



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."



THE ROOT OF FEAR

"Perhaps there is a better way - we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity."

from the Big Book, "Alcoholics Anonymous", pg. 68

I have been thinking. A lot of people are hitting hard financial times right now. I have seen this in myself as well as those around me (and it has been easier to point it out in those around me) where we fall prey to playing the victim of circumstances. This leads right back into my illness and blocking God out, even without meaning to. The fear of financial insecurity comes in and I become unique because, to me, I am a single mom and my stress is more important than yours. How selfish and self-centered (as the Big Book tells me, selfishness and self-centeredness, we think is the root to all our problems). By me making myself different and more important I am forgetting that my purpose is to be of service to God, not just when things are going my way.

Also, we read in the 12th Step last night in the 12 & 12. In my mind when someone says if we are not moving forward we are moving backwards that meant in the material world (see, I still judge at times how I am progressing my the external). On page 112 of the Twelve & Twelve it says "Can we accept poverty, sickness, loneliness and bereavement with courage and serenity? Can we steadfastly content ourselves with the humbler, yet sometimes more durable, satisfactions when the brighter, more glittering achievements are denied us?" Here again I tell myself, when things are going good, of course I can, but when reality checks in, I find I am not as accepting and I find out where I really am on depending on my Higher Power. - M

Intergroup News

◆ Intergroup Picnic ◆

October 18th 11am - 3pm • Valentine Park in Orange City • Food, Drink & Fellowship provided • Speaker 1pm • Bring Dessert or Side Dish & Lawn Chairs • Raffle & 50/50 • No Pets, Please • Tickets are \$5 now, \$6 at Gate • Directions: 1595 West French Ave (Corner of SR 17/92 & W. French Ave) in Orange City.

INTERGROUP CHANGES COMING

In accordance with the By-Laws of Volusia County Intergroup, a Nominating Committee was appointed at the July IGR meeting. This committee is charged with finding candidates for the positions of Chair, Vice Chair, Treasurer and one Trustee. All candidates must have a minimum of two years of continuous immediate sobriety at the time of nomination. Another Trustee position (with one year to fulfill) is vacant due to resignation. In accordance with the By-Laws this is to be filled by appointment by the Steering Committee.

If you are interested in any of these positions and feel that you qualify, please contact the Nominating Committee by calling the Intergroup office during business hours.

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, Ormond Beach
District 32: 1st Tuesday 6:30 p.m., Ormond Beach Presb. Church, 105 Amsden Rd, Ormond Beach

Groups represented at IGR Meeting, September, 2008: (13) • Big Book-HH • Free To Be-LBD • Friday Night Men's • Had Enough • Lifesavers • Pass It On-Vc E. • Primary Purpose • Riverbridge • Saturday Matinee • Saturday Night Alive • Steps For Life • Wednesday Women's • Women's New Beginnings

Was your Group represented? ◆ District representation: Districts 8(4), 19(1), 20(3), 21(2), 32(3) ◆ **MAL's present:** Districts 8, 19, 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: Kenneth - \$37 Ron M. - \$16. Robin R. - \$6. Angie - \$1. (Best \$1 you will ever spend!) These AA members celebrated their anniversaries with gratitude donations to Intergroup.

Anonymous Donations: \$165 \$60. \$10. We appreciate your support.

In Memory of: Kenny Williams who passed away August 19th. He valued the service that Intergroup provides our area and bequeathed \$500. Thanks to all who chose to mark significant events in this way.

New Meetings: Free to Be • Saturday at noon • Open discussion • Lambda Center • Daytona Beach
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

From the Archives

The “Pass It On” Group

The Pass It On Group in DeLand was founded in February of 1989 by John S. and Ed Mc. It was originally proposed to serve as an alternative to the traditional “Happy Hour.” Early members were John S. Ed Mc, Lou B. and Louie O. From its beginning, the group has met at the Victory E. Club on New York Avenue in DeLand.

The first two meetings began with a Wednesday 12 & 12 and a Friday Living Sober meeting. Today the Pass It On group offers meetings every night at 5:30pm Monday through Friday, and 6pm Saturday and Sunday. There also is a Women’s Meeting at 7pm on Wednesday nights. Currently the group consists of over 40 members. Depending on the night, groups use the Big Book, As Bill Sees It, Staying Sober, the 12 and 12, Living Sober and the Grapevine as basic discussion texts. In May of this year the group completed a useful group inventory in which its strengths and weaknesses were reviewed and steps for improvement were developed.

