

HIGH 'N DRY



January 2023

Volusia County Intergroup Services

Districts 8, 19, 20, 21 and 32

Coastal Center

1635 S. Ridgewood Avenue, Suite 107, South Daytona, FL 32119
Phone: 386-756-2930 fax: 386-756-6573 email: admin@aadaytona.org/
Volusia County Intergroup Services Website: <http://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."



HAPPY NEW YEAR

****WEBMASTER BREAKING NEWS****

NEW WEBSITE: AADAYTONA.ORG



Hi & Happy New Year Everyone! We're excited to let you all know that the new website is finished. Some of the newer features of the website includes a Meeting Change/New Meeting form, an Event form that allows flyer uploads, and a Sober Birthday Anniversary form. These will all help to keep our meetings, events, and monthly birthday anniversaries more organized, so please use the website as much as possible when submitting these items. I've also included a Donation Button where any AA Members can make a donation directly on the website. I want to thank everyone who gave input on the building of the site. Please visit aadaytona.org and tell us what you think. Please contact me if you have any questions, comments, or concerns.

Thank You

~Hugh P. webmaster@aadaytona.org



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From the archives: AA Tomorrow – By Bill W.

This is gleanings from an article by Bill W. to the 25 th Anniversary of A.A.: A special edition of the Grapevine Publications. A book we have at Archives. Copyright 1960 (ours is a second printing).

I picked this article because January is a new year. New Years resolutions and new beginnings. Maybe, reflection on Bill's thoughts from 1960 can inspire us to build A.A. for our tomorrow. "Clearly our first duty to AA's future is to maintain in full strength what we have now... Never should we be lulled into complacent self-satisfaction. During the last twenty-five years it is quite certain twenty-five million men and women throughout the world have suffered alcoholism. A.A. have brought recovery to something like two hundred and fifty thousand." Do we wait and hope they find A.A.? Remember Dr. Bob and his co-worker Sister Ignatia how they worked in Akron and Silky's labor for us. Recall your own sponsor who cared enough. Can you say "let George do that... I'm busy?"

Future responsibility is also to those who suffered the consequences of alcoholism our family our kids. "The answer is alcoholic education -- AA style."

They have seen us drunk and sober and been to meetings and this kind of educations "has no doubt save a hundred thousand of our children."



Al-Anon Family Groups has jumped from a handful to 1,300 of them in last ten years. They have been using the Twelve Steps sometime more than us to "practice these principles in all our affairs."

There is a need for continued spiritual growth. "Here most of us show a heavy deficit and I'm [Bill] a notable example... We can never take our plodding progress as the slightest alibi for setting ourselves second rate goals. Our highest aim can be emotional sobriety." Our fellowship with "language of the heart" communicates across barriers of distance, language, social distinctions, and creed that divide our world. So long as we know A.A. is God's gift rather than any virtue earned or created by ourselves so long as we speak the language of love we can count are "one world of A.A." to be more inclusive of those in need. Hope you enjoyed Bill W.'s words as much as I did. Happy New Year

Archives Jim B.

GSO Contributions:

General Services Office
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407

Area 14 Contributions:

NFAC Treasurer
PO Box 226
DeLeon Springs, FL 32130

Intergroup Contributions:

Volusia County Intergroup
Coastal Centre
1635 S. Ridgewood, # 107
South Daytona, FL 32119

Poem
A Journey – by Ashley S.

Alcoholism is the demon on my back
A malady deep rooted in my soul
Downing a bottle till everything goes black
Falling deeper into the endless hole

Lost and confused
Desperate for escape
Leaving my life bruised
My reflection a forgi

Beaten to the ground
Then I found hope
No longer living bound
I united the rope

The role of victim I refused
My true self I found
My defects no longer excused
Cleared away the hardening sand

Loving myself
Finding gratitude
The past left on the shelf
Changing everything I viewed

Becoming who I'm meant to be
Finding comfort in my skin
A positive is all I see
But always remembering when



Monthly District meetings

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

District 19: 4th Thursday (note change in day) – 6:30 pm, First Cong. Church (Fellowship Hall), 201 W. University, Orange City

District 20: 3rd Sunday, United Church of Christ, 203 Washington St., NSB. 6:30 for PI and Treatment Committees, 7 pm for District meeting.

