HIGH 'N DRY

Districts 8, 19, 20, 21 and 32

Volusia County Intergroup Services

August 2024

Coastal Centre

1635 S. Ridgewood Avenue, Suite 107, South Daytona, FL 32119

Phone: 386-756-2930, 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.*

Traditions Checklist from *The AA Grapevine*

These questions were originally published in the AA Grapevine in conjunction with a series on the Twelve Traditions that began in November 1969 and ran through September 1971. While they were originally intended primarily for individual use, many AA groups have since used them as a basis for wider discussion. Practice These Principles….

Tradition Eleven: 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.

1. Do I sometimes promote AA so fanatically that I make it seem *un*attractive?
2. Am I always careful to keep the confidences reposed in me as an AA member?
3. Am I careful about throwing AA names around—even within the Fellowship?
4. Am I ashamed of being a recovered, or recovering, alcoholic?
5. What would AA be like if we were not guided by the ideas in Tradition Eleven? Where would I be?
6. Is my AA sobriety attractive enough that a sick drunk would want such a quality for himself?

Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

1. Why is it a good idea for me to place the common welfare of all AA members before individual welfare? What would happen to *me* if AA as a whole disappeared?
2. When I do not trust AA's current servants, who do I wish had the authority to straighten them out?
3. In my opinions of and remarks about other AAs, am I implying membership requirements other than a desire to stay sober?
4. Do I ever try to get a certain AA group to conform to *my* standards, not its own?
5. Have I a personal responsibility in helping an AA group fulfill its primary purpose? What is *my* part?
6. Does my personal behavior reflect the Sixth Tradition—or belie it?
7. Do I do all I can do to support AA financially? When is the last time I anonymously gave away a Grapevine subscription?
8. Do I complain about certain AAs' behavior behavior—especially if they are paid to work for AA? Who made *me* so smart?
9. Do I fulfill all AA responsibilities in such a way as to please privately even my ownconscience? Really?
10. Do my utterances always reflect the Tenth Tradition, or do I give AA critics real ammunition?

Highlights in this issue

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Archives Story

Thanks to our Intergroup Archivist Jim B for providing this article from the archives.

"Surrender"

from "A Study of 12 Steps" By Richmond W.

1. For a long time before I stopped drinking, I knew that eventually, I would have to do something about it.

   But toward the end of my drinking career, I got more and more stubborn about it. I would not give in. No matter how much trouble I got into because of my drinking, I would not give it up. As long as I had that stubbornness, as long as I would not give up or admit that I was licked, as long as I would not surrender, there was no hope for me.

2. When I finally go to such a low point that I was forced to surrender, I began to get well.

   When I admitted that I was powerless over alcohol, and turned to a Power greater than my own, I got the strength to stay sober. Giving up drinking is not a matter of will-power. It is the exact opposite of will-power. It is nothing less than surrender. It is not only admitting we are licked; it is also going a step further and surrendering our lives to God. It's admitting that we can no longer run our own lives. It's putting our lives into the hands of God, and asking Him to run our lives for us.

3. We alcoholics have not got the A.A. program until we have surrendered our lives to God.

   It is best if we can do this when we first come into A.A. But in some cases, it takes a long time in A.A. before this complete surrender is made. In any case, we all have to reach it sooner or later if we are going to truly live the A.A. way of life. The essences of the program is to try to live in all respects the way you believe God wants you to live. Until we do this, we may be sober, but we have not got the A.A. program, whose second and third steps are to turn our will and our lives over to God as we understand Him.

4. This surrender of our lives to God is the crucial step.

   It is the most important step that an alcoholic can take. And until he takes it, he does not have the necessary spiritual foundation under his life, which is the principle thing that makes A.A. work. There may be other ways to get sober and stay sober, but the A.A. way is to get the strength you need from a Power greater than your own. We are essentially powerless, until we turn to this Higher Power. Surrender to God, is the basis of the A.A. program.

5. There is a hymn that ends: "We lay in the dust life's glory dead and from the ground there blossoms red, life that shall endless be." We can say: "We lay in dust liquor's power dead and from that surrender blossoms red, life that shat sober be."

Where can AA groups send their contributions?

