High 'N Dry

VOLUSIA COUNTY INTERGROUP SERVICES

Districts 8, 19, 20, 21 & 32

January 2025

Coastal Centre

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

Phone: 386-756-2930 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.*

What Does SURRENDER Mean?

For reasons still obscure, the program and the fellowship of AA could cause a surrender, which in turn would lead to a period of no drinking. It became ever more apparent that in everyone's psyche there existed an unconquerable ego which bitterly opposed any thought of defeat. Until that ego was somehow reduced or rendered ineffective, no likelihood of surrender could be anticipated

AA, still very much in its infancy, was celebrating a third or fourth anniversary of one of the groups. The speaker immediately preceding me told in detail of the efforts of his local groups-which consisted of two men-to get him to dry up and become its third member.

After several months of vain efforts on their part and repeated nose dives on his, the speaker went on to say: "Finally, I got cut down to size and have been sober ever since," a matter of some two or three years. When my turn came to speak, I used his phase "cut down to size," as a text around which to weave my remarks. Before long, out of the corner of my eye, I became conscious of a disconcerting stare. it was coming from the previous speaker. It was perfectly clear: He was utterly amazed that he had said anything which made sense to a psychiatrist. The incident showed that two people, one approaching the matter clinically and the other relying on his own intuitive report of what has happened to him, both came up with exactly the same observation: the need for ego reduction. It is common knowledge that a return of the full-fledged ego can happen at any time.

Years of sobriety are no insurance against its resurgence. No AA's, regardless of their veteran status, can ever relax their guard against a reviving ego. The function of surrender in AA is now clear. It produces that stopping by causing the individual to say, "I quit. I give up on my headstrong ways. I've learned my lesson." Very often for the first time in that individual's adult career, he has encountered the necessary discipline that halts him in his headlong pace. Actually, he is lucky to have within him the capacity to surrender. It is that which differentiates him from the wild animals. And this happens because we can surrender and truly feel, "Thy will, not mine, be done."

Unfortunately, that ego will return unless the individual learn to accept a disciplined was of life, which means the tendency toward ego comeback, is permanently checked. This is not news to AA members. They have learned that a single surrender is not enough. Under the wise leadership of the AA "founding fathers" the need for continued endeavor to maintain that miracle has been steadily stressed.

The Twelve Steps urge repeated inventories, not just one, and the Twelfth Step is in itself a routine reminder that one must work at preserving sobriety. Moreover, it is referred to as Twelfth Step work-which is exactly what it is. By that time, the miracle is for the other person. *By Dr. Harry M. Tiebout, M.D., Akron InterGroup News*

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Archives Story - *contributed by Jim B. - Intergroup Archives Chair*

Hope you enjoyed this as much as I did reading it. I edited out redundancies and added bold for emphasis.

Build Your Life Like a House

In closing, let me say that we try to build our lives like a house.

(1) We build the **foundation** of our lives on **sobriety**
(2) We build the **framework** of our lives out of **self-discipline**
(3) We build the **walls** of our lives out of **service to our fellow men (helping others).**
(4) We build the **roof** of our lives out of **faith in God.**
(5) And we build a **garden** around our lives out of the **peace and serenity** that we find in this new way of life.

In that garden I'll plant

1. **White flowers** of serenity to accept the things I cannot change.
2. **Red flowers** of courage to change the things in me that need changing.
3. **Golden flowers** of wisdom to know the difference between what I can change and what I cannot change. And the wisdom to practice these principles in all my affairs for the rest of my life.

The Volusia County

INTERGROUP OFFICE

will be **CLOSED** to give staff and volunteers time off for the holidays:

Tuesday December 31, 2024 – New Year's Eve
Wednesday January 1, 2025 – New Year's Day
Monday January 20, 2025 – Martin Luther King Jr. Day

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

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-6:30 pm for
PI and Treatment Committees
7:00 pm for District meeting.
United Church of Christ
203 Washington St., NSB

District 21: 4th Tuesday - 6:30 pm
St. James Episcopal Church
38 South Halifax, Ormond Beach

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

Step I

We admitted we were powerless over our addiction - 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 A.A. world services should always reside in the collective conscience of our whole Fellowship.

