High 'N Dry

VOLUSIA COUNTY INTERGROUP SERVICES

Districts 8, 19, 20, 21 & 32

November 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.*

Quiet Mind via Step 11

Someone said: **"*The only requirement for serenity is a desire to stop thinking*."** In early sobriety, my raving alcoholic mind was not the least fond of that cliché. It would run full speed ahead, all day long and often deep into the night. It would run so fast, and confusingly, that I feared losing my new job at an antique store.

Sometimes I felt it necessary to forego lunch and talk with my newly found AA friends at a nearby recovery club. Often, as if by magic, I would be overtaken by an inexplicable calmness. Somehow, once inside, I felt safe in the midst of that AA spirit we all know so well. Who needs lunch anyway!

But back to work during the afternoon my mind would resume its attack. What to do? I had learned a spiritual tool that I still use quite often today. I would pray: **"*Be still and know that I am God*."** Somehow, and I have never understood why, that simple statement had an immediate calming effect; albeit often short lived, it was welcome, indeed!

The Big Book tells us that we have a "***Great Reality deep down within us***" (God). My concept of this is that God is telling my whirling mind to quiet down. Who knows? But it worked then and still does today—great tool!

The French philosopher, René Descartes, is often quoted: **"*I think, therefore I am*."** However, I am coming to believe that Bill Wilson's **"*Great Reality deep within*"** (p. 55) is like a great over-self that I can utilize through prayer and meditation to bring peace and serenity into my daily life. Actually, by living the twelve steps of AA, I have a certain control over my mind when it goes all catawampus.

Step Eleven tells how to find calmness, before going to bed at night, by having a reflective sort of meditate before going to bed at night and asking God for forgiveness (p. 86). How to prepare our day in the morning and how to remain spiritually fit (calm) throughout the day.

-By Bob S.

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MONTHLY DISTRICT MEETINGS

District 8: Last Monday – 7:15pm Almous Club 569 Foote Court, Daytona Beach	**District 19:** 4th Wednesday – 6:30pm First Congregational Church (Jane Murray Hall) 201 W. University, Orange City	**District 20:** 3rd Sunday- 6:30 pm (PI and Treatment Committee) 7:00 pm (District meeting) United Church of Christ 203 Washington St., New Smyrna Beach
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	**Group GSR's Please Attend** **so you can carry the message from your group**

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:
Area 14, Panel 73 Treasurer
PO BOX 840066
St. Augustine, FL 32080

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.

The 11th Step Promises

Many of us have heard of the Ninth Step Promises from page 83-84 of the Big Book of Alcoholics Anonymous. There are, however, many additional promises throughout the Big Book. Promises associated with STEP ELEVEN from pages 86 through 88 include:

- Step Eleven suggests prayer and meditation. **It works,** if we have the proper attitude and work at it.
- Under these conditions **we can employ our mental faculties with assurance**, for after all God gave us brains to use.
- **Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.**
- In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. **We are often surprised how the right answers come** after we have tried this for a while.
- **What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.**
- Nevertheless, we find that **our thinking will, as time passes, be more and more on the plane of inspiration**. We come to rely upon it.
- **We are then in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions**.
- **We become much more efficient.**
- **We do not tire so easily,** for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.
- **It works, it really does.**

Archives Story

A.A. Speakers Manual Published in Akron, Ohio

I have culled and paraphrased tidbits from the pamphlet. Archivist's additional comments are in brackets. The original is still available for purchase from the Akron Intergroup.
https://akronaa.org/product-category/pamphlets/page/2/ ***-Jim B.; Intergroup Archivist***

The original A.A. Speakers Manual Pamphlet is believed to be written in the early 1940's. It was written by Evan W. and approved by Dr. Bob before being used. The thoughts of AA's, mostly veterans of a year or more of experience [Imagine that! A year is a veteran!] These are suggestions and are not infallible or Gospel.

Be Brief

Your talk deserves the best effort you can put into it. Prepare… this does not mean writing a speech but organize your thoughts. If you experience stage fright prepare written notes.

There is a saying amongst clergymen: "No souls are saved after the first twenty minutes." After the first half hour the average listener starts to wonder when the speaker will stop talking. Remember alcoholics are restless people. Lincoln's Gettysburg address lasted four minutes. The principal speaker of the day spoke two and a half hours… which is remembered?