Thanks to the Pass It On Group for adding their Group history to the Volusia County Intergroup Archives. MAKE YOUR GROUP PART OF OUR ARCHIVES!

Send your Groups History to us Today!

Carolyn C. Archives Committee

Fear not!

Behind every cloud there’s a silver lining.

Behind every hurt there’s a wound healing.

Behind every nightmare there’s a dream brewing.

Behind every tear there’s a heart smiling.

Behind every fear there’s a strength growing.

Never forget that the Power behind you is greater than anything before you.

From an AA friend, July 15, 2003

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

Fear

Growing up, I had many fears. I tried to keep them deep inside me until I discovered alcohol when I was around 13 years old. When I started drinking all my fears disappeared. I drank regularly thru high school, college and throughout my career. I was a functioning alcoholic who rarely got into trouble. My alcoholism progressed to where I was drinking 24 hours a day.

When I hit my rock bottom, I had to admit that I was powerless over alcohol and my life was unmanageable. My only hope for living was to join Alcoholics Anonymous. During the early stages, I relied on the Serenity Prayer to get thru my fears without picking up a drink.

I joined a home group, got a good sponsor and started working the steps. The 4th and 5th Steps were life-changing. I wrote down my moral inventory and on top of the list was fear. My biggest fear was "Fear of Failure". Telling someone and my Higher Power the exact nature of my wrongs took away the wreckage of my past and changed my life. I am grateful for my sponsor and the fellowship of A.A. Today, I am Happy, Joyous and Free. *Anonymous in Daytona Beach*

Fear – "Expectation Exposure"

In the beginning when I was fearful, it was usually followed by some "knee-jerk" reaction. It wasn't until AA that I learned that "fear" in and of itself, is not a bad thing. What got me in trouble were my reactions to every fear, real or imagined. In AA I learned that a *real* fear is healthy because it saves lives, such as jumping out of the path of a car or running away from the bottle. An *imagined* fear, on the other hand, is the opportunity for me to learn something about myself. Why do I have this fear? What do I have that I'm afraid of losing? What don't I have that I'm afraid I won't get?

My anxiety and fear are heightened when I confuse expectations with needs, and then attach my sense of well being to those expectations. What I have learned to do instead is to remind myself that my expectations are on God and on my Self. Feeling fear suddenly becomes a good thing when it exposes my expectations.

As my faith and trust in God expands, my need to place my well being on expectations has lessened. Today I trust the process, and am more often allowing my Self to live and let live, to love and let love. Anonymous

"HIGH 'N DRY" INDIVIDUAL SUBSCRIPTION

For those who want a copy mailed to them. \$12.00 per year

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Please complete this form and return it with your check payable to:

Volusia County Intergroup
345 Beville Road, Suite 102
South Daytona, FL 32119

New subscription Subscription Renewal

Treatment Facilities Coordinator Position is Open

We still need volunteers and any donations that will help us to continue to carry the A. A. message. We ask that you have at least one year of sobriety to chair these meetings.

Here is an updated list of the meetings that need your help:

STEWART MARCHMAN
SUN. DETOX 9:00 AM
MON. DETOX 9:00 AM

ACT CRISIS
PINEGROVE
MON. 10:00 AM

STEWART MARCHMAN
RAP GIRLS & BOYS
MON. 6:30 PM

TANGLEWOOD
MON. 7:30 PM
THUR. 10:00 AM

SALVATION ARMY
WED. 8:30 PM

CROSS POINT
(MEN ONLY)
THUR. 6:30 PM

Contact Intergroup for more information. If you wish to contribute your time to chairing the above meetings or wish to make donations for literature, please call Intergroup.

Thank You.

Reality House and the County Jail need our help!

My name is Ed D. I have been taking meetings to Reality House and the County Jail for over eight years now. This is a rewarding service experience.

Volunteers are needed to take meetings to:

Reality House: 8:00 PM once a week on Mondays.

County Jail: 6:30 PM Tuesdays, Wednesdays, Thursdays, Fridays & Saturdays.

Anyone interested in taking these meetings or helping out on a regular basis, please contact me through Intergroup as soon as possible. Thank you.

Desk Volunteers Needed: for Tuesday afternoons, 1:00pm to 5:00pm and Thursday & Friday mornings, 9:00am to 1:00pm.

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

New Phone Army Coordinator: The new Phone Army Coordinator is Don G. We need a phone army volunteer for Sundays 5pm to 10pm. Call Intergroup to serve.

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

October 2008 Anniversaries								
Years Date			Years Date			Years Date		
5:30 GROUP			FRIDAY NIGHT MEN'S			ORMOND BEACH GROUP		
Chip D.	25	10/10/83	Steve	16	10/05/92	Steve S.	26	10/18/82
Chrystal H.	16	10/17/92	Jeff S.	9	10/29/99	Dee C.	23	10/18/85
Ron M.	8	10/24/00	Bobcat	4	10/10/04	PASS IT ON		
Mark H.	3	10/03/05	FRIDAY NOON MEN'S DISCUSSION			Michael M.	9	10/06/99
Debbie U.	3	10/12/05	Ernie Y.	39	10/13/69	Bob L.	2	10/11/06
BOULEVARD GROUP			Lee M.	26	10/31/82	Don S.	1	10/23/07
Kevin M.	12	10/02/96	Dallas	18	10/13/90	PEACE OF MIND		
Terry C.	10	10/30/98	Al K.	4	10/20/04	Rose D.	24	10/14/84
CHOICE IS YOURS			LEST WE FORGET GROUP			Kevin H.	22	10/20/86
Art B.	36	10/21/72	Ken H.	22	10/17/86	Jeff G.	20	10/17/88
Jacques	35	10/05/73	Jeanne C.	20	10/30/88	Keith B.	16	10/24/92
Dave A.	17	10/04/91	Lyda L.	18	10/02/90	Mark H.	16	10/31/92
John C.	17	10//1991	Trish S.	9	10/01/99	Christine S.	7	10/05/01
Donny C.	16	10/09/92	Pat F.	6	10/08/02	Pat P.	7	10/31/01
Mike S.	2	10/09/06	Ed D.	3	10/08/05	Tim L.	6	10/12/02
Patty W.	2	10//2006	Thomas L.	1	10/12/07	Joey G.	1	10/02/07
Cindy B.	2	10//06	LIFESAVERS			DeAnn P.	1	10/14/07
Sherrell	1	10/25/07	Mike R.	33	10/30/75	PRIMARY PURPOSE		
DELTONA/DEBARY GROUP			Ken T.	25	10/28/83	Stevie S.	26	10/18/82
Gene	2	10/15/06	Kyle L.	9	10/31/99	Mark S.	8	10/29/00
DELTONA ENTERPRISE GROUP			NEW BIRTH			SHORT TIMERS		
Tom D.	20	10/25/88	Jesse S.	24	10/28/84	Kenneth C.	4	10/08/04
Elmer C.	18	10/15/90	NEW DAWN			Ivan D.	3	10/26/05
DELTONA MEN'S GROUP			N.Y. Jane	40	10/31/68	SOBRIETY FIRST		
Ralph L.	33	10/15/75	Kay M.	19	10/03/89	Joann P.	19	10/29/89
DONUT GROUP			Tara K.	6	10/01/02	SUNRISE		
Trish M.	12	10/12/96	Bonnie	2	10/20/06	Art B.	31	10/21/77
Karine G.	1	10/24/07	NEW SMYRNA BEACH GROUP			Rob I.	3	10/20/05
Bob S.	1	10/24/07	John C.	25	10/15/83	TURN THE PAGE		
FOUR TOWNES NOON			Maria	9	10/04/99	Pam B.	15	10/23/93
Lilian	23	10/01/85	Bob H.	15	10/07/93	WEDNESDAY WOMEN'S		
Jan	2	10/14/06	ORMOND BCH BB STEP STUDY			Sharon R.	10	10/29/98
Scott K.	1	10/07/07	Chip D.	25	10/10/83	Charlyse K.	2	10/10/06
Kim F.	1	10/11/07	Dan H.	21	10/28/87			

"Bumper Sticker" Sobriety

F.E.A.R. - Face Everything And Recover!

Leave the worrying to God - He's up all night anyway!

The chief motivation of my character defects is fear.

August 2008 CONTRIBUTIONS

GROUP	C *	AUG	YTD
5:30 Group	RBS	20	958.00
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	75.00
Aloha		21	0.00
Any Lengths (Deltona)		19	150.00
Any Lengths (Ormond)		32	25.00 300.00
As Bill Sees It	DLSP	19	0.00
Attitude Adjustment		21	234.00
Back to Basics DeL		19	150.00
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	0.00
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	81.20
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	0.00
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
Four Townes Noon Group		19	500.00
Free to Be, DB	LBD	8	371.97
Free to Be, DL	VcE	19	0.00
Fresh Start	ALM	8	0.00
Friday Night Men's	RBS	20	474.00
Friday Noon Men's Discussion		21	150.00
Friday Sobriety		8	0.00
Friday Women's Step			0.00
Good Orderly Direction		19	50.00
Grace Group			10.00
Grateful Group		19	90.00
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	50.00
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	35.00
Keep it Simple	VcE	19	0.00
Ladies Only	RBS	20	0.00
Last Call	SD	8	257.00
Lest We Forget		21	655.80
Lifesavers		20	100.00

GROUP	C *	DIST	AUG	YTD
Living Sober DB	SD		8	0.00
Living Sober PO	YAN		20	0.00
Love and Service			8	100.00 200.00
Lunch Bunch	SD		8	86.00 479.19
Main Street Irregulars	CAYA		8	50.00 75.00
Miracle Group	EZY		32	13.00 157.09
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	71.11 1,656.27
New Hope Group			8	50.00
New Smyrna Beach Group			20	511.60
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 24.00
Ormond Beach Group			21	200.00
Pass it On	VcE		19	131.77 422.89
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	20.00 205.00
Saturday Matinee	SD		8	20.00 80.00
Saturday Morning Step			19	0.00
Saturday Night Alive			8	322.00
Saturday Night Beginners			19	320.00
Saturday Women's Group			19	68.50
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	25.00
Sobriety First			19	150.00
Solutions Group	YAN		20	0.00
Steps for Life			8	99.85
Sunday Morning Sober	YAN		20	0.00
Sunday Night Connection				0.00
Sunday Speaker	YAN		20	0.00
Sunrise Group - Holly Hill			21	200.00
Sunrise Group - Deland				25.00
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	582.00
Westminster By-the-Sea			20	0.00
Women In Recovery	Alm		8	0.00
Women's New Beginnings			20	50.00 200.00
Young at Heart			20	0.00
Young People's New Deal			20	0.00
TOTAL				590.88 \$14,329.34
Anniversary Club			29.00	511.00
Anonymous Contributions			270.00	906.37
Copier Fund			8.00	139.33
Hi 'n Dry Mailings			12.00	132.00
In Memory of Donations			10.00	405.00
IGR meeting 7th tradition			16.00	150.81
Refunds and Book Sales			0.00	0.00
Grand Totals			935.88	\$16,573.85

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.

October 2008 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 North Florida	4 Area 14
5 Assembly Gainesville	6	7 District 32 Meeting 6:30 PM	8	9 Intergroup Steering Committee 6:30 PM	10	11
12	13 District 21 Meeting 6:00 PM	14	15	16 IGR Meeting 6:30 PM	17	18 Dist 19 Hosts Intergroup PICNIC ! Details Below
19 District 20 Meeting 7:00 PM	20	21 District 19 Meeting 7:00 PM	22	23	24	25
26	27	28 District 8 Meeting 6:30 PM	29	30	31 WHOOPEE PARTY ! Schnebly Ctr Details Below	

INTERGROUP PICNIC October 18th 11am - 3pm, Valentine Park in Orange City - Food, Drink & Fellowship provided -Speaker 1pm. Bring Dessert or Side Dish & Lawn Chairs, Raffle & 50/50, No Pets Please. Tickets are \$5 in advance, \$6 at Gate. 1595 West French Ave (SR 17-92 @ W. French Ave), Orange City.

District 21's WHOOPEE PARTY! Friday Oct 31st, 8pm-11:00pm at the Schnebly Center, 1101 N Atlantic Ave at Driftwood Ave, beachside in Daytona Beach. Bring a dessert to share (you supply the TREATS and we'll do the tricks), Tickets are \$4 each or \$5 at the door. Costumes encouraged, 50/50 raffle & soft drinks available.

North Florida Area 14 Assembly Oct 3, 4, 5 Paramount Resort Gainesville (877-992-9229)

Coming Soon:

NOV 8: District 20 • GRATITUDE DINNER • 1st Baptist Church, 214 Sams Ave., New Smyrna Beach, 6pm - 9pm (Speaker at 8pm), Door Prizes. Tickets available from GSRs.

NOV10: Dist 21 hosts Area 14 N.F.A. Delegate Fred H. to report from GSO what's new from New York AA Office, First United Methodist Church, 336 South Halifax, Ormond Beach, 6pm, Pizza and drinks. All Are Welcome.