

HIGH 'N DRY

Volusia County Intergroup Services



Districts 8, 19, 20, 21 and 32

November 2023

Coastal Centre

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."

It Happened Upon Recovery

Good afternoon my name is Rebecca F and I just celebrated 3 years in recover 3/12/23. What an amazing journey. When I first entered rehab 3 years ago my counselor asked me to keep a daily journal of my thoughts. This proved too difficult for me but as time passes, I found that god gave me a gift to write poems on where I am in my recovery. So every milestone I've hit in this 3 year journey I have written a poem. In order for me to grow I have to give it to others through sharing. I was encouraged to share this to help others.

As I sit here and gaze at the beauty of the sun behind the tall trees
Along came this gentle breeze

That feeling of movement which reminds me of action oh that's it I say action is one of gods biggest attractions

For me that is what year number 3 has brought to me
in this thing called sobriety

Always yearning and searching for a way to be somebody
Only to realize that somebody is ok with today being nobody

Gone are the days of wanting to drink or get high
They are replaced by a life much more simplified

Bad days turned to good days and good days became great days and what he showed me in them left me utterly amazed

So what did I do to keep my mind clear and free
I reached out to god to put my trust in him and not me

Because when those old thoughts or ideas sneak into my mind
It is for certain if I don't change them a drink or a drug I will seek and shall find

It is because of these things today I have learned
My freedom isn't just given it is actually earned

In reaching out to others throughout my days
It actually keeps me from my old selfish ways

So there is my story all wrapped in a nutshell
it's because of these simple things and gods glory I'm spared from living again a life that was hell.

Rebecca F

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Early Women in AA History

There were several women, some alcoholic, some non-alcoholic who each played important roles in the early days of AA's beginnings. Below are a few we remember with gratitude for their love and service to our fellowship!

1. Lois Wilson, Bill W's wife and founder of Alanon. She sacrificed much, personally and otherwise, to help Bill W. and his new fledging venture in helping others like him. She was with Bill and AA from beginning to end. AA perhaps, may have been less successful and strong without her loyalty and love.
2. Sister Ignatia was the nun who admitted the first alcoholic patient to the ward at St. Thomas hospital and worked with Dr. Bob, saving countless lives over the next many years. A great friend of AA!
3. Ruth Hock was Bill's secretary and typed the Big Book, as well as gave needed input to its editing, along with a number of other professional friends who helped make the Big Book what it is today. She was awarded the five millionth copy of the Big Book in gratitude for her service to AA.
4. Sylvia K., who wrote the story "Keys of the Kingdom," was one of the first women in AA to achieve long term sobriety in AA, leading the way for women to sponsor women!!
5. Henrietta Sieberling was the Oxford Group member who became the go- between connection of the historic meeting of Bill W. and Dr. Bob. She also helped Bill out with his financial difficulties around that time. She was the one who helped Anne Smith and Lois Wilson meet as well.
6. Marty M. joined AA when there were only two meetings in all of the US and Canada, and wrote the story, "Women Suffer Too." She later became active on the National Council on Alcoholism and was very influential in changing the public's perception of alcoholics from that of a moral issue to that alcoholism as a disease.
7. Anne Smith, Dr. Bob's wife, was often called "The Mother of AA," because she always welcomed new people and helped the new wives to love and accept their husbands as men with sick with an illness and to be patient and compassionate. She contributed much to the spiritual influence of AA, and was often quoted a saying, "Faith without works is dead" which Bill referred to in his story in the Big Book. ... In our early days, women coming into recovery faced challenges, due to the fact that AA was predominantly men, some with condescending attitudes toward them, and when women took their seat in the chair, the wives of these alcoholic men were quite jealous as well. When Alanon women started meeting together in, the men begin to wonder what they were saying about them, and some even spied on them!! But due to our spiritual principles and our traditions, women did find and maintain sobriety and continue to carry the message to others who suffer, too!!

Norma A., District 3b/3C Archives

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 6301
Jacksonville, FL 32205

Intergroup Contributions:

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

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: 4th Tuesday of each month, 6:30pm at St. James Episcopal Church, 38 South Halifax, Ormond Beach

District 32: 1st Monday of month 6:30pm Grace Beachside Lutheran Church 338 Oceanshore Blvd, Ormond Beach, FL
Contact: Katmil441@aol.com

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.

Step XI

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Tradition XI

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films."

Concept XI

"The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern."

