

my fellow AA member might be right. You see, the fellow member was my wife.

But be that as it may, if I could make myself actively conscious of the things I had to be grateful for, I might be able to increase my own enjoyment of life.

So thinking, I sat down with a pencil and yellow pad and started listing all the good things that had happened to me in life that were pure gifts – meaning that I was in no way responsible for them. Three hours later I had filled two pages, single-spaced.

What kind of things were they? Born in the freshest and best country in the world with no physical or mental handicaps and with wise and loving parent. In my business life, the chance remark of a friend, a shortage of funds at home, and the unexpected departure of two people above me, all of which conspired at different times to greatly further my career. Normal, healthy children, stepchildren, and grandchildren, and a happy marriage with a wife who also works the principles of AA. Apparently excellent health at the age of 74 with no serious physical injury to myself or others during the drinking days. Previous exposure to AA, or that I knew where to go when needed help .

This is only a small sample of the list, but I am sure you get the idea. None of these benefits resulted from my own actions; they were outright gifts.

But unfortunately for me, merely having knowledge of the gift does not make me use that knowledge. I have learned that for me, being aware of AA steps, slogans, and principle is not enough to make me practice them.

They just lie there – unless I devise some system that forces me to apply what I have learned. In this case, the system for maintaining constant awareness of these gifts in the forefront of my consciousness was to include a sampling of

them in my nightly prayers of thanks, picking three or four specific ones each night and giving thanks for them.

My theory was that the daily annoyances, or even a major tragedy, would fall into perspective when thrown against a 180-degree back-drop of blessings. If I could be actively aware of all the breaks and good things God has given me, I could learn to improve my reaction to the petty setbacks – or even the serious ones.

I should like to tell you that this exercise has made me a paragon of sweetness and light, but that would hardly be observing the honesty part of the program.

What has happened is even more intriguing. Trying to keep God’s gifts in my active consciousness has made me an almost detached observer of my own behavior. The negative happenings no longer rankle inside me.

Instead, the negative event becomes a single incident and not a conspiracy to thwart me. I find myself sort of stepping back and saying, “Let’s see how this guy is going to handle himself.” This brief detachment seems to stall the emotional cycle that leads to self-pity and assumed martyrdom. Since I claim to be a very logical person, I can sometime even enjoy a bit of wry humor at my own behavior in reacting so illogically, against the weight of evidence.

So what can I conclude from all of this?

Using the active knowledge of God’s gifts as a conscious daily tool has not made a saint of me – or even a Pollyanna. I still get sore at the 25-mile-an-hour clod who bumbles down the middle of the road in a 55-mile-an-hour zone.

But it has changed the setbacks in life, both major and minor, from evidence of a conspiracy to unrelated incidents. It has enabled me (at least some of the time) to view them pragmatically and as merely flotsam on a tide of gratitude.

It has made each day far happier than before.

-- B. P., Vero Beach, FL

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From the Archives

Group History of the Happy Hour Group in Daytona

The Happy Hour group started meeting at 6:00 pm daily at the Almous Club in Daytona Beach in August 1988. Founders of the group were Liz, Theresa and Martha. There were many early members among who were Liz, Martha, Tom G. Sue, Patrick, Kathy, Benny B. Theresa, Dave, Margie and Ricky. Of these Tom G. Benny B. and Liz are still active participants.

As all groups do, this one has had its ups and downs over the years. Sometimes there would be 5 members and then it would swell to 50. The present membership numbers 45. Because the people in the group are active, the group remains active. A business meeting usually has 15 to 20 people in attendance with many members involved in various service jobs.

In 2012, a special anniversary meeting was held to celebrate the 24 years since the group was formed. Since then, a celebration is held yearly in late August. It starts in the afternoon about 4:00 with a buffet, prizes and speakers.

The Happy Hour Group is another of the popular groups in the Daytona area that is carrying the message.

From the group history
Submitted by Tom G.