MEETING NEWS

NEW FORMAT

Women's New Beginnings Meeting
6:30 pm Mondays
Grace Episcopal Church
4110 S Ridgewood Ave
Port Orange, FL
NEW FORMAT will be DISCUSSION on the Promises of the program.

NEW LOCATION

Sobriety First
7:00 pm Sundays
Emmaus Lutheran Church
2500 S. Volusia Ave. (US 17-92)
Orange City, FL

Line By Line
7:00 pm Mondays
100 E. Granada (SR 40)
Second floor cafeteria
Ormond Beach. FL

NEW TIME

Road to Recovery
6:00 pm Mondays
United Methodist Church
179 Carpenter Ave.
Osteen, FL

MEETING NEEDING SUPPORT

DeLand Big Book Group
7:00 pm Wednesdays
St. Barnabas Episcopal Church
319 W. Wisconsin Ave.
DeLand, FL

JANUARY ANNIVERSARIES

NAME	YR	DATE
Alcoholics and God		
Tommy M	31	1/13/1994
Jason L	8	1/4/2017
Ken A	7	1/5/2018
Ken S	4	1/28/2021
Liz S	1	1/22/2024
Aloha		
Roger	5	1/20/2020
Central Facts		
Bob K	5	1/7/2020
Christian A	4	1/1/2021
Brett O	1	1/1/2024
Heather S	1	1/15/2024
Choice Is Yours		
Bob D	51	1/1/1974
Don P	47	1/4/1978
Missy	35	1/2/1990
Ashley	5	1/1/2020
Roger L	5	1/20/2020
Christie	3	1/19/2022
Deltona Men's Meeting		
Eddie O	52	1/1/1973
Sean D	22	1/7/2003
Vincent P	18	1/17/2007
Chris B	9	1/25/2016
Donut Group		
Missy S	35	1/2/1990
Michell J	5	1/5/2020
Matthew O	3	1/22/2022
Driveway Meeting		
Debbie S	34	1/1/1991
Courtney B	2	1/11/2023
Kaitlyn	2	1/19/2023
Early Ducks		
Dave M	33	1/13/1992
David W	33	1/17/1992
Joe M	29	1/6/1996
James B	6	1/2/2019
Sean C	4	1/30/2021
Janice M	46	1/14/1979
Paul M	35	1/1/1990
Phil T	25	1/29/2000
Tito S	8	1/1/2017

NAME	YR	DATE
Grateful Group		
Matt	20	1/9/2005
Had Enough		
Kathy R	15	1/2/2010
Laura R	6	1/21/2019
Joanne S	2	1/28/2023
Happy Hour Daytona		
Tom B	37	1/8/1988
Tom D	30	1/18/1995
Sonny	26	1/1/1999
Brian N	14	1/29/2011
Donald C	11	1/16/2014
Angel G	5	1/4/2020
Sebrina	3	1/18/2022
Bob P	1	1/22/2024
Melissa K	1	1/22/2024
High Noon		
Jannelle R	45	1/30/1980
Gretchen B	22	1/3/2003
Tim G	12	1/1/2013
Insane Today		
Happy Belated Anniversary		
Gary F	40	12/15/1984
Lifesavers		
Judith S	48	1/8/1977
Larry F	43	1/9/1982
Paul B	41	1/2/1984
Marsha M	24	1/6/2001
Lest We Forget		
Phil B	39	1/6/1986
Gena H	21	1/11/2004
Linda R	18	1/24/2007
Danny P	3	1/18/2022
Carolyn F	5	1/22/2020
Miracle Group		
Janet Mc	45	1/26/1980
Diane B	13	1/13/2012
Jeff G	13	1/30/2012
Linda C	9	1/15/2016
Tara H	2	1/16/2023
New Smyrna Beach Group		
Carolyn C	45	1/14/1980
Kelly G	41	1/31/1984
Donna H	33	1/21/1992
Ed T	12	1/23/2013
Chris V	2	1/20/2023

Total Sobriety Represented – 795,149 One Days at a Time!