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NEW MEETING

Line by Line

Starts Nov 6th

7:00 PM – Monday's
110 East Granada Blvd
Ormond, FL

MEETING TIME CHANGE

Women's New Beginning

New Time - 6:30 PM

Monday's
4110 Ridgewood
Port Orange, FL

MEETING NEEDS SUPPORT

Good Day Group

7:30 AM – Monday
569 Foote Court
Daytona Beach, FL

Miracle Group

4:00 PM – Everyday
266 Yonge St
Ormond Beach, FL



November Anniversaries

NAME	YR	DATE
5:30 Group Rebos		
Keith B	30	11/22/1993
Randy S	16	11/26/2007
Gary D	14	11/22/2009
Steve C	11	11/13/2012
Scott Q	11	11/15/2012
Mike H	10	11/15/2013
Sue K	7	11/7/2016
Eddie W	1	11/2/2022
Alcoholics and God		
Mike S	24	11/19/1999
Todd M	12	11/14/2011
Duncan B	8	11/27/2015
Daniel T	5	11/28/2018
Anna M	3	11/15/2020
Lance D	1	11/30/2022
Beachside-NSB		
Paul C	30	11/17/1993
Choice Is Yours		
Don G	44	11/16/1979
Paggy	34	11/10/1989
Bobby W	24	11/28/1999
Delfona Men's Group		
Paul C	40	11/17/1983
Kevin W	10	11/23/2013
Donut Group		
JR	39	11/1/1984
Vicki C	25	11/10/1998
Chris C	18	11/8/2005
Dick G	5	11/20/2018
Vera M	4	11/11/2019
Driveway Meeting		
Lindsey W	3	11/24/2020
Four Townes		
Nancy E	4	11/4/2019
David V	2	11/14/2021
Tracy F	1	11/6/2022
Lance	1	11/29/2022
Friday Noon Men's		
Bob M	30	11/2/1993
Happy Hour Daytona		
Bob P	40	11/24/1983
Pam B	32	11/18/1991
Tom (Denver)	26	11/13/1997
Cheryl Lynn	8	11/22/2015
Cathy P	8	11/28/2015

NAME	YR	DATE
Hour of Power		
Gary P	14	11/22/2009
Tony S	14	11/22/2009
Scott L	11	11/12/2012
Karen M	6	11/23/2017
Erica R	4	11/8/2019
Deena H	4	11/14/2019
Mark O	1	11/22/2022
Insane Today		
Keith P	18	11/7/2005
Melissa M	4	11/1/2019
Joe P	1	11/15/2022
Lest We Forget		
Don G	44	11/16/1979
Jane C	37	11/1/1986
Trisha C	20	11/22/2003
Josh W	11	11/12/2012
Leah S	7	11/15/2016
Jennifer C	4	11/7/2019
Lifesavers		
Don G	44	11/16/1979
Frank C	36	11/27/1987
Joe B	17	11/12/2006
Message in a Bottle		
Barry T	13	11/25/2011
Matt K	2	11/25/2021
Never Had It So Good		
Bobby T	10	11/9/2013
Martha C	2	11/8/2021
Doug S	1	11/11/2022
New Dawn Group		
Bobby B	45	11/17/1978
Jaques	15	11/22/2008
Gary M	12	11/00/2011
Irma M	11	11/2/2012
Betty	7	11/11/2016
Mark R	6	11/27/2017
MiMi C	6	11/00/2017
Vera M	4	11/11/2019
Laurie S	3	11/30/2020
Martha C	2	11/8/2021
New Hope		
Gary B	18	11/7/2005
New Smyrna Beach Group		
Paul C	30	11/17/1993
Mark R	16	11/23/2007
Noon Group Deland		
Brenda C	34	11/5/1989
Don D	24	11/5/1999
Ron F	4	11/19/2019
Akbar B	2	11/2/2021

November Anniversaries

NAME	YR	DATE
<i>Open to Change</i>		
Bill B	34	11/27/1989
Cheryl Lynn	8	11/22/2015
Morebelle P	4	11/14/2019
Brad K	3	11/4/2020
<i>Ormond Beach Group</i>		
Sue F	1	11/22/2022
<i>Pass It On</i>		
Bruce F	31	11/00/1992
Nina P	6	11/0/2017
Steve M	2	11/0/2021
<i>Riverbridge</i>		
Stephen P	27	11/4/1996
Dean S	5	11/28/2018
<i>Road to Recovery-Daytona</i>		
George F	42	11/15/1981
Gary R	40	11/16/1983
Bob K	35	11/25/1988
<i>Road to Recovery - Osteen</i>		
LJ	1	11/1/2022
<i>Sand and Sea</i>		
Tammi P	31	11/23/1992
Geno M	4	11/21/2019
Tim S	2	11/17/2021
Stern D	1	11/1/2022
Alexis S	1	11/3/2022
Raymond S	1	11/4/2022
<i>Sobriety First Orange City</i>		
Mike	38	11/22/1984
Wade M	4	11/10/2019
Albert	2	11/0/2021
<i>Steps for Life</i>		
Pat B	41	11/17/1982
Becky N	10	11/29/2013
Mellisa R	3	11/25/2020
Carole C	3	11/5/2020
<i>Sunrise Group Deland</i>		
Bruce L	29	11/4/1994
Zach G	16	11/5/2007
Teresa H	6	11/28/2017
Rob E	2	11/9/2021
Jeffery S	1	11/29/2022
<i>Sunrise Group - Holly Hill</i>		
Mary M	37	11/11/1986
Dan D	31	11/23/1992
<i>Tomoka Group Beachside</i>		
Tammi P	31	11/23/1992
Gino M	4	11/21/2019
Chris T	3	11/30/2020