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

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

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, Zoom only, 6 pm Meeting ID: 868 3466 0731

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 VIII

Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition VIII

Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept VIII

The trustees are the principal planners and administrators of over-all policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities

NEW MEETINGS

Free To Be ...Early
5:30 pm Monday to Sunday
(Monday is Men's Meeting)
320 Harvey Ave #1
Daytona Beach, FL

Dr. Bob's Mob
7:00 pm Tuesday
Deltona United Church of Christ
1649 Providence Blvd.
Deltona, FL

MEETINGS NEED SUPPORT

Candlelight
10 pm Friday & Saturday
Easy Does It Club
266 North Yonge St
Ormond Beach, FL

Sisters In Sobriety
10:30 am Wednesday
Hybrid Meeting
815 East Graves Ave
Orange City
Meeting ID: 88076377883
Password: AA

Came to Believe
5:30 pm Thursday
Alcoholics and God
1060 E Industrial Dr. Suite P
Orange City, FL

Back to Basics
8:00 pm Thursdays
Church of the Holy Presence
355 N Kepler Rd.
DeLand, FL

AUGUST ANNIVERSARIES

NAME	YR	DATE
Alcoholics and God		
Barb W	22	8/13/2002
Tonya S	17	8/13/2007
Kathy M	16	8/5/2008
George K	11	8/19/2013
Mohsen H	7	8/24/2017
Dayna G	3	8/7/2001
Chris F	3	8/26/2021
Back to Basic		
Lisandra M	15	8/8/2009
Janet S	4	8/30/2020
Beachside-NSB		
Alan L	40	8/7/1984
Sandy S	33	8/8/1991
Choice Is Yours		
Angelo	14	8/7/2010
April H	7	8/17/2017
Linda C	7	8/3/2017
Sharon B	6	8/15/2018
Roger	6	8/1/2018
Anthony	1	8/1/2023
Deltona/Debary Group		
Cristal C	8	8/1/2016
Deltona Men's Group		
David Mc	33	8/5/1991
Greg R	5	8/5/2019
Donut Group		
Carla W	38	8/5/1986
Mike R (Buckeye)	30	8/22/1994
Vlad S	25	8/1/1999
Brian B	1	8/6/2023
Happy Belated Anniversary		
Laurie M	13	7/13/2011
Driveway Meeting		
Pattfi F	23	8/25/2001
Mickey	9	8/5/2015
Amanda J	7	8/15/2017
Bonnie	1	8/10/2023
Early Ducks		
Jim G	4	8/17/2020

NAME	YR	DATE
Four Townes		
Brian C	38	8/28/1986
Kathie M	23	8/1/2001
Glenn R	3	8/19/2021
Friday Noon Men's		
Bob W	44	8/18/1980
John R	41	8/28/1983
Bob C	39	8/26/1985
Grateful Group		
Pamela P	10	8/1/2014
Brenda S	1	8/13/2023
Happy Hour Daytona		
Mistia D	21	8/23/2003
Jon W	12	8/19/2012
Nick	8	8/10/2016
Jay N	7	8/3/2017
Linda L	5	8/28/2019
Teresa S	4	8/21/2020
Donald M	3	8/3/2021
Brenda H	3	8/5/2021
Heather S	1	8/15/2023
High Noon		
Kathy S	36	8/5/1988
Ron Z	33	8/13/1991
Scott M	9	8/22/2015
Anish P	2	8/7/2022
DJ	2	8/11/2022
Hour of Power		
Tom O	36	8/29/1988
Lifesavers		
Joan O	36	8/7/1988
Mary Beth H	23	8/23/2001
Jason W	4	8/11/2020
Message In A Bottle		
John R	41	8/28/1983
Never Had It So Good		
Dean M	46	8/1/1978
Dick C	41	8/7/1983
John G	38	8/20/1986
Steve R	22	8/22/2002
Chet O	19	8/29/2005
Dave P	15	8/15/2009
Kayla V	3	8/14/2021

August: 1849 years of sobriety!

AUGUST ANNIVERSARIES

NAME	YR	DATE
New Dawn Group		
Tania C	50	8/3/1974
Hank B	44	8/15/1980
Steve R	22	8/22/2002
Linda T	22	8/14/2002
Angelena H	11	8/28/2013
Jaxie S	1	8/20/2023
New Smyrna Beach Group		
Sandy S	33	8/8/1991
David G	1	8/13/2023
Noon Group Deland		
Kelly L	1	8/26/2023
Jim G	1	8/27/2023
Open to Change		
Smitty S	46	8/26/1978
Blaine A	28	8/26/1996
Mark F	10	8/8/2014
Jim M	6	8/6/2018
Pass It On		
Janine B	24	8/11/2000
Riverbridge		
Al J	34	8/9/1990
Kevin M	21	8/14/2003
Road to Recovery Osteen		
Chuck S	35	8/13/1989
Peggy P	27	8/7/1997
Jessica R	9	8/14/2015
Ann O	4	8/16/2020
Peggy M	3	8/1/2021
Sand and Sea		
Keith S	40	8/13/1984
Blaine A	28	8/26/1996
Rad H	4	8/11/2020
Brett C	4	8/29/2020
Linda S	3	8/26/2021
Lauren D	3	8/26/2021
Heather H	1	8/21/2023
J.W.R	1	8/21/2023
Steps for Life		
Tania C	50	8/3/1974
Linda T	11	8/13/2013