Speak up. Don't mumble. Trained orators talk to someone in the very back row. Speak deliberately… not as many words but more understandable.

Your audience knows you are an alcoholic and a member of A.A. Your presence at the podium is proof of that. Consequently, it is ridiculous to "qualify" yourself. It may be necessary to give some of your drinking history to illustrate what obstacles you had to overcome to become a practicing AA member. But keep it to a bare minimum. Your drinking story is valuable when you call on the prospect in his home, in jail or in a hospital. But at a meeting the audience is more interested in WHAT YOU HAVE DONE TO KEEP SOBER!

Following are a few brief suggestions:

Don't try to cover everything in one talk. You will probably be invited to lead at a future date.

Try to use new material in each talk.

Don't read lengthy poems or quotations. If you must quote, be brief.

Don't criticize. Leave that for your fifth anniversary. And when your fifth anniversary comes, don't criticize.

Be sincere.

Don't get involved in circuitous analogies.

Don't be too positive. Rather, have strong suspicions. Many a man who is never going to take another drink on Tuesday night is plastered as a new house Wednesday morning.

Don't feel you must have a weighty answer to every comment from the floor. If you have no simple comment, a "thank you" will handle the situation.

When you are finished… **SIT DOWN. After That** some meetings have a chairman take over. "Ground rules"… Avoid eulogizing you, the speaker (we are a modest lot). Thank each speaker [implies more than one in a meeting?] Keep your eye on your watch.

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.

NOVEMBER ANNIVERSARIES

NAME	YR	DATE
2'sday Nite Sobriety		
Bill H	28	11/15/1997
Alcoholics and God		
Bruce F	33	11/27/1992
Mike S	26	11/19/1999
Todd M	14	11/14/2011
Dana M	13	11/8/2012
Paul B	12	11/11/2013
Duncan B	10	11/27/2015
Daniel T	7	11/28/2018
Anna M	5	11/15/2020
Angelo R	1	11/8/2024
Back to Basics - Deland		
Pam G	28	11/9/1997
Beachside - NSB		
Paul C	32	11/17/1993
Tom K	13	11/17/2012
Central Facts		
Chris B	30	11/27/1995
Choice is Yours		
Don G	46	11/15/1979
Peggy	36	11/10/1989
Bobby W	26	11/28/1999
Deltona Men's Group		
Kevin W	12	11/23/2013
Donut Group		
Chris C	20	11/8/2005
Eliot M	15	11/25/2010
G	3	11/28/2022
Judy R	2	11/4/2023
Sierra K	1	11/5/2024
Julie V	1	11/13/2024
Happy Belated Anniversary		
Patrick O	3	10/15/2022
Early Ducks		
George SG	30	11/23/1995
Jeff W	8	11/2/2017
Lindsey W	5	11/24/2020
Scott S	2	11/23/2023
Shel L	1	11/3/2024

Representing **713,333** Days of SOBRIETY
...one day at a time.

NAME	YR	DATE
Four Townes		
Wes S	31	11/25/1994
Stacie A	7	11/29/2018
Nancy E	6	11/4/2019
David V	4	11/14/2021
Ashley H	1	11/20/2024
Kristina	1	11/9/2024
Friday Noon Men's Group		
Bob M	32	11/2/1993
Happy Hour - Daytona		
Bob P	42	11/24/1983
Pam B	34	11/18/1991
Cheryl Lynn	10	11/22/2015
Alex C	2	11/6/2023
High Noon		
Ken Z	45	11/1/1980
Nick J	1	11/18/2024
Hour of Power		
Gary P	16	11/22/2009
Karen M	8	11/23/2017
Erica R	6	11/8/2019
Dave F	2	11/9/2023
Maureen M	1	11/16/2024
Insane Today		
Kevin F	40	11/21/1985
Keith P	20	11/11/2005
Melissa M	6	11/1/2019
Kelly P	5	11/30/2020
Good Day Group		
J.R.	41	11/1/1984
JT	1	11/4/2024
Dave W	1	11/24/2024
Alan B	1	11/11/2024
Had Enough		
Jayme M	31	11/13/1994
Lori B	3	11/13/2022
Heather C	3	11/20/2022
Amanda A	1	11/16/2024
Lest we Forget		
Jane C	39	11/1/1986
Trisha C	22	11/22/2003
Josh W	13	11/12/2012
Jennifer C	6	11/7/2019