NAME	YR	DATE
<i>Way of Life</i>		
Mark B	32	11/13/1991
John L	31	11/6/1992
Joshua W	11	11/12/2012
Carlos L	8	11/11/2015
Daymond A	4	11/8/2019
Rob M	3	11/28/2020
Jason A	2	11/22/2021
Nichole	2	11/28/2021
Rodney B	2	11/6/2021
Dylan G	1	11/26/2022
Terry B	1	11/28/2022
<i>We Are Alive</i>		
Darlene B	35	11/26/1988
Maggie D	5	11/3/2018
Bruce B	4	11/26/2019
<i>Wednesday Women's</i>		
Jodi H	33	11/28/1990
Candace S	4	11/20/2019
<i>YOLO</i>		
Bobby	45	11/17/1978
Vera	4	11/11/2019
Noah	2	11/16/2021
Keli G	1	11/27/2022
<i>Young at Heart</i>		
Ken P	30	11/15/1993

**1,726 Years of Sobriety in
November 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.

THANK YOU!

Special thanks to the following for the contributions:

Group contributions

Any Lengths	Back to Basics
Sunday Morning Sober	Acceptance is the Answer
Steering Comm & IGR	Online Donation

TOTAL SEPTEMBER DONATIONS
\$390.00



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 ****

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

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

Intergroup Representatives (IGR) attending September Meeting:



Daytona Beach

Central Fact
Free To Be
Good Day Group
Happy Hour
Precisely How
The Driveway
Three Legacies
Tomoka Group Beachside
Wednesday's Women's
Women's Driveway
Way of Life
YOLO

Port Orange

New Dawn
Women's Book Study
Choice Is Yours
Steps For Life

Orange City

Alcoholic and God
Four Townes
Sister's In Sobriety
Grateful Group

New Smyrna Beach

High Noon
Hour of Power
Lifesavers

Deland

Back To Basics
Deland Big Book Study

Ormond Beach

Insane Today
Miracle Group
Howlt Works
Message In A Bottle
Open To Change
Ormond Beach Group
Riverbridge Group

Lake Helen/O steen

Road to Recovery

Holly Hill

Lest We Forget
Sunrise Group

Edgewater

Ladies Tuesday Night

Deltona Group

Deltona Men's Group

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

Committees, Coordinators, and Volusia County Intergroup updates

Office Coordinator: 63 calls and 140 visits. New carpet installed, stop on by to see it.

Website Administrator: VCI Website Report 10.01.23 - Hi everyone thank you Steve and I agreed that I will stay on as webmaster and he will be the alternate and make all the Steering committee meetings. We've had 6,808 page view which are down 12% this month probably due to not many events last month. I want to thank Tom, Candy, Steve O , and Debbie for all their hard work this month.

Archives Report: Continuing to work on inventory of Archives. Thanks to those who donated materials to archives.
High 'n Dry Editor's: If interested in submitting an article, please email us at editor@aadaytona.org

Upcoming Events & Announcements



**DISTRICT 8
PICNIC**

November 5
11:00AM - 4:00PM
Bethune Point Park
11 Bellevue Ave. • Daytona Beach

TICKETS \$10
FOOD SERVED @ 12:00
GUEST SPEAKER @ 1:00

- **FOOD**
- **50/50 RAFFLE**

Hot Dogs and Hamburgers will be served.
Please bring a side or dessert dish.
Volunteers are needed at 10:30 and after the event for set-up and clean-up.



JOIN US FOR A THANKSGIVING FEAST!

**DISTRICT 20
GRATITUDE
DINNER**

November 19, 2023

SACRED HEART CHURCH
1002 N. DIXIE FWY. NEW SMYRNA BEACH, FL

5PM- COFFEE & FELLOWSHIP
6PM- DINNER
7PM- SPEAKER & PRIZES
*BRING A DESSERT TO SHARE (SLICED PLEASE)

TICKETS \$15 FROM YOUR GSR OR INTERGROUP

**50/50 RAFFLE! PRIZES!
FELLOWSHIP!**

HELP WANTED!!!!