NAME	YR	DATE
Saturday Women's		
Irene V	34	8/26/1990
Barbara W	3	8/15/2021
Happy Belated Anniversary		
Linda D	43	7/13/1981
Gloria B	27	7/27/1997
Janet T	25	7/18/1999
Debi T	23	7/28/2001
Terry M	18	7/24/2005
Steps in Slow Motion		
Kathy M	15	8/11/2011
Kim P	14	8/28/2010
Sunrise Group Deland		
Barbara W	22	8/13/2002
Echo	17	8/18/2007
JR B	14	8/4/2010
Sur G	11	8/11/2013
John K	5	8/25/2019
Cullon B	1	8/14/2023
Sunrise Group Holly Hill		
Jake R	20	8/3/2004
Tomoka Group Beachside		
Deb O	36	8/8/1988
Way of Life		
Kevin P	24	8/22/2000
David P	24	8/23/2000
Diana B	21	8/18/2003
April H	7	8/17/2017
Jacob	3	8/6/2021
Justin W	1	8/31/2023
Women's New Beginnings		
Suzane W	36	8/8/1988
Heather P	6	8/27/2018
Wednesday Women's		
Mistia D	21	8/23/2003
Jennifer C	10	8/1/2014
Jackie S	2	8/15/2022
Women's Book Study		
Shellie M	5	8/26/2019
YOLO		
Rock & Roll Bob	44	8/18/1980
Steve R	22	8/22/2002
Chris	3	8/26/2021
Bill M	3	8/3/2021

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

Attitude Adjustment
Any Lengths
Anonymous Donation
Grateful Group
NSB Group
New Dawn Group
YOLO
Sisters in Sobriety
Message In A Bottle
Steps For Life
Steering Comm & IGR
Sunday Morning Sober
DeBary/Deltona Group
Donut Group
DeLand Group
Holly Hill Big Book Study

TOTAL JUNE DONATIONS
$2,815.01

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, Debbie

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

Intergroup Representatives (IGR) attending last IGR Meeting:

Daytona Beach
Central Fact
Good Day
Happy Hour
Set Aside
The Driveway
Wednesday Women's
YOLO

Port Orange
New Dawn
Women's Book Study

Deltona Group
Deltona Men's Group

New Smyrna Beach
High Noon
Hour of Power
Lifesavers
New Smyrna Beach

Ormond Beach
Had Enoiugh
How It Works
Riverbridge Group
Tomoka Group Beachside

Deland
Deland BB Study

Lake Helen/Osteen
Grateful Group

Edgewater
Ladies Tuesday Night

Committees, Coordinators, and Volusia County Intergroup updates

Office Coordinator: In July, Intergroup had 144 visits and 53 calls.
Volunteer needed at Intergroup on Friday afternoons from 1:00 to 5:00pm. Call Debbie at 386-756-2930.

High 'n Dry Editor: If interested in submitting an article, please email us at ***editor@aadaytona.org***

The new High 'n Dry editor thanks Debbie and Jamie, the previous editor and co-editor, for their work producing the High 'n Dry. They have made the transition extremely easy and are dedicated servants to this program.

THE BIG BOOK COMES ALIVE

12 STEPS IN 12 WEEKS

MONDAYS FROM
7:00-9:00 PM
BEGINS SEPTEMBER 9, 2024

1060 E. INDUSTRIAL DR SUITE P
ORANGE CITY FL 32763
(ACROSS FROM THE ORANGE CITY POST OFFICE)

District 21 CPC/PI Present

WE ARE ANONYMOUS, NOT INVISIBLE

HOW TO CARRY THE MESSAGE INTO YOUR COMMUNITY

SATURDAY, SEPTEMBER 21, 2024
11 AM - 1:30 PM
200 MAIN TRAILS
ORMOND BEACH FL
LUNCH WILL BE PROVIDED & 50/50 RAFFLE

HAPPY HOUR GROUP

36th ANNIVERSARY CELEBRATION

Join us at
THE ALMOUS CLUB
569 Foote Court, Daytona Beach
Saturday, August 24, 2024

DON'T MISS THIS GALA EVENT!

4:00 - 5:00 Buffet Served
5:00 - 6:00 Sobriety Countdown
Door Prizes
50/50 Raffle
6:00 - 7:00 AA Meeting

ADMISSION FREE

Speakers to include members of the group from the early days to the present.

