HIGH 'N DRY

Districts 8, 19, 20, 21 & 32

Volusia County Intergroup Services

October 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.*

PEACE OF MIND

In my early days of sobriety, I was hearing a lot of words that were unfamiliar to me and I didn't pay much attention to them at the time since I had bigger fish to fry. I had a drinking problem and everything else took a back seat to that. I was overwhelmed by marital, legal, and economic problems. Words like love, patience, spirituality, and forgiveness were foreign to me and I didn't see how they mattered when all I wanted to do was quit drinking. I stayed close to that group and they started calling me the fortunate one. At the age of 28, I was the youngest one in that group and it stayed that way for quite a while as drug problems hadn't evolved enough at the time (1969) to affect the influx of younger members. I felt like the elders of that group took a special interest in me and that endeared me to them in a special way.

I was always listening for the magic word that would inspire me and give me a purpose in life and one day it happened. Tears come to my eyes when I recall the memory of the gentle voice of an old farmer named Harlan. As he talked about all of the trials and tribulations in the past, that he had endured, he explained how he had stumbled into A.A. and that all the answers were there, but he didn't understand it until he had a goal to reach for, and the next words that came out of his mouth changed my life forever. He said "ALL I WANT FROM LIFE IS PEACE OF MIND AND A QUIET HEART". The next thought that came to me was, what more could a person want? To this day, I still quote Harlan and credit him with the inspiration. He passed away in 2007 being sober 51 years.

I have been through the big book and the 12×12 many times and have made a slow but very purposeful attempt to rid my mind of all the tormenting memories and regrets of the past, and as I processed each and every one of them, the more I realize that peace of mind is the natural result of living by these principals. Clearing the wreckage of the past, and changing those behaviors that caused it, and practicing unselfish behaviors, with the help of seasoned veterans like Harlan, I move closer and closer to the promise: We will comprehend the word serenity and we will know peace.

My books are marked and hi-lighted over the years as I evolved through the step study meetings or checked out the references to the big book in the Daily Reflections. Recently I have been focusing on the word *peace* and underlining it, and it is amazing how often it is linked to other words that seem to get more attention. Peace of mind encompasses the spirit of recovery in alcoholics anonymous and I will be forever grateful that God saw fit to lead me to this wonderful program. Harlan, rest in peace and thank you for the inspiration.

By Rick R.

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Archives Story

Hope you enjoy learning about Rich W. thoughts on the spiritual program. – *Jim B, Intergroup Archives Chair*

A.A is a Spiritual Program by Rich Walker

1. Before I came into A.A., I had a sense of utter failure. I was in despair. I had a revulsion against myself and my way of living. I had a soul sickness. I was up against a blank wall, with no way t turn. A.A. opened the door in that blank wall by telling me to turn to a Power greater than myself for help and strength and I passed through this door to sobriety.

2. When we get sick of our drinking selves and want a new kind of a life, a lot depends on what kind of a life we want. If we want a life that will satisfy our physical cravings (as liquor did) sobriety won't change us much. But if we want a life that will change us, make new people of us, then we'll get somewhere. Two thousand years ago a man said: "Ye must be born again" and we must be born again in A.A. Nothing less will change us.

3. Now, this means that, in addition to stopping drinking, we must face up to our own sins and selfishness. We must try to become what God wants us to be, if we are going to find a new way of living. We must let God transform us, because the whole purpose of life is the creation of people who serve God, instead of themselves.

4. Some people find it hard to believe in a Power greater than themselves. But not to believe in such a Power forces us into atheism. It has been said that atheism is "blind faith in the strange proposition that this universe originated in a cipher and aimlessly rushes nowhere." That 's practically impossible for a reasonable man to believe.

5. Sooner or later most of us in A.A. come to believe in a Power greater than ourselves, which can help us and give the strength that we need. We come to believe in the Force for Good in the universe which most of us call God and to which we can turn for the strength we need to stay sober and to live a better life.

6. There is no doubt of the fact that there is a force for Good in the world. If you take one "o" out of good, you have God. If we ally ourselves with this force for good, if we get into this stream of goodness, if we put good into our lives, we take out good things and our lives get better. We stop wandering in dark alleys and we cross over to the sunny side of the street. We try to do the right thing and when we do this, the whole power of the universe is behind us. When we try to live right, good things happen to us. Any old-timer in A.A. will testify to this.