Volusia County Intergroup

*Volunteers needed once a week
9am-1pm or 1pm-5pm*

Great Service Opportunity!

**CALL OR STOP IN
386-756-2930
1635 S RIDGEWOOD
SUITE 107
SOUTH DAYTONA**

**Thanksgiving Dinner at the
Almous Club**

Thursday, November 23rd
1:30 pm - after "Way of Life" meeting
Please bring store-bought side dishes and desserts !



New Dawn Group

Is moving to:
316 Fleming Ave
House #3
Port Orange, FL
(at Epiphany Church)



The Group is hoping to complete the move by November 1, 2023
Meeting dates and times will remain the same
Monday-Saturday 7:30 AM

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.

Emotional Independence

Emotional independence is the foundation of emotional sobriety. But how do I get there? So, I came to AA, or surrendered, looking for a solution to not drinking. I tried many, many of my solutions and would get temporary relief. One day I dropped a screw and flipped out while my stepfather was standing there. He looked at me like I was nuts, which wasn't too far from the truth. I drank at a screw or so I perceived. I never realized all the resentments, which I told my sponsor I didn't have, all the fears I had, which once again I told my sponsor I didn't have. All the remorse, regrets, anger that I stuffed down inside myself which were controlling me without my permission. Because stuffing is what real men do right!? The Big Book experience shows that "To conclude that others were wrong was a far as most of us ever got. The usual outcome was that people continued to wrong us and we stayed sore. Sometimes it was remorse, and we were sore at ourselves. But the more we fought and tried to have our own way, the worse matters got"" We turned back to the list (guess I should follow directions, what an order), for it held the KEY to the future. We were prepared to look at it from an entirely different angle. "As a result of working the 4th and 5th step with my sponsor, I had a change of perception. It wasn't who did what, it's not even what they did, it's how I reacted. I would hear that 'It's not Them' or They're not the problem', now I understood. I no longer have to be a victim unless I choose to be and receive that false sense of power. In LOTH Bill wrote 'What is Acceptance?' The whole article is great reading and the part that stands out for me is "Therefore our first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us as they are. Again and again, we shall need to return to that unflattering point of departure. This is an exercise in acceptance that we can profitably practice every day of our lives. "I have to discard my 'rights' as well as my expectations, by asking myself, HOW IMPORTANT IS IT REALLY? (I have a shirt that has HIIIR in big letters on it as a reminder to me). How important is it compared to my serenity, my emotional sobriety? It was always important for me to think being right was necessary. I never thought about why it was. One night, in early recovery, I shared something in a meeting and an old timer sitting next to me said that's just your insecurities speaking. I was offended! So, I tell my sponsor what that old timer said to me about being insecure. You know what he had the nerve to say to me-you are.

Another Oh moment! I have to live one day at a time emotionally. Eleventh step in the morning, spot check inventory during the day, pause when agitated or doubtful and ask for the right thought or action. Nightly review and answer the questions honestly, not just check them off like I used to do. My wife went to her hairdresser yesterday for the first time in a year. They have had a great relationship for many years, but my wife was diagnosed with cancer a year ago. I spent a lot of time in doctor's offices and hospitals waiting rooms and parking lots. The Grapevine Podcast was so helpful with those times and still is. Thank you guys. Now I never push program on her, except in my early recovery when I learned actions speak louder than words. If you want to know how I'm doing, ask her. She started having a lot of fears of the future and I finally sat down, held her hands and said, "Baby let's take this one day at a time, one hour at a time if need be." "For if an alcoholic failed to perfect and enlarge his spiritual life through work and self-sacrifice for others, he could not survive the certain trials and low spots ahead." Life is going to keep on coming and it's a matter of how my perception is. Is this happening to me or for me? Only God knows and I trust everything is unfolding as it should. She is making wonderful progress daily and if I don't screw up, we'll celebrate 45 years together next month. She stood by me for 30 years of untreated alcoholism and I get to stand by her through her illness. I heard in the rooms that I had to grow up. What do you mean? I'm 56 years old for crying out loud. I read an article by Bill entitled "The Next Frontier: Emotional Sobriety." The whole article opened my eyes, but a couple of things stood out. 'Those adolescent urges that so many of us have for top approval, perfect security, and perfect romance—urges quite appropriate to age seventeen—prove to be an impossible way of life when we are forty-seven or fifty-seven. 'Now I'm starting to understand what they were talking about. Sometimes quickly, sometimes slowly. "My stability came out of trying to give, not out of demanding that I receive. Thus, I think it can work out with emotional sobriety. If we examine every disturbance we have, great or small, we will find at the root of it some unhealthy dependency and its consequent unhealthy demand. Let us, with God's help, continually surrender these hobbling demands." If I settled for just not drinking, I would have shortchanged myself.

Gary – New Smyrna Beach