AA WORKS

GOOD FOOD • GOOD FELLOWSHIP
Come and meet some of the early members and the members of today!

- Contributions and/or store bought dishes & deserts are welcomed.
- Donations for Raffle and Door Prizes will be accepted.

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.

Embracing Spirituality in Recovery

I grew up in a family that was deeply religious. My parents were strict adherents to a particular denomination, and they raised me with a set of rigid principles and values. But I never felt like I fit in. I drank and smoked, and I wasn't the "good girl" they expected me to be. As a result, they turned their back on me, and I turned my back on them. In college, my drinking got out of control. I was drinking every day and doing drugs. Eventually, I had to drop out of school. I continued to drink and ended up homeless doing anything to make sure I had drugs and alcohol. I finally hit rock bottom. I couldn't see any way out of this life and wanted it to end. I ended up in a hospital and was helped to detox from drugs and alcohol. They encouraged me to go to treatment, and I was broken enough to say yes.

The treatment center suggested I find a higher power who could keep me sober. At first, I rejected the idea of a higher power. I had grown up with a strict and judgmental concept of God, and I couldn't reconcile that with my own experiences of life. But as I struggled with in my addiction, I started to reconsider my beliefs. I began to wonder if there was something greater than myself at work in the world, something that could help me to overcome my addiction. I explored different religions and spiritual practices. I read books on Buddhism, Taoism, and Christianity. I attended services at different churches and talked to people from different faiths. But no matter where I looked, I couldn't find a sense of connection or purpose that resonated with me.

It wasn't until I started attending Alcoholics Anonymous (AA) meetings that I began to see the possibility of a higher power. AA taught me that spirituality was not about religion or dogma, but about finding a sense of connection and purpose in my life. I heard stories from people who had overcome addiction through their spiritual practice, and I started to believe that it was possible for me too. But even then, I struggled to embrace spirituality fully. I still had doubts and fears, and I didn't know how to connect with a higher power that I couldn't see or touch. It wasn't until I met my sponsor that things started to change.

My sponsor was a woman who had been in recovery for many years. She had overcome addiction and found peace and serenity through her spiritual practice. She found a deep sense of connection and purpose in her life. She shared her own experience with finding a higher power. She talked about how she also had struggled with doubts and fears, but how she had come to see that there was something greater than herself at work in her life. She encouraged me to pray, even though I didn't know who I was praying to. She told me to discover my own concept of a higher power, one that resonated with me. And she reminded me that spirituality was not about perfection, but about progress.

Slowly but surely, I started to make progress. I started to pray, even though I didn't know who I was praying to. I started to listen in meetings that focused on spirituality, and to others who shared their own experiences with finding a higher power. I could see that spirituality was not a one-size-fits-all solution, but a deeply personal journey that required patience, persistence, and trust.

As I continued to explore spirituality, my understanding of a higher power started to evolve. I began to see that it wasn't something outside of myself, but something that was within me and all around me. I started to see the beauty and wonder in the world, and I felt a sense of gratitude for the blessings in my life. And I began to feel a sense of peace and serenity that I had never experienced before. Through my spiritual practice, I was able to develop a connection with a higher power that I could feel and trust. I found solace in prayer and meditation and began to see the world through a different lens. I started to develop a sense of purpose and direction in my life and found the courage to face my problems head-on. My newfound spirituality helped me to stay sober and gave me the strength to face the challenges of recovery. It wasn't always easy, and there were times when I stumbled or felt lost, but I never gave up on my spiritual practice.

One of the most important things I learned on my spiritual journey is that everyone's path is different. Spirituality is a deeply personal journey that requires patience, willingness, and an open mind. It's not about following a set of rules or beliefs, but about discovering your own connection with a higher power and living in alignment with your values and principles. Through my journey, I discovered that spirituality is not only about finding a higher power, but about finding a sense of community and support. I found a sense of belonging in my spiritual practice and developed deep connections with others who shared my values and beliefs.

Today, I am proud to say that I am in long-term recovery, and spirituality is an essential part of my life. It has helped me to find a sense of purpose, to stay sober, and to live in alignment with my values and principles. I continue to attend AA meetings and connect with others who share my spiritual practice. If there is one piece of advice I could give to anyone who is struggling with addiction or spirituality, it would be to keep an open mind and keep seeking. There is no one-size-fits-all solution to addiction or spirituality, and everyone's journey is unique. But if you keep an open mind, stay connected to others, and trust the process, you too can find a sense of connection and purpose in your life.

-Anonymous