District 21: (Zoom only.) 4th Thursday – 6:30 pm. Zoom ID: 483 579 4388; PW: district21.

District 32: 1st Monday – Zoom only, 6 pm. Contact dbflorida2@gmail.com for email invitation.

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.

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January Anniversaries

NAME	YR	DATE
Aloha Group		
Arlene C	31	1/24/1992
Mike Y	22	1//1/2001
Jean B	4	1/28/2018
Laurie F	4	1/22/2014
Roger L	3	1/20/2020
Katie	3	1/11/2020
Jill O	2	1/9/2021
Main W	2	1/11/2021
Stephen R	2	1/25/2021
Back to Basics		
Sean D	17	1/9/2006
Horatio M	7	1/22/2016
Beachside		
Paul	39	1/3/1984
Patty	29	1/1/1994
Karen D	16	1/5/2007
Ed T	10	1/23/2013
Choice is Yours		
Bob D	49	1/1/1974
Don P	45	1/4/1978
Missy	43	1/2/1980
Doc	36	1/6/1987
Susan T	31	1/6/1992
Ashley	3	1/1/2020
Roger L	3	1/20/2020
Michael D	3	1/2/2020
Donut Group		
Missy S	33	1/2/1990
Cindee B	23	1/5/2000
Sally L	11	1/10/2012
Hal S	10	1/11/2013
Lory S	10	1/11/2013
Michelle J	3	1/1/2020
Will H	3	1/25/2020
Early Ducks		
Clark W	51	1/1/1972
Bill O	45	1/28/1978
Jacquie D	35	1/1/1988
Dave M	31	1/31/1992
Joe M	27	1/6/1996
Sally S	18	1/14/2005
Greg S	18	1/20/2005
Gary B	14	1/20/2009
Bill C	9	1/30/2014
Chelsea	7	1/10/2016
Kiko A	5	1/7/2018
Jamie H	4	1/12/2019
Scott G	3	1/4/2020

NAME	YR	DATE
Four Townes		
Janice M	44	1/14/1979
Paul M	33	1/1/1990
Tito S	6	1/1/2017
Good Day Group		
Micky	26	1/7/1997
Happy Hour		
Tom D	28	1/18/1995
Sonny	24	1/1/1999
Donald C	9	1/16/2014
Kelly B	4	1/10/2018
Wendl	3	1/16/2020
Angel G	3	1/4/2020
Daniel R	3	1/28/2020
Steven R	2	1/10/2021
Van L	2	1/8/2021
Ken T	2	1/6/2021
Donni M	1	1/5/2022
Mike B	1	1/15/2022
Luis G	1	1/14/2022
High Noon		
Janelle	43	1/30/1980
Gretchen B	20	1/3/2003
Tim G	10	1/1/2013
Lori A	6	1/25/2017
Linda E	1	1/31/2022
Lest We Forget		
Phil B	37	1/6/1986
Deb S	32	1/1/1991
Gena H	19	1/11/2004
Linda R	16	1/14/2007
Mayra C	5	1/1/2018
Carolyn F	3	1/22/2020
Danny P	1	1/18/2022
Lifesavers		
Larry F	41	1/9/1982
Paul B	39	1/2/1984
Ed J	35	1/28/1988
Yvonnee G	32	1/20/1991
Miracle Group		
Dianne B	11	1/13/2012
Linda C	6	1/15/2016
New Dawn Group		
Craig E	20	1/3/2003
Bob Schnurr	17	1/10/2006
Kim Castro	11	1/8/2012
Sally L	11	1/10/2012
Laura D	5	1/11/2018
Tony G	4	1/1/2019