NOVEMBER ANNIVERSARIES

NAME	YR	DATE
Lifesavers		
Don G	46	11/16/1979
Frank C	38	11/27/1987
Never Had It So Good		
Bobby B	47	11/17/1978
New Dawn		
Janet F	27	11/28/1998
Jacques	17	11/22/2008
Leah R	9	11/15/2016
Laurie S	5	11/30/2020
Judy R	2	11/4/2023
New Smyrna Beach Group		
Paul C	32	11/17/1993
Mark R	18	11/23/2007
Tom K	13	11/17/2012
Steve C	11	11/9/2014
Austin B	3	11/12/2022
Nancy G	2	11/17/2023
Noon Group Deland		
Brenda C	36	11/5/1989
Don D	26	11/5/1999
Don L	1	11/24/2024
Open To Change		
Bill B	36	11/27/1989
Cheryl Lynn	10	11/22/2015
Chris E	9	11/22/2016
Eric A	7	11/25/2018
Tia B	1	11/24/2024
Pass it On		
J/C	55	11/12/1970
Alicia	2	11/11/2023
Road to Recover - DB		
Gary R	42	11/16/1983
Sand and Sea		
Geno M	6	11/21/2019
Russ R	5	11/15/2020
Tim S	4	11/17/2021
Stern D	3	11/1/2022
Alexis S	3	11/3/2022
Raymond S	3	11/4/2022
Tom R	2	11/1/2023
Taylor	1	11/6/2024
Melissa S	1	11/6/2024
Larry	1	11/3/2024

NAME	YR	DATE
Saturday Women's		
Colleen B	10	11/0/2015
Wendee F	6	11/0/2019
Brittany S	1	11/0/2024
Sister in Sobriety Ormond Beach		
Ryann	11	11/6/2014
Steps For Life		
Becky N	12	11/29/2013
Sunrise Group - Deland		
Zach G	18	11/5/2007
Teresa H	8	11/28/2017
Amy G	1	11/14/2024
Sunrise Group - Holly Hill		
Mary M	39	11/11/1986
Dan D	33	11/23/1992
Thursday Night Mens		
Bill H	28	11/15/1997
Tomoka Beachside		
Tammy P	33	11/23/1992
Way of Life		
Mark B	34	11/13/1991
John L	33	11/6/1992
Joshus W	13	11/12/2012
Daymond A	6	11/8/2019
Isaac B	2	11/9/2023
We Are Alive		
Darlene B	37	11/26/1988
Maggie D	7	11/3/2018
Bruce B	6	11/26/2019
Lucas B	6	11/27/2019
Alberto R	1	11/29/2024
Wednesday Women		
Happy Belated Anniversary		
Megan G	32	10/22/1993
Sharon R	27	10/29/1998
Shirley F	12	10/20/2013
YOLO		
Bobby	47	11/17/1978
Joshua W	13	11/12/2012
Drew P	6	11/27/2019
Pete H	1	11/23/2024
David R	1	11/26/2025

VOLUSIA COUNTY INTERGROUP NEWS

Intergroup Representative's Meetings:	Intergroup Steering Committee Meetings:	Corrections & Treatment Committee Meetings:
6:30 pm, 3rd Thursday each month **Central Baptist Church** 142 Fairview Ave; Daytona Beach, FL	6:30 pm, 2nd Thursday each month **Coastal Center** (upstairs) 1635 S. Ridgewood Ave. South Daytona, FL	6:30 pm, 1st Thursday each month **Coastal Center** (upstairs) 1635 S. Ridgewood Ave. South Daytona, FL

VOLUSIA COUNTY INTERGROUP OFFICE

Open: Monday- Friday 9 am – 5 pm;
Saturday 9 am – 1pm

Anniversary Coins, Books, Book Covers, Pamphlets, Cards, Jewelry, Decals, Bookmarks

*** Credit cards accepted ****

Interested in service work?
Contact the Office Coordinator
Email: admin@aadaytona.org