7. Each morning before breakfast, I have a quiet time, I put all my problems into the hands of God. I turn the whole thing over to Him. And I trust God to take care of not just my drink problem but of all my problems. Then I don't reach out and take these problems back to myself. I leave them in God's hands. We surrender ourselves honestly and fully to God. The time a man or a woman really get this program, I believe, is when they get down on their knees and surrender themselves to God, as they understand Him.

8. Having surrendered our lives to God and put all our problems into His hands, doesn't mean that we will never be tempted again. So we must build up our strength for the time when temptation will come. Keeping the mind full of construction thoughts, a quiet time of prayer and meditation every morning before breakfast, prayer during the day that God's will be done, and thank to God at night, will keep up minds in the right condition, so that when temptation comes up we will be ready for it and not yield to it.

9. I believe that sobriety can be a free gift of God, which He gives us by His grace, when He knows someone is ready for it. But we have to be ready. The way to make ourselves ready for this free gift is to say to God: "Here I am and here are all my problems. I've made a mess of things and can't do anything about it. You take me and all my problems and do anything you want with them." The grace of God, which is a free gift can do for us what we could never do for ourselves. We can accept God's gift with gratitude and humility.

10. When we have surrendered our lives to God, we begin to get that peace of mind and serenity which we all seek, that peace which comes from trying to live each day as we believe God wants us to live, with honesty, purity, unselfishness and love and service to others. Our souls are restored and we achieve a deep inner peace and serenity and strength to face anything.

Monthly District meetings

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

District 19: 4th Wednesday– 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 - 6:30pm St. James Episcopal Church, 38 South Halifax, Ormond Beach

District 32: 1st Monday - 6:30PM Grace Beachside Lutheran Church, 338 Oceanshore Blvd. Ormond Beach

Step X

Continued to take personal inventory and when we were wrong promptly admitted it.

Tradition X

Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.

Concept X

Every service responsibility should be matched by an equal service authority — the scope of such authority to be always well defined whether by tradition, by resolution, by specific job description or by appropriate charters and bylaws.

NEW LOCATION!

Saturday Women's AA
10:30 am Saturday
New Covenant Baptist Church
1350 S. Blue Lake Ave.
DeLand, FL

MEETINGS NEED SUPPORT

Women's New Beginnings
6:30 pm Mondays
Grace Episcopal Church
4110 S Ridgewood Ave
Port Orange, FL
Beginners Welcome

Miracle Group Ormond Beach
4:00 pm Seven days a week
Easy Does It Club
266 N Yonge St
Ormond Beach, FL

Came to Believe
5:30 pm Thursday
Alcoholics & God
1060 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

OCTOBER ANNIVERSARIES

NAME	YR	DATE
5:30 Group		
Dave A	33	10/4/1991
John B	15	10/15/2009
Charlie T	12	10/11/2012
Ryann O	6	10/21/2018
Joyce C	4	10/8/2020
Tim D	3	10/1/2021
Stacey C	2	10/22/2022
Mandy F	2	10/7/2022
Kimble D	2	10/5/2022
Alcoholics and God		
LouAnn J	17	10/7/2007
Woody W	11	10/29/2013
Mohsen H	7	10/23/2017
Beachside NSB		
Elvira B	34	10/24/1990
Joe K	17	10/1/2007
Marion P	10	10/15/2014
Central Facts		
Debbie L	25	10/4/1999
Diane C	3	10/31/2021
Kammi W	2	10/5/2022
Justin K	1	10/18/2023
Joe W	1	10/21/2023
Choice Is Yours		
Larry C	32	10/25/1992
Paul W	2	10/19/2022
Deltona Men's		
Woody W	11	10/19/2013
Ryan S	7	10/28/2017
Carlos O	1	10/30/2023
Donut Group		
Hal and Sandy W	38	10/24/1986
Debbie L	25	10/1/1999
Patrick O	2	10/15/2022
Vera M	1	10/15/2023
Happy Belated Anniversary		
Shaun M	3	8/25/2023
Driveway Meeting		
Stefanie	5	10/4/2019
Early Ducks		
Paul W	33	10/3/1991
David B	14	10/23/2010
Scott N	5	10/16/2019
Jon W	1	10/28/2023