JANUARY ANNIVERSARIES

NAME	YR	DATE
Noon Group - Deland		
Sonny W	13	1/6/2012
Maddie B	5	1/8/2020
Jeremy K	1	1/4/2024
Open to Change		
Jacquie	37	1/1/1988
Terri A	34	1/25/1991
Mike L	12	1/17/2013
Boston Jim	10	1/8/2015
Ormond Beach Group		
Darius	1	1/14/2024
Pass It On		
Lou Anne	9	1/11/2016
Riverbridge		
David W	33	1/17/1992
Mark C	20	1/24/2005
Sand and Sea		
Marty B	25	1/1/2000
Shawni G	12	1/28/2013
Xein C	8	1/19/2017
Arien C	5	1/3/2020
Jeremy	3	1/25/2022
Steven D	3	1/21/2022
Will J	2	1/1/2023
Sean M	1	1/10/2024
Rebecca H	1	1/18/2024
Saturday Womens		
Linda D	39	1/20/1986
Susan G	5	1/4/2020
Steps For Life		
Judith S	48	1/8/1977
Jaquie	37	1/1/1988
Susan T	33	1/6/1992
Michelle J	5	1/1/2020
Angel G	5	1/4/2020
Mary S	4	1/27/2021
Lisa U	2	1/16/2023
Jeff G	13	1/30/2012
Linda C	9	1/15/2016
Tara H	2	1/16/2023
New Smyrna Beach Group		
Carolyn C	45	1/14/1980
Kelly G	41	1/31/1984
Donna H	33	1/21/1992
Ed T	12	1/23/2013
Chris V	2	1/20/2023
Angel G	5	1/4/2020
Mary S	4	1/27/2021
Lisa U	2	1/16/2023

NAME	YR	DATE
Sunrise Group Deland		
Joanne B	43	1/15/1982
Jim F	14	1/14/2011
Nancy T	10	1/3/2015
Michelle S	7	1/1/2018
Larry R	7	1/4/2018
Chris K	3	1/31/2022
Joe F	2	1/16/2023
Michelle M	1	1/1/2024
Steve B	1	1/2/2024
Hector C	1	1/8/2024
Sunrise Group Holly Hill		
Alex	2	1/21/2023
Tomoka Group Beachside		
Tammy M	35	1/7/1990
Nancy C	31	1/15/1994
Way of Life		
Sally L	11	1/3/2014
Jonhnny	3	1/2/2022
Chris	3	1/4/2022
Mike W	1	1/3/2024
We Are Alive		
Janice M	46	1/14/1979
Gretchen	22	1/3/2003
Kim D	12	1/17/2013
DeAnn P	6	1/11/2019
Rob C	5	1/23/2020
Jeremy R	4	1/8/2021
Bill B	2	1/24/2023
Wednesday Women's		
Judith S	48	1/8/1977
Arlene C	33	1/24/1992
Ashey L	5	1/1/2020
Women's Book Study		
Debbie S	34	1/1//1991
Karen D	18	1/5/2007
Women's New Beginnings		
Teri G	39	1/10/1986
Lisa C	8	1/15/2017
April	6	1/1/2019
Young At Heart		
Candy V	5	1/16/2020
Sean	2	1/15/2023
Courtney	2	1/11/2023
Happy Belated Anniversary		
Jenn	1	12/6/2023

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 Open: Saturday 9 am – 1pm
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

Or online at:
https://contribution/aa.org

Area 14 Contributions:
NFAC Treasurer
PO Box 6301
Jacksonville, FL 32205

Or on-line at:
https://aanorthflorida.org

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:
Groups represented at IGR meeting (Dec): Driveway; Wednesday's Women; DeLand Big Book; Deltona Men's Group; Friday Night Men's; Sunrise Group-Holly Hill; High Noon; New Smyrna Beach Group; Insane Today; Ormond Beach Group; Tomoka Beachside; New Dawn.

Group Donations (Nov): $3,945.21

High 'n Dry Editor: If interested in submitting an article, please email ***admin@aadaytona.org***
February Anniversaries should be submitted no later than January 15th.

Archives Report: Continuing to work on cataloging archives materials. *-Jim B. Archives Chair*

TIME IN A BOTTLE

Why did I spend so much time in a bottle? I've learned that sometimes there is no answer for "why?" I was so caught up in the throes of my addiction; I couldn't see that time and my life were slipping by. I was being consumed from within mentally, physically and spiritually. What started out as fun and enjoyment, over years of abuse, turned into what I've experienced as pitiful, incomprehensible, demoralization. I didn't know how this happened. I just knew there was something wrong with the way I was living, or for a better word, existing. I had hurt everyone I came in contact with. I broke everything I touched. The lies that I lived with for over twenty years fed my ego and self satisfaction. I had become constitutionally incapable of being honest and the truth and false ran together. I didn't realize that the bottle and my attitude were the problem. I didn't realize that my thinking and behavior were totally out of control. Even though I still had a job, wife and a place to live, how could it be me?

After being arrested again for driving drunk I was, for the first time, admitted to a treatment center. That was in 1984. In over forty years of continuous sobriety, by the Grace of God, the fellowships of Alcoholics Anonymous and the Twelve Steps I haven't found it necessary to pick up a drink.

So, because of the help I received I learned what an alcoholic was. I learned that I had been in my own skid row. I also learned there was a way out of all the turmoil and chaos. I read that "Rarely have we seen a person fail that thoroughly our path." I believed it to be true. That was the start of a magnificent journey of discovering who and what I was. I heard that if I wanted what AA had to offer I had to do what was suggested by AA. Days turned into weeks and weeks turned into months. I didn't drink. I believe it all started with being completely defeated even though I didn't know it at the time. I realized I had to concede to my innermost self that I was truly powerless. Over time I discovered the power they always talked about. I learned to believe through the fellowship. I found a higher Power whom today I have a personal relationship with. I trust It and I have a strong faith in It. I can't explain It and I really don't try. I just believe It's there and all I have to do is ask. Let this miracle happen for you. Don't let your time slip by.

-Anonymous

CORRECTIONS NEWS

Starting January 1, 2025, Volusia County Division of Corrections is requiring annual training for all volunteers who bring meetings into Volusia County jails.

For January 2025, sessions are planned for January 4th, January 11th, and January 18th.

Please reach out to Larry R. at 386-756-2930 to get more information.

THANK YOU FOR CARRYING THE AA MESSAGE TO PEOPLE BEHIND BARS.

ALCATHON'S
Over New Year's

REBOS Club - Alcathon
Start: New Year's Eve December 31 at 5:30 pm
Thru: New Year's Day January 1 at 5:30 pm

Location:
2325 S Ridgewood Ave; Edgewater, FL

Almous Club - Alcathon
Start: New Year's Eve December 31 at 6:30 pm
Thru: New Year's Day January 1 at 6:30 pm

Location:
569 Foote Court; Daytona Beach, FL

Victor E Club - Alcathon
Start: New Year's Eve December 31 at 5:30 pm
Thru: New Year's Day January 1 at 6:30 pm

Location:
1320 E New York Ave (SR 44); DeLand, FL

YOU ARE NOT ALONE

Almost without exception, alcoholics are tortured by loneliness. Even before our drinking got bad and people began to cut us off, nearly all of us suffered the feeling that we didn't quite belong. *-AS BILL SEES IT, p. 90*

Can't attend a meeting in person?
There is an AA guide to online meetings at anytime:

https://aa-intergroup.org/

ONLINE INTERGROUP
ALCOHOLICS ANONYMOUS

SOBER EVENT!
Good Day Group
Cornhole Tournament

Saturday January 18, 2025
7:30 pm to 11:00 pm

Location: Almous Club
569 Foote Court; Daytona Beach, FL

SOBER EVENT!
District 19
New Year's Eve Dance

Tuesday December 31, 2024
8:00 pm to after New Year's

Location: Emmaus Lutheran Church
2500 S. Voluisa Ave; Orange City, FL