Phone: (386) 756-2930

INTERGROUP HOLIDAY HOURS

We will be CLOSED

Thanksgiving Day (Nov 27)
Christmas Eve & Christmas Day (Dec 24 & 25)
New Years Eve & Day (Dec 31 & Jan 1)

Intergroup Abbreviated Profit and Loss Statement		
	Sept 2025	Aug 2025
Contributions/Donations	$772.32	$ 1,567.31
AA and Non-AA Literature & Goods	$3,006.91	$ 4,157.40
Special Events/Other Income	$3.02	$ 2.22
Total Income	**$3,782.25**	**$ 5,726.93**
Cost of AA and Non-AA Literature & Goods	$1,873.65	$ 859.84
Administration, Office, Bldg & Communication	$3,647.50	$ 5,346.64
Special Events/Other Expenses	$ 0.00	$ 0.00
Total Expenses	**$ 5,521.15**	**$ 6,206.48**
Profit / Loss	**-$1,738.90**	**- $ 479.55**

Questions? Your IGR has more details.

Groups represented at the October IGR meeting:

Central Fact; Good Day Group; Four Townes; Hour of Power (NSB); Deltona Men's Group; Sisters in Sobriety; New Dawn; Saturday Night Beginners'; High Noon; It's 5 o'clock Somewhere; Steps for Life; Women's New Beginnings; Early Ducks; Had Enough; Lest We Forget; 5:30 Group; Lifesavers; DeLand Big Book

September Group Donations $772.32:

YOLO; Road to Recovery; Miracle Group; Back to Basics; We Are Alive; Grateful Group; Saturday Women's AA; Sunrise – DeLand; Anonymous; IGR Meeting; IGR Steering Committee

Correction to August Contribution List:
"In memory of" should have read:
"In memory of Karen D."
Our sincerest apologies to family friends and home group members for this error.

Intergroup Committees and Coordinators updates

Office Coordinator: 71 Phone Calls; 115 Visits.
High 'n Dry Editor: If interested in submitting article or Decemberr anniversaries please email no later than **November 15th** to ***editor@aadaytona.org*** .
Archives Report: Jim B would like to thank all those who provided obituaries, meeting changes and group histories.
Twelve Step Coordinator: Received 11 calls.
Corrections & Treatment: Provided a detailed treasury report, balance at end of September: $1,239.00

MEETING NEWS

NEW MEETING

ACCEPTANCE MEETING

Tuesday 6:00 pm

Format: Discussion

At the Drive-In Church
(in the back)
3140 S. Atlantic Ave
Daytona Beach Shores, 32118

Speaker Step Series

12 Steps in 12 Weeks

Thursday Nights 7:00 pm
Continuing through December

Deltona Presbyterian Church
2300 Howland Blvd
Deltona, FL 32738

Middle Steps Workshop

Steps 4 though 9

Monday Nights 7:00-8:30 pm
Through November 17

Alcoholics & God
1060 E. Industrial Dr - Suite P
Orange City, FL 32763

CHRISTMAS ALCATHON

Victor E. Club
1320 E New York Ave - DeLand
5:30pm Dec 24 thru
6:30pm Dec 25

CHRISTMAS ALCATHON

Yana Club (Dist 20)
111 Howes Street - Port Orange
6:30pm Dec 24 thru
6:30am Dec 25

CHRISTMAS ALCATHON

Alcoholics & God
1060 E Industrial Dr-Orange City
6 am - 10 pm Dec 24
6 am - 10 pm Dec 25

INTERGROUP HOLIDAY HOURS

We will be CLOSED

Thanksgiving Day (Nov 27)
Christmas Eve & Christmas Day (Dec 24 & 25)
New Years Eve & Day (Dec 31 & Jan 1)

OPPORTUNITIES for SERVICE in AA

Districts 8, 21 & 32 are looking for someone to take over "Corrections, Institutions / Cooperation with Professional Community" **(CICPC).** If interested please attend the District 8, 21 or 32 meeting
(dates/times/locations listed on page 3.)

INTERGROUP needs **OFFICE VOLUNTEERS**
Wednesdays from 1:00pm – 5:00 pm
2nd & 3rd Saturdays from 9:00am – 1:00pm
And VOLUNTEERS to fill in
Contact INTERGROUP OFFICE at 386-756-2930

Step XI: Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's 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.