Quote from the Big Book

Acceptance Was the Answer Written by a Physician – (Max is his wife)

Today Max and I try to communicate what we feel rather than what we think. We used to argue about our differing ideas, but we can’t argue about our feelings. I can tell her she ought not to think a certain way but I certainly can’t take away her right to feel however she does feel. When we deal with feelings we tend to come to know ourselves and each other much better.

It hasn’t been easy to work out this relationship with Max. On the contrary, the hardest place to see this program has been in my own home with my own children and finally, with Max. It seems I should have learned to love my wife and family first, the newcomer to AA last. But it was the other way around. Eventually, I had to redo each of the Twelve Steps, specifically with Max in mind from the first saying, “I am powerless over alcohol, and my home life is unmanageable by me,” to the Twelfth, in which I tried to think of her as a sick Al-Anon and treat her with the love I would give a sick AA newcomer. When I do this, we get along fine.

pp. 419-420

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August 2019 Volusia County Intergroup Donations

Group and District Donations: \$3,132.76

Anniversaries Donations: \$17.00

Anonymous Donations: \$ 41.00

7th Tradition Donations: \$ 0

In Memory of: \$0

Total: \$3,190.76



Old or used Grapevines may be donated to the Intergroup Office

Editor’s Disclaimer

This newsletter communicates the thoughts and feelings of its editor and contributors and reflects 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 to the editor at: editor@aadaytona.org. The editor welcomes your contributions, comments, suggestions and feedback. If you interested in working on the High ‘n Dry, please contact the editor to get involved!

INTERGROUP NEWS and MEETINGS SCHEDULE

Volusia County Intergroup Representatives' Meetings - 6:30 pm, 3rd Thursday each month at the Central Baptist Church, 142 Fairview Ave (just north of International Speedway Blvd off US 1)

Steering Committee Meetings - 6:30 pm, 2nd Thursday each month at the Intergroup Office



Groups represented at the Intergroup Representative's September 2019 Meeting:

Deland Big Book Study
Grateful Group
High Noon
Hour of Power
Lest We Forget
Love and Service
Road to Recovery/Osteen
Sand & Sea
Sunrise Group
Way of Life
We're Working On It
Wednesday Women's
Women's New Beginnings

The Volusia County Intergroup Office Wants YOU

Volunteers!



Volusia County Intergroup

Open:

Monday - Friday
9:00 am - 5:00 pm

Saturday 9:00 am - 1:00 pm
Anniversary Coins, Books, Book covers, Cards, Jewelry.

Credit cards accepted

Vacant Service positions

Office Volunteers

Tuesday Afternoon & Wednesday Morning

If you are interested in Service work at Intergroup, please contact our Office Coordinator Margaret K.

At (386) 756-2930

or

admin@aadaytona.org

THANK YOU



Special Thanks to the following Home Groups for their contributions:

Basic Text
Central Fact
Deland BIG BOOK
Early Ducks
Four Townes
Good Day Group
Had Enough
Happy Hour - DB
Hour of Power NSB
Just Do It
Ladies' Tuesday Night
Lest We Forget
Lifesavers
New Hope
New Smyrna Beach
Noon Group
OB Big Book Step Study
Pass It On - Victor E
Riverbridge
Sunday Morning Sober
Woman's Book Study
YOLO

Committees, Coordinators, & Volusia County Intergroup updates

Office Coordinator: We had 191 Visits and 33 calls at Intergroup. We are looking for permanent Wednesday morning and Tuesday afternoon volunteers in the office. New coffee pot lapel pins in store.

Archives Report: We have received a donation from Judith S. of one of the books produced by GSO as a remembrance of the International Conference in Toronto. There has been another donation of various papers from Bob W's house by Diane L.

We are working on bringing the pamphlet of the Intergroup Steering Committee actions and discussions up to date. Scanning continues without problems.