January Anniversaries

NAME	YR	DATE
New Dawn Group Contined		
Jackie	35	1/1/1988
Missy S	33	1/2/1990
Leah G	31	1/1/1992
Laura L	26	1/1/1997
Sylvia	21	1/6/2002
Noon Group - Deland		
Jonanne B	40	1/15/1983
Sonny W	10	1/6/2012
Les M	6	1/14/2016
Tito S	6	1/1/2017
Open to Change		
Jaquie	35	1/1/1988
Terri A	32	1/25/1991
Sandy L	11	1/7/2012
Mike L	10	1/17/2013
Boston Jim	8	1/8/2015
Charles C	4	1/23/2019
Caroline F	3	1/22/2020
Ormond Beach Group		
Daryl H	8	1/23/2014
A.J. H	6	1/2/2016
Benji C	3	1/3/2019
Brad G	1	1/5/2021
Pass It On		
Jeff B	12	
Lou Ann	6	
Ken S	1	
Riverbridge Group		
David W	31	1/17/1992
Mark C	18	1/24/2005
Pinky G	1	1/24/2022
Road to Recovery		
Adam	6	1/16/2017
Angelo	5	1/19/2018
Steps for Life		
Judith S	46	1/8/1977
Joan P	36	1/1/1987
Michelle J	3	1/1/2020
Angel C	3	1/4/2020
Carrie	2	1/8/2021
Sunrise Group - Deland		
Joanne B	40	
Jim F	12	
Nancy T	8	
Larry R	5	
Michelle S	5	
Tammy M	2	
Chris K	1	

NAME	YR	DATE
Way of Life		
Mark O	2	1/3/2021
Terra F	2	1/4/2021
Laurie Y	2	1/6/2021
Shannon M	2	1/18/2021
Dean M	1	1/2/2021
Johnny	1	1/2/2022
Christopher	1	1/3/2022
Chris	1	1/4/2022
Keegan H	1	1/14/2022
Eugene T	1	1/16/2022
Donovan P	1	1/23/2022
We Are Alive		
DeAnn P	4	1/11/2019
Rob C	3	1/23/2020
Tomoka Group Beachside		
Tammy M	33	1/7/1990
Nancy C	29	1/15/1994
Wednesday Women's December Missed Meetings		
Beryl D	38	12/2/1984
Inger W	26	12/17/1996
Jill S	20	12/25/2002
Janice K	5	12/26/2017
Wednesday Women's		
Judith S	46	1/8/1977
Carla J	46	1/10/1977
Janet M	43	1/26/1980
Jody V	1	1/24/2022
YOLO		
Patty M	29	1/1/1994
Glenn P	5	1/27/2018
Mike D	3	1/2/2020
Ryan M	1	1/14/2022
Ryan M	1	1/17/2022
Young at Heart		
Theresa	19	1/2/2004
Ashley	3	1/1/2020

**Congratulations
Everyone!!!!**

**2,233 Years
of Sobriety in
January 2023**

Intergroup News and Meeting Schedule

Volusia County Intergroup Representative's 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, 1635 S. Ridgewood Ave.



Special thanks to the following for the contributions:

Group contributions

Young At Heart Lest We Forget How It Works OB Back to Basics Deland Sand & Sea Steering Committee & IGR Sunday Morning Sober Seaside NSB		Total Group Contributions \$784.00 Anonymous Donations \$47.30 TOTAL NOVEMBER DONATIONS \$831.30 Anonymous Family Donation \$1,000 In Memory of Bob W
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Volusia County Intergroup Office

Open:
 Monday – Friday
 9 am – 5 pm
 Saturday 9 am – 1 pm
 Anniversary Coins, Books, Book Covers, Cards, Jewelry.

**** Credit cards accepted ****

**** STARTING SOON ****
the 4% "credit card use fee"
will be added to credit card transactions to save on costs

If you are interested in service work, please contact our Office Coordinator, Candy

Email: admin@aadaytona.org
 Phone: (386) 756-2930

Intergroup Representatives attending December 2022



Choice is Yours	Ladies	Tuesday
New Dawn	Night	
Alcoholic and God	Road to Recovery	
Four Townes	Back to Basics	
Grateful Group	Deland BB Study	
Ormond Beach Group	Free to Be	
Riverbridge Group	Good Day Group	
Lest We Forget	Precisely How	
Sunrise Group	Road to Recovery	

When sending a donation check, please be sure your group's name is noted.

Committees, Coordinators, and Volusia County Intergroup updates

Office Coordinator: In November, Intergroup had 179 visits and 59 calls.

Website Administrator: New Daytona AA website with new DONATION BUTTON on the homepage. Also, on the website is a place to enter AA anniversaries.

High 'n Dry Editor's: We have been working hard on our first newsletter, hope all enjoyed.

Laugh of the Month

A man and his wife were awoken at 3:00 am by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

“Not a chance,” says the husband, “it is 3:00 in the morning!”

He slams the door and returns to bed.

“Who was that?” asked his wife..

“Just some drunk guy asking for a push,” he answers.

“Did you help him?” she asks.

“No, I did not, it is 3:00 in the morning and it is pouring rain out there!”

“Well, you have a short memory,” says his wife. “Can’t you remember about three months ago when we broke down, and those two guys helped us? I think you should help him, and you should be ashamed of yourself!”

The man does as he is told, gets dressed, and goes out into the pounding rain.

He calls out into the dark, “Hello, are you still there?”

“Yes,” comes back the answer.

“Do you still need a push?” calls out the husband.

“Yes, please!” comes the reply from the dark.

“Where are you?” asks the husband.

“Over here on the swing,” replied the drunk



Step I

“We admitted we were powerless over alcohol— that our lives had become unmanageable.”

Tradition I

“Our common welfare should come first; personal recovery depends upon A.A. unity”

Concept I

“Final responsibility and ultimate authority for AA world services should always reside in the collective conscience of our whole Fellowship:

Quote of the Month from the August 1981 Grapevine

“The truth has a way of changing every time you think you know it.”

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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. Contact the editor at editor@aadaytona.org.



Editor's Choice

Thinking It Through – October 1982

THE DISCUSSION meeting had actually ended. The last member present had spoken. But throughout the room, hands were shooting up to be recognized.

"Can I say something?"

"Let me comment on that."

"I want to add something, too."

The discussion topic had been AA's slogans--which ones we like best and use the most. The last speaker had mentioned "Think, Think, Think." That was the slogan, he said, that he *disliked* the most. Thinking was what had fueled his drinking. He wished we could scratch that slogan. The room cheered, and individuals clamored to concur.

It's true that before I entered Alcoholics Anonymous, about all I did was think, think, think. I was so busy thinking about what had happened at work earlier that I never noticed how much gin I was drinking. I was so busy planning what I would say to some son of a gun tomorrow that I neglected to plan supper.

My thoughts were sick, and I regarded myself as a victim of those thoughts. I never took responsibility for them. I guess it never occurred to me I *could* have thoughts that weren't wildly anxious or desperately depressed. When I entered AA, the quality of my thinking would clearly have to change if I was to stay away from that gin. So my sponsor explained our slogan to me.

"Think through that drink before you pick it up," she said. "Remember the events that turned your last *drink* into your last *drunk*? Think through the horror of your actions, the physical pain of the morning after, the remorse you felt, the disgust in the eyes of your husband.

"Think," she said, "think, think before you make that angry comment or mail that bitter letter. How important is it? Perhaps we have no control over what thoughts occur to us," she explained, "but we must take responsibility for the thoughts we allow to remain.

Especially, choose thoughts of gratitude over thoughts of discontent. Think how much you've gained before you risk what you have."

Lots of times, newcomers don't interpret our slogans accurately. We patiently explained "Easy Does It" to the newcomer who is anxious to assume it means "Don't bother going to work."

And when we do explain it, we give the newcomer hope. With practice, we explain, we gain a new perspective on the things we do that brings new peace of mind. Life will not always be as stressful as it has been.

Similarly, we must explain "Think, Think, Think" to give the newcomer hope. As we recover in AA, the part of us that was the sickest--our thoughts--will also recover. Allied with God, the newcomer learns, our thoughts become more healthy and more trustworthy.

By: H.G. Dallas, Texas