1896 Years total Sobriety

NAME	YR	DATE
Four Townes Group		
Ralph L	49	10/15/1975
Lillian D	39	10/1/1985
Chris C	2	10/1/2022
Carlos O	1	10/30/2023
Good Day Group		
Mike L	32	10/4/1992
Patti B	1	10/10/2023
Had Enough		
Stevie S	42	10/18/1982
Happy Hour Daytona		
Fred H	41	10/20/1983
Jon B	15	10/20/2009
Ginger	6	10/21/2018
Lex	3	10/31/2021
Josh D	2	10/3/2022
Love M	1	10/4/2023
David D	1	10/10/2023
Rail M	1	10/24/2023
Hour of Power		
Lisa B	42	10/0/1982
Chip D	41	10/0/1983
Christine M	33	10/0/1991
Paul G	32	10/0/1992
Drew K	18	10/0/2006
Lorrie R	18	10/0/2006
Diane P	17	10/0/2007
JD D	16	10/0/2008
Lynn M	8	10/0/2016
Tim D	3	10/0/2021
Allen H	2	10/0/2022
Lest We Forget		
Ken H	38	10/17/1986
Greg S	31	10/13/1993
Trish S	25	10/1/1999
Jo C	17	10/29/2007
Laura D	8	10/25/2016
Lifesavers		
Mike R	49	10/30/1975
Donny C	32	10/9/1992
JD	16	10/7/2008
Kathy McG	16	10/12/2008
Ethan C	11	10/9/2011
Mark H	4	10/7/2020
Saturday Women's AA		
Robin K	1	10/16/2023
Johnell B	1	10/18/2023

OCTOBER ANNIVERSARIES

NAME	YR	DATE
Miracle Group		
Lee L	27	10/31/1997
Darlene S	21	10/12/2003
Donna	18	10/27/2006
Robert H	12	10/5/2012
Debbie H	8	10/15/2016
Kim A	5	10/25/2019
Royden C	2	10/12/2022
Never Had It So Good		
Paul W	2	10/19/2022
Kyra W	1	10/21/2023
New Dawn Group		
Bill M	39	10/27/1985
Gary M	13	10/14/2011
Jack	17	10/2/2007
John E	23	10/28/2021
Kelly M	8	10/8/2016
Pam S	15	10/23/2009
Stacey C	2	10/22/2022
Noon Group - Deland		
Marie C	39	10/28/1985
Open to Change		
Fred H	41	10/20/1983
Cathy R	25	10/25/1998
Pass It On		
Bill R	2	10/30/2022
Steve S	1	10/16/2023
Precisely How		
Pamela B	31	10/23/1993
Riverbridge		
John S	7	10/20/2017
Jeannine P	4	10/10/2017
Road to Recovery - Osteen		
Bob V	34	10/19/1990
Bruce L	30	10/4/1994
Sand and Sea		
Fred H	41	10/20/1983
Matt S	13	10/29/2011
Matteo R	10	10/4/2014
David V	4	10/31/2020
Danielle V	4	10/31/2020
Chris D	3	10/15/2021
Stephanie H	2	10/18/2022
Randy S	2	10/1/2022
Molly	1	10/1/2023
Paula C	1	10/11/2023
Troy S	1	10/25/2023

NAME	YR	DATE
Steps For Life		
Lee M	18	10/6/2006
Steps in Slow Motion		
Sherry S	28	10/12/1996
Debbie H	10	10/2/2014
Pete H	4	10/29/2020
Sunrise Group Deland		
Kim	3	10/10/2021
Sunrise Group Holly Hill		
Chris T	5	10/1/2019
Tomoka Group Beachside		
Jamie K	3	10/4/2021
Hank L	2	10/7/2022
Way of Life		
Don Tat 2	53	10/30/1971
Walter C	35	10/23/1989
Rebecca A	5	10/25/2019
James M	3	10/3/2021
Paul E	3	10/5/2021
Anthony C	1	10/31/2023
We Are Alive		
Chip D	41	10/10/1983
Lloyd S	21	10/23/2003
Wednesday Women's		
Megan G	31	10/22/1993
Sharon R	26	10/27/1986
Debbie A	19	10/1/2005
Shirley F	11	10/20/2013
Women's Book Study		
Sherri Z	29	10/1/1995
Megan B	1	10/21/2023
YOLO		
Bill M	39	10/27/1985
Steve R	35	10/31/1989
Kelly M	8	10/8/2016
Kathy P	4	10/14/2000
Patrick O	2	10/15/2022
Kim G	1	10/4/2023
Vera	1	10/15/2023
Moe B	1	10/29/2023
Young At Heart		
Larry C	32	10/25/1992
Mike T	12	10/20/2012
Kristoffer	6	10/15/2018
Eric P	2	10/2/2022
Paul W	2	10/19/2022
Deire	1	10/2/2023

VOLUSIA COUNTY INTERGROUP NEWS

Volusia County Intergroup Representative's Meetings: 6:30 pm, 3rd Thursday each month
Central Baptist Church, 142 Fairview Ave; Daytona Beach, FL

Intergroup Steering Committee Meetings: 6:30 pm, 2nd Thursday each month
1635 S. Ridgewood Ave; South Daytona, FL

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

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.