We are planning on putting some kind of information together for the Happy Hour 31th anniversary celebration on August 31st. Respectfully Submitted, Carolyn C

Phone Army/12 Step Coordinator: 31 Calls, 2 Rehab visits, 1 Hospital visit - Roy S

DISTRICT NEWS

Monthly District Meetings:

District 8: Last Monday - 7:15 pm, Almous Club, 569 Foote Court, Daytona Beach

District 19: 4th Monday - 6:30 pm, First Cong. Church (Fellowship Hall), 201 W. University, Orange City

District 20: 3rd Sunday - 7:00 pm, United Church of Christ, 203 Washington St., New Smyrna Beach

District 21: 2nd Tuesday - 6:30 pm, St. James Episcopal Church, 38 S. Halifax Drive, Ormond Beach

District 32: 1st Monday - 6:00 pm, Grace Lutheran Church, 338 Ocean Shore Blvd., Ormond Beach

Want to know what's happening in your District? All A.A. members are welcome to attend their District meetings listed above **and get involved!**

This Month in History*

1937 - Florence R: first woman AA member in NY.

1939 - 1st AA group founded in Chicago

1939 - Morris Markey: runs story on AA, "Alcoholics and God" in Liberty Magazine.

1942 - U.S. Assist. Surgeon General Kolb speaks at dinner for Bill and Dr. Bob

1946: 1st A.A. group in Mexico.

1948: Bob writes article for Grapevine on AA "Fundamentals - In Retrospect".

1948: 1st issue of Grapevine published in "pocketbook" size

1954: Bill D: AA member number three dies.

1975 - Jack Alexander: author of Saturday Evening Post article, dies.

2001 - 30 Vesey St, New York, AA's first Office is damaged during the World Trade Center attack

2001 - Father Mychal J., September 15, 1979 died sober in the World Trade Center attack

*http://www.a-1associates.com/aa/HISTORY_PAGE/dates.htm.

Meeting Changes

Sobriety First

Sunday 7 pm
Orange City

Moving from big Hall to Jane Murray Hall
201 W University Ave

Discontinued

Primary Purpose

Coronado Methodist
200 S Peninsula Hospitality House
5:30 PM

New Meeting

Message in A Bottle

Wednesday - 7 pm
Tom Renick Park
1565 Ocean Shore Blvd, Ormond Beach

Meeting Time Change

Noon Group

Victor E Club
1320 E New York Ave, Deland
Sunday 11:00 am Speaker
New Time - Noon - Beginning Oct 6

Steps & Traditions

Step 9

Step Nine "Made direct amends to such people wherever possible, except when to do so would injure them or others."

Tradition 9

"A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

Lady Love

In sobriety, she learned to respect herself and how to build relationships

When I came into AA I knew I was sick. I had been in misery for ten years or more. My whole world was sick and my attitude was badly skewed. Only looking back now, I can see the full extent of my misery. It had just become a way of life. I didn't really like other women that well. I thought they played some kind of game of life that I wasn't privy to. I found men weren't as judgmental about the vast quantities of liquor I could hold. It was a



"Lady Love" from p.7

badge of honor in the beginning. By the end, it was just sad. I was good entertainment for the men, though.

I saw nothing wrong with sex for sex's sake, for sheer enjoyment without real love. Of course, I didn't at that time even know what real love was. I didn't know that I had lowered my own expectations of myself to the point that self-abuse seemed normal. I gave no thought to the truth as I now know it. I couldn't face the fact that people don't really respect a promiscuous woman. I didn't respect myself either, didn't think my actions with regards to sex were a problem.

My sponsor, Brenda, saw in me what I couldn't, and warned me about my interactions with the men in the rooms. When she suggested no new relationships until I had worked the Steps, I thought that didn't apply to random sex. I couldn't believe it when she laughingly set me straight. Since I couldn't "get the comfort that comes at once from taking a few drinks," I was convinced that I needed sexual release to get me through the physical and mental pain I was in. I finally started to understand when she told me that what I really wanted was immediate gratification, which is the same thing I got from the bottle. I knew I had to change or die drunk.

