	John W.	36 11/24/74		
		HIGH NOONERS		ROAD TO RECOVERY, DAYTONA	
BIG BOOK STUDY-HH		John W.	36 11/24/74	George F.	29 11/15/81
Amy M.	8 11/11/02	JUST DO IT		ROAD TO RECOVERY, DELTONA	
		Glenda H.	20 11/01/90	Karl M.	8 11/12/02
CHOICE IS YOURS		Zach G.	3 11/01/07	Diver Bill B.	2 11/20/08
Tim D.	30 11/22/80	LAST CALL GROUP		SATURDAY NIGHT ALIVE	
Cassie P.	23 11/09/87	Ken B.	17 11/15/93	Shirley B.	17 11/07/93
Peggy	21 11/10/89	Michael B.	1 11/13/09	SHORT TIMERS	
Chris K.	17 11/10/93	LEST WE FORGET GROUP		Kurt R.	10 10/03/00
Bobbie	2 11/28/08	Pete W.	33 11/24/77	Douglas D.	1 11/05/09
DELTONA ENTERPRISE GROUP		Trisha C.	7 11/22/03	STEPS FOR LIFE	
Juanita P.	52 11/28/58	Debbi A.	4 11/01/06	Pat B.	28 11/17/82
Joy	1 11/01/09	Pam F.	1 11/06/09	SUNRISE GROUP - DELAND	
Ed. D.	1 11/18/09	Michelle C.	1 11/15/09	John K.	4 11/13/06
Jennifer	1 11/30/09	LIFESAVERS		Bill M.	2 11/09/08
DELTONA MEN'S GROUP		Frank C.	23 11/27/87	WAY OF LIFE	
Rick W.	5 11/01/05	Daniel M.	4 11/07/06	J.R.	25 11/01/85
		Thomas D.	2 11/21/08	Murray S.	24 11/20/86
DONUT GROUP		LINE BY LINE		John L.	18 11/06/92
Wolfe	22 10/24/88	Kevin R.	1 11/02/09	WEDNESDAY WOMEN'S	
Larry C.	18 10/25/92	LOVE AND SERVICE		Ruth G.	21 11/23/89
Trish M.	14 10/12/96	Dave W.	16 11/23/94	WOMEN'S NEW BEGINNINGS	
Bob S.	3 10/24/07	NEW BEGINNINGS - DELAND		Jackie F.	16 11/08/94
Kevin K.	2 10/21/08	Kathy P.	5 11/30/05	Kara K.	1 11/01/09
Sarah S.	2 10/31/08				
Vicki C.	12 11/10/98				
Chris C.	5 11/05/05				
Ed B.	1 11/10/09				
Lorraine P.	1 11/12/09				

SEPTEMBER 2010 CONTRIBUTIONS

GROUP	C *		SEP	YTD
5:30 Group	RBS	20	56.00	320.50
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		45.00
Aloha		21		0.00
Any Lengths (Deltona)		19		100.00
Any Lengths (Ormond)		32		110.00
As Bill Sees It	DLSP	19		0.00
Attitude Adjustment		21		0.00
Back to Basics DeL		19	25.00	225.00
Back to Basics PaC				0.00
Basic Text		21		100.00
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		209.63
Boulevard Group	VcE	19		0.00
Brighter Days	ALM	8		100.00
By the Sea		32	50.00	200.00
Came to Believe OB		32		0.00
Candlelight DB	SD	8		0.00
Candlelight OB	EZY	32		0.00
Choice is Yours	YAN	20	75.00	400.00
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		230.75
Deltona Big Book		19	25.00	25.00
Deltona Men's		19		50.00
Deltona/Debary Group		19		0.00
Deltona/Enterprise		19		0.00
District 8		8		21.55
District 19		19		300.00
District 20		20		357.69
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	20.00	30.00
Four Townes Noon Group		19		128.00
Free to Be, DB	LBD	8		421.20
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	90.00	361.43
Friday Sobriety		8		631.50
Friday Women's Step				0.00
Good Orderly Direction		19		50.00
Grace Group				10.00
Grateful Group		19		170.00
Had Enough		32		0.00
Happy Destiny	YAN	20		0.00
Happy Hour DB	ALM	8		0.00
Happy Hour NSB		20		50.00
Heart to Heart		20		110.00
High Noon		20		0.00
High Nooners	SD	8		30.00
How it Works	EZY	32		100.00
Insane Today	EZY	32		0.00
Judge Not Group			3.00	13.10
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		0.00
Lest We Forget		21		509.52
Lifesavers		20		255.00
Line-By-Line BB Study		32		0.00

GROUP	C *	DIST	SEP	YTD
Living Sober DB	SD	8		0.00
Living Sober PO	YAN	20		0.00
Love and Service		8		400.00
Lunch Bunch	SD	8		318.16
Miracle Group	EZY	32		73.00
Morning Reflections	SD	8		0.00
Never Had It So Good	YAN	20		157.00
Never Too Young	VcE	19		0.00
New Beginnings - Deland		19		160.00
New Dawn Group		20	214.99	2,248.16
New Hope Group		8	100.00	175.00
New Smyrna Beach Group		20		781.78
No Name Meeting				0.00
Noon Group	VcE	19		0.00
Noon Reflections	RBS	20	250.00	250.00
Old Time NY AA		32		1.50
Only Alternative	Alm	8		0.00
Open Door	VcE	19		0.00
OB Big Book Step Study		32		170.00
Ormond Beach Group		21		100.00
Pass it On	VcE	19		198.08
Peace of Mind		20		600.00
Precisely How	ALM	8		0.00
Primary Purpose		32		37.00
Riverbridge		32		75.00
Road to Recovery DB		8		75.00
Road to Recovery Deltona		19		0.00
Sand and Sea	EZY	32		0.00
Saturday Matinee	SD	8		45.00
Saturday Morning Step		19		0.00
Saturday Night Alive		8		400.38
Saturday Night Beginners		19		240.00
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		75.00
Sobriety First		19		50.00
Solutions Group	YAN	20		0.00
Steps for Life		8		86.89
Sunday Morning Sober	YAN	20	80.50	417.42
Sunday Night Connection				0.00
Sunrise Group - Holly Hill		21		125.00
Sunrise Group - Deland		19	80.98	150.82
The Weekly Reprieve, Lk Helen				0.00
Three Legacies		21	10.00	20.00
Thursday Night Men's		8		0.00
Tomoka Group		32		106.79
Turn the Page		8		0.00
Turning Point		21		50.00
Una Luz en el Camino, Pierson				0.00
Victory Group		19		0.00
Way of Life	ALM	8		300.00
Wednesday Closed		32		133.50
Wednesday Night Speaker		20		0.00
Wed. Women's / Fri. Step Grps		21		799.87
Westminster By-the-Sea		20		0.00
Women In Recovery	Alm	8		0.00
Women's New Beginnings		20		150.00
Women's Weekend Group				207.00
Yes We Can		8		1.00
Young at Heart		20	20.00	140.00
TOTAL			1,100.47	\$15,183.22
Anniversary Club			317.00	793.00
Anonymous Contributions			370.00	2,860.93
Copier Contributions			58.80	128.19
Hi 'n Dry Mailings			12.00	84.00
In Memory of Donations			20.00	730.00
IGR meeting 7th tradition			27.00	165.53
Refunds and Book Sales				0.00
Grand Totals			1,905.27	\$19,944.87

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

CALENDAR OF EVENTS - November 2010

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

• **November 6, 2010 • OLD TIMERS DINNER HAS BEEN CANCELLED.**

• **November 14, 2010 • DISTRICT 20 • GRATITUDE DINNER • Sunday • 4:30pm-8pm • Brandon Center in New Smyrna Beach • Call Blake at (386) 314-5179 for information.**

• **November 18, 2010 • INTERGROUP VOTING MEETING • IGR GROUP REPRESENTATIVES NEEDED • INTERGROUP REPS - MARK YOUR CALENDARS • PLEASE PLAN TO ATTEND.**

• **December 5, 2010 • VOLUSIA COUNTY INTERGROUP • EASTSIDE PICNIC • Sunday • 11:00am-3pm • Sunrise Park in Holly Hill (just north of LPGA Boulevard on Riverside Drive) • Tickets: \$5 in advance / \$7.50 at the event • Bring your own chair and a dessert to share • NO PETS • Call Intergroup at (386) 756-2930 for tickets and information.**

***WANTED:** Groups and individuals to help Intergroup with setting up, registration, volunteering, etc.
Upcoming Intergroup Events: Eastside Picnic (Dec 5th)*

► **Email Event Announcements to Webmaster@adaytona.org, Admin@adaytona.org, and editor@adaytona.org ◀**