Committees, Coordinators, and Volusia County Intergroup updates

Office Coordinator: Intergroup had 192 visits and 38 calls. Donations totaled $1,993.86.

High 'n Dry Editor: If interested in submitting an article, please email us at ***editor@aadaytona.org***
November ANNIVERSARIES should be submitted no later than October 15th.

Archives Report: Thanks for the several group history information sheets submitted. Thanks to those who donated Karen S's personal collection to archicves which include Big Book, Living Sober, Came to Believe and High 'N Dry. Archives relies on donations. Archivist is getting caught up on "Event flyers." Missed some events spast few years so feel free to drop off old event flyers for Archives. If the year is not included in the flyer add in pencil on the flyer. Thanks! *Jim B.* ***Archives***

12-Step Volunteer Coordinator: 33 calls

UPCOMING EVENTS

Volusia County Intergroup Cookout

Hamburgers, Hot Dogs & Drinks provided

November 9th 2024

11:00 to 3:00 pm

Pettis Park

Tickets $5.00 at Intergroup or see your group IGR

800 Mary Ave; New Smyrna Beach, FL

6TH ANNUAL YOLO PICNIC

Saturday October 5th, 2024

Spruce Creek Park 6250 S Ridgewood Ave.

Port Orange, Fl 32127

$5.00 suggested Donation

Time 12-5pm

Serving hamburgers and hot dogs

Bring a covered dish (with food in it)

Bring a chair

District 19 presents:

The Twelve Traditions Workshop

LEARN THE HISTORY OF THE TRADITIONS

A three-part series on the history and development of the Twelve Traditions from the Washingtonians to the Language of the Heart.

Presented by *Jim W. Cancun, Mexico*

October 5, 2024, 1:00 PM – 2:30 PM
Part-1 – What and when did Bill W. likely know about the Washingtonians? And a brief history of the Washingtonians. Q & A following.

October 12, 2024, 1:00 PM – 2:30 PM
Part 2 - The birth of the Traditions and the evolution of the Traditions from long to short form. Q & A following.

October 19, 2024 , 1:00 PM – 2:30 PM
Part 3 – The role of the Traditions in the General Service structure and the links among the Traditions, Conference charter (Warranties) and Concepts. Q & A following.

October 26, 2024, 1:00 PM – 3:00 PM
Panel of 12 local AA members discussing each of the twelve traditions and sharing their experience with them. Q & A following.

Ask it basket

Located at: Emmaus Lutheran Church, 2500 S. Volusia Avenue, Orange City, FL 32763

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.

Celebrating AA Around the World

District 19 Gratitude Dinner

Saturday November 23, 2024

Fellowship starts 5:30 pm Dinner starts at 6:00 pm

Location: Florence K Little Town Hall
16 Columba Road; DeBary FL

Tickets $20 Buy Tickets or donate to scholarships at d19dinner.rsvpify.com

Two reflections on sponsors *from Allen S.*

I'm thankful for good sponsorship. I filled in for my sponsor at a recent Big Book meeting; he ended up coming in late and we got to spend some time together. We don't see each other like we did in the beginning of my recovery. I would call that man 50 times a day with the craziness my alcoholic mind would tell me. But he knew that if I kept praying and building a relationship with God that God would do the rest and the spiritual principles behind the steps would unfold before my eyes at a very slow rate! Slowbriety is what I call it. Relationships are the most important thing we can form in this life it is up to us to be a maximum service to God and others to distribute and display the character of our Creator.

I'm Grateful that I have my own understanding of God and not someone else's mis-understanding of him. I am thankful for the daily surrender of asking God to direct my thinking and actions so I'm of better service to others. My sponsor use to tell me when I would call him in a panic due to the world ending (when really I was still stuck in self, trying to break that self seeking shell) that no, it might not get better, but I will. At the time I didn't understand that he meant my perception, that if I keep doing the next right thing, trust God, clean house, help other's, and keep my spot check inventory, the way I view the world and the people in it will change. Thank God for sponsors!!