Luckily, most of the men around me respected me enough not to prey on my vulnerability. I started to take direction, and prayed to a God I didn't really believe would help me. Because of the fellowship and prayer, I was able to make it one day at a time, or one minute at a time. I learned that with these tools I can make it through any adversity sober and (somewhat) sane, and with love and respect for myself.

I am very grateful to the women who taught me how to respect myself—especially Brenda M. and Viola W. I am grateful to the men who declined my advances without rejecting me. These people loved me for being sick and asking for help. The hand of AA was there for me, unconditionally and respectfully.

-- Candy A.

Morgantown, West Virginia
From the April 2012. Grapevine

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September 2019

Volusia County Intergroup Services Districts 8, 19, 20, 21 and 32

Coastal Centre

1635 S. Ridgewood Avenue, Suite 107, South Daytona, FL 32119
phone: (386) 756-2930 – fax: (386) 756-3573 – email: admin@aadaytona.org
Volusia County Intergroup Website: aadaytona.org



A.A.'s Responsibility Statement

"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."



Heard It Through the Grapevine – Editor's Choice

Tradition Nine

One of my lifelong hostilities used to be directed squarely at fraternal associations, societies, and all other kinds of organizations. It seems to have stemmed from the fact that I could not bear being told what to do or how to do it. Besides that, drinking or not, I never understood what was going on. When people talked about purposes and goals, my mind would go blank.

When I had my last drink, in 1960, and began attending meetings of Alcoholics Anonymous, I came in contact with so many people that I was sure AA would turn out to be just another big organization. If so, that meant bosses, competition, and favoritism, a troika I had never been able to deal with successfully. I feared that my newfound sobriety would be short-lived.

But if AA was organized, I could not account for the absence of pressures that are regularly built into organizational structures.

For example, nobody approached me with a membership application blank. Nobody told me which group to join or that I had to join any group. Once I had joined, there was no arm-twisting as to how to vote at group elections.

My first awareness of any structure in AA was in my own home group. It came at a time when we were obliged to look for new quarters. What a lot of planning was required. It was just like hunting for an apartment or a house. What part of town did we want to be in? What was the minimum space requirement? How high a rent or contribution were we able to pay? Once we were reestablished, the group's activities got underway again. On meeting night, the door had to be unlocked and the AA sign hung out. The hospitality chairman had to see to refreshments, setting up the room, and greeting members.

See Tradition Nine, p. 5

Highlights in this issue:

- *On the Cover: Editor's Choice – Tradition Nine – Grapevine – June 1982
- *Feature Inside: God is Picking on Me – p. 5
- From the Archives: Singleness of Purpose – p. 3
- *Calendar of Events – p. 8



The Usual Suspects

Don L. – Bellingham, WA
Sheldon F. – Las Vegas, NV
Refreshments and Light Snacks Provided
50/50 Raffle
Saturday Lunch Break
Best Western – Castillo Del Sol
Friday Sept 17 – 6:30 PM – 9 PM
Saturday Sept 18 – 9 AM – 5 PM
Grace Lutheran Church
338 Ocean Shore Blvd
Ormond Beach, FL
Please see flyer.

So Long Summer Picnic

Tom Renick Park on the Beach
1565 Ocean Shore Blvd. Ormond 32176
September 21st 12 - 5
Tickets \$5.00
Hosted by District 32
Please bring a dessert to Share
Please see Flyer

It's Picnic Time Sunrise Park

Sunday October 6th 12 - 3 pm
1135 Riverside Dr., Holly Hill
Hosted by the Sunrise Group

Intergroup Workshop

September 7
Central Baptist Church
142 Fairview Avenue
Daytona Beach

Yolo's 1st Annual Anniversary Party

Reed Canal Park (middle pavilion)
October 5 – 11:00 a.m.
Hot Dogs and hamburgers
Bring covered dish
Music 11 a.m. – 1 p.m.
Bring a chair