Set Aside Weekend

with Bob D & Henry M
12/12/2025
Holiday Inn Daytona Beach LPGA Blvd
https://setasideweekend2025.rsvpify.com/

Free To Be Group Eatin' Meetin'

11/15/2025 6:00 to 8:00 pm

Central Baptist Church (Upstairs)
152 Fairview Av, Daytona Beach

November 8 @ 5:00 pm - 9:00 pm $20.00

DISTRICT 19 INVITES YOU TO OUR

GRATITUDE DINNER

UNITED WE STAND

SATURDAY, NOVEMBER 8, 2025

DOORS OPEN AT 5PM
DINNER AT 6PM
GUEST SPEAKER
FLORENCE K. LITTLE
TOWN HALL, DEBARY
TICKETS = $20

OUR GRATITUDE DINNER IS A GATHERING WHERE MEMBERS CAN EXPRESS APPRECIATION FOR SOBRIETY & AA ITSELF. IT SERVES AS A FUNDRAISER TO SUPPORT THE GENERAL SERVICE OFFICE AND HELPS SPREAD THE AA MESSAGE TO OTHER ALCOHOLICS WORLDWIDE.

BRING A NEWCOMER!
RAFFLE
50/50
SOBRIETY COUNTDOWN

BRING A SLICED DESSERT TO SHARE

November 8 @ 11:00 am - 5:00 pm $5.00

Cookout/Picnic

District 8 Sponsored Event!

Nov. 8th, 2025

TICKETS $5.00

11:00am to 5:00pm
(food served throughout duration of event.)
Followed by Guest Speaker Meeting

Bring a Side Dish or Dessert!

Bethune Point Park
Location: 11 Bellevue Ave Daytona Beach Fl. 32114

Group Raffle Donations Appreciated!!!

Hot Dogs, Hamburgers Snacks & Drinks

Cornhole Tournament
$10 entry per 2-person team.
Cash Prizes

"Soak A Sponsor"
Splash Zone (Dunk Booth)

Speaker at 1pm

50/50
Raffle
Drawn After the Speaker

11 Bellevue Ave
Daytona Beach
Fl. 32114

November 23 @ 5:00 pm - 9:00 pm $20.00

SPEAKER | FOOD | RAFFLE | FUN | FELLOWSHIP

998 FATHER DONLON DRIVE, NSB 32169

Sacred Heart Church

DISTRICT 20 GRATITUDE DINNER 2025

NOVEMBER
23
Sunday

5 pm – 9 pm

$20 per ticket + A dessert to share

Dinner includes: turkey, mashed potatoes, gravy, stuffing, green beans, cranberry sauce, rolls & butter, water, tea, lemonade, coffee

Area 14 &
Districts 8, 19 & 20
Sponsoring a
Corrections Service Workshop

Saturday, December 6th
1:30 - 4:30 PM
Almous Club
569 Foote Court
Daytona Beach, FL

Speaker Panel with Q&A

Come learn how YOU can carry the message of sobriety to your local corrections institutions

Lunch will be provided

SOBER NOTICES

"We are not a glum lot."

November 8 @ 6:30 pm - 7:00 pm

SATURDAY NIGHT BEGINNERS MEETING

BRING A DISH TO SHARE

EATING MEETING

Join us for food and fellowship, stay for the 7pm meeting

EVERY SECOND SATURDAY

1649 Providence Blvd.,
Deltona, FL 32725

JUST IN TIME FOR THE HOLIDAYS

VOLUSIA COUNTY INTERGROUP

Inventory Reduction Sale

Selected Items — While Supplies Last!

As Bill Sees It – ***25% off***
Came to Believe – was $7.00, ***NOW $3.95***
Living Sober LP – was $8.40, ***NOW $4.95***
Selected Grapevine Publications ***10-35% off***

Other selected Items - Come in and shop

Great opportunity for groups to pick up AA literature at reduced prices!

HELP SUPPORT
VOLUSIA COUNTY INTERGROUP
1635 S. Ridgewood Avenue, Suite 107,
South Daytona, FL 32119

Carrying the message